



A COMPARISON OF SPIRITUAL THERAPY AND RELAXATION ON ANXIETY LEVELS IN PREOPERATIVE PATIENTS: A SCOPING REVIEW

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ABSTRACT

Surgical procedures can cause stress and anxiety in most preoperative patients. Spiritual therapy and relaxation therapy can be alternative therapy to reduce preoperative anxiety. This study aims to critically analyze and compare scientific evidence regarding the effectiveness of spiritual therapy and relaxation on preoperative patient anxiety levels. The method used in this study was a scoping review of research articles with a randomized controlled trial (RCT) design. Article quality assessment was carried out using the Critical Appraisal Skills Program (CASP) instrument. The reviewed articles focus on spiritual therapy interventions (prayer, hypnosis, healing touch) and relaxation in preoperative patients. Based on the results obtained, it was found that most articles showed that spiritual therapy and relaxation were effective in significantly reducing preoperative anxiety levels. Therefore, it can be concluded that spiritual therapy and relaxation are proven effective in reducing preoperative patient anxiety. This integration can be recommended to improve the quality of care and patient safety.

Keywords: anxiety; deep breathing; elective surgery; pre operative; psycho-spiritual; relaxation; spirituality; spiritual care

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INTRODUCTION

Surgical procedures is events that can cause stress and anxiety in some big patient pre surgery . Anxiety is most frequent problems occurs at the stage pre operation surgery . Based on data(Kemenkes, 2024) action surgery occupy order 11th position out of 50 treatments diseases in Indonesia, 32% of which are action surgery elective . In Indonesia, the number anxiety reached 11.6% of adult population. Prevalence anxiety in patients pre operation around 75-90%. Most people will feel worried when sentenced must undergo operation (Maulina et al., 2023). One of non- pharmacological interventions recommended by the American Holistic Nurses Association (AHNA) are therapy complementary, including therapy prayer and education pre operation (Abdelaziz et al., 2024). Nurse own role in giving care nursing that is provide comfort to patients . One of them actions that can be done that is with give therapy complementary. Some study previously mention handling painful can done with non- pharmacological therapy. However, some study last Not yet found existence mapping in a way clear about therapy. Study This aim For review and analyze in a way systematic proof related scientific with spiritual therapy and therapy relaxation to level anxiety patient pre operation . Through approach literature review , research This make an effort integrate findings from various study experimental, especially those using design Randomized Controlled Trial (RCT), for get comprehensive overview about comparison intervention complementary the in context nursing perioperative.

METHOD

Initial step in study This is with make question study using PICO (*Population, Intervention, Comparison, Outcome*) is aimed at in table 1.

Table 1.
PICO Writing

Population	:	Patient Operation Elective
Intervention	:	Spiritual Therapy
Comparison	:	Therapy Relaxation
Outcome	:	Anxiety Level Pre- operative Patients

Questions used :

" How comparison spiritual therapy with therapy relaxation in lowering level anxiety patient pre operation?". Method in study This use *Preferred Reporting Items for Systematic Reviews and Meta-Analyses* (PRISM) For identification articles that will be done analysis . The article will be done analysis originate from 3 sources that is *Scopus, Pubmed and ScienceDirect* . Search article done with *Boolean operators AND and OR* For focus in data search by keyword "Elective surgery" OR "Operative" OR " Cesarean " OR " Laparoscopic " OR " Hemorrhoid " OR " Laparatomy " OR "Hernia Repair" AND "Psycho-Spiritual" OR "Spirituality" OR "Spiritual Therapy" OR "Spiritual Care" OR " Prayer" OR "Meditation" OR " SEFT" OR " Deep breathing" OR "Relaxation" AND "Anxiousness" OR "Anxiousness" OR "Hypervigilance Nervousness" OR "Social Anxiety" OR "Pre Operative". After obtained search from third journal the done identification and screening For determine appropriate journal For analyzed in accordance chart 1 as following

