



Benefits of Simple Relaxation Techniques on Reducing Stress: a Public Knowledge Survey

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Abstract

Background: Background: Therapy existing complements be one of choice treatment society. Nurse can play a role as consultant For client in choose suitable alternative or help give therapy directly. This survey aiming to see description knowledge public about therapy complementary, especially Therapy Relaxation.

Methods: Research This use design descriptive analytic For see description knowledge public about therapy Relaxation, which conducted on 100 respondents use online questionnaire.

Results: Research results obtained of 100 respondents , 57% of respondents say Once know about therapy complementary and as many as 64% said If therapy Relaxation is one of from Therapy complementary.

Conclusion: Development therapy complementary or alternative Already wide, including in which the people involved in give treatment Because the amount professional health and therapists involved in therapy complementary. Nurse as Wrong One professional health, can participate as well as participate in therapy complementary.

Keywords:

survey, knowledge , therapy relaxation, stress

Introduction

Development therapy complementary lately This become highlight many countries. Treatment complementary or alternatively become part important in service health. Clients whouse therapy complementary own a number of reasons. One of the the reason is holistic philosophy in therapy complementary,

namely existence harmony in self and promotion health in therapy complementary. Reason other because client involved For taking decision in treatment and improvement quality life compared to previously (Widyatuti, 2008).

Therapy existing complements to be wrong choice treatment society. In various

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place service health No A little client ask about therapy complementary or alternative to the officer health like doctor or nurses. The community invites dialogue nurse for use therapy alternative. This happen because client want to get in accordance with his choice, so that if desire fulfilled will impact There is satisfaction client. This is can become opportunity for nurse For play a role give therapy complementary (Widyatuti, 2008).

Need public Which increase And development study to therapy complementary become opportunity nurse For participate in accordance need public . Nurse can play a role as consultant For client in choose alternative Which in accordance or help give therapy direct . However , things This need developed more carry on through study (*evidence based practice*) in order to utilized as therapy nursing which are more good (Widyatuti, 2008). Society Indonesia Already know existence therapy traditional like herbal medicine that has been develop by a long time. The reality the client who get medical treatment invarious level service health No only use Western medicine (drug chemistry) but in a way independent blend therapy the Which known with therapy complementary . This survey done to know so far where public know about therapy complementary specifically therapy relaxation.

Therapy complementary also closely the relation with condition now which one is the most his pressure from all aspect Good from environment place live, work, social economy that makes somebody stressed so that cause stress. Stress is problem general Which happen in life people man. Kupriyanov and

Zhdanov (2014) stated that the stress that exists moment. This is an attribute life modern. This is because of stress already become part life Which No Can inevitable. Good in environment school, work, family, or anywhere, stress Can experienced by a person. Stress Also Can overwrite anybody including children, teenagers, adults, or which are already carry on age . In other words, stress certain happen on anybody and wherever. Which becomes problem is if amount stress that so Lots experienced someone. The impact is stress that endangers condition physique and a person's mentality. Definition from that stress Alone is In 1950, Selye replaced definition stress become response somebody to stimulus Which given. Selye emphasized that stress is reaction or response body which in a way specific to reason which stress influence to somebody.

Lyon (2012) to term reaction body to stress sources as a variable bound or results. Stress results That sourced from in self-individual (Staal, 2004). Results stress even then covering change condition psychic, emotional, And psychological (Carr & Umberson, 2013). For example, when somebody experience worrying situation - tirkan, body in a way spontaneous react to threat the. Threat the including source stress, and response body to threat That is stress response (Schneiderman, Ironson & Siegel, 2005). Thus, the combination between source stress and results stress direct on understanding that stress No Can separated from reaction body to sources stress Which There is in other words, the body No will give some response whatever if No There is stimulation. Therefore that, stress response



can concluded as reaction body in a way physical to sources stress Which There is or stimulation Which attack body.

With existence phenomenon the expected role nurse can help reduce or relieve stress in someone with use therapy complementary in the form of therapy relaxation

Methods

This study use design descriptive analytic For see description knowledge public about therapy r relaxation. Study This done to as many as 10 0respondent person from various background different back Good from aspect age, work and social economy . Study This use online questionnaire via *google form* with 15 questions containing about utilization therapy

Relaxation on some people who have ever experiencing stress/ pressure Good from environment or from work , and How public describe use therapy complementary . Analysis in this study was using distribution frequency with see percentage every answer question.

