

ORIGINAL ARTICLE

Comparison of Five-finger Relaxation Technique Therapy and Al Qur'an Murotal Therapy on Patient Anxiety Breast Cancer At Sayang Cianjur Hospital

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ABSTRACT

Introduction: Breast cancer is the number one cause of death in women. Breast cancer patients will undergo various treatments such as chemotherapy, which will cause psychological problems in the form of anxiety. Excessive anxiety can have an impact on the healing process by reducing the effectiveness of the immune system and slowing recovery. It is very important to overcome anxiety through complementary therapy in the form of five-finger relaxation and Qur'anic murottal therapy. This study aims to determine the comparison of five-finger relaxation technique therapy and Qur'anic murottal therapy on the anxiety of breast cancer patients at Sayang Cianjur Hospital. **Materials and methods:** Quasi-experimental study with pretest and posttest control group design. The study population of breast cancer patients undergoing chemotherapy was 54 people who were divided into three groups, namely 18 respondents each using purposive sampling technique with inclusion criteria include Muslim patients, undergoing chemotherapy, willing to become respondents. While the exclusion criteria are patients with hearing loss, in unconscious condition, and patients with complications. The sampling technique was purposive sampling. Standardized instrument Zung Self-rating Anxiety Scale. Data analysis using paired sample t-test and analysis variance. **Results:** There is an effect of the five-finger relaxation technique, Qur'anic murottal, and control on anxiety reduction ($p=0.000$), and the results of analysis of variance show that the five-finger relaxation technique, Qur'anic murottal, and control using analysis of variance obtained a p-value of 0.013. **Conclusion:** There is an effect of the five-finger relaxation technique, Qur'anic murottal, and control on reducing anxiety in breast cancer patients.

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INTRODUCTION

Breast cancer is one of the most common and deadly diseases in the world (1). Cancer causes the death of about 7.5 million people. Breast cancer is the commonest type of cancer among women in the world, at 38 per 100,000 women (2). Breast cancer is estimated to cause 627,000 women to die in 2018 (3).

Management of breast cancer patients can result in physiological and psychological changes as a result of therapy, such as chemotherapy, combination therapy, and radiotherapy (4). One of the main complaints experienced by patients is anxiety (5). Anxiety is a natural reaction to stressful or uncertain situations, such as a diagnosis of breast cancer, and can take the form of feelings of worry, tension, and excessive restlessness (6).

Excessive anxiety in breast cancer patients can adversely affect physical and mental health. Unaddressed anxiety can also impact the healing process by reducing the effectiveness of the immune system in fighting cancer. Therefore, it is crucial to address anxiety in breast cancer patients to support their medical therapy (7).

Complementary therapies are one solution to reduce anxiety in breast cancer patients (8). It includes various additional methods that can be used in conjunction with conventional medical therapy. Two complementary methods that are popular and easy to do are five-finger relaxation technique therapy and Qur'anic murottal therapy (9).

Five-finger hypnosis therapy is a relaxation therapy using the method of imagery or imagination that uses a tool in the form of 5 fingers. Five-finger hypnosis is useful in the prevention of anxiety, pain, sleep disorders, fatigue, and depression because guided imagination will form an image as a stimulus by various senses, so by imagining something beautiful the feeling will be calm (10).

Meanwhile, Murottal Qur'an is sound treatment with the sound of the Qur'an that has a positive affect on the listener. Chanting the holy verses of the Qur'an can alleviate stress hormones, promote feelings of relaxation, distraction, worry, and anxiety (11).

Both of these methods can be performed easily and do not require any specialized equipment, so they can be adopted as a patient's daily routine. It is important to note, however, that these complementary therapies should be practiced under the supervision of the treating medical professional to ensure their safety and effectiveness in reducing anxiety.

This study was conducted to compare the effectiveness of five-finger relaxation technique therapy and Qur'anic murottal therapy on the anxiety of breast cancer patients at Sayang Cianjur Hospital.

