

# Media Model of Alternative Therapy for Reducing Anxiety of Cancer Patients in Purwokerto

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**Abstract**— Cervical cancer is one of the most life-threatening types of cancer for women worldwide. Every year, there is an increase in the number of cervical cancer patients in the world and in the world. Alternative Spiritual Care Therapy Video (ViTASCA) is an Islamic spiritual guidance with innovative treatment for palliative patients based on an android application containing spiritual care material which can be used as a guide for nurses and patients in caring for patients. This study aims to describe alternative therapy media models in reducing anxiety in cancer patients. The research method used is mixed method with a case study approach. The technique of taking informants by means of purposive sampling and participant inclusion criteria were patients who had been diagnosed with cervical cancer who were undergoing chemotherapy, were able to tell about the anxiety they were experiencing, had/used an android, and were at the Purwokerto halfway house. Data collection was carried out by interviews and questionnaires. Therapy through ViTASCA is carried out twice a day for two weeks using 4 themes, namely, about the belief that disease comes from God, worship gives positive energy to cancer fighters, great hopes for cancer fighters for themselves and their families, and cancer fighters want to be useful for others. Data were analyzed through 1) Data Reduction, 2) Data Presentation and 3) Drawing Conclusions or Verification. Techniques to test the validity of the data researchers use the technique of triangulation of sources (data) and triangulation of methods to test the validity of data related to the research problem under study. The results of this study are the use of ViTASCA media which is carried out 2 times per day for 2 weeks can reduce the anxiety of cervical cancer patients.

**Keywords**— Vitasca, Anxiety, Cancer.

## I. INTRODUCTION

Cervical cancer is one of the most life-threatening types of cancer for women worldwide. Every year, there is an increase in the number of cervical cancer patients in the world and in the world (Bray et al., 2018), cervical cancer is the 3rd most common cancer diagnosed by women worldwide. In 2018, there were 569,847 new cervical cancer cases and 311,365 deaths worldwide. In 2018, there were 32,469 cases of women diagnosed with cervical cancer with 18,279 deaths in Indonesia (World Health Organization, 2019). There are many factors for a person to be diagnosed with cancer, including heredity and genetics. The main cause of cervical cancer is infection with the human papillomavirus (HPV). Besides that, there is an unhealthy lifestyle, such as unbalanced food intake, lack of exercise, drinking alcoholic beverages, smoking, and other impacts of the environment. Individual immune factors can also be an additional factor for someone to be diagnosed with cancer (Galon & Bruni, 2020). Individuals who are

diagnosed with cancer often have to undergo a therapeutic process that can take a long time and require high costs. There are many types of treatment that can be applied to cancer patients, including surgery, radiotherapy, chemotherapy, immunotherapy, and gene therapy (National Cancer Institute, 2007). Treatment given by doctors to patients depends on the type of cancer and the stage of the patient. The treatment given will also be different for each patient, even though the type of cancer is the same. The age of the patient can also affect the treatment that will be given to the patient.

Treatment undertaken by patients can cause fatigue. Fatigue that lasts a long time causes patients to experience a loss of enthusiasm and energy to continue treatment. Loss of enthusiasm and energy can make patients not continue the treatment they have to undergo. Fatigue felt by patients due to treatment can include physical and psychological aspects. Physically, patients feel more easily tired, weak, and have less energy in carrying out daily activities. Psychologically, patients can feel pressured because of long-lasting treatment and high costs. This fatigue can affect self-esteem, social activities, and quality of life of these patients. 70-100% of cancer patients feel tired during treatment (Rachmawati et al., 2021).

The development of information technology in recent years has developed rapidly, so that this has changed the paradigm of society in seeking and obtaining information that is no longer limited to newspaper, audio-visual and electronic information, but also other sources of information, including through the internet network. One area that has had a significant impact on the development of this technology is the health sector. Various methods have been introduced and used in the process of health therapy in the hope of providing a change in motivation for healing. Information and communication technology has been widely used in the health process so that the quality of health therapy is not supported by the administration of drugs alone. The development of multimedia technology has promised great potential in influencing the process of health therapy. Multimedia also provides opportunities for medical personnel to develop therapeutic techniques for cervical cancer patients so as to have a positive impact on these sufferers.

