

IMPLEMENTATION OF DEEP BREATHING EXERCISE AND SLEEP HYGIENE IN MRS. M WITH ANXIETY AT MULYOREJO COMMUNITY HEALTH CENTER

Cornelia Fransisca Christiani, Esti Widiani, Eddi Sudjarwo
Nursing Professional Study Program Ministry of Health Polytechnic of Malang
Ijen Besar Street No. 77C, Malang City, Indonesia

ABSTRACT

Background: Anxiety is an emotional response triggered by psychosocial stressors and may adversely affect an individual's physical condition, psychological well-being, and quality of life. One of the non-pharmacological interventions that can be used to reduce anxiety is Deep Breathing Exercise and Sleep Hygiene. **Objective:** To implement Deep Breathing Exercise and Sleep Hygiene therapy in Mrs. M, a client experiencing anxiety at Mulyorejo Community Health Center. **Methods:** This study employed a descriptive case study approach involving one client with anxiety. The intervention was conducted for six days and consisted of a 10-minute Deep Breathing Exercise session each day, along with Sleep Hygiene education and evaluation for five minutes. Anxiety levels were measured using the Hamilton Anxiety Rating Scale (HARS). **Results:** The initial assessment showed a HARS score of 26, indicating moderate anxiety. After six days of intervention, the HARS score gradually decreased to 12, indicating the absence of anxiety. In addition, improvements were observed in the signs and symptoms of anxiety, including reduced excessive worry, tension, sleep disturbances, difficulty concentrating, and physical symptoms associated with anxiety. **Conclusion:** The implementation of Deep Breathing Exercise and Sleep Hygiene was effective in helping reduce anxiety symptoms in Mrs. M. These interventions can be used as alternative non-pharmacological nursing interventions in the management of patients with anxiety.

Keywords: Anxiety, Deep Breathing Exercise, Sleep Hygiene, HARS.