Results

Questionnaire Therapy Relaxation This made use Google form consists of from 15 questions including identity respondents. Questionnaire This spread out in a way random through media social And collected not enough more 100 person Respondent from background behind which different. They are following discussion about results on questionnaire therapy. The relaxation therapy survey obtain from 100 respondents.

1. Type Gender and Knowledge of Respondents

Table 1. Distribution frequency Respondent based on Gender and Knowledge about therapy complementary

No.	Variables	F	%
1	Gender		
	Man	21	21
	Woman	79	79
2	Knowledge about term Therapy Complementary		
	Yes	57	57
	No	29	29
	Possible	14	14

Of the 100 respondents who responded there were 79% of respondents female or a total of 79 people, and 21% of respondents various sex man or as many as 21 people. In addition that , from 100 respondents who responded there are 57% of respondents or 57

people said know with therapy complementary ,29% of respondents or 29 people said No know and 14% or 14 respondents say Possible know or Once hear .

2. Therapy complementary Which Once done

Chart 2. Distribution type therapy complementary Which Once done Respondent



From the 100 respondents who responded there are 59% of respondents or 59 people said Once do therapy complementary with Type of Massage/ Massage /Massage, 44% of respondents or

44 people responded with using herbal medicine . And the lowest is therapy complementary type Aromatherapy, which is as much as 1% or 1 person.

3. Therapy Relaxation

Chart 3. Distribution knowledge Respondent about Therapy Relaxation



From 100 Respondent Which respond there are 64% of respondents or 64 people say if therapy relaxation including one of

complementary therapy , 30% of respondents or 30 people said No know. And the remaining 6% or 6 people answered Possible

4. Stress and Therapy Relaxation

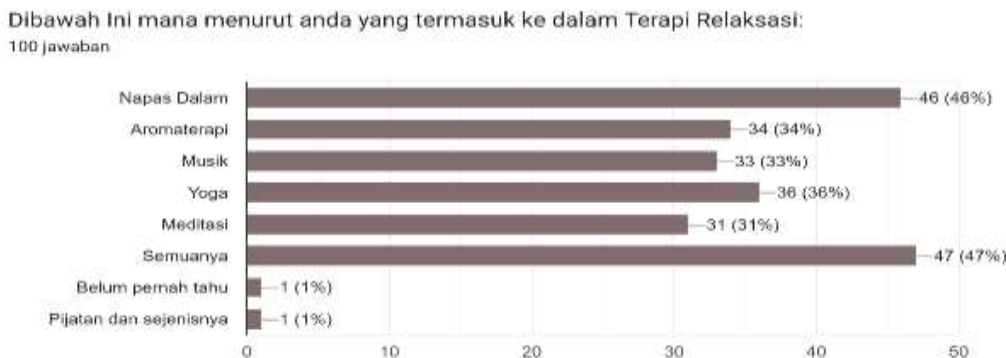
Chart 4. Distribution frequency Respondent based on trust therapy relaxation in reduce stress



From 100 Respondent which respond there are 78% of respondents or 78 people who say if therapy relaxation Can reduce stress, 20% of respondents or 20 people said can A little reduce stress. and the remaining 3% or 3 people said No There is influence at all. This show that on average gives mark currently For trust to therapy complementary.

5. Knowledge about types Therapy Relaxation

Chart 5. Distribution frequency Respondent based on knowledge Respondent about types of relaxation therapy



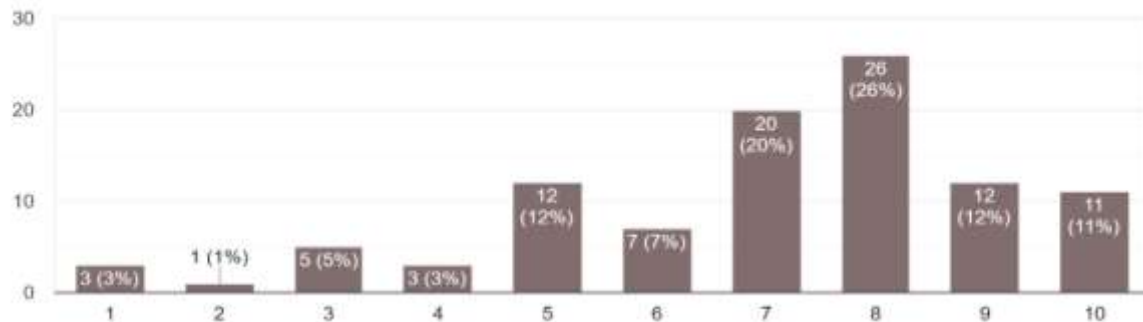
From the 100 respondents, 47% of respondents or 47 people said if deep breathing , aromatherapy, music, yoga meditation is including into the types of relaxation techniques and some say as much as 46% or 46 people if therapy relaxation That only therapy breath in only, but There are also 1% of respondents who said Not yet Have you ever heard of relaxation techniques?

