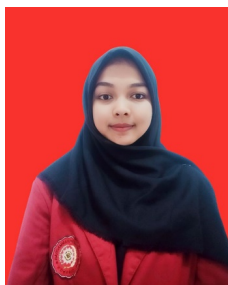


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HEALTH COUNSELING ON HOW TO OVERCOME ANXIETY WITH PROGRESSIVE MUSCLE RELAXATION IN THE ELDERLY IN TUKMUDAL VILLAGE, SUMBER DISTRICT

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Abstract: Anxiety is a psychological disorder characterized by excessive and persistent feelings of fear and worry. Anxiety often occurs in the elderly, which makes the elderly feel anxious and excessively restless, so it interferes with daily activities. Symptoms of anxiety are restlessness, trembling, headaches, and the heart rate becomes faster than usual. The purpose of this health counseling is to increase public knowledge on how to overcome anxiety. The implementation method starts with a survey and then conducts counseling with education, role play, and evaluation. The results achieved in this counseling are that the elderly who participate in health education activities about overcoming anxiety in the elderly can understand how to overcome anxiety in the elderly in Tukmudal Village and increase public knowledge about anxiety. The conclusion is that this counseling has been carried out and based on the results of the evaluation of the implementation during the activity, it is known that there has been an increase in

the knowledge of the elderly about anxiety and how to overcome anxiety in Tukmudal Village, Sumber District, Cirebon Regency.

Keywords: Anxiety, Elderly, Progressive Muscle Relaxation

INTRODUCTION

Anxiety is an emotional condition in which a person experiences discomfort with himself and unclear experiences accompanied by feelings of helplessness and uncertainty caused by something that has not happened (Annisa & Ifdil, 2016). Anxiety is an emotional condition characterized by feelings of tension, anxious thoughts, and physical changes such as increased blood pressure, tremors, headaches, and others (*American Psychological Association*, 2019; Rindayati, Nasir, Astriani, 2020). Neurotic helplessness, insecurity, immaturity, and inability to face the demands of reality (environment), difficulties, and pressures of daily life are defined as anxiety (Syamsu Yusuf, 2009): (Annisa & Ifdil, 2016).

Anxiety can cause more intense physical symptoms, such as cold sweats, faster heart rhythm (palpitations), headaches, increased blood pressure, insomnia, restlessness, and other symptoms (Sarwono, 2017; Nugraha, 2020). Other symptoms proposed by Yusuf (2018; Nugraha 2020) include changes in limb function, such as faster heart rate, respiratory problems, excessive sweating, etc. Anxiety is our response to a threat whose object is not yet clear. Anxiety can arise as a result of preventing a situation that makes a person afraid or an experience of something that causes pain so that when a person is faced with the same event, a person will have a reaction or an anxious attitude (Carnegie, 2007; Fadilah, 2018).

The prevalence of anxiety in the elderly in the world in the community sector ranges from 15 to 52.3%, while anxiety in Indonesia in the elderly increases from 3.2% to 14.2% and is increasing by 3.5% per year (Belen et al., 2023). Anxiety in the elderly is often considered a normal thing and is often ignored by society because it is not something that must be handled. In fact, anxiety in the elderly is something that must be considered because if left unchecked, it can have an impact on their health. Symptoms experienced by the elderly when experiencing anxiety are difficulty sleeping, irritability, worrying about their health, and fear of death. If left unchecked, it causes the elderly to become frightened, restless, feel insecure, break out in cold sweats, worry, tremble, lose appetite, and have irregular heartbeat (Belen et al., 2023).

Anxiety has three levels, namely mild anxiety level, moderate anxiety level, and severe anxiety level. In the discussion of the research (Belen et al., 2023) explained the 3 levels of anxiety of the elderly. The level of anxiety is mild because the elderly are easy to get along with, interact with, and have people with whom they can share their problems so that they can reduce the anxiety experienced. The level of moderate anxiety in the elderly is due to the lack of satisfactory relationships between peers of the elderly, where the introverted attitude of the elderly can make it difficult for them to build relationships with the people around them, so the interaction relationship with fellow elderly people does not go well. As a result, sometimes there is a feeling of isolation from the surrounding environment in addition to incompatibility between each other in the family members. If only fellow elderly people establish a good and close relationship with each other, then there will definitely be a place to exchange opinions and comfort each other, so that the feeling of anxiety can definitely be reduced, in addition to other factors

because there are no more affectionate figures that the elderly receive such as from husband/wife and even their children and grandchildren. Because children are busy with their own work affairs or with their families, they pay less attention and take care of their parents. The elderly experience severe levels of anxiety, experience irritability, tension, restlessness, weakness, decreased concentration, disturbed sleep patterns, and head feeling heavy and dizzy. This is due to differences in how to interact and experience the surrounding environment, which can affect the way individuals deal with problems (Belen et al., 2023).

It is essential to pay attention to the health of the elderly, not only their physical health but also their psychological health, one of which is anxiety. Things that can be done to prevent anxiety in the elderly are to educate or provide information to minimize the occurrence of anxiety in the elderly.

METHOD

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RESULTS AND DISCUSSION

On June 19, 2024, at 08.30, health counseling was carried out at the Wanajaya Posyandu. Before starting the activity, students prepared by preparing the equipment that will be used, including the material to be delivered. Then, students conducted health tests for the elderly who came to this counseling activity, such as blood pressure checks, abdominal circumference measurements, and weight weighing.



Figure 1. Blood Pressure Measurement

Furthermore, students opened the event by delivering greetings, introducing themselves, and explaining the purpose of this activity. This counseling aims to provide knowledge to the elderly about anxiety and how to overcome anxiety in the elderly. Students gave posters to the elderly who attended; then students explained anxiety clearly and, which was easy for the elderly to understand. In addition, we also practice how to overcome anxiety with a progressive muscle relaxation technique, which is then also done by the elderly.



Figure 2. health education socialization

During the education, the elderly were very enthusiastic about the material presented by the students, they paid attention and followed the course of the activity well. The active involvement of the elderly during the question and answer session showed great interest in the material presented through asking questions and wanted to understand more about how to overcome anxiety in the elderly.

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Figure 3. Health Counseling

The counseling ran smoothly, was conducive, and was interactive. The seriousness of the elderly in attending this event shows the interest and enthusiasm of the elderly in understanding and overcoming anxiety in daily life. That means, the elderly realize that anxiety in the elderly is very important and needs to be considered.

Seeing the elderly who are participatory, active and respond positively, this activity is expected to provide good benefits in helping the elderly overcome anxiety. In addition, it is hoped that the elderly can face daily experiences and challenges more

calmly and have a better quality of life.

The evaluation showed that there was a significant increase in the understanding of the elderly regarding strategies to overcome anxiety in the elderly. This proves that counseling activities positively impact increasing the knowledge of the elderly in overcoming anxiety in daily life. The elderly have a stronger knowledge of how to face and overcome conditions that cause stress. With a good understanding, it is hoped that their quality of life will improve and they will be able to overcome anxiety in their daily lives.

CONCLUSION

This counseling has been carried out, and based on the results of the evaluation of the implementation during the activity, it is known that there has been an increase in the elderly's knowledge about anxiety and how to overcome anxiety in Tukmudal Village, Sumber District, Cirebon Regency.

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