

Empowering Cadres in Reducing Stress Levels in the Elderly During the Covid 19 Pandemic

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Abstract. *The increase in the transmission of the Covid-19 disease causes its own anxiety for the elderly. Various efforts have been made to reduce the anxiety of the elderly, one of which is by increasing the spiritual aspect. The lack of spiritual aspects causes the elderly to be pessimistic and unable to surrender the problems they face to Allah SWT. This service activity aims to provide counseling about empowering cadres in reducing the stress level of the elderly during the covid 19 pandemic by means of deep breathing relaxation techniques and istighfar properly and correctly to deal with stress in the elderly. The activity was carried out by involving the Cadre and Community of Talumelito Village, Telaga Biru District, Gorontalo Regency, to be given counseling by the service team and the students involved. This activity involved 2 service lecturers and 9 volunteer students from UM-Gorontalo. The service activity was carried out on February 23, 2022 at the Talumelito Village Hall, District Telaga Biru Gorontalo Regency. The results obtained by the community are able to know stress management by means of deep breathing relaxation techniques and Istighfar.*

Keywords: *Relaxation Techniques, Istighfar, Stress, Elderly, Covid 19*

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INTRODUCTION

December 2019, countries in the world were shocked by the outbreak of the Corona virus or known as Covid-19. The SARS-Cov-2 corona virus which causes covid-19 continues to spread to various countries and has caused thousands of people to die since it was first discovered in the city of Wuhan, Hubei, China, in December 2019. This virus is allegedly from bats, snakes and pangolins because Chinese people like three types of animals. especially pangolins. Initial symptoms include cough, fever, and shortness of breath. However, research results show that not a few people carry the virus without showing any symptoms. The incubation period for the COVID-19 virus is 2-14 days (Setiati & Azwar, 2020). Based on data from February 2022, the number of people infected with the corona virus in Gorontalo Province has reached 12,138. Meanwhile, 461 people who died from COVID-19, and 253 were active positive (still being treated), and 11,424 people were declared cured. Gorontalo City is the city with the highest number of confirmed cases in Gorontalo Province, namely 4,880 people, while North Gorontalo Regency is the district with the highest number of confirmed cases in all of Gorontalo Province, which is 3,524 cases. Gorontalo City is also the city with the highest number of deaths in Gorontalo Province with 62 patients, while Gorontalo Regency is the district with the highest number of deaths in Gorontalo Province with 51 people.

The data obtained in Talumelito village the number of elderly in hamlet 1 there are 5 elderly, hamlet 2 there are 53 elderly, hamlet 3 there are 32 elderly, hamlet 4 there are 20 elderly, hamlet 5 there are 2 elderly. Based on interviews with several elderly people in Talumelito village,

it was found that Islamic spiritual development was lacking. Some of the elderly in Talumelito village do not participate in spiritual activities such as recitation. Lack of religious knowledge or spiritual aspects is one of the factors causing anxiety in the elderly. The lack of spiritual aspects causes the elderly to be pessimistic and unable to surrender the problems they face to Allah SWT. Anxiety is a manifestation of various mixed emotional processes, which occur when a person is experiencing emotional stress (frustration) and inner conflict (conflict). Anxiety has a conscious aspect such as fear, surprise, helplessness, guilt or guilt, being threatened and so on. Anxiety is a subjective feeling that has a reaction to an unpleasant experience. Everyone must have experienced anxiety and could not immediately overcome it or the inability to get rid of feelings of anxiety, when in such circumstances someone definitely yearns for inner peace (Annisa & Ildil, 2016).

The type of therapy that reduces a person's stress anxiety and can be done by breathing is breathing relaxation. Deep breathing relaxation can reduce or eliminate anxiety when a person is in a certain problem or condition so that it makes a person experience excessive thought about something that is happening. Then with Relaxation Techniques and Istighfar (Elliya et al., 2021).