6. Effect of Relaxation Techniques against stress

Chart 6. Frequency of Respondent about Effect of Relaxation Techniques to stress faced Respondent

Menurut Anda seberapa besar Pengaruh Teknik Relaksasi Tersebut di waktu anda lagi Stres?

100 jawaban



From 100 Respondent Which respond how much big Effect of Relaxation Techniques at the time Again stress from vulnerable 1-10 . Highest as many as 26% or 26 people gave value 8 against Effect of Relaxation Techniques to stress 20% of respondents or 20 people give value 7 and 11% or 11 people gave value 10 while the one who gave mark the smallest that is 1 there are 3% or 3 people.

7. Choice at the time Lots mind or problem

Chart 7. Distribution frequency of Respondent based on Choice at the time Lots mind or problem



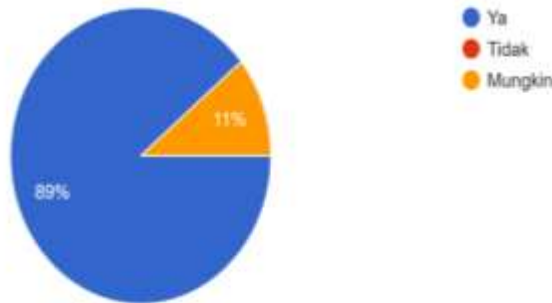
From 100 Respondent Which respond there are 81% of respondents or 81 people who If There is problem will calm self for a moment, 26% of respondents or 26 people share their feelings to friends, 19% of respondents or 19 people with method eating /snacking, 15% of respondents or 15 other people with method exercise body, the rest with method smoking, walking, shopping, listening music, praying, crying and sleeping.

8. View about therapy Relaxation for Mother pregnant

Chart 8. Distribution frequency view Respondent about therapy relaxation to Mother pregnant

Menurut Anda apakah Teknik Relaksasi sangat di butuhkan Bagi ibu Hamil?

100 jawaban



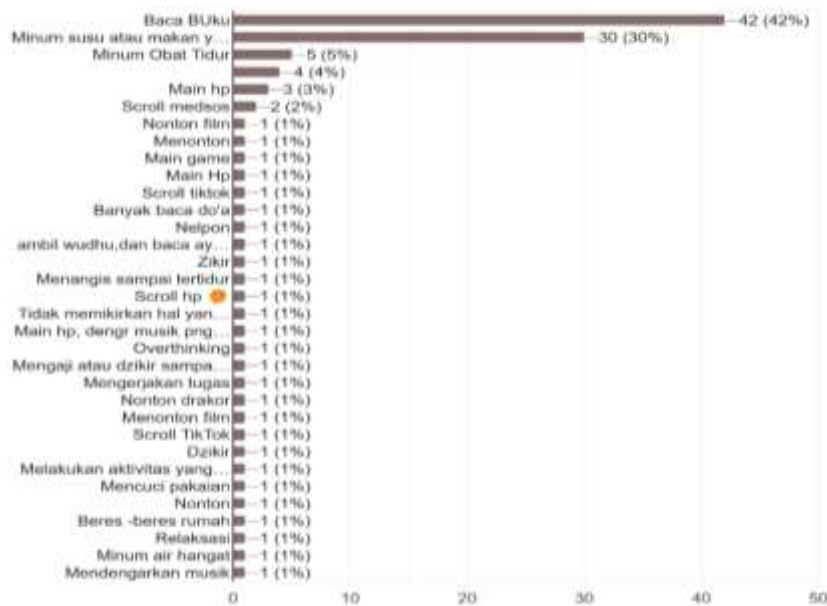
From 100 Respondent Which respond much needed by mothers pregnant whereas there are 89% of respondents or 89 people As many as 11% or 11 people said Possible who stating that therapy relaxation is very needed.

