

***Mindfulness Based Art Therapy to Reduce Anxiety Being Experienced by
Chronic Kidney Disease Patients Who Required Hemodialysis***

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Abstract

Chronic Kidney Disease (CKD) and hemodialysis are conditions that potentially trigger negative emotional responses such as anxiety, depression, anger, guilt, and fear of death. Anxiety is commonly appear following the diagnosis of kidney failure and the requirement of hemodialysis. The anxiety is based on the potential impact of body image change and death. The anxiety may reduce the individual capacity on daily life and on dealing with the future. Mindfulness Based Art Therapy (MBAT) is a therapeutic method that combines the philosophy of mindfulness and art therapy. MBAT helps clients to understand the emotional self and self-expression by art activities. This research is aimed at examining whether MBAT can reduce the anxiety being experienced by CKD patients who are required hemodialysis. Six (6) adult patients participated in this quasi-experimental research, using one group pre- post test design. The MBAT intervention consists of 8 sessions with the interval of 1-2 sessions per week. The result indicates that MBAT reduces the anxiety of the all six participants.

Keywords: Mindfulness Based Art Therapy, Anxiety, Adult

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Introduction

Chronic Kidney Disease is a long-term kidney disease that causes kidney failure in a person. Chronic Kidney Disease (CKD) is ranked 12th as the disease with the highest mortality in the world. The Center for Data & Information of the Indonesian Hospital Association said that the number of patients with terminal kidney failure in Indonesia is around 50 people per one million population. CKD patients who reach the stage of terminal kidney failure needs therapy so that the kidney function can be maintained. One form of therapy is called hemodialysis (Baradero, Dayrit, & Siswadi, 2005). In Indonesia there are around 1.5 million Chronic Kidney Disease patients whose lives must depend on hemodialysis therapy. Hemodialysis is a procedure in which blood is released from the body and circulates in a machine outside the body called a dialyser. The frequency of HD therapy varies depending on the amount of kidney function remaining, the average patient undergoes three times a week, while the duration of hemodialysis is at least three to four hours at a time every therapeutic action (Brunner and Suddath, 2002; Yang et al., 2011). Chronic kidney disease and hemodialysis (HD) are events that could cause negative emotions called stressors. A stressors that could responded properly, makes an individual more mature. Conversely, stressors that are not responded properly can trigger psychological responses in the form of anxiety, depression, anger, fear, feeling guilty, even death (DeLaune & Ladner, 2011; Caninsti, 2007; Farida, 2010; Kimmel, 2001).

Anxiety is a subjective experience of an individual that cannot be directly observed and is an emotional state without a specific object. Anxiety is different from fear, the characteristic of fear is the existence of specific objects or sources that can be identified and can be explained by individuals. Taylor (quoted in Hasanat, 2010) said that anxiety is a subjective experience of anxious mental tension as a general reaction and inability to deal with problems or lack of security. These unpleasant feelings can generally cause physiological symptoms such as (trembling, sweating, increased heart rate etc.) and psychological symptoms (such as panic, tension, confusion, unable to concentrate and so on). Anxiety is a mental condition that is full of worries and fears about what might happen, both related to limited problems and strange things. The general description of anxiety is "feeling depressed and uneasy and having chaotic thoughts accompanied by many regrets". Anxiety can be very influential to the body, until the body feels shivering, causing a lot of sweat, the heart beats fast, the stomach feels nauseous, the body feels weak, the ability to produce is reduced until many humans escape to the imagination as a form of temporary therapy (Hasanat 2010).

The reaction of some people who suffer from chronic kidney disease varies greatly, for example shock, fear, anxiety, feelings of grief, anger, sadness, and the worst, withdraws (Gale, Hasanat, 2010). The reaction is a reality that must be faced by everyone who experiences it. Anxiety in patients with chronic kidney disease appears because they are afraid of the effects that might occur, for example changes in body image and death (Hasanat, 2010). In a study conducted by Sopha and Wardani (2016), it was found that there was a relationship between anxiety levels in patients with chronic kidney failure who were determined to follow hemodialysis therapy with age, sex, marital status and work status.

Older patients ideally have a more mature personality (Lutfu & Maliya, 2008).