Allah SWT has explained that basically humans have indeed been created with anxious emotions or in other words humans were created by Allah SWT with full of complaints. (Purnama, 2017). This shows that humans do have the potential for anxiety in their lives. As the word of God in QS. Al-Ma'arij 70: 19-20 and QS. Al-Baqarah 2: 155. Judging from the origin of the word, istighfar comes from the word (ghofaroyaghfiru) which means to forgive or forgive. Lafazhini follows (wazanistaf'alayastaf'iluistif'al), so istighfar means asking for forgiveness. "Istighfar comes from the word ghafara which means 'satara' and 'ghat' to close and/or suppress. With istighfar humans try to close or suppress the impulses of feelings and thoughts that block the way to Allah Ta'ala (Ma'arif, 2019).

LITERATURE REVIEW

The deep breathing relaxation technique is a form of nursing care to teach the elderly how to do deep breaths, slow breaths (hold inspiration maximally) and how to exhale slowly. Besides being able to reduce stress, this deep relaxation technique can also create peace of mind and reduce anxiety. Deep breathing relaxation techniques are processes that can release tension and restore balance to the body. Deep breathing techniques can increase concentration on yourself, make it easier to regulate your breath, increase oxygen in the blood and provide a sense of calm so that you become more relaxed so that it helps to enter a state of sleep, because by stretching the muscles will make the mood calmer and calmer. Also more relaxed With this calmer atmosphere can help achieve the alpha wave state which is a state that is very necessary for a person to be able to enter the phrase sleep early. With a relaxed state can also provide comfort before bed so that the elderly can start sleeping easily (Hariyanto, 2019).

The benefits of deep breathing relaxation therapy are: Patients get a calm and comfortable feeling, Patients do not experience stress, Relaxes muscles to reduce tension and boredom that usually accompanies pain, Reduces worsening anxiety (Noorrahman & Pratikto, 2022).

Standard operating procedures for deep breathing relaxation therapy are: position the patient in a sitting position on a bed or chair, Place one hand on the patient's abdomen (just below the ribs) and the other hand is in the middle of the chest to feel the movement of the chest and abdomen when breathing. , Exhale slowly, Breathe in through the nose slowly for 4 seconds until the chest and abdomen are maximally lifted, keep the mouth closed while inhaling, Hold the breath for 3 seconds, Exhale and exhale slowly through the mouth for 4 seconds while saying istighfar, Do it repeatedly in 5 cycles for 15 minutes with a rest period of 2 minutes (1 cycle is 1 process starting from Inhale, hold and exhale).

Istighfar comes from the word (ghofaroyaghfiru) which means to forgive or forgive. Lafazhini follows (wazanistaf'alayastaf'iluistif'al), so istighfar means asking for forgiveness. "Istighfar comes from the word ghafara which means 'satara' and 'ghat' to close and/or suppress.

With istighfar humans try to close or suppress the impulses of feelings and thoughts that block the way to Allah Ta'ala (Sutarno, 2019).

Here are some of the benefits of istighfar that Muslims need to understand: Opening the door of sustenance, providing a way out of every sadness, Sins are forgiven, Getting continuous enjoyment, Reducing stress levels. Istighfar can be self-suggestion so that the brain is stimulated to release stress-preventing hormones (Afifuddin, 2019)

METHODS

The mechanism for implementing community service activities includes the following stages; (1) Division of community groups; (2) Consultation with supervisors; (3) Consultation with the Village Head of Talumelito and Kader Talumelito; (4) Penyiapan alat dan bahan for kegiatan extension.

Preparation and counseling materials for elderly people include; (1) Preparation of extension materials to be given; (2) Implementation mechanism in the form of methods to be used in counseling; (3) Providing material on Empowering Cadres to Reduce Elderly Stress Levels During the Covid 19 Pandemic; (4) Q&A session ; (5) Doquasi-activity

Implementation

The form of community service activities that will be carried out by Nurses XII is Counseling about Empowerment of Cadres Reduces The Stress Level of The Elderly During the Covid 19 Pandemic, Talumelito Kec. Lake District. Gorontalo. The method of activity carried out in this activity is a percentage with the help of power points, leaflets , banners, lectures and discussions with documentation, materials and attendance lists attached.

