

Five Finger Techniques with Gayatri Mantra to Reduce Anxiety of Family with Schizophrenia

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Abstract

Introduction: Anxiety is a condition felt when a person faces a stressor. The five-finger technique focuses on the five fingers to get a relaxed state, and the Gayatri Mantra is a prayer in Hinduism that can give you peace. This study aims to determine the five-finger technique with Gayatri Mantra to reduce anxiety in families of people with schizophrenia.

Objective: The study aimed to examine the effect of the Five Fingers Technique with *Gayatri Mantra* on Anxiety Levels among Families of People with Schizophrenia. **Methods:** The research design used a pre-experiment, One-group, Pre-test, and Post-test. A total of 22 people were selected using the purposive sampling technique. The anxiety level is measured by using the *HRS-A* questionnaire. The study was conducted six times in a row for 15 minutes. **Results:** The results showed the pre-test score for mild anxiety was 45.5%, moderate anxiety was 54.5%, and post-test was not anxious at 31.8%, mild anxiety was 40.9%, and moderate anxiety was 27.3%. The results of the bivariate test with Wilcoxon obtained a p-value of 0.004 ($p < 0.05$).

Conclusion: The conclusion is that the five finger technique with the Gayatri Mantra can reduce the anxiety of families of people with schizophrenia at the Sukawati II Public Health Center, Gianyar. **Recommendation:** It is recommended that families apply the five-finger technique with the Gayatri Mantra in their daily life.

Keywords: Anxiety, Five-finger technique, Gayatri Mantra, Schizophrenia

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INTRODUCTION

Health is essential; physical health and mental health are also necessary. Various problems were found related to mental health problems where there was an increase in the incidence of mental disorders, namely schizophrenia. Data shows that 0.7-1% of the total world population has schizophrenia (1).

Data from the World Health Organization (WHO) (2016) in the Indonesian Ministry of Health, (2018) shows that there are 450 million people with mental disorders, of which 21 million people have schizophrenia. The incidence of schizophrenia in Indonesia has increased, which initially in 2013 showed an incidence of 1.7 per 1000 population to 7 per 1000 population in 2018. The incidence rate in Bali itself has also increased. Wherein 2013, it was 2.3 per 1000 population. About 11 per 1000 population in 2018, which initially ranked third to be the first highest in Indonesia with the incidence of schizophrenia (2).

Data on the incidence of mental disorders is spread across all districts in Bali, of which 2389 sufferers are in Tabanan, 800 sufferers are in Gianyar, and 780 sufferers are in Karangasem. Other 542 sufferers from Buleleng, 375 sufferers were in Denpasar, 355 sufferers were in Jembrana, 351 patients were in Badung, and 479 patients were in Klungkung, and 286 patients were in Bangli (3).

Problems do not only arise in schizophrenic sufferers but also cause new incidence rates in families who have families with schizophrenia. People with schizophrenia will be a burden to the family, a stigma because they are considered a disgrace to the family and embarrassing. Of course, problems like this will cause anxiety in the family (4). Anxiety is an unpleasant state that every individual feels like an emotional response (5). The year 2020 is a pandemic period from the coronavirus disease or Covid 19, which at this time can cause anxiety and even panic from all parties. Increased anxiety will be felt by families who have people with schizophrenia because they are a group that is vulnerable to Covid-19. The difficulty of directing the behavior of people with schizophrenia to pay attention to existing protocols will increase family anxiety (6).

Hardiansyah's (2020) research shows data on the level of anxiety of families caring for patients with moderate category schizophrenia

in as many as 79% of respondents and the level of anxiety in the severe category of 21% of respondents (7). Research by Afniwati (2019) shows that the level of family anxiety in dealing with mental disorders is mainly in the moderate category are 72 families (72.73%) (4). Data from the Bali Provincial Hospital showed that from 8,585 patients, the number of schizophrenia patients controlled at the Mental Polyclinic decreased, namely from June-July from 351 people to 328 people for fear of contracting Covid 19 (8). One of the treatments that can be given to reduce anxiety is to provide the five-finger technique with the Gayatri Mantra.

