The Differences In Blood Pressure Changes Between Benson Relaxation And Emotional Healing In Pregnant Women With Hypertension

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Research Article

The Differences In Blood Pressure Changes Between Benson Relaxation And Emotional Healing In Pregnant Women With Hypertension

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ABSTRACT

Introduction: There are 839 cases of hypertension in pregnancy, this case is estimated to increase in 2025 with a total of 1.15 billion or around 29 of the world's total population (WHO, 2015). 80% of AKI is due to complications during pregnancy, childbirth and after delivery. The direct causes of maternal death are bleeding (25%), usually postpartum hemorrhage, sepsis (15%), hypertension in pregnancy (12%), obstructed labor (8%), complications of unsafe abortion (13%), and other causes. (8%) (WHO, 2018. Globally eclampsia occurs in 0.5 percent of live births and 4.5 percent of hypertension in pregnancy (Saifudin, 2010). **Objective:** to determine the differences in changes in blood pressure between Benson relaxation techniques and emotional healing in mothers pregnant with hypertension. **Method:** quasi experimental approach with pretest posttest group design The first group with Benson relaxation and the second group with Emotional Healing Result and Discussion: Difference in mean blood pressure before and after the Benson systolic relaxation intervention +25.68 mmHg whereas diastolic +7.46 and Emotional Healing systolic 14.09 mmHg while distolic 4.03 mmHg, so that Benson Relaxation has a greater effect on reducing systolic blood pressure than Emotional Heali ng of 1.8 and Benson Relaxation have a greater effect on lowering diastolic blood pressure than Emotional Healing by 1.9. The pre-post intervention comparison, both Benson relaxation and emotional healing, all showed a p value <0.005, so all of them were statistically significant. **Conclusion:** the average blood pressure before the Benson relaxation was systolic 153.23 while diastolic 94.73 became systolic 127.55, diastolic 87.27, whereas before emotional healing was carried out, namely systolic 141.45, diastolic 97.45 and after systolic emotional healing 127.36, diastolic 87.42, there is a significant difference between benson relaxation and emotional healing with a value of <0.001

Keywords: Blood Pressure, Benson, Emotional Healing

INTRODUCTION

Data from SMC Tasikmalaya Regency in 2017, the number of hypertensive pregnant women who came to the obstetrics and gynecology Polyclinic based on diagnosis were 126 people with gestational hypertension, 26 people with mild pre-eclampsia (PER), 415 people with severe pre-eclampsia (PEB), while care in inpatient institutions 17 people for gestational hypertension, PER 8 people and PEB 253 people.

The high incidence of hypertension in pregnancy indicates a higher risk of maternal and perinatal complications. Complications that arise can include blood supply to the placenta, placental abruption and damage to internal organs (Simkin Wallhey & Kepper, 2008 in Widayati). Complications from hypertension in pregnancy can be prevented with appropriate and accurate management (Widayati, 2010).

One of the management of hypertension is to use nonpharmacologic treatment, namely by creating a state of relaxation, in a relaxed state the body can control the nervous system which ultimately lowers blood pressure (Knight, 2001) Benson relaxation is the development of a breathing relaxation response method involving the patient's belief factors (Benson & Proctor, 2000) while Emotional healing is a method of therapy which is intended to improve the energy and emotions that exist within oneself, by improving our thinking patterns, speech and attitudes (Despha, 2011).