However, age is not the only factor affecting personality maturity. There are other influential variables, such as experience, understanding, and spiritual conditions. Some elderly people may not be able to adapt well to the aging process they face. Research also shows that there is a relationship between gender and anxiety levels. Women are said to have greater emotional reactions that lead to differences in women's temperament in dealing with stressors and have an impact in their anxiety levels. Chronic kidney disease and hemodialysis therapy have an effect on the body both physically and psychologically. From a physical perspective, CKD patients look weak, pale, and not oftenly, their faces get blackened due to accumulation of metabolic waste in the body. This can affect body image, especially for women who tend to pay more attention to appearance. From a biological point of view, women who undergo HD have difficulty conceiving and having children. Feelings of nausea, vomiting, and lack of energy that are felt by patients can cause disruption of sexuality. Fear of losing the role and beauty of women triggers anxiety. The number of severe to very severe anxiety is found in patients who are married. PGK patients who are single can have stressors related to the desire to get married, worrying about not being able to feel the role of husband / wife and father / mother. Divorced CKD patients can have anxiety caused by the lack of places to share stories or the loss of people who have been close to their past.

The majority of patients who work are in mild to moderate anxiety levels, while the majority of patients who are not working are in severe to very severe anxiety levels. Patients who are still working, have the opportunity to get more social support than patients who are not working. In addition, according to researchers up to now social status is still assessed from someone's employment status. CKD patients who are not working may feel that the public has a bad stigma about themselves. Patients who do not work are considered as useless people in the social environment. This can exacerbate feelings of helplessness that patients have.

In an effort to reduce anxiety, can be done some various methods of intervention, one of them called Mindfulness Based Art Therapy. Mindfulness Based Art Therapy (MBAT) is a method that combines the philosophies of mindfulness with the existing background of art therapy (Rappaport, 2009). When Mindfulness Based Stress Reduction (MBSR) is widely used to help clients understand themselves and the world around them with an open and accepting mind as well as being aware of the environment that enables them to reflect on what is found in the world, this can help clients understand emotions and themselves. Meanwhile, MBAT aims to include the creative process of making art / art in self-exploration. MBAT is an art therapy exercise combined with mindfulness training and MBSR. MBAT research to assist individuals in regulating emotions, depression, and anxiety had been done by Kabat-Zinn and Kramer (cited in Paterson, 2014). In a study conducted by Monti, Peterson, Shakin, Peguignot, Rhodes and Brainard (2006) which aims to observe changes in blood circulation in the brain and anxiety in women with breast cancer, found a decrease in stress and anxiety. In mindfulness based art therapy, patients with chronic kidney disease can express their anxiety in an art form. The purpose of these activities is to increase awareness and understanding of anxiety and behavior that arises due to anxiety, as well as how other people can influence the behavior. The process of making works of art gives a nuance of relaxation and channeling negative emotions more subtly (Breiner, Tuomisto, Bouyea, Gussak, & Aufderheide, 2011). In this

study, mindfulness based art therapy is used as an intervention to reduce anxiety in patients with chronic kidney disease who require hemodialysis therapy.

Methods

Participants

Participants in this study were 6 adults patients with chronic kidney failure aged 21 to 60 years, who were requiring hemodialysis therapy and score high in anxiety. The sampling method used is non-probability convenience sampling.

Instruments

In mindfulness based art therapy interventions, meditation and art activities are designed to help patients to reduce their levels of anxiety. First, meditation and self picture assessment are carried out as an initial introduction, rapport building, and adaptation to mindfulness based art therapy activities. Researchers will also explain to participants about anxiety, mindfulness and mindfulness based art therapy. Second, after doing meditation, free drawing activities are carried out. The third session will be conducted only by meditation.