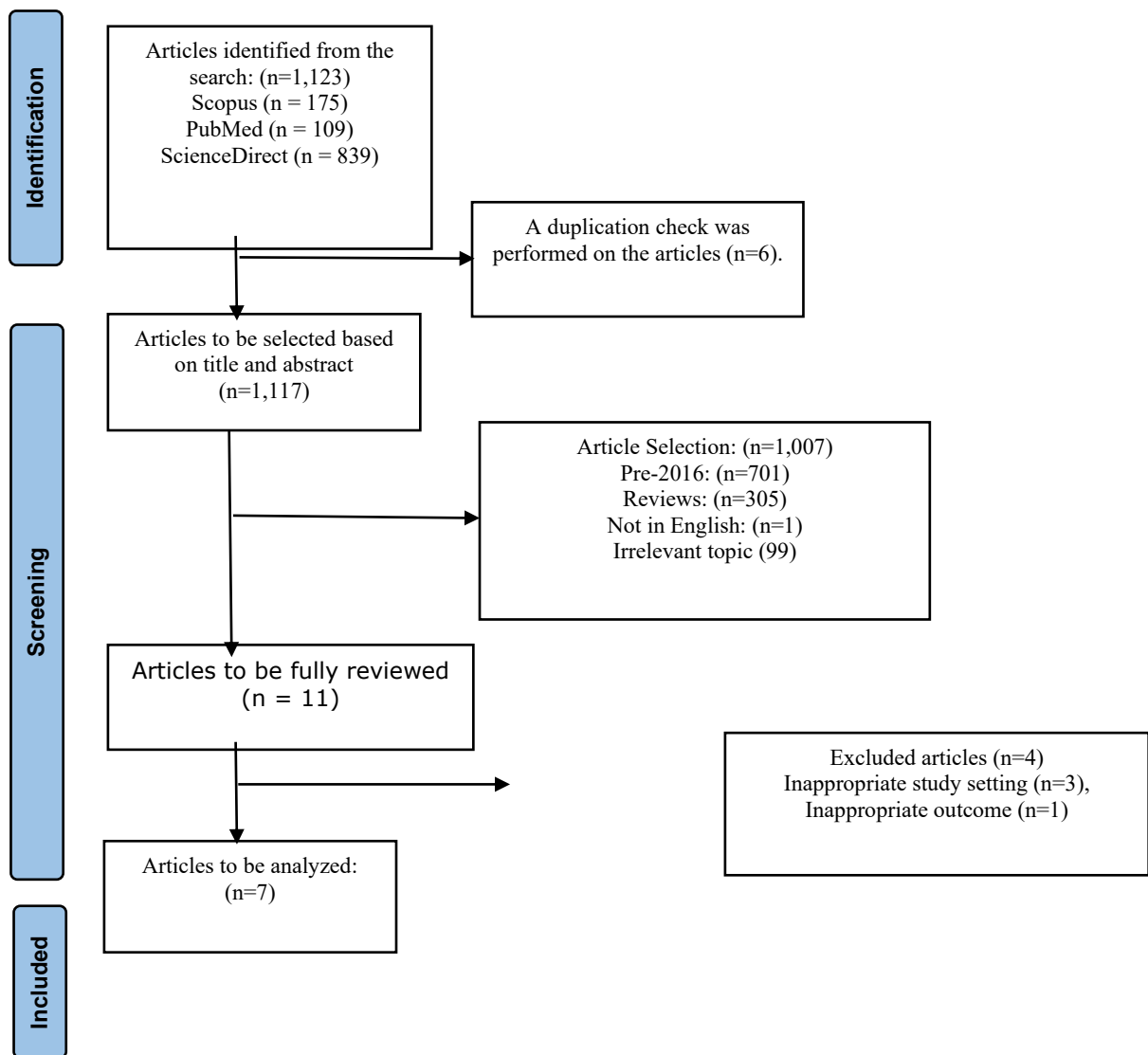


Chart 1. Prism

CRITICAL REVIEW OF THE ARTICLE

Review critical in study This use design *Randomized Controlled Trial* (RCT) that examines influence spiritual therapy and techniques relaxation to anxiety in patients operation . Assessment done use *Critical Appraisal Skills Programme* (CASP) for evaluate validity methodological , results, and its relevance to practice nursing in table 2