METHOD

The research design used in this study was quantitative with a quasi experimental approach with a pretest posttest group design. In this study, there were two treatment groups, namely Benson Relaxation and Emotional Healing. This research was conducted at the Tasikmalaya District SMC Hospital at the Gynecology Polyclinic. The population used in this study were all pregnant women in the second trimester who experienced hypertension at the Tasikmalaya District High School Hospital. The population in this study was 567 people. The population that can be used as research subjects through sampling (Hidayat, 2014), the sampling method in this study is Non Probability Sampling with an Accidental Sampling approach (Notoatmodjo, 2010). The sample used in this study were all pregnant women in the second trimester who had hypertension in the Tasikmalaya District SMC Hospital, who met the inclusion criteria of the study: clients who were willing to be respondents, aged <25 years and> 35 years, primiparous pregnancy, no complications, mother. pregnant in the second trimester who has hypertension. The results of the calculation of the sample size (n) are still considered large, it is possible to make corrections with the formula (Lincoln in Swarjana, 2015) :

$$n = \frac{n.N}{n + (N - 1)} = \frac{75x299}{75 + (299 - 1)} = \frac{22425}{373} = 60$$

Variables consist of independent variables, namely independent variables (Notoatmodjo, 2010), dependent variables (dependent) are variables that are influenced or become a result of the independent variables (Hidayat, 2014), the independent variables in this study are Benson relaxation and emotional healing which are an action given as an intervention to obtain a certain effect, namely changes in blood pressure, while the dependent variable is pregnant women with hypertension.

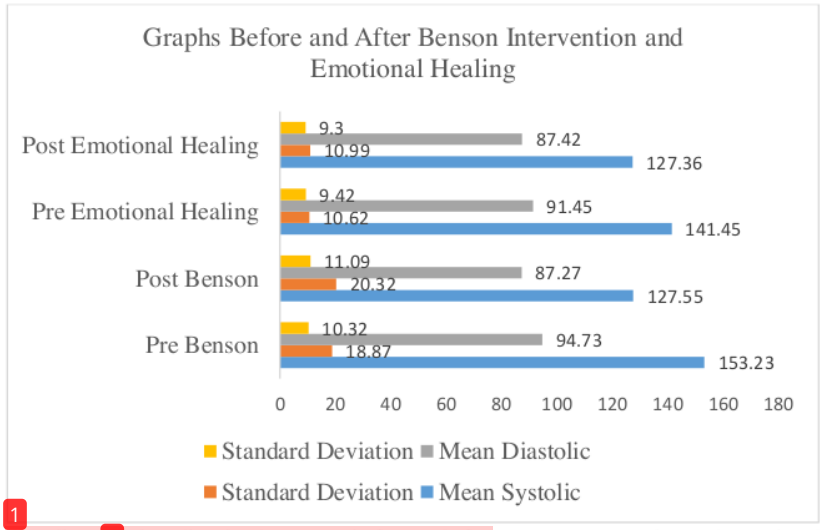
The research instruments used in this study were the Benson relaxation protocol implementation protocol, emotional healing and blood pressure measurement techniques which were compiled by researchers based on standardized sources. The blood pressure measurement instrument will use a calibrated digital Omron HEM 7320 (New) tensimeter. Implementation procedures that have been carried out: prepare a special room as comfortable as possible complete with the aroma of teraphi and faint music, carpets, mattresses, pillows and blankets, prepare an examination instrument in the form of a calibrated digital tensimeter type Omron HEM 7320, prepare a respondent's blood pressure observation sheet for filled in before and after Benson relaxation or emotional healing, selecting respondents according to the inclusion criteria, measuring the respondent's blood pressure before the Benson relaxation therapy or emotional healing is carried out, providing information and informed consent to the respondent by signing a statement of approval as the respondent, determining Contract time for each respondent to receive treatment for 30 minutes (10 minutes to measure blood pressure before and after treatment, 20 minutes to implement Benson relaxation or emotional healing), arrange the respondent's position as comfortable as possible (according to the respondent's wishes), take blood pressure checks to pregnant women who have hypertension before doing Benson relaxation or emotional healing, doing Benson relaxation or emotional healing to the respondent who has been determined for 20 minutes, re-measuring blood pressure immediately after Benson relaxation or emotional healing, recording the results Blood pressure on the observation sheet, using the Wilcoxon statistical test for the comparative test, the data normality test using the Kolmogorov Smirnov, the conclusion of the data test is said to be normal if the P value is 0.05 and it is said to be not normally distributed if the P value is <0.05. The study was conducted by prioritizing ethical clearance, namely making informed consent, respect for privacy and confidentiality, respect for justice an inclusiveness, balancing harms and benefits (Notoatmodjo, 2010).