The five-finger technique is a relaxation technique centered on five fingers which can cause a high relaxation effect to reduce anxiety, tension, and stress in one's mind. It can affect breathing, heart rate, pulse, and blood pressure and minimize muscle tension by imagining fun things that have been experienced that can be done for 10-15 minutes (9). Research conducted by Allyassa (2019) shows that the Gayatri Mantra effectively maintains mental health (10). Simatupang & Putri (2015) Stated that five-finger hypnosis by listening to music could reduce anxiety in type II DM patients with complications of chronic kidney failure (11). Based on a preliminary study conducted in Gianyar, the Sukawati II Health Center area already has a mental program, and there are 95 patients with schizophrenia. The results of interviews with ten families said they were anxious because they had a family with mental disorders, especially in this pandemic situation. Based on this, it is necessary to conduct a study entitled The Effect of the Five-finger Technique with Gayatri Mantra on Anxiety in Families Who Have People with Schizophrenia.

OBJECTIVE

The study aimed to examine the effect of the five-finger relaxation technique with *Gayatri Mantra* on anxiety in families who have people with schizophrenia.

METHODS

Design

The pre-experimental study, One-group Pre-test, and Post-test without the control group were applied.

Sample size and sampling technique

A total of 95 families who have schizophrenia patients in the Sukawati II Health Center working were selected based on the inclusion criteria. We found only 22 families who are relevant to the inclusion criteria. The inclusion criteria include families who are willing to be respondents and are directly involved in caring for patients at home. sampling with purposive sampling technique

The instrument for data collection

The measuring instrument used to assess anxiety is the HRS-A (*Hamilton Rating Scale for Anxiety*) questionnaire and the five-finger relaxation guideline with the Gayatri Mantra. The researcher did not modify the HRS-A questionnaire, so there was no validity and reliability test. There are 14 question items, including feelings of anxiety, tension, fear, sleep disturbances, intelligence disorders, feelings of depression, somatic (muscle), (sensory) symptoms, cardiovascular, respiratory, gastrointestinal, urogenital, autonomic, and behavioral symptoms during the interview.

Intervention

The intervention of the five-finger relaxation technique with the Gayatri Mantra was given up to 6 times with a duration of 15 minutes. Respondents did five-finger relaxation focusing on the fingers. Touch the thumb with the index finger, imagine the body is healthy and fit, touch the thumb with the middle finger, and imagine being with a loved one. Others touch the thumb with the ring finger, imagine getting a compliment, touch the thumb with the bit of finger, imagine being in the right place. They were preferred when the respondent performed five-finger relaxation accompanied by Gayatri mantra music with a slow tempo.

Data collection process

The study was conducted in the working area of the Sukawati II Public Health Center. The research was carried out from July 2nd to August 3rd, 2021. Researchers were assisted by two enumerators who were soul cadres. The researcher approached the respondents by conveying the aims and purposes of the study, giving their consent forms as the respondent. Conduct a pre-test by filling out the HRS-A questionnaire. Provide intervention in the form

of five-finger relaxation with the Gayatri Mantra. Conduct post-test by filling out the HRS-A questionnaire

Data analysis

Data analysis was carried out univariate and bivariate. The univariate analysis includes demographic data on gender, age, education, and occupation. Pre-test and post-test anxiety data. Bivariate analysis was conducted to determine the effect of two variables.

Because the scale of the data in this study is ordinal, the bivariate analysis uses the Wilcoxon test.

Ethical consideration

The institution taking care of ethical clearance is the Bali Health Institute Research Ethics Commission (The code of ethics number is 03. 0421/KEPITEKES-BALI/V/2021).

RESULTS

Table 1. Characteristics of respondents

	Variable	Characteristics	
		Frequency	(%)
Gender	Male	8	36.4
	Woman	14	63.6
	Early adulthood	1	4.5
Age	Late adulthood	4	18.2
	Early elderly	13	59.1
	Late elderly	4	18.2
	Primary School	8	36.4
Education	Junior High School	5	22.7
	Senior High School	9	40.9
	Private	7	31.8
Profession	Farmer	6	27.3
	Laborer	8	36.4
	Housewife	1	4.5
Total		22	100

Table 1 shows that the sex is primarily female (63.6%). More than half of the respondents were early elderly category (59.1%). Regarding their educational background, some were in Senior High School 40.9%, and their occupation was a laborer with 36.4%.