9. View about insomnia

Chart 9. Distribution frequency view Respondent about What is being done If difficult Sleep

Jika anda tidak Bisa Tidur atau mengalami insomnia apa yang akan anda lakukan:

100 jawaban

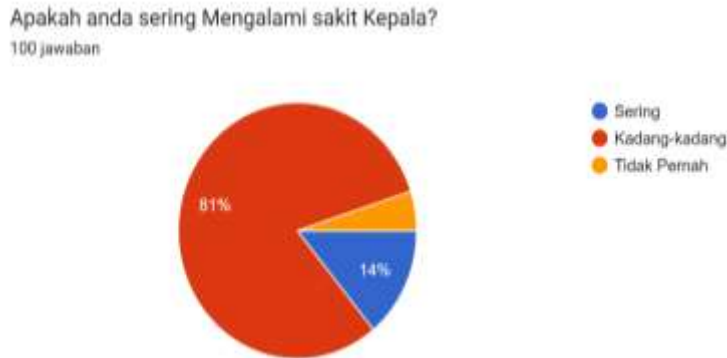


From 100 Respondent Which respond about What is being done If trouble sleeping, 42% of respondents or 42 people overcome it with method read books, 30% of respondents

or 30 people with method drink milk or eat full. 5% of respondents with method drink drug sleep and 3% with how to play hands phone

10. Sick Head

Chart 10. Distribution frequency Respondent about Headache



From 100 Respondent Which respond Sick head, and only 14% often experience of

headache. Remainder 5 % of respondents stated No Once experience o headache.

11. Action if experience Headache

Chart 11. Distribution frequency view Respondent about Respondent's actions If experience Headache



Of the 100 respondents who responded 32% say to take a deep breath, 28% of respondents say No do anything.21% said use drug herbal. The remaining 19% use drug therapy.

Discussion

Therapy alternative complementary or *complementary alternative medicine* is A group practice medical And product health is considered No become part from treatment



conventional (Holy et et al., 2016). Therapy complementary known with therapy traditional Which combined in treatment modern. Complementary is used a therapy traditional to in treatment modern (Widyatuti , 2008).

Of the 100 respondents who responded there are 57% of respondents or 57 people said know with therapy complementary ,29% of respondents or 29 people said No know and 14% or 14 respondents say Possible know or Once hear .

Of the 100 respondents who responded there are 59% of respondents or 59 people said Once do therapy complementary with type of massage/ massage / massage. And the lowest is therapy complementary type Aromatherapy, that is as much as 1% or 1 people. Massage reflection is therapy complementary with do emphasis on dot, dot, dot body certain use hand or things others like wood , plastic or rubber (Musiana et et al., 2015).

Massage reflection is a practice massage point - point specific to the hands and feet. Benefits massagereflection For health Already No need in doubt again . One of the its most beneficial properties popular is For reduce pain in body . Benefit other is prevent various disease , increase Power stand body , helps relieve stress, relieve symptom migraine , help healing disease chronic , and reduce dependence to medicines (Hartutik & Suratih , 2017).Due to the large number of benefit from massage, so that public more often does it. Besides That massage cheaper and easy done in environment public than other treatment.

From 100 Respondent Which respond there are 64% of respondents or 64 people say if therapy relaxation including one of

complementary therapy , 30% of respondents or 30 people said No know and the remaining 6% or 6 people answered Possible.

Therapy relaxation is a series technique or method which is designed For help somebody reach condition relaxation physique And mentally, with objective reduce stress, anxiety , painful , And various symptom physique or emotional others . Therapy This Work with calm system nerve and reduce response stress body , such as beat the heart that fast , breathing shallow , and tension muscles (Yelly Herien, 2024).

From 100 Respondent which respond there are 78% of respondents or 78 people who say if therapy relaxation Can reduce stress, 20% of respondents or 20 people said can A little reduce stress. and the remaining 3% or 3 people said No There is influence at all .

Of the 100 respondents, 47% of respondents or 47 people said if deep breathing, aromatherapy, music, yoga meditation is including into the types of relaxation techniques and some say as much as 46% or 46 people if therapy relaxation That only therapy breath in only, but There are also 1% of respondents who said Not yet ever heard of relaxation techniques.

From 100 Respondent which respond how much big Effect of Relaxation Techniques at the time Again stress from vulnerable 1-10. Highest as many as 26% or 26 people gave value 8 against Effect of Relaxation Techniques to stress 20% of respondents or 20 people give value 7 and 11% or 11 people gave value 10 while the one who gave mark the smallest that is 1 there are 3% or 3 people.

Objective of Relaxation Therapy:

1. Reduce Stress And Anxiety: Therapy This often used For manage stress And anxiety with calm thoughts and body .
2. Reducing Pain: Relaxation can help reduce perception painful And increase comfort , especially in condition painful chronic .
3. Overcome Symptom Physique : Therapy This Also can used For reduce symptom physique Which relate with stress , like Sick head , insomnia, hypertension , And nauseous .
4. Increase Welfare Emotional : With help somebody feel more calm and balanced , therapy relaxation can increase quality life in a way overall

From 100 Respondent Which respond there are 81% of respondents or 81 people who If There is problem will calm self for a moment, 26% of respondents or 26 people share their feelings to friends, 19% of respondents or 19 people with method eating /snacking.15% of respondents or 15 other people with method exercise body, the rest with method smoking, walking, shopping, listening music, praying, crying and sleeping.