RESULT AND DISCUSSION

Table 1. Respondent groups based on the type of intervention

Intervention Type	Frequency	Percentace (%)	CI 95%
Benson	22	50.0	1,35-1,65
Emotional Healing	22	50.0	1,35-1,65
Total	44	100.0	

In Table 1, each intervention group both Benson and Emotional Healing were 22 people.



Graph 1. Systolic and Diastolic Blood Pressure before and after Benson Intervention and Emotional Healing.

In graph 1 dan Tabel 2. The Difference in Average Blood Pressure Before and After Benson Relaxation Intervention systolic +25.68 mmHg while diastolic +7.46 and Emotional Healing systolic 14.09 mmHg while distolic 4.03 mmHg, so Benson Relaxation has a greater effect lowering systolic blood pressure than Emotional Healing by 1.8 and Benson Relaxation had a greater effect on reducing diastolic blood pressure than Emotional Healing by 1.9.

Table 2. Comparison of Benson Relaxation and Emotional Healing on Blood Pressure

Comparison Intervention		$\bar{x}$	CI 95% Under	CI 95% Upper	t	df	Sig. (2-tailed)
Benson Relaxtion	Sistolic	25,69	18,10	33,27	7,042	21	<0,001
	Diastolic	7,46	2,78	12,13	3,316	21	0,003
Emotional Healing	Sistolic	14,10	10,98	17,21	9,411	21	<0,001
	Diastolic	4,05	1,7	0,42	2,320	21	0,031
Interventions Combined	Sistolic	19,89	15,57	24,20	9,296	43	<0,001
	Diastolic	5,8	2,87	8,63	4,021	43	<0,001

Based on Table 2, it can be seen that:

In the Benson Relaxation Intervention comparison column on systolic blood pressure, a significance value of <0.001 (p <0.005) was obtained with a difference of 25.69 (CI95% 18.10-33.27), because the interval did not pass zero, there was a statistical difference in mean blood pressure. systolic meaning before and after Benson relaxation.

In the Benson Relaxation Intervention comparison column for distolic blood pressure, a significance value of 0.003 (p <0.005) was obtained with a difference of 7.46 (95% CI 2.78-12.13), because the interval did not pass zero, then statistically there was a difference in mean distolic blood pressure. meaningful before and after Benson relaxation.

In the Emotional Healing Intervention comparison column on systolic blood pressure, a significance value of <0.001 (p <0.005) was obtained with a difference of 14.10 (CI 95% 10.98-17.21), because the interval did not pass zero, then statistically there was a difference in mean blood pressure. systolic meaning before and after Emotional Healing.

In the Emotional Healing Intervention comparison column for distolic blood pressure, a significance value of 0.031 (p <0.005) was obtained with a difference of 4.05 (CI95% 1.7-0.42), because the interval did not pass through zero, then statistically there was a difference in the mean distolic blood pressure. meaning before and after Emotional Healing.

In the comparison column of Benson Relaxation Combined Intervention with Emotional Healing on systolic blood pressure, a significance value of <0.001 (p <0.005) is obtained with a difference of 5.8 (95% CI 15.57-24.20), because the interval does not pass The mean difference in systolic blood pressure was significant before and after the Benson relaxation intervention or emotional healing.

In the comparison column of Benson Relaxation Combined Intervention with Emotional Healing on distolic blood pressure, a significance value of <0.001 (p <0.005) is obtained with a difference of 19.89 (CI 95% 2.87-8.63), because the interval does not pass differences in mean distolic blood pressure were significant before and after the Benson relaxation intervention or Emotional Healing.

