

## THE EFFECT OF AURASOMA THERAPY ON PATIENTS' FAMILY ANXIETY IN THE EMERGENCY INSTALLATION RSU BANDUNG MEDAN

Dahlia Purba<sup>1</sup>, Vitri Rokhima<sup>2</sup>, Youlanda Sari<sup>3</sup>, Rina Rahmadani Sidabutar<sup>4</sup>  
<sup>1-4</sup>Sekolah Tinggi Ilmu Kesehatan Flora  
Email: dahliapurba70@gmail.com

### ABSTRACT

Emergency conditions not only bring anxiety and tension to patients experiencing critical situations but also induce anxiety in the accompanying family members. One type of therapy believed to reduce the level of anxiety in family members is Aurasoma therapy. The aim of this research is to determine the influence of Aurasoma therapy on the anxiety levels of family members of patients. This study follows a Pre-Experimental design with a one-group pretest- posttest approach. The research was conducted in the Emergency Installation of Bandung Medan General Hospital. The study's population consisted of 150 individuals, with 32 selected as samples through purposive sampling. Data analysis was carried out univariately and bivariately using the paired sample t-test at a 95% confidence level ( $\alpha=0.05$ ). The research results indicate that the anxiety levels of family members before Aurasoma therapy, descriptively expressed in the average anxiety score, were  $52.00 \pm 10.302$ , while after Aurasoma therapy, the average anxiety score was  $35.38 \pm 4.233$ . Aurasoma therapy significantly influenced the reduction of anxiety in family members of patients in the Emergency Installation of Bandung Medan General Hospital, with a p-value of  $0.000 < 0.05$ . It is recommended for medical personnel in the Emergency Installation of Bandung Medan General Hospital to educate and provide understanding to the family members of patients in the emergency department, enabling them to manage their anxiety using Aurasoma therapy as one of the techniques to reduce anxiety.

**Keywords: Family, Anxiety, Aurasoma Therapy**

### INTRODUCTION

When a family member experiences a serious, complex, or critical health condition, the family often experiences high levels of anxiety. Not only uncertainty regarding the patient's prognosis and treatment, but also the physical and emotional burden borne by the family can be a trigger for anxiety. Changes in daily routines, caring responsibilities, and feelings of uncertainty regarding the patient's future health can all be factors that increase a family's anxiety

levels. Anxiety increases if a sick family member is in an emergency condition (Halik & Karim, 2022).

The number of emergency case visits varies in the number of cases at various health centers in various countries. The number of emergency department visits in the Installation ed States in 2021 is 139.8 million. The number of injury-related visits (including poisonings and side effects) was 40.0 million. The number of visits per 100 people is 42.7. The number of emergency department visits that resulted in

hospital admission was 18.3 million. The number of emergency department visits that resulted in admission to a critical care Installation was 2.8 million. The percentage of patient visits seen in less than 15 minutes is 41.8%. The percentage of visits that resulted in hospital admission was 13.1%. The percentage of visits that resulted in transfer to another hospital (psychiatric or other) was 2.4% (NCHS, 2021).

According to data from the Indonesian Ministry of Health, in 2019, the number of patients visiting the ER reached 4,402,205 patients. This figure is an accumulation of 12% of ER visits originating from General Hospital (RSU) referrals, namely 1,033 Installations and 1,319 Installations from other hospitals (Kemenkes RI, 2020).

Emergency conditions in the Emergency Installation (IGD) not only cause anxiety and tension for patients who are experiencing a critical situation, but also cause anxiety for the families accompanying them. An atmosphere full of urgent, urgent situations and busy medical teams can create a tense atmosphere. For families, especially those who are unfamiliar with the hospital environment or have never faced a serious emergency situation before, this can be a frightening experience. They feel helpless and anxious, hoping that their patient's condition will improve soon (Krisanty, 2019).