Table 2.
Review Critical Article

Writer Year	1	2	3	4	5	6	7	8	9	10	11	12	13
Abdelaziz et al (2024)	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes
Azam MA, et al. (2024)	Yes	Yes	Yes	No	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes
Awaludin et al (2023)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Fang, Y et al (2022)	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tanna et al (2022)	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
James, et al (2019)	Yes	Yes	No	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes
Chartrand, J., et al. (2016)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Review critical conducted on seven journal the S in accordance in study this , the result study show variation methodology between articles . Most of them Most of the research article fulfil criteria from questions asked research. James et al (2019) article shows quality relatively low methodology . Some study in accordance with specified criteria. In a way methodology research , all study own quality methodology good research, all study use appropriate RCT design with question proposed research. Research objectives clear and focused. In research Awaludin et al. (2024) and James et al. (2019) use small sample potential creates selection bias , although No too significant . Most of study use criteria clear inclusion and exclusion. Fang et al.'s (2022) research has size extensive sample so that give strength more statistics higher and better results can generalized , especially in anxiety pre undergoing surgery anesthesia. The results of research conducted Awaludin et al. (2024) have score anxiety significant in the group intervention reaching 63.8%. These results were also found in the studies of Tanna et al. (2022) and Fang et al. (2022). Research conducted by Azam et al. (2024) strengthens findings This through approach objective with measure HRV as indicator activity nerve parasympathetic . In contrast, research by James et al. (2019) did not find significant differences in anxiety and pain as listed in table 3.

Table 3.
Article analysis

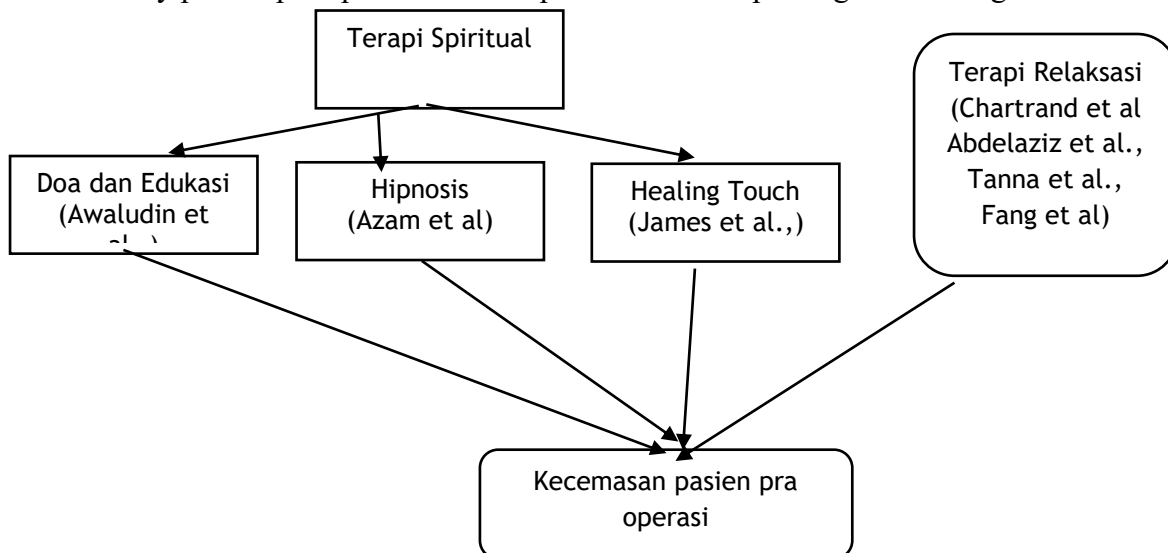
Author , Year & Country	Title Study	Objective	Study Design	Population & Sample	Method of collecting data	Key Findings
(Abdelaziz et al., 2024) Egypt	Effect of three modalities on emergence of agitation among post-traumatic stress disorder patients undergoing laparoscopy: a randomized controlled study.	Compare effectiveness three modality (relaxation preoperative , ketamine intraoperative , and combination both) in reduce emergence agitation (EA)	Randomized Controlled Trial (RCT)	Population : Adult women (18–45 years) with PTSD undergoing laparoscopy . Amount sample : 144	Study This conducted on 144 women scheduled adults undergo laparoscopy and divided in a way random to in four groups (36 people each).	There is difference meaningful in percentage decline pulse intraoperative . The decrease in EA from 83.3% (control) to 0–5.6% (intervention) was very significant . in a way clinical . Impact straight to safety patients and staff health .
(Azam et al., 2024) Canada	Effects of perioperative clinical hypnosis on heart rate variability in patients	Evaluate effect hypnosis clinical perioperative on heart rate variability (HRV) as indicator activity parasympathetic (vagal) in patients surgery oncology	Randomized Controlled Trial (RCT), Secondary Outcome study	Population : Patients adults who undergo operation oncology . Amount sample : 92 participants .	A total of 280 patients in a way random shared to group experiment (group therapy relaxation) and groups control .	<i>Effect size</i> medium – large ($d \approx 0.73$) indicates meaningful effects in a way clinically on HRV. This study is valid methodological and