Based on the results of the study, table V.1, the number of respondents who were intervened was 22 people with benson relaxation, 22 people with emotional healing. Benson relaxation is the development of a breathing relaxation response method involving the patient's belief factors (Benson & Proctor, 2000). In this method, there are 2 things that are d to generate a response, namely the repeated pronunciation of words or phrases and a passive attitude. Relaxing is a physical activity, while a resignation is a psychological activity that will strengthen the quality of relaxation. Submission is a relaxation response that does not only occur physically but also psychologically. In a state of surrender, a person will depend on the totality of God, thus making the body relax (Benson & Proctor, 2000).

Emotional healing is a type of healing method by improving the emotions and energy within oneself. By instilling in yourself about something positive, this positive energy and emotion will automatically correct something that is wrong in the body. Stress data we feel depressed and feel afraid. Adrenaline and noradrenaline are released, blood vessels constrict (vasoconstriction) and blood circulation becomes obstructed. When a person experiences a stressful situation, the brain sends messages to the nerves to release adrenaline and other brain chemicals to be sent as energy to the muscles. In just a few days the stress hormone increases will be debilitating and even deadly if the oxygen supply is cut off, as occurs during strokes and heart attacks.

The human body has a balance regulation mechanism or homeostatic reaction in its metabolic system, as well as hormones. When we think negatively, the adrenaline and nonadrenaline that will appear are not toxic but trigger the formation of angerous active oxygen, therefore there is absolutely no point in having negative attitudes / thoughts. It's different when we react positively to stress from POMC (Proopiomelanocortin), which is a protein that will come out when stressed and will be b en down into different peptide hormones then spread into the blood to form adrenal cortex hormones which relieve physical stress. In addition, beta-endorphins which ward off psychological stress will also be released.

Based on Graph 1 and Table 2, it can be seen that the average systolic blood pressure before the Benson relaxation intervention is 153.23 MmHg years with a standard deviation of 18.87, the value of the 95% confidence interval is between 144.86-161.60 while the average blood pressure diastolic before Benson relaxation intervention 94.73 MmHg.

The cause of hypertension in pregnancy is not clearly known. Many theories have been put forward about the occurrence of hypertension in pregnancy, but no one theo is considered absolute. The theories that are widely adopted are the theory of placental vascularization disorders, placental ischemia, free radicals, endothelial dysfunction, and immunological intolerance between mother and fetus. Genetic cardiovascular adaptation, nutritional diffi ciency and inflammation (Saifuddin, 2010)

According to Lenovo, K neth J (2013) vasopasm is fundamental in the pathophysiology of preeclampsia and eclampsia. This concept is based on direct observation of the fine blood vessels at the nail bed, ocular fundus and bulbar conjunctiva nd is estimated from the histological change seen in the various affected organs. Vascular contraction causes resistance to blood flow and plays a role in the development of arterial hypertension. Vasopasm itself is also likely to cause damage t lood vessels. In addition, angiotensin II causes endothelial cells to contract. These changes m cause leakage of blood constituents, including platelets and fibrinogen, which then settle in the bendothelium, these vascular changes, along with local hypoxia of the surrounding tissue. May cause bleeding, necrosis and various other end organ di rders that can be seen in severe preeclampsia.

Based on Graph 1 and Table 2 above, it can be seen that the average systolic blood pressure before the Emotional Healing intervention is 1 .45 MmHg with a standard deviation of 10.62, the value of the 95% confidence interval is between 136.74-146.16 while the average diastolic blood pressure prior to Emotional Healing intervention 91.45 MmHg.

