

Literatur Review : The Effect of Benson Relaxation on Hemodialysis Patient's Anxiety

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ABSTRACT

The Background: Anxiety (anxiety) is a deep concern experienced by a person, one of them is a hemodialysis patient. Hemodialysis patients will experience physical and psychological changes, psychological changes, anxiety. Hemodialysis patients' anxiety occurs because the patient thinks negatively about hemodialysis. They are anxious for the economy, changes in self-image and self esteem. Benson Relaxation is a non-pharmacological therapy that combines deep breath relaxation techniques and expresses the words that are believed. Benson relaxation is useful as a peace of mind, reducing anxiety, worry and anxiety, lowering stress and mental tension, lower heart rate.

The Purpose: This literature review aimed to determine the effect of Benson relaxation on anxiety in hemodialysis patients.

The Method: The research method used was literature review, by searching for journals related to themes taken from several search engines: Google Scholar and Pubmed. The search was conducted using the words "Patient Hemodialysis", "Benson Relaxation", "Anxiety" and found 5 articles that met the inclusion criteria set.

The Result: The literature review results showed that, from five articles, four journals show that there was significant effect on reducing anxiety in hemodialysis patients.

The Conclusion: Benson Relaxation Therapy can be used as an alternative to non-pharmacological therapy because of its positive effects.

Keywords: Benson Relaxation, Anxiety, Hemodialysis Patients

Bibliography:30 (2010-2019)