Author , Year & Country	Title Study	Objective	Study Design	Population & Sample	Method of collecting data	Key Findings
	undergoing oncologic surgery: secondary outcomes of a randomized controlled trial				The Spielberger State-Trait Anxiety Inventory (S-STAI) scale was administered 30–60 minutes before operation	strong in measurement physiological , showing that hypnosis clinical perioperative can maintain function system nerve parasympathetic post operation .
(Awaludin et al., 2024) Indonesia	The Effect of Combination Prayer Therapy and Education on Pre-operative Coronary Artery Bypass Graft Anxiety	Research purposes stated in a way explicit , namely compare effectiveness combination therapy prayer and education with therapy standard House Sick in lower anxiety pre CABG surgery .	True Experimental (Randomized Controlled Trial)	Amount sample : 50 respondents Distribution group : 25 intervention and 25 control	Group intervention get therapy prayer via video (2 minutes 57 seconds) and education pre operation via video (10 minutes). Group control get therapy standard House Sick Measurement anxiety done before and after intervention	Group intervention : score anxiety decrease from 58.56 to 22.64 Group control : score anxiety increase from 56.16 to 56.40 Big influence intervention reached 63.8%
(Tanna et al., 2022) India	Effect of Relaxation Therapy on Pre-induction Blood Pressure and Anxiety in Hypertensive Patients: A Randomized Controlled Study	Evaluate effectiveness therapy relaxation to : Anxiety level pre-induction Pressure blood pre-induction Need drug anxiolytic before induction anesthesia in patients hypertension undergoing operation elective .	Design: Randomized Controlled Trial (RCT), parallel group	Amount sample : 64 patients Population : with criteria inclusion : hypertension controlled Age 30–60 years ASA II Undergo operation elective surgery general or gynecology	The research was conducted by dividing into two groups (relaxation therapy and control) Of the 70 patients, 30 received relaxation therapy and 34 received standard pre-operative care.	There was a significant decrease in blood pressure and anxiety after relaxation therapy in the intervention group (P < 0.0001). The relaxation therapy group showed significantly lower pre-induction systolic blood pressure (138.93 vs. 156.59, P < 0.0001) and anxiety scores (2.5 vs. 5.5, P < 0.0001) compared to the control group. Conclusion: Relaxation therapy significantly reduced pre-induction blood pressure and anxiety.
(Fang et al., 2022) China	The Effect of Relaxation Therapy on Hypoxia During Intravenous Propofol Anesthesia in Patients With Pre-operative Anxiety: A Prospective Randomized Controlled Trial.	Purpose for evaluate effectiveness non-pharmacological interventions decline incident hypoxia during intravenous propofol anesthesia in patients with anxiety pre operation	Prospective Randomized Controlled Trial (RCT)	Samples in the study This was 260 patients (130 intervention , 130 control) Samples taken with criteria : Woman Age 18–45 years Experience anxiety preoperative (S-STAI >45.5) Undergoing an induced abortion without painful with propofol	A total of 260 patients were randomly assigned to an experimental group (relaxation therapy group) and a control group. The State-Trait Anxiety Inventory (S-STAI) was administered 30 to 60 minutes before surgery to assess the patients' anxiety status.	Results The baseline S-STAI scores of the experimental and control groups were 56.88 ± 2.91 and 57.27 ± 3.56, respectively (p = 0.331). The difference was not statistically significant. The incidence of hypoxia in the experimental group during painless abortion [routine blood oxygen saturation (SpO2) <95%, duration >15 seconds] decreased from 30 to 12.3%.
(James et al., 2019) United States	Pediatric perioperative measures of sleep, pain, anxiety and anesthesia emergence: A healing touch proof of concept	Determine The effect of Healing Touch (HT) on : Quality sleep (polysomnography) Anxiety pre operation Emergency anesthesia Postpartum pain operation	Design: Randomized Clinical Trial (RCT), proof of concept study Type: Experimental with a number of group	Population : Patients pediatrics aged 5–21 years who undergo operation elective (laser, reconstruction) wound burn , surgery plastic)	group , sham HT , control with companions , and groups control without companion undergo polysomnography (PSG) before	Healing Touch does not give difference meaningful in a way statistics to sleep , anxiety , pain , and emergencies anesthesia in patients pediatrics perioperative .

