

**THE EFFECT OF RELAXATION AUTOGENIC, MOVEMENT, AND AFFIRMATION
THERAPY ON THE ANXIETY LEVELS OF
CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS AT
LAVALETTE HOSPITAL**

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ABSTRACT

Hemodialysis is a long-term and lifelong renal replacement therapy used to assist in the excretion of metabolic waste products that can no longer be processed by patients with chronic kidney disease. One of the side effects of hemodialysis is psychological discomfort, which can lead to anxiety disorders. This study aimed to identify the effect of Relaxation Autogenic, Movement, and Affirmation (RAMA) therapy on reducing anxiety levels in chronic kidney disease patients undergoing hemodialysis at Lavalette Hospital. This research employed a pre-experimental design with a one-group pre-test and post-test approach. A total of 41 patients were selected using purposive sampling based on inclusion and exclusion criteria. Anxiety levels were measured using the Zung Self-Rating Anxiety Scale (ZSRAS), and the data were analyzed using the Wilcoxon Signed Rank Test. The results showed that before the intervention, most respondents experienced moderate anxiety (63.41%) and mild anxiety (36.58%), with a mean score of 59.73. After the intervention, 100% of the respondents experienced normal anxiety levels, with the mean score decreasing to 37.61. The Wilcoxon test results indicated a p-value < 0.001, demonstrating a significant difference before and after the intervention. It can be concluded that the Relaxation Autogenic, Movement, and Affirmation therapy is effective in reducing anxiety levels in chronic kidney disease patients undergoing hemodialysis. The combination of autogenic relaxation, range of motion exercises, and positive affirmations has been proven to significantly alleviate patients' psychological stress.

Keywords : *Autogenic Relaxation, movement, affirmation, Anxiety, Hemodialysis, Chronic Kidney Failure*