The anxiety level of families caring for patients can reach very high levels due to several complex factors in the situation. First, uncertainty about a patient's diagnosis or serious health condition can be a major cause of anxiety. The lack of clear information regarding prognosis, disease progression, or treatment outcomes causes significant uncertainty, which can increase emotional and mental stress on families (Amiman, Katuuk, & Malara, 2019). Additionally, changes in family dynamics can also be a source of anxiety. Increased caregiving responsibilities, changes in daily routines, and adjustments to patients' medical needs can create additional burdens that create discomfort and worry. Families are also often faced with financial uncertainty due to the cost

of medical care and reduced time for daily activities (Kingston, 2019).

The complexity of the patient's condition, uncertainty about the future, and significant changes in family life may explain high levels of anxiety. Efforts to provide emotional support, clear information, and strengthening social support networks can be important steps to overcome these high levels of anxiety. In addition, alternative non-medical measures such as relaxation and therapy can be applied to reduce the high level of anxiety of families caring for patients. One type of therapy to reduce anxiety levels is color therapy (Azwar, 2018). Color therapy on the human body works on physiological and psychological aspects. In the psychological aspect, humans can experience stress or depression if they are exposed for a long time to certain color combinations, for example gray and black, but certain color combinations can also cause the human condition to become relaxed, relaxed and calm. For example yellow and blue. The types of color therapy that can be applied to reduce anxiety levels include color breathing, colorful meditation, solarized water, chromatherapy, colored silk cloth, and aurasoma (Kahfi, 2021).

Aurasoma therapy, which is a form of color therapy, is a form of therapy that integrates the use of color, plant essences and crystal energy to support a person's physical, emotional and spiritual well-being. This therapy was developed by Vicky Wall in 1983 and combines the principles of color, aromatherapy and crystal therapy (Hussein, 2021).

The main goal of aurasoma therapy is to activate balance and harmony in the body, mind and spirit, as well as providing support for the process of transformation and personal growth (Halik & Karim, 2022).

The results of research conducted by Imardiani (2020) using the Wilcoxon test found that before being given aurasoma therapy, the patient's family anxiety was at a median value of 28.50 and after the intervention with a value of 42.00, aurasoma therapy had an effect on reducing the anxiety of the patient's family. Setiyani's research (2023) found that color therapy in respondents could reduce dysmenorrhea anxiety from scale 6 to scale 2 within three days of intervention.

Rahayuningtyas's (2020) research conducted in the Padang Sari CommInstallation y Health Center Work Area obtained research results with p-value = 0.037, which can be concluded that there is an effect of green color therapy on the anxiety level of high-risk pregnant women. This research was conducted in the Emergency Installation of the Bandung Medan General Hospital, which is one of the public hospitals in Medan City. From data obtained from the Emergency Installation of Bandung General Hospital, Medan, it is known that the number of patients in the Emergency Installation during the last 3 months was 449 people. In August 2023 there were 145 people, in September 2023 there were 148 people, and in October there were 156 people. The average number of patients in the Emergency Installation at Bandung General Hospital in Medan per month is 150 people.

A preliminary survey was carried out by interviewing 10 family members of patients in the Emergency Installation at Bandung General Hospital, Medan. Based on the results of interviews with the patient's family, it was discovered that the family felt extreme anxiety due to fear of the fate and future of the patient being treated. The family seemed to be pacing back and forth, anxious, feeling tense and afraid that something untoward would happen. Some families also said they were afraid of death or physical disability occurring to the patient being treated and financial problems, especially if the patient was the only breadwinner in the

family. Nurses at Bandung General Hospital stated that aurasoma therapy had never been given to the families of patients who felt anxious in the emergency Installation . Based on the data that has been presented, researchers are interested in conducting research with the title: "The Effect of Aurasoma Therapy on Patient Family Anxiety in the Emergency Installation of Bandung General Hospital, Medan".

#### METHOD

The research design used was Pre Experimental with a single group pretest - posttest design (the one group pretest posttest) by looking for the effect of aurasoma therapy on family anxiety at the Bandung General Hospital in Medan. The number of respondents in this study was 32 respondents using purposive sampling technique. The instrument used in this research was the Zung Self-rating Anxiety Scale (ZSAS), which is a questionnaire used to measure symptoms related to anxiety with 20 statement items. Statistical analysis uses the Paired Sample T-Test.