MATERIALS AND METHODS

Study Design

This research employed a quasi-experimental research design with a pretest and posttest control group design. This study compared two experimental groups that were given treatment and an untreated comparison group. This study was conducted at Sayang Hospital, Cianjur Regency, West Java Province, Indonesia. Ethical clearance was obtained prior to data collection (No.19/X/KEPK/STIKESMI/2023).

Sample

The study population of breast cancer patients undergoing chemotherapy was 54 people who participated in three groups, including the control group and two intervention groups, each consisting of 18 respondents. Inclusion criteria include patients who are Muslim, undergoing chemotherapy, willing to become respondents. While the exclusion criteria are patients with hearing loss, in unconscious condition, and patients with complications. The sampling technique was purposive sampling.

Instrument

The instrument used the Zung Self-rating Anxiety Scale (ZSAS) questionnaire designed by Zung (1971) with the validity test of each questionnaire question with the lowest value of 0.663 and Cronbach's Alpha value of 0.918. Pretest data was taken at the beginning of the meeting and before the intervention was carried out in the control group and intervention group. Five-finger relaxation and Qur'anic murottal were performed 5 times for 3 days (9). Posttest data was taken after 3 days from the first meeting in the control group, while in the intervention group it was taken after the intervention was completed on the third day.

Data Analysis

Data analysis in this study used descriptive statistical analysis and averages to describe each category of

respondent characteristics. Univariate analysis in this study used mean value, standard deviation, minimum value, and maximum value for anxiety variables. Statistical analysis used paired sample t-test and analysis variance.

RESULTS

Table I indicates that the five-finger relaxation technique group obtained an average age of 48.11, in education the majority of respondents obtained a high school education of 8 people (44.4%), 12 people (66.7%) did not work, were at stage 2 as many as 11 people (61.1%). In the murottal Al-Qur'an group, the average age of respondents was 50.89, most of them had a junior high school education as many as 9 people (50.0%), not employed are 16 people (88.9%), and were at stage 2 as many as 11 people (61.1%). In the control group, the average age of respondents was 49.78, most of them had a high school education as many as 12 people (66.7%), 13 people (72.2%) were not working, and 7 people (38.9%) were in stages 1 and 3 respectively.

Table I : Characteristics of Respondents (n=18)

Characteristics	Mean (±SD)	n	%
*Five-Finger Relaxation Technique Group			
Age	48,11 (±6,43)	-	-
Education			
Primary School	-	3	16,7
Junior High School	-	3	16,7
Senior High School	-	8	44,4
College	-	4	22,2
Professions			
Employed	-	6	33,3
Unemployed	-	12	66,7
Breast Cancer Stages			
Stage 1	-	7	38,9
Stage 2	-	11	61,1
*Qur'anic Murottal Therapy Group			
Age	50,89 (±4,72)		
Education			
Primary School	-	4	22,2
Junior High School	-	9	50,0
Senior High School	-	4	22,2
College	-	1	5,6
Professions			
Employed	-	2	11,1
Unemployed	-	16	88,9
Breast Cancer Stages			
Stage 1	-	3	16,7
Stage 2	-	11	61,1
Stage 3	-	4	22,2
*Control Group			
Age	49,78 (±3,78)		
Education			
Primary School	-	2	11,1

CONTINUE

Table I : Characteristics of Respondents (n=18). (CONT.)

Characteristics	Mean (±SD)	n	%
Education			
Junior High School	-	4	22,2
Senior High School	-	12	66,7
Professions			
Employed	-	5	27,8
Unemployed	-	13	72,8
Breast Cancer Stages			
Stage 1	-	7	38,9
Stage 2	-	4	22,2
Stage 3	-	7	38,9

Table II shows the results of descriptive statistics in the five-finger relaxation technique group obtained the average anxiety obtained from 18 respondents before measurement of 50.72 (±4.725), with the minimum score is 40 and the maximum score is 58, while the average score of anxiety after measurement is 39.28 (±5.143), with a minimum score of 28 and a maximum score of 46. In the murotal Al-Qur'an group, the average anxiety obtained from 18 respondents before measurement was 50.44 (±4.501), with a minimum score of 44 and a maximum score of 58, while the average score of anxiety after measurement was 39.99 (±5.358), with a minimum score of 32 and a maximum score of 47. In the control group, 18 respondents obtained a pre-measurement of 50.11 (±3.771), with a minimum score of 44, and a maximum score of 57, while the average score of anxiety after measurement was 41.44 (±4.033), with a minimum score of 35 and a maximum score of 48.

