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SLOW DEEP BRETHING TECHNIQUE ON NY.Y TO REDUCE ANXIETY IN PROSPECTIVE IUD ACCEPTORS AT RS. HJ BUNDA HALIMAH

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ABSTRACT

The intrauterine device resembles the letter T. This birth control is installed in the uterus as a barrier to sperm when going through the process of fertilization. Generally, there are two forms of the IUD. Namely, there is an IUD with copper material; for example, this type of ParaGard type has durability with a period of 21 years, and an IUD that has hormones in its content, such as Mirena and on this IUD must be replaced with a better one at the time of five years of use. However, it has various advantages, but the coverage that uses the IUD still needs to be improved. The reason is that women of childbearing age do not want to use this birth control method because the use of the IUD makes the patient anxious to increase. Treating slow deep breathing techniques carried out in a way that is in the position of the IUD KB acceptor sitting or lying down will cause sympathetic nerve activity to decrease, parasympathetic nerves to increase, and body relaxation to increase until anxiety in KB acceptors to be reduced. The purpose of the slow breathing action is to analyze whether the slow deep breathing technique affects anxiety to decrease and not be anxious, which is carried out on prospective IUD acceptors at Hj. Bunda Halimah Hospital. Data collection was carried out before and after being given an intervention to overcome anxiety problems on 21 February 2024 at 13.50 WIB, namely with acceptors trained to hold their breath for three seconds, pursing their lips, and exhaling through their mouth slowly for 6 seconds. Feel the stomach move down. Encourage acceptors to repeat these steps 5-7 times for 15 minutes. The measuring tool for anxiety levels in acceptors in this study is the Hamilton Anxiety Rating Scale questionnaire ab, abbreviated as HARS, measuring instruments used before and after slow breathing action. This study concludes that the technique used in giving slow, deep Breathing to Mrs. Y is an effort to reduce anxiety in prospective IUD acceptors at Hj Bunda Halimah Hospital.

Keywords: *Anxiety, IUD, Slow Breathing*

Introduction

The Unitary Republic of Indonesia is one of the developing countries with a very large population. Globally, Indonesia is ranked as the fourth largest population (Ministry of Health, 2019).

Policies and strategic service efforts regulate control and control of the increase in population in Indonesia carried out in the Family Planning (KB) program, which is implemented evenly throughout the archipelago. The program aims to prosper the family with a strategy of deliberate distance, and the number of pregnancies arranged in one family organization is not accompanied by going against the law or morals based on Pancasila. One of the efforts of the Family Planning Program is to span and plan the number of children and the spacing of pregnancies using contraceptive techniques with a full sense of hope to declare socio-economic peace in all communities. The family planning program is also a national program that is the government's responsibility on an ongoing basis to regulate growth, reduce maternal mortality, and control population.

In general, the family planning program aims to improve the welfare of mothers and children, which ultimately aspires to bring happiness to the family. To be able to control births and population growth. The final impact is creating a good quality of life for the population, family welfare, and quality human resources (Rodiah, 2022). The contraceptive technique that people are least interested in is the IUD (Intrauterine et al.); this is because prospective acceptors become afraid and anxious when the installation is carried out (Setyaningrum, 2019).

BKKBN, BPS RI, and Kemenkes RI (2021) revealed that unmet need data (family planning acceptors who do not use contraception) had reached 10.6% of women of childbearing age (Yuliani, 2019). Various reasons for women of childbearing age whom IUD family planning acceptors target do not have the desire to use IUD contraception because it causes feelings of anxiety when they want to carry

out the installation process, the risk when they want to install the IUD, namely, pain in the vaginal area when they want to install it. The anxiety felt by family planning users is one of the factors that causes them to prefer to drop out of the family planning used (Widaryanti et al., 2021). The lack of public interest in the use of IUDs is due to fear and anxiety when about to install contraceptives or IUDs.

The procedure for slow deep breathing therapy performed by midwives is as follows: the respondent is recommended to lie on the bed, the midwife is by the respondent's side to guide the respondent to reduce anxiety by processing their breathing and divert anxiety by focusing on themselves when breathing gently. The patient's side is lying down, and the patient's hand is placed on the abdomen/abdomen. Lead the mother to take a deep breath through the nose and feel the abdomen that expands when the patient inhales; the patient focuses on holding the breath ± 6 seconds and then exhales slowly through the mouth; the action is done again several times with the mother still led to divert anxiety, after which the patient independently carries out slow deep breathing while still being supervised by the midwife. They performed again until the IUD insertion action was complete.

Based on the explanation above, the authors are interested in conducting a case study titled "Slow Deep Breathing Technique on Mrs.Y to Reduce Anxiety in Prospective IUD Acceptors at Hj Bunda Halimah Hospital."

Method

In this study, the researcher set the title, namely "Slow Deep Breathing Technique on Mrs.Y to Reduce Anxiety in Prospective IUD Acceptors at Hj Bunda Halimah Hospital" research using a design in which in this design there is a descriptive research method by approaching the patient through a midwifery care case study by taking action to provide slow breathing.

The procedure for slow deep breathing action is as follows: prospective birth control users are led to hold their breath for three seconds, pucker their lips, and let it out through the mouth, after which the breath is exhaled slowly with a length of six seconds. Feel the sensation of the abdomen moving downward. Advise the patient to repeat the above procedures 5-7 times for 15 minutes. The measuring instrument in this study measures anxiety levels using a questionnaire, namely the Hamilton Anxiety Rating Scale HARS; the measuring instrument functioned before and after slow, deep breathing actions.

The target of this study was the acceptor of the IUD AKDR family planning conducted on February 21, 2024, at HJ Hospital. Bunda Halimah Batam. The inclusion criteria for this case study are women who will use the IUD at HJ. Bunda Halimah Hospital.