#### RESULT AND DISCUSSION

Based on univariate and bivariate analysis with the title the effect of aurasoma therapy on patient family anxiety in the Emergency Installation of Bandung General Hospital, Medan

**Table 1 Descriptive Data on Patient Family Anxiety Before Aurasoma Therapy (Pretest)**

Descriptive	Mean	Standar Deviation	Min	Max
Anxiety (Pretest)	52,00	10,302	31	65

Based on this table, it can be seen that descriptively the average (mean) anxiety value of the patient's family before aurasoma therapy (pretest) is 52.00, the standard deviation is 10.302, the lowest score (min) is 31, the highest score (max ) which is 65. Anxiety is a feeling that a

person experiences suddenly and is life-threatening.

Anxiety appears without a definite cause and causes a person to feel restless. Anxiety is characterized by worry, feeling tense, afraid and can result in physiological changes. Anxiety can occur in everyone



depending on the situation and environment (Amiman, Katuuk, & Malara, 2019).

According to the researchers, the results of the study showed that the families of patients in the Emergency Installation at the Bandung General Hospital in Medan had an average anxiety score before aurasoma therapy (pretest) of 52.00, a standard deviation of 10.302, the lowest score was 31, the highest score was 65. One of the main causes of family anxiety is uncertainty regarding the results of treatment and the course of the illness being

experienced by family members. Medical information that may be difficult to understand, uncertainty regarding prognosis, uncertain expectations, uncertainty about changes in daily routines and responsibilities that must be carried out by the family can cause anxiety. When a family member is sick, this often results in changes in lifestyle patterns and family dynamics, such as greater demands on time and energy to care for the sick family member.

**Table 2 Descriptive Data on Patient Family Anxiety After Aurasoma Therapy (Posttest)**

Descriptive	Mean	Standar Deviation	Min	Max
Anxiety (Posttest)	35,38	4,233	27	42

Based on this table, descriptively the average value (mean) of the patient's family anxiety after aurasoma therapy (posttest) is 35.38, the standard deviation is 4.233, the lowest score (min) is 27, the highest score (max) is 42. Aurasoma therapy is a therapy using a technique using small bottles filled with colored layers with essential oils and plant extracts. Aurasoma is a form of color therapy, energy work and soul therapy that supports spiritually, mentally, emotionally and physically. Aura-Soma is a special service in which the practitioner displays a series of colored bottles filled with beautifully colored liquids, then gives readings based on the four selected bottles. The color that is often used to calm individuals is green because green has an effect on the nervous system as a whole, has a calming effect, reduces irritation and fatigue, and can soothes emotional disturbances and headaches. Not only that, apart from green, there is blue which also has the function of strengthening the condition of the body and mind to calm the mental condition, recover

stress and create a calm condition for the individual (Kahfi, 2021).

According to the researchers, the results of the study showed that the anxiety of the families of patients in the Emergency Installation of the Bandung General Hospital in Medan experienced a decrease in anxiety scores after aurasoma therapy with an average value of 35.38, a standard deviation of 4.233, the lowest score was 27, the highest score was 42. The decrease in anxiety scores in the patient's family after Aurasoma therapy can be caused by Aurasoma therapy which uses a combination of colors, essential oils and crystals to create a harmonious atmosphere and support emotional and spiritual balance. This therapy can help reduce anxiety by stimulating the senses of sight and smell, providing a pleasant and calming experience. Through selecting the right colors, essential oils, and crystals used in Aurasoma, this therapy can stimulate positive reactions in the body and mind, help reduce tension, and create a feeling of

well-being. The interactions between Aurasoma therapists and the patient's

family members can also provide emotional support and reduce the isolation the family may feel during the patient's health journey.