Author , Year & Country	Title Study	Objective	Study Design	Population & Sample	Method of collecting data	Key Findings
	randomized clinical trial	in patients pediatrician undergoing elective .	comparator operation	Amount sample : 39 patients Distribution group : Healing Touch: 9 Fake HT : 12 Control with companion : 7 Control without companion : 11	operation . Yale Preoperative Anxiety Scale (YPAS) scores were obtained before giving medication and in the operating area pre-operative . after operations and at the time patient sent home . Blood sample taken before operation For measure levels of C- reactive protein (CRP), glucose , cortisol , and vitamin D25 as indicator stress and anxiety	
(Chartrand et al., 2017) Canada	The effect of an educational pre - operative DVD on parents ' and children 's anxiety levels before pediatric surgery	Evaluate influence educational DVD screening preoperative to level anxiety children and parents before operation	Design: Randomized Controlled Trial (RCT) Approach : Quantitative experimental	Population : Children who will undergo operation elective and his parents Amount Sample : Limited Criteria inclusion : Children who undergo surgery elective , parents as companion main	Group Intervention Get educational DVDs preoperative Containing information procedure surgery , anesthesia , and care perioperative child Watched before day operation Group Control Get maintenance preoperative standard without DVD	Not found difference significant level anxiety child between group intervention and control

RESULT

Based on seven articles that are done analysis in a way general give impact positive to decline anxiety pre surgery . Studies on patients adults (Awaludin et al., Tanna et al., Fang et al.) showed decline score significant anxiety Good in a way subjective and physiological . In (Awaludin et al., 2024) menyebutkan skor kecemasan pada kelompok intervensi menurun dari 58,56 menjadi 22,64.this case in line with results study from (Abdelaziz et al., 2024) that is EA decreased from 83.3% (control) to 0–5.6%. So can concluded lower spiritual therapy and relaxation capable lower level anxiety patient pre operation like depicted on the map thought following This .