According to Lenovo, K neth J (2013) vasopasm is fundamental in the pathophysiology of preeclampsia and eclampsia. This concept is based on direct observation of the fine blood vessels at the nail bed, ocular fundus and bulbar conjunctiva nd is estimated from the histological change seen in the various affected organs. Vascular contraction causes resistance to blood flow and plays a role in the development of arterial hypertension. Vasopasm itself is also likely to cause damage t lood vessels. In addition, angiotensin II causes endothelial cells to contract. These changes m cause leakage of blood constituents, including platelets and fibrinogen, which then settle in the bendothelium, these vascular changes, along with local hypoxia of the surrounding tissue. May cause bleeding, necrosis and various other end organ disorders that can be seen in severe preeclampsia.

In some pregnant women, there is an increase in vascular sensitivity to angiotensin II, this increase causes hypertension and vascular damage which affects b od supply to other organs (Masudik, 2015).

Based on Figure 1, it can be seen that the average systolic blood pressure after Benson relaxation inte ention is 127.55 MmHg with a standard deviation of 20.32, the 95% confidence interval value is 118.54-136.56 while the average distolic blood pressure before the Benson relaxation intervention 87 , 27 MmHg years with a standard deviation of 11.09 values of 95% confidence interval between 82.36-92.19, this is in accordance with the theory put forward by Benson & Proctor, 2000), that in a state of surrender, someone will depend on the totality to God, thus relaxing the body.

Breathing techniques make the body receive optimal oxygen to increase energy and focus on a focus by repeating ritual sentences, and eliminating distracting thoughts (Benson & Proctor, 2000). In addition, relaxation exercises can increase beta-endorphins and reduce catecholamines that can inhibit post-cesarean pain stimuli. Relaxation exercises

can also lead to a state of calm and relaxation in which brain waves begin to slow down, eventually making a person calm and comfortable (Benson & Proctor, 2000).

Based on graph 1 and Table 2, it can be seen that the average systolic blood pressure after the Emotional Healing relaxation intervention is 127.36 mmHg years with a standard deviation of 10.99, the value of the 95% confidence interval is between 122.49-132.24 while the average blood pressure distolic before the Emotional Healing intervention 87.42 MmHg years with a standard deviation of 9.30, the value of the 95% confidence interval between 83.28-91.53, this is in accordance with the theory of Rene Descartes (1596-1650) which states that humans already have six emotions basic from birth, namely love, joy, desire, hate, sadness and admiration. This theory includes theories or opinions that embrace nativistic ideas, namely the notion that emotions are basically innate (Rahayu, 2013).

Emotions themselves arise because there are stimulants from both internal and external factors. Types of emotions, namely positive emotions, are a person's psychological response to phenomena that according to his perception are beneficial and pleasant for him. Furthermore, negative emotions are a person's psychological response to phenomena which according to his perception are detrimental to him. These negative emotions often cause our physical and spiritual ailments. These diseases include hypertension. Narrowing of blood vessels in internal organs occurs due to stress. If this happens continuously it will cause hypertension (Mulato, 2009).

A person who is under constant stress and cannot manage stress can suffer from emotional and physical problems. When it occurs in the long term it can develop into depression and it is necessary to see a doctor to overcome it. Many things can cause stress to a person, such as: anxiety, anger, sadness, too tired, too focused on one thing, feeling confused or angry, sadness, fear, excessive sensory stimulation such as bright light, noise, etc. To avoid this, it is very important to have the ability to manage stress so that it can minimize its impact on emotionally and physically or even be able to turn stress into positive energy (eustress) to make a person more excited, focused and motivated to achieve goals.

Basically, stress is a defense system to defend yourself from something disturbing or even dangerous in your mind. Of course everyone's natural ability to control stress is different, but this ability can be improved with practice. So Eustress there are several ways to change distress (negative stress) into eustress (positive stress). If we experience stress that is bad for us, it's better to avoid it. For example, the habit of sleeping late at night, relationships that are not suitable and difficult to maintain, dependence on cigarettes, alcohol, caffeine, etc. Conversely, if the stressor experienced is not something to be avoided or something bad, such as marriage and workplace problems, then the best way to deal with it is to control it and turn it into positive energy to solve the problem (Kusuma, Tubagus Erwin. 2013) .