Table II : Univariate Analysis of Research Variables: Anxiety

Variable: Anxiety	Mean	SD	Minimum	Maximum
*Five-Finger Relaxation Technique Group				
Pre-test	50,72	4,72	40	58
Post-test	39,28	5,14	28	46
*Qur'anic Murotal Therapy Group				
Pre-test	50,44	4,50	44	58
Post-test	39,33	5,36	32	47
*Control Group				
Pre-test	50,11	3,77	44	57
Post-test	41,44	4,,03	35	48

Table IV: Comvarative Analysis

(I) Treatment	(J) Treatment	Multiple Comparisons			ANOVA		F	P-Value
		Mean Dif-ference	Std Error	P-Val-ue	95% CI			
					Lower	Upper		
Five-Finger Relaxation Technique	Qur'anic Murotal Therapy	-0,333	0,984	0,939	-2,71	2,04	4,754	0,013
	Control	-2,778	0,984	0,018	-5,15	-0,40		
Qur'anic Murotal Therapy	Five-Finger Relaxation Technique	0,333	0,984	0,939	-2,04	2,71		
	Control	-2,444	0,984	0,042	-4,82	-0,07		
Control	Five-Finger Relaxation Technique	2,778	0,984	0,018	0,40	5,15		
	Qur'anic Murotal Therapy	2,444	0,984	0,042	0,07	4,82		

Table III shows that the p-value obtained in the paired simple t-test in the group given five-finger relaxation therapy is 0.000. This is evidenced by a decline in the average score before and after anxiety from a score of 50.72 to 39.28 with a gap of 11.44. In the group given murotal Al-Qur'an, the p-value is 0.000. This is evidenced by a decline in the average score before and after anxiety from a score of 50.44 to 39.33 with a gap of 11.11. As for the group given control, the p-value is 0.000 . This is evidenced by a decline in the average score before and after anxiety from a score of 50.11 to 41.44 with a gap of 8.67.

Table III: Analysis Paired Simple T-test

Variable	Mean	Mean Difference	SD	t	P-Value
*Five-Finger Relaxation Technique Group					
Pre-test	50,72	11,44	4,725	15,707	0,000
Post-test	39,28		5,143		
*Qur'anic Murotal Therapy Group					
Pre-test	50,44	11,11	4,501	14,577	0,000
Post-test	39,33		5,358		
*Control Group					
Pre-test	50,11	8,67	3,771	14,866	0,000
Post-test	41,44		4,033		

The results of Table IV show that the five-finger relaxation and murotal Al-Qur'an interventions have differences with the control in reducing anxiety in breast cancer patients. This is based on the results of tukey analysis, where the five-finger relaxation has no difference with the Qur'anic murotal intervention characterized by a mean difference score of 0.333 and a p-value of 0.939 and has a difference with the control characterized by a mean difference score of 2.778 and a p-value of 0.018. The murotal Al-Qur'an intervention has no difference with the five-finger relaxation intervention characterized by a mean difference score of 0.333 and a p-value of 0.939, and has a difference in the control characterized by a mean difference score of 2.444 and a p-value of 0.042. In the control, the difference with the five-finger relaxation intervention is characterized by a mean difference score in five-finger relaxation of 2.778 and a p-value of 0.018, and in the Qur'an murotal has a difference characterized by a mean difference of 2.444 and a p-value of 0.042.

According to the analysis result of variance on the intervention of five-finger relaxation techniques, murotal Al-Qur'an, and control using analysis of variance received a p-value of 0.013. This shows that the intervention of relaxation techniques, murotal Al-Qur'an, and control have an effect on reducing anxiety.