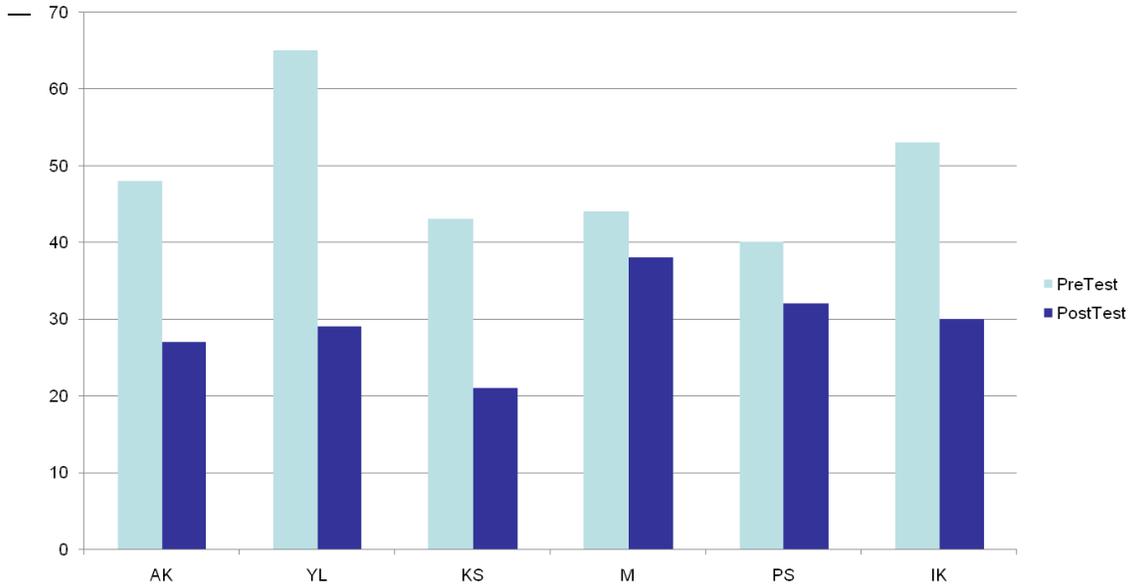
Fourth, participants describe the things that they feared the most or make them anxious, then participants are asked to do meditation. Then participants describe what can be done to reduce or eliminate anxiety according to the picture drawn in the previous session. This increases awareness and understanding of oneself, and knowing the location of the problem will be more likely to solve it. Fifth, participants meditate and show gratitude. Sixth, participants were asked to make a collage picture. In the seventh session, participants were asked to do walking meditation. Eighth, participants imagine a place as a healing place during meditation and then are asked to describe the place and where it is. It also aims to express a new self (feeling), free from anxiety and become a new self. This aims to get insights about themselves and their potential (Ganim, 1999).

State-Trait Anxiety Inventory (STAI) is a 20 point statement to measure the level of anxiety state and 20 statements to measure trait anxiety developed by Spielberger, Gorsuch, Lushene, Vagg, and Jacob (1983). This questionnaire is used in clinical settings to measure anxiety levels and distinguish them from depression syndrome. This scale was developed by rating each item on 4 answer scales from 1 (almost never / almost never) to 4 (almost always / almost always). This measuring device consists of items such as 'I am tense (I feel tense) 'and' I worry too much over something that really doesn't matter (I worry about unnecessary things excessively). A high score indicates a high level of anxiety while a low score indicates a low level of anxiety.