From 100 Respondent Which respond about What is being done If trouble sleeping, 42% of respondents or 42 people overcome it with method read books, 30% of respondents or 30 people with method drink milk or eat full. 5% of respondents with method drink drug sleep and 3% with how to play hp.

Richard Lazarus And Susan Folkman is famous figure in develop theory stress model transactional . Lazarus And Folkman (1984) state that stress is connection between individual with the environment Which evaluated by someone as demands or inability

in face situation Which endanger or to-threaten health . More continued , Lazarus and Folkman confirm that *appraisal* is factor main in determine how much Lots amount stress experienced by somebody moment face to face with situation dangerous (threaten). Within other words, stress is results from the occurrence transaction between individual with reason stress Which involving process eve - area (Dewe) *et al.* , 2012). Besides that, source stress is incident or situation Which exceed ability thought or body moment face to face with source stress said. When the situation is but give stimulation, so individual will do *appraisal* (evaluation) and *coping* (remediation). Therefore that, stress Can to be continued to more stages critical or A little for the sake of A little the more reduce . Matter the determined like -where business somebody deal with source stress.

From 100 Respondent Which respond there are 89% of respondents or 89 people who stated that therapy relaxation is very much needed by mothers pregnant whereas As many as 11% or 11 people said Possible needed . No all Mother pregnant can undergo therapy with use drug - medicine There is a number of mother who doesn't too Like if must consume drugs so giving therapy non pharmacology required here . According to a number of study various type technique complementary Which can applied For overcome painful back down in existing pregnancies developed including therapy massage (61.4%), relaxation (42.6%), yoga (40.6%) and acupressure (44.6%) (Gusti et al., 2018).

From 100 Respondent Which respond 81% or 81 people stated seldom experience Sick head, and only 14% often experience Sick



head .Remainder 5 % of respondents stated No Once experience Sick head.

Of the 100 respondents who responded 32% say to take a deep breath, 28% of respondents say No do anything.21% said use drug herbal. And the remaining 19% use therapy medicine. In general We has use therapy complementary Good in a way aware and also No aware. Therapy complementary can in the form of promotion health, prevention disease or rehabilitation. Form promotion health for example repair style life withuse therapy nutrition . Somebody Which apply nutrition Healthy, balanced , contain various element will increase health body . Intervention complementary This develop in level prevention primary, secondary , tertiary and can done at the Level individual and also group for example For stimulation strategy imaginative and creative (Utami & Kartika, 2018).

From 100 respondents there were 68% of respondents or 68 people who stated that become good listener and provide the best solutions, 15% of respondents or 15 people provide Solutions for using relaxation techniques, 8% of respondents or 8 people suggested For calm down, 6% of respondents or 6 people suggested For be patient and pray a lot , 3% of respondents or 3 people did not ignore (indifferent)

Therapy relaxation breath in is technique Which involving control pattern breathing For reach condition relaxation physical and mental. This technique aiming For slow down breathing, increase oxygenation, And calm system nerve, so that help reduce stress, anxiety, and various symptom physique others . Therapy relaxation breath in has used in various form during thousands year , with

deep roots on spiritual, medical , and cultural practices throughout world. Along time , technique This has develop And integrated to in various approach treatment modern, become part important in management stress and health holistic

Need nurse in increasing ability nurse For practice nursing also the more increase. Matter this based on from development chance practice independent. If nurse have the ability that can in be accountable will increase service more nursing good. Nurse more Lots interact withclient so that role coordinator in therapy complementary is also very important. While as advocate nurse play a role For fulfil request need maintenance complementary as alternative (Widyatuti, 2008).

Conclusion

Development therapy complementary or alternative Already wide, including inside people which are involved in give treatment Because the amount professional health and therapist besides doctor general involved in therapy complementary. Matter This can increase development knowledge knowledge through researches Which can facilitate therapy complementary to become more can accountable. Nurse as Wrong One professional health , can participate as well as participate in therapy complementary . Role which is run in accordance with the roles that there is . Direction development need public and science support For increase role nurse in therapy complementary Because on in reality, a number of therapy nursing Which develop started from alternative or traditional therapy.



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