DISCUSSION

Breast cancer is the most common malignant tumor diagnosed in women worldwide and is the first cause of death from malignant tumors. Breast cancer can cause anxiety in sufferers, this happens because breast cancer diagnoses often lead to concerns about the future, prognosis, and side effects of treatment that may be necessary. In addition, the appearance of physical changes due to breast cancer treatment such as hair loss, weight changes, or other side effects can affect the sufferer's self-image and emotions. Intensive treatment processes, such as surgery, chemotherapy, and radiotherapy, as well as possible side effects, can also trigger anxiety. Not only that, changes in lifestyle, work, and social relationships due to a breast cancer diagnosis are also one of the causes of ongoing anxiety (12–14).

Anxiety that continues to be bad will certainly have a bad impact on breast cancer patients (15), therefore an effort is needed to overcome this anxiety, one way is to provide five-finger relaxation technique therapy. Based on the results of this study, it was shown that there was an effect of the five-finger relaxation technique on reducing anxiety in the intervention group in breast cancer patients. This is shown by the decrease in the average anxiety score from a score of 50.72 to 39.28 with an average score difference of 11.44. This research is in line with Ahmed et al., (2023) which states that there is an effect of the five-finger relaxation technique on anxiety levels. It is also supported by Mubin, (2020) which showed a significant effect of the five-finger relaxation technique on anxiety.

The five-finger relaxation technique is a relaxation technique that involves touching and imagining five fingers in sequence, with a focus on memory or pleasant experiences (18). The five-finger relaxation technique is a form of mind-body intervention that focuses on the interaction of the brain, body, mind, soul, and behavior to use the mind to change the function of physical behavior and improve psychological well-being (9). By utilizing positive suggestions and visualizations, the five-finger relaxation technique can certainly help clients respond positively to stressors and relieve anxiety symptoms in a natural and holistic way (19). To lower anxiety in breast cancer patients, the five-finger relaxation technique works with the physical touch mechanism on the fingers to stimulate acupressure points that are connected to the body's energy (20). Five-finger relaxation technique therapy has been shown to

be effective in lowering anxiety levels. In this therapy, individuals are guided to perform five-finger relaxations that result in relaxation responses in the body, such as decreased oxygen needs, muscle relaxation, and smooth blood flow. Then, the pressure exerted on the fingers of the hand can also stimulate the vagus nerve, which will trigger the release of acetylcholine, a neurotransmitter that calms the body and mind. Acetylcholine helps lower heart rate and blood pressure, slowing breathing. This effect helps the body to relax. Acetylcholine can also improve mood, induce a sense of calm, and reduce anxiety. Thus, the five-finger relaxation technique can help reduce anxiety by stimulating a relaxation response in the body through pressure on the associated energy and nerve points (21,22).

Another non-pharmacological therapy used to reduce anxiety in breast cancer patients is Qur'anic murotal therapy (23). The results of the study show that there is a murotal influence of the Qur'an on anxiety. This is marked by data that shows a decrease in the average score before and after the treatment of the Qur'an from a score of 50.44 to 39.33 with an average score difference of 11.11 for anxiety. The results of this study are in line with Ruby et al., (2022) which states that there is a murotal influence of the Qur'an on reducing anxiety. Similar to the results the study of Simamora et al (2021) which reveals that there is a murotal influence of the Qur'an on anxiety.

Murotal Therapy Al-Qur'an is a form of complementary therapy to reduce anxiety. This therapy is carried out by listening to the chanting of verses of the Quran, which has been proven to produce alpha waves on the electroencephalogram (EEG) that induce relaxation (26). Qur'an therapy can lower anxiety through several mechanisms. First, recitation of the Qur'an that involves hearing calm and meaningful sounds can have a relaxing effect on the brain and body, reducing anxiety levels. Second, Qur'an therapy can also enhance one's spiritual connection and faith, which can provide peace of mind and heart in the face of challenges. Thus, the combination of the physical relaxation and spiritual calming effects of Qur'an therapy can effectively help individuals cope with anxiety (27). Murotal therapy will produce chemical compounds called neuropeptides. These compounds will connect to their receptors in the body and provide feedback in the form of comfort. In addition, the murotal of the Qur'an can also affect brain activity by producing delta waves, which can provide patients with feelings of calm, peace, and comfort (28). Murotal can also increase the release of endorphins and muscle relaxation, which can also reduce anxiety. In addition, listening to the verses of the Quran consistently can also increase the strengthening of faith, focus (29). The findings of this study also showed that in the control group that was not given the intervention of the five-finger relaxation technique and the Qur'an, there was a decrease in the average value of anxiety from a score of