Result Research

The 24-year-old patient came to the ob-gyn clinic with her husband; the mother said she wanted to use the IUD at the ob-gyn clinic of Hj. In Bunda Halimah Hospital, the mother complained that there was a sense of anxiety and fear to do the IUD even though this was her request and her husband had agreed.

Management of giving actions taken by midwives when the mother feels anxiety before doing the KB IUD. Midwives, as medical personnel, have the innovation to provide complementary therapy by applying slow breathing techniques to KB IUD acceptors to reduce anxious feelings.

Before the slow breathing technique is performed on the client, the midwife gives HARS (Hamilton et al.) to find out what level of anxiety the patient feels before slow deep breathing is done if the score on HARS is less than 14, that is, there is no anxiety, if the score is 14-20, that is, the level of mild anxiety if the score is 21-27, that is, the level of moderate anxiety, 28-41, that is, the level of severe anxiety if the score is 45-56, that is, it is already in the panic stage (Widaryanti et al., 2021).

The score generated from HARS on Mrs. Y, namely, Mrs.Y before slow breathing 21-27 (moderate anxiety), Mrs.Y experienced moderate anxiety, the patient did not know how to manage IUD insertion.

The procedure for providing slow, deep breathing techniques is carried out using prospective birth control users being led to hold their breath for three seconds, pursing their lips, and exhaling through the mouth, after which the breath is exhaled slowly with a length of six seconds. Feel the sensation of the abdomen moving downwards. Advise the patient to repeat the above procedures 5-7 times for 15 minutes.

The mechanism of action in Slow Deep Breathing affects the autonomic nerves that work by releasing endorphin neurotransmitters, which can cause sympathetic nerve activity to decrease, parasympathetic nerves to decrease, and body relaxation to increase so that anxiety decreases.

After the implementation of slow breathing performed on Mrs.Y, the number of scores taken in HARS after slow breathing is < 14 (anxiety does not exist). Mrs.Y said that after the Slow Deep Breathing technique was performed, the mother felt calmer, her heart was at peace, and there was less anxiety during the IUD insertion procedure (Mukinah et al., 2023).

Discussion

According to the Ministry of Health of the Republic of Indonesia, in the year, IUD stands for intrauterine device; its shape resembles the letter T. This birth control is installed in the uterus as a barrier to sperm when it is about to fertilize. Generally, there are two forms of IUD. Namely, there is an IUD with copper material; for example, this type of ParaGard type has a durability with a period of 21 years, and an IUD that has hormones in its content, such as Mirena and this IUD must be replaced with a better one at the time of five years of use (Rodiah, 2022)

When midwives carry out actions, there are obstacles encountered when installing the IUD, namely side effects when installing the IUD such as expulsion can also be called the IUD tool comes out by itself, infection occurs until perforation, as well as environmental factors related to the thoughts that exist in the community that installing the IUD, can disrupt sexual relations between husband and wife, things like this are the reason mothers feel feelings of anxiety and fear, so that when the mother feels anxious which can lead to the mother's psychology (Widaryanti et al., 2021). Research conducted by most acceptors felt feelings of anxiety and fear when they were in a condition after the installation of the IUD; this is the cause of the mother having minimal knowledge related to the installation and workings of the IUD (Aslamiah et al., 2023).

Research conducted by Mrs. Y midwife concluded that the prospective use of the KB IUD felt anxiety, and the anxiety category was moderate and mild anxiety. The possibility of something like this happening because of the discomfort or pain that the mother felt by the mother when the midwife was installing the KB IUD and the feeling of concern about the side effects that the installation of the IUD has if it occurs. Handling solutions for anxiety to reduce or even disappear in prospective KB IUD users can be done in a non-pharmacological way with deep breath relaxation interventions (Slow et al.). Performing a slow, deep breathing technique is one of the treatments to process breathing (Almeida et al., 2021).

Doing deep breath relaxation is to do abdominal breathing or can be called abdominal with a slow frequency and slowly, rhythmically and the patient's comfort by closing both eyes when breathing. The effect of this therapy is a distraction or distraction using breath relaxation techniques that serve to reduce and even eliminate maternal anxiety during the installation of the IUD (Dewi & Raswati Teja, 2022).

To the above background, the researcher wants to carry out complementary care with deep, slow breathing techniques so that anxious feelings decrease and improve in IUD birth control acceptor mothers. The purpose of this action is to know the effect of slow, deep breathing techniques on anxiety when becoming a prospective KB IUD acceptor. Applicative research on the effect of the Slow Deep Breathing technique on reducing anxiety in IUD birth control acceptors is still a lot that has not been done, so further action needs to be taken regarding the function of doing slow deep breathing for anxiety to decrease (Studi et al., 2020).

Conclusion

In this study, the measuring instrument used to measure anxiety levels using, the Hamilton Anxiety Rating Scale HARS questionnaire was used before and after; the score before the intervention was 21-27 (moderate anxiety). Mrs. Y experienced moderate anxiety due to the respondent's ignorance about how the IUD procedure.

While the HARS score after the intervention was <14 (no anxiety), Mrs. Y said that after doing the Slow Deep Breathing technique, she could feel a calmer feeling, get peace of mind and reduce anxiety during the IUD insertion procedure

With this research, it is strongly recommended that midwifery students learn more deeply related to complementary care material on birth control and preconception, namely with slow deep breathing techniques on Mrs.Y to reduce anxiety in prospective IUD acceptors at Hj Bunda Halimah Hospital to expand knowledge so that not only pharmacological care is provided, but midwives provide non-pharmacological therapy to help reduce anxiety in IUD birth control acceptors.

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