Based on Graph 1 and Table 2, it can be seen that the Difference in Average Blood Pressure Before and After Benson Relaxation Intervention systolic +25.68 mmHg while diastolic +7.46 and Emotional Healing systolic 14.09 mmHg while distolic 4.03 mmHg, so relaxation Benson has a greater effect on reducing systolic blood pressure than Emotional Healing by 1.8 and Benson Relaxation has a greater effect on reducing diastolic blood pressure than Emotional Healing by 1.9, this is in accordance with the theory (Benson & Proctor, 2000; Roykulcharoen, 2003) which states that relaxation will cause physiological responses such as decreased pulse rate, decreased oxygen consumption, decreased respiratory rate, decreased blood pressure and decreased muscle tension. In addition, relaxation will have an impact on psychological responses, namely reducing stress, anxiety, depression and acceptance of post-surgical pain control

The expressions used can be in the form of a god's name, prayer, phrases or other words that have a calming meaning for the patient (Benson & Proctor, 2000). The factors of belief and hope for recovery are very influential on the work of the hypothalamus which controls the autonomic nervous system in the limbic system, because in a relaxed state the parasympathetic nerves will work, so that they can reduce physical and mental stress and make the patient more enthusiastic (Benson & Proctor, 2000).

Certain words or sentences that are read over and over again involving elements of faith and belief will cause a stronger relaxation response than relaxation without involving the element of belief (Benson & Proctor, 2000).

According to Benson & Proctor (2000) the benefits of Benson relaxation are:

1. Receive peace of mind, thereby reducing anxiety and stress.
2. Increase confidence and willingness to be healthy.
3. Lowering blood pressure.
4. Make sleep quality better.
5. Increase beta-endorphins and reduce catecholamines which can inhibit post-cesarean section pain stimuli

Emotional healing is in accordance with the theory (Prasaja, Andrea, 2012), that optimism can activate more energy in us and vice versa with pessimism. And the more positive emotions, the more stimulated our energy will be to develop. Positive energy will attract many good things in your life. Stress data we feel depressed and feel afraid. Adrenaline and noradrenaline are released, blood vessels constrict (vasoconstriction) and blood circulation becomes obstructed. When a person experiences a stressful situation, the brain sends messages to the nerves to release adrenaline and other brain chemicals to be sent as energy to the muscles. Within a few days, the stress hormone increases will weaken or even kill if the oxygen supply is cut off, as occurs during strokes and heart attacks.

The human body has a balance regulation mechanism or homeostatic reaction in its metabolic system, as well as hormones. When we think negatively, the adrenaline and nonadrenaline that will appear are not toxic but trigger the

formation of dangerous active oxygen, therefore there is absolutely no point in having negative attitudes / thoughts. It's different when we react positively to stress from POMC (Proopiomelanocortin), which is a protein that will come out when stressed and will be broken down into different peptide hormones then spread into the blood to form adrenal cortex hormones which relieve physical stress. In addition, beta-endorphins which ward off psychological stress will also be released.

Therefore, to dilate blood vessels and increase blood flow, it is necessary to think positively and calm down so that stress-fighting hormones will be formed and distributed throughout the body to repair problematic systems.

When the happiness hormone is released, alpha activity in our brain waves appears to strengthen. The most important condition for penetrating the subconscious mind is alpha (8-13.9 Hz). In this wave humans are in a calm state. This condition occurs when someone is doing relaxation activities or when someone prays. Alpha is a wave condition that can give rise to Emotional Intelligence (EQ) and is a state of calm where a person is relatively free from stress. It is in this alpha condition that the healing process begins to react in programming the subconscious mind to accelerate the healing process. This condition is in one focus (Haruyama, Shiego, 2014).

CONCLUSSION

Blood pressure before and after Benson relaxation with Emotional Healing each showed a difference and had a p value <0.001, which means that there was a significant difference.

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