50.11 to 41.44 with a difference of 8.67. The decrease in anxiety that occurred in this group was because in the control group, the respondent was still given standard therapy from the hospital, including improvement of general conditions such as physical treatment, giving blood transfusions, symptomatic treatment, and breast cancer wound care. Based on the notes in the daily logbook filled by the respondents, where all Muslim respondents wrote that during the research process, the respondents carried out religious activities, such as prayer, dhikr, praying, and reading the Quran. Prayer activities have an effect on reducing anxiety in breast cancer patients, where the level of solemnity during prayer plays a role in reducing anxiety. In addition, dhikr can cause the heart and mind to feel calm (30). This caused a decrease in anxiety because psychologically, respondents felt calmer and more relaxed from frequently carrying out religious activities to get closer to God.

Based on the results of variance analysis in the five-finger relaxation technique intervention group, the Qur'an murotal intervention group, and the control group, a p-value of 0.013 ($P < 0.05$) was obtained. This shows that in the intervention group given relaxation techniques, the intervention group given murotal Al-Qur'an, and the control group that is not given the intervention of the five-finger relaxation technique and murotal quran therapy all have an effect on reducing the anxiety of breast cancer patients. However, from the three groups, after a comparison between the intervention group given the five-finger relaxation technique, the intervention group given Qur'an murotal therapy, and the control group without the five-finger relaxation technique intervention and Qur'an murotal therapy showed that the decrease in anxiety scores in the intervention group given the five-finger relaxation technique was much greater (11.44) compared to the intervention group given Qur'an murotal therapy (11,11) and the control group without the intervention of the five-finger relaxation technique and Qur'an murotal (8,67).

The five-finger relaxation technique has a significant advantage in lowering anxiety levels compared to Qur'an murotal therapy. This technique is effective because it is able to activate the parasympathetic nerves that stimulate a relaxation response, which then reduces muscle tension, blood pressure, and regulates hormones associated with increased anxiety. By performing this technique regularly, individuals can experience a feeling of comfort and calm that positively impacts their mental and physical well-being (18).

According to the researchers' assumptions, the five-finger relaxation technique is relatively easy to do in various atmospheres and environments. By sitting or lying down in a quiet and comfortable place, individuals can close their eyes and take deep breaths. Then, by imagining each finger representing a different aspect of life, the individual can consciously release the tension

from each finger by exhaling slowly and imagining the tension on the finger dissolve. This helps individuals to focus on relaxation and reduce anxiety in a simple yet effective way. Compared to Qur'anic murotal therapy, the five-finger relaxation technique offers a more direct and practical approach to managing anxiety. While Qur'anic murotal therapy can provide calm and inner peace through chanting holy verses, the five-finger relaxation technique gives individuals more direct control over relieving anxiety in a way that can be done anytime and anywhere. Thus, the advantages of the five-finger relaxation technique lie in its ease of execution, its effectiveness in lowering anxiety, as well as its flexibility that allows individuals to manage anxiety independently and proactively.

CONCLUSION

The conclusion of this study shows that there is no significant relationship between five-finger relaxation technique therapy and Qur'anic murotal therapy in reducing the anxiety level of breast cancer patients at Sayang Cianjur Hospital, because both have the same effect in reducing anxiety. The results of the analysis of variance (ANOVA) show that both therapies can effectively reduce patient anxiety, without any significant difference in their effects, although Qur'anic murotal therapy tends to have a slightly greater effect than five-finger relaxation therapy.

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