Time and Place of Devotion

The service activity was carried out at the Talumelito Village Office Hall, Telaga Biru District, Gorontalo Regency on February 2, 2022, starting from 10:00 to 11 o'clock. 30. WITA.

Energy Involved

The are Lecturer 2 and 9 students who involved the enrgy. The service was also attended by the community in the Des region.a Talumelito Kec. Blue lake Kab. Gorontalo The service activities were carried out two sessions, namely: First Session: Health Counseling about Empowering Cadres in reducing the stress level of the elderly during the Covid-19 pandemic with a resource person who contains about Deep Breath Relaxation Technique. This session opens consultations and Q&A about Ways of Deep Breath Relaxation Techniques to reduce stress in the elderly. This session involved an interesting discussion. Second Session: Demonstration. The results of the demonstration obtained by cadres can practice the Technique of Deep Breath Relaxation and Istighfar in the elderly, and the elderly can follow it well. This information can be used as input material for cadres in order to overcome the level of stress that occurs in the elderly.

Implementation

Lecturers and students will conduct community service activities in the form of counseling about the need of covid-19 vaccination for children aged 6-11 years at SDN 4 Limboto, Gorontalo Regency. The percentage technique is used to conduct activities in this activity, along with power points, pamphlets, lectures, and conversations, as well as documentation, supplies, and the attached attendance list.

RESULTS AND DISCUSSION

This service activity can generally be carried out properly on February 23, 2022 at the Talumelito village office hall, Telaga Biru District, Gorontalo Regency. This service was attended by 11 participants both who participated in counseling and who participated in the Demonstration. This activity can be carried out well thanks to good cooperation with the

Department of Nursing, faculty of health sciences Umgo, students of the Ners profession who are the committee, and the surrounding community.

Overall the stages of service implementation activities are as follows;

Devotion Preparation

The devotion preparation such as (1) Preparation begins with conducting a survey of the location of the service; (2) Then orally and in writing make an application for permission to carry out the service; (3) Preparing an activity plan includes preparing things that must be provided at the time of implementation of activities such as banners, counseling materials, participant invitations, and other things that are considered needed at the time of implementation of activities.

Implementation of Activities

On the day of implementation, the activity begins with preparing for the opening event, the preparation of the extension place, and the installation of activity banners. This activity involves cadres and the elderly around.

Material Delivery

The presentation of the material is guided by a moderator. The presentation of the material was delivered with other speakers from Ners Profession students, about The Empowerment of Cadres in Reducing Elderly Stress Levels during the Covid 19 Pandemic.

Discussions and Q&A

After the material is completed, the moderator then invites the participants to give a response or question. There was one participant who gave a response regarding the material submitted.

Demonstration

After the delivery of materials and discussions were carried out, then participants were directed to demonstrate the techniques of deep breath relaxation and istighfar that had been taught which was carried out by kader.

Evaluation and Cover

The closing of the event was carried out by taking photos together with participants of devotion activities.

Deep breath relaxation interventions combined with spiritual therapy using the istigfar method are effective in lowering anxiety in the elderly. Elderly people who have intervened begin to feel positive impacts and changes after intervening. The elderly has begun to be able to identify the anxiety felt and begin to think calmly in the face of health problems during the Covid 19 pandemic.

CONCLUSION AND SUGGESTION

The following can be concluded from the series of community service activities conducted by the Nursing Profession Lecturer at the Faculty of Health Sciences, University of Muhammadiyah Gorontalo; (1) Increased awareness among children about the importance of Covid-19 vaccination for children aged 6-11 years at SDN 4 Limboto, Gorontalo Regency; (2) Community service benefits both children and the campus. It is desired that all teachers in the Nursing Profession at the Muhammadiyah University of Gorontalo will engage in similar activities and give their opinions to benefit all youngsters. And it can raise children's awareness of the critical nature of Covid-19 vaccine in order to halt the spread of the disease in Indonesia, particularly in the Gorontalo area.

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