Table 2. Research Result

Variable	Pre-test		Post-test		p-value
	f	(%)	f	(%)	
An anxiety	0	0	7	31.8	0.004
Mild anxiety	10	45.5	9	40.9	
Moderate anxiety	12	54.5	6	27.3	
Total	22	100	22	100	

Based on Table 2, the most pre-test in the moderate anxiety category was 54.5%, and the highest post-test was in the mild anxiety category at 40.9%, and there was an effect of giving the five-finger technique with Gayatri Mantra on anxiety with a p-value of 0.004

DISCUSSION

The study results based on gender mainly were women with 14 people (63.6%). Gender is the biological difference between men and women (12). Another study found that the average anxiety caused by Covid 19 was higher for women (24.23%) than men (20.63%). (13). In a study on adolescents who experienced anxiety, out of 139 respondents, 76 were women (54.7%) (14). Other studies show that there are more women experiencing anxiety than men, namely 1640 people and 693 people (15). The research results by Ainunnisa (2020) also show that the female gender experiences moderate anxiety, and the male category experiences mild anxiety (Ainunnisa 2020). Similar data showed that more women (43.2%) experienced moderate anxiety than men (9.5%), as well as more women (66.7%) experienced mild anxiety than men (40.5%) (17). Yaslina and Yunere (2020) showed that 22.2% of women experienced moderate anxiety, and 14.6% of men experienced mild anxiety. Researchers argue that more women are at risk of experiencing anxiety. It was due to physiological responses. Women faced more stressors from their body responses. In terms of age, more older people say they are worried because they have a family with schizophrenia and feel confused about caring for a family with mental disorders (18).

The data according to the most age category is the early elderly. Age is a unit of time calculated since a person has existed or

how long he has lived (12). The results showed that the most in the adult category in terms of age amounted to 53.5% (19). Another research study found the mean age of anxiety was 21.1 and 34.9 years (15). Other studies show that in terms of age, the most in adults are 72.4% (20). Research conducted on students shows that anxiety is most experienced at 17 years (33.3%). This occurs because of the different research subjects that cause other stressors and different social statuses (21). Anxiety at the age of 45-59 years (39.02%) is an early elderly. Researchers believe that the elderly have decreased physiologically so that the reception of information has also reduced so that they are also prone to experiencing anxiety at this age. Based on the level of education, the highest number of students was in Senior High School (40.9%). Education is a learning process that can provide a higher knowledge and understanding (12). A study says that there is a relationship between education and anxiety (22). Other related studies show that families with the most people with schizophrenia have a junior high school education, 77.22% in the control group and 55.56% in the treatment group (23). The research results by (Jayanti & Lestari, 2021) also show that the most education of families with schizophrenia is in Senior High School, 70% in the treatment group and 75% in the control group (24). The researcher's opinion is that most of the education of families who have family members with schizophrenia are in junior high and high school education, only a tiny proportion have a college education. This can affect experience and knowledge in caring for families with schizophrenia which will also affect anxiety.

Ferrando and Balones (2021) say that a highly educated teacher, even though experiencing anxiety, will not affect the teacher's ability to be competent (25). The level of education will also affect the ability to receive information in caring for families with schizophrenia because it can affect the role of the family as a caregiver, which is supported by research by Jayanti et al. (2020) on the ability of families as caregivers are still lacking in caring for families with schizophrenia (26).

The research results based on occupation showed that the majority of them worked as laborers, amounting to 36.4%. Work is an activity that uses units of time and uses energy

as a social activity with or without rewards (27). Research on anxiety in transgender gays is 51.4% working as self-employed and 61.1%, of which 50% experience mild anxiety and 27.8% moderate anxiety (28). Researchers argue that work can affect pressure because it is related to income, resulting in families' ability to care for family members with schizophrenia. The researcher's opinion is supported by research that says that low household income will affect mental health (29). research on factors that influence anxiety, one of which shows that income is related to anxiety in the elderly (30).