**Tabel 3 Paired Sample t test Results Patient's Family Anxiety Before and After Aurasoma Therapy at RSU Bandung Medan**

Patient Family Anxiety	Shapiro-Wilk			Information
	Statistic	Df	sig.	
Anxiety (Pretest)	0,909	32	0,107	Normal
Anxiety (Posttest)	0,951	32	0,156	Normal

The statistical results showed that the average (mean) anxiety value for the patient's family before aurasoma therapy was 52.00 and after aurasoma therapy it was 35.38. The minimum value of patient family anxiety before aurasoma therapy was 31 and after aurasoma therapy was 27.

The maximum value of patient family anxiety before aurasoma therapy was 65 and after aurasoma therapy was 42. The standard deviation (standard deviation) of patient family anxiety before aurasoma therapy was 10.302 and after aurasoma therapy to 4,233. Based on the results of the Paired Sample T-Test that has been carried out, it shows that there is a difference in the anxiety of the patient's family before and after aurasoma therapy in the Emergency Installation of the Bandung General Hospital, Medan, with a p-value = 0.000 < 0.05, and a t-value = 12.385 < t-table (1.696) at df = 31. Based on these results, it shows that aurasoma therapy has an effect on reducing anxiety in the patient's family.

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anxiety in the families of patients being treated.

Rahayuningtyas' (2020) research conducted in the Padang Sari CommInstallation y Health Center Work Area obtained research results with p-value = 0.037, which can be concluded that there is an effect of green color therapy on the anxiety level of high-risk pregnant women. Setiyani's research (2023) found that color therapy in respondents could reduce dysmenorrhea anxiety from scale 6 to scale 2 within three days of intervention. Imardiani's research (2020) using the Wilcoxon test found that before being given aurasoma therapy, the patient's family anxiety was at a median value of 28.50 and after the intervention with a value of 42.00, aurasoma therapy had an effect on reducing the anxiety of the patient's family.

The effect of aurasoma therapy on anxiety levels in the patient's family can be significant in the context of health care.

This therapy, which involves the use of colors and aromas to create energy balance, can have a positive effect on the patient's family so they can experience feelings of relaxation and calm, potentially reducing their anxiety levels (Halik & Karim, 2022).

The colors and scents chosen in this therapy can create a supportive environment, helping families feel more connected to themselves and to the patient.

These positive experiences can strengthen the family's emotional support and mental well-being, thereby facilitating the patient's healing journey. Although results may vary, aurasoma therapy has the potential to have a positive impact on the psychological and emotional aspects of families who are experiencing challenging health situations (Hussein, 2021).

According to the researchers, the results of this study prove that there has been a reduction in anxiety for the families of patients treated in the Emergency Installation at the Bandung General Hospital in Medan after aurasoma therapy. The decrease in anxiety in the patient's family after undergoing Aurasoma therapy can be explained by the positive impact produced by the combination of colors, essential oils and crystals used. Aurasoma therapists typically work with the patient's family to select the Aurasoma bottle that best suits their emotional needs. This selection process can provide a space for family members to talk about their feelings and create awareness of emotional needs that may be overlooked. In addition, the aroma of the essential oils used in Aurasoma therapy can also have a calming and relaxing effect, helping families feel more relaxed and connected to positive feelings. Aurasoma therapy can be considered as a potential complementary approach to provide emotional support and reduce the burden of anxiety that the patient's family may experience during the medical treatment process.

## CONCLUSION

The anxiety of the patient's family in the Emergency Installation of the Bandung General Hospital in Medan before aurasoma therapy was descriptive in terms of the average anxiety value, namely  $52.00 \pm 10.302$ . The anxiety of the families of

patients in the Emergency Installation of the Bandung General Hospital in Medan after aurasoma therapy was descriptive in terms of the average anxiety value, namely  $35.38 \pm 4.233$ . Aurasoma therapy had a significant effect on reducing the anxiety of patients' families in the Emergency Installation at Bandung General Hospital, Medan, obtained  $p\text{-value} = 0.000 < 0.05$ .

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