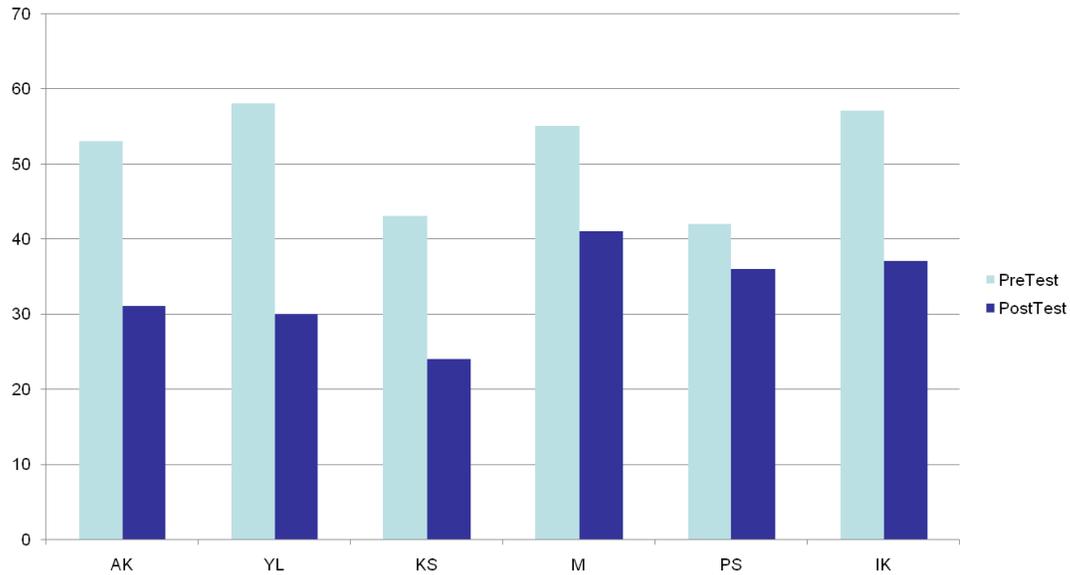
Results

Based on data from the interventions carried out for approximately 2 months (divided into 8 sessions each) to six adult individuals with chronic kidney disease patients who follow hemodialysis, it can be concluded that MBAT (mindfulness-based art therapy) is effective in reducing anxiety.

Tabel 1 State Anxiety



Tabel 2 Trait Anxiety



Conclusions

The results of the study showed a decrease in anxiety in chronic kidney disease patients who followed hemodialysis after an art therapy intervention session. Mindfulness Based Art Therapy (MBAT) is a therapy that can be used for individuals who have anxiety. This study supported by research conducted by Monti and friends (2006). The results of this study conclude that MBAT interventions can reduce negative emotions (such as stress, anxiety and depression) and improve the quality of life in cancer patients. This is because the main key of MBAT, namely awareness of the present. Then, through art media patients who have anxiety can express their feelings by making various illustrations. Through art media, feeling stimuli and

awareness can also be trained to become more focused. Drawing activities are also said to be a stress reliever and help individuals to be better prepared to face conflict and know themselves (Malchiodi, 2003).

In patients with chronic kidney disease who undergo hemodialysis, patients experience anxiety, both mild and low to high anxiety. Patients tend to have a "stuck" mindset both in the past or in the future. Concern makes patients unable to focus on the problem at hand and find a way out of the problem at hand. MBAT on this intervention will train and help participants to be able to express feelings that are difficult to verbally express. Then through art therapy a person can also release his unconsciousness such as fear, pressure, things that cannot be consciously accepted (Kalmanowitz & Rainbow 2016).

The diverse results obtained from the six participants can be caused by internal factors such as age, sex, length of time following hemodialysis, social status, employment status, and marital status because each participant experiences different individual experiences. Another thing that supports the success of this intervention is the formation of good report cards so that participants can enjoy and cooperate fully in carrying out the interventions carried out. From the process of meditation to bring the focus of participants into the present, expressing feelings through art media, to form a positive mindset to face the future that will succeed when participants are able to provide totality in participating in each therapy session.

MBAT is effective in reducing anxiety among six patients with chronic kidney failure who follow hemodialysis, so it can be concluded that MBAT has benefits for chronic kidney failure patients who follow hemodialysis. The final note from this discussion is that you need to be aware that chronic kidney failure is a terminal illness so that MBAT is not to heal physically but to deal with emotional symptoms that arise as a result of the treatment process in this case is hemodialysis.

Further Research Questions

Based on the results obtained from this study, with all the advantages and disadvantages, is expected to be useful for further research. Such as taking a sample of participants from other terminal illness patients such as patients with HIV / AIDS, diabetes, heart disease, stroke, and others. Researchers can also add more number of participants to clarify the effectiveness of MBAT. Researchers can also add more various art activities and media used in drawing so that participants can more explore art media and express their emotions in various art activities. Keep in mind, MBAT must be done by professionals who have attended special training and cannot be done without supervision to avoid undesirable effects.

For chronic kidney patients who follow hemodialysis, through this research, it can be concluded that MBAT has benefits for chronic kidney failure patients who follow hemodialysis so that in the future, MBAT can be one of the means to reduce the anxiety of chronic kidney failure patients who follow hemodialysis. For the participants, the researchers also suggested that participants continue to practice mindfulness meditation and express themselves through art. Researchers also hope that participants can maintain the positive mindset that has been developed during the

therapy process. Suggestions are also given to family members of patients to provide support and understanding given the patient's psychological condition due to the illness and the treatment process that must be undertaken.

As for the institution, which is the Hemodialysis Clinic, the advice that can be given to institutions is that the institution can provide facilities for patients. Institutions can also consider providing experts or experts in handling the psychological condition of the patient in addition to the physical condition of the patient.

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