Based on the analysis results, before being given the five-finger technique with Gayatri, Mantra showed moderate anxiety (54.5%). After being given the Five-finger Technique with Gayatri, Mantra showed mild anxiety (40.9%). The results of the Wilcoxon test obtained a p-value of 0.004 which means that there is an effect of giving the five-finger technique with the Gayatri Mantra on anxiety in families of people with schizophrenia. Anxiety is a typical response that occurs when someone faces a stressor. Anxiety that is not overcome will cause physical and psychosocial problems. The five-finger technique is a relaxation technique that focuses on the five fingers by bringing the thumb closer to the other fingers, which can provide a sense of calm and comfort (31). Gayatri Mantra is a prayer in Hinduism, listed in the Vedas to give peace of mind and soul (10). Related research provides five-finger relaxation that can reduce stress levels in families with family members with mental disorders, supported by a p-value of 0.00. The data results during the pre-test showed that most experienced moderate stress of 80.95%, and after the post-test, there was a decrease which became mild stress of 80.95% (32). The results showed a reduction in the average fatigue and pain in breast cancer patients. The analysis results showed a p-value <0.05, which means that there is an effect of giving five-finger relaxation to fatigue and breast pain in cancer patients (33). The results showed a decrease in the average fatigue and pain in breast cancer patients. The analysis results showed a p-value <0.05, which means that there is an effect of giving five-finger relaxation to fatigue and breast pain in cancer patients (34). Other results show an effect of providing five-finger relaxation with aromatherapy on anxiety,

which is indicated by a decrease in the average anxiety after being given five-finger relaxation in both the control and treatment groups and treatment (35).

A case study result shows that providing relaxation techniques in deep breathing exercises and five-finger relaxation overcomes anxiety in adolescents in earthquake-prone areas, as evidenced by a decrease in the average anxiety of 11.5% (36). Other studies have shown that giving finger relaxation can reduce stress in coronary heart patients. A mean pre-test anxiety result of 15 to 10 at post-test, from moderate to low anxiety levels and $p < 0.05$ (37). Anxiety in families of schizophrenic patients after being given family psychoeducation. The implementation of family psychoeducation is divided into several sessions, one of which is the provision of five-finger relaxation as family stress management (38)

The results showed that giving the Gayatri mantra had a significant effect on memory, anxiety, and mental health. Chanting and listening to the Gayatri Mantra regularly will improve memory, health, and quality of life (39). Giving Gayatri Mantra can also reduce anxiety in the elderly, as indicated by a p-value of 0.000, $p < 0.05$ (40). A study by Sulaksmi (2019) showed a decrease in stress levels in hypertensive patients after being given Gayatri Mantra meditation with a p-value of 0.004. Before being given the Gayatri Mantra, the stress category was 73.3% moderate stress, to light pressure at 53.3% (41).

The research data obtained aligns with the theory accepted and supported by previous research. When performing the five-finger technique with the Gayatri Mantra, the body relaxes, and the mind calms down. Researchers argue that having a family with schizophrenia makes families worry about the family's condition with mental disorders. Families are increasingly anxious because of this pandemic condition. Families say they have difficulty directing patients to comply with health protocols. When given the five-finger relaxation with the Gayatri Mantra, the facial reactions were calm, and the family was also enthusiastic about doing the five-finger technique. The five-finger technique is very effective for people who experience anxiety. This therapy is a therapy that imagines pleasant things by regulating deep breathing to reduce anxiety in

the right way. The Gayatri Mantra that is heard during the Five-Finger Technique also adds to a calm, comfortable and soothing mood. Based on this, the five-finger technique with the Gayatri mantra is an essential therapy for mental and physical health. Deep breathing and imagining pleasant things can stimulate the emergence of natural nitric oxide, which can function to make a person more calm, comfortable, relaxed, and happy. Nala (2015) Also said that feeling happy can increase the production of endorphins it will improve physical and mental health (42)

CONCLUSION

The five-finger technique with Gayatri Mantra can reduce anxiety in families of people with schizophrenia with a p-value of 0.004. The highest pre-test data with moderate anxiety is 54.5%, and the most post-test with mild anxiety is 40.9%. It is recommended that families apply the five-finger technique with the Gayatri Mantra in their daily lives. The Sukawati II Public Health Center uses the Five-Finger Technique with the Gayatri Mantra in intervening with patients with anxiety.

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