DISCUSSION

Spiritual Therapy

Spiritual therapy includes interventions involving aspect belief, meaning life and relationships individual with strength transcendent, such as prayer, hypnosis clinical based suggestion positive, and approach complementary that facilitates calm inner. In this scoping review, spiritual therapy is reflected in study Awaludin et al. (2024), Azam et al. (2024), and partly in James et al. (2019) through Healing Touch approach. Research results Awaludin et al. (2024) showed that combination therapy prayer and education preoperative give very significant impact to decline anxiety patient pre CABG surgery. Decrease score high anxiety (63.8 %) indicates that spiritual therapy does not only work on aspects psychological, but also affects readiness emotional patient in face procedure surgery big. This is in line with theory nursing holistic which emphasizes that fulfillment spiritual needs can increase coping adaptive to stress.

Temporary that, Azam et al. (2024) expand proof influence spiritual therapy does not only measure anxiety in a way subjective, but using heart rate variability (HRV) as indicator objective activity nerve parasympathetic. The medium - large effect size ($d \approx 0.73$) strengthens that spiritual- based intervention suggestion can increase regulations system nerve autonomous. Findings physiological from Azam et al.'s (2024) research confirms that spiritual therapy does not limited to dimensions psychological, but rather impact straight to the balance neurophysiological. Activation system parasympathetic through hypnosis clinical show potential spiritual therapy as intervention nursing safe and non- invasive complementary in maintenance perioperatively. However, different results found in the research of James et al. (2019) where Healing Touch does not show difference significant to anxiety in patients child.

Therapy Relaxation

Therapy relaxation aim lower activation system nerve sympathetic through technique breathing, relaxation muscles, *guided imagery*, or combination modality psychological- physiological therapy. This discussed in research by Abdelaziz et al. (2024), Tanna et al. (2022), Fang et al. (2022), and Chartrand et al. (2017). Research by Tanna et al. (2022) shows that therapy relaxation in a way significant lower anxiety and stress blood pre-induction in patients hypertension. Decrease pressure blood systolic and score highly significant anxiety ($P < 0.0001$) indicated that therapy relaxation contribute directly on stability hemodynamics. Findings similar reinforced by Fang et al. (2022), which shows that therapy relaxation effective in lower incident hypoxia during propofol anesthesia in patients with anxiety preoperative. Decrease incident hypoxia from 30% to 12.3% confirmed that therapy relaxation own implications clinically significant to safety patients, in particular in procedure anesthesia intravenous.

The study by Abdelaziz et al. (2024) provides contribution important with show that relaxation preoperative, good Alone and combined with ketamine, in significant lower incidence of emergence agitation (EA) in PTSD patients. EA decreased from 83.3% in the control group control become almost zero in group intervention confirm that therapy relaxation own impact very large clinical population, especially in the risky high. Different with the above findings, Chartrand et al. (2017) reported that education preoperative via DVD no give difference significant to anxiety child but, support emotional direct from power health and family. In a way general, therapy relax consistent in lower anxiety. Effects the biggest found in the interventions carried out in a way direct, structured, and customized with condition psychological patient. Based on soping this review, good spiritual therapy as well as therapy relaxation own role strategic as intervention. Spiritual therapy is more stand out in lower anxiety emotional and enhancing meaning as well as reception patient, while therapy relaxation show superiority in stabilization physiological and preventive complications anesthesia. However, it is still there is gap research, especially related standardization form and duration spiritual intervention and relaxation, effectiveness term long post operations, the optimal combination between spiritual therapy and relaxation and research with size sample large,

especially in developing countries this scoping review own important implications for practice nursing , especially in the field of nursing medical surgical and perioperative . Spiritual therapy and relaxation is intervention nursing independent that can integrated in maintenance pre operation without need tool special or cost big . Nurse own role strategic in identify level anxiety patients and provide appropriate intervention based on need individual patient

CONCLUSION

Scoping this review show that spiritual therapy and therapy relaxation is effective and safe non - pharmacological interventions in lower anxiety preoperative as well as increase stability physiological patient. The second integration approach This to in practice nursing perioperative potential increase quality care nursing , safety patients , as well as experience perioperative in a way holistic.

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