Anxiety can arise from everyday events that can be experienced by humans and can also be experienced by anyone (Oktapiani & Pranata, 2018). Anxiety is an emotional state without a specific object and subjective experience of the individual and cannot be observed and seen directly. Anxiety

is different from fear, the characteristic of fear is the presence of a source object that is specific and can be identified and can be explained by individuals while anxiety is defined as a confusion, worry about something that will happen with an unclear cause or object and is associated with a feeling of uncertainty and helplessness. For example, fear of facing surgery/surgery (eg fear of pain during surgery, fear of disability), concern about anesthesia/anesthesia (eg fear of anesthetic failure/dying, fear of not getting up again) and others (Anasril & Husaini, 2020). Before surgery there is a problem of anxiety which is the patient's emotional reaction that often arises. This is in response to the patient's anticipation of an experience that is considered a threat to the role in the patient's life, body integrity and even his life (Hinkle & Cheever, 2014). Improving the provision of quality health services, especially in the provision of nursing care on the spiritual aspect, is an effort to reduce the level of anxiety in patients in the hospital. In dealing with the patient's fears and anxieties, spiritual beliefs have an important role.

Anxiety is an individual response to an unpleasant situation and is experienced by all living things in everyday life. Anxiety is a subjective experience of the individual and cannot be observed directly and is an emotional state without a specific object. Anxiety in individuals can provide motivation to achieve something and is an important resource in efforts to maintain a balance of life (Maimun & Arini, 2016). Anxiety is an emotional response without a specific object that is subjectively experienced and communicated interpersonally. Anxiety is confusion, worry about something that will happen with unclear causes and is associated with feelings of uncertainty and helplessness (Muliana et al., 2016).

This study aims to analyze the effect of alternative therapy media models in reducing anxiety in cervical cancer patients at the Purwokerto Halfway House. The benefit of this research is to provide additional insights and references about alternative therapy media models in reducing anxiety in cervical cancer patients. Nurses can carry out this action as a series of nursing care according to their role as educators.

## II. METHOD

In this study, researchers used a mixed method, namely a combination of quantitative and qualitative methods. The quantitative method used is descriptive supported by a phenomenological approach using in-depth interviews. Qualitative method used for. According to Creswell (2019) suggests that qualitative research is an attempt to present the social world, and its perspectives in the world, in terms of concepts, behavior, perceptions and issues about the human being studied.

This research uses a case study approach. Researchers used participatory observation, in-depth interviews, and documentation for the same data source simultaneously. Determination of informants in this study using a purposive sampling technique, namely informants selected based on certain criteria and considerations, as many as 5 informants. These criteria were informants who were diagnosed with cervical cancer, were undergoing therapy at the hospital, and were at the Purwokerto halfway house. Data were collected

through interviews and observations for measuring anxiety using the HARS scale. Research data were analyzed through 1) data reduction, 2) data presentation and 3) conclusion or verification. As for the technique of testing the validity of the data researchers used the technique of triangulation of sources (data) and triangulation of methods to test the validity of the data related to the research problem being studied by the researcher because there is a suitability between the data obtained with the method used and the suitability of the theory used as the basis for the research.

## III. RESULTS AND DISCUSSIONS

New Media or new media is also known as digital media. Digital media is media whose content is in the form of a combination of data, text, sound, and various types of images that are stored in digital format and disseminated through optical broadband cable-based networks, satellites and microwave transmission systems (Bachtiar, 2022). As those forms that combine the three Cs: computing and information technology (IT); Communication Networks; digitized media & information content. New media is anything that can channel information (intermediaries) from information sources to information recipients (Kurmia, 2005). According to Situmeang & Oisina (2020), the benefit of new media is that it makes it easier for someone to get something they want, such as the flow of information that can be easily and can be accessed quickly anywhere and anytime; as a medium for buying and selling transactions; as a medium for entertainment, for example online games, social networking, video streaming, etc.; as an efficient communication medium; and as a means of education with digital books. ViTASCA media to reduce Anxiety in cancer patients is an Islamic spiritual guide with innovative handling of palliative patients based on an android application containing spiritual care material that can be used as a guide for nurses and patients.

Spiritual care is an important aspect of holistic health care that recognizes and pays attention to the spiritual dimension in one's life. This involves paying attention to the individual's spiritual needs, which include beliefs, values, meaning in life, goals, and a relationship with something higher or things that are considered sacred. Therapy through ViTASCA is carried out twice a day for two weeks using 4 themes including:

First theme: The belief that illness comes from God. On the theme of the stages that cancer fighters go through while suffering from cervical cancer, the disease category is a gift from God, accepting the disease by surrendering everything to God, believing God will provide healing. Participants said that participants felt that this disease was a lesson from God that contained wisdom by surrendering. Cancer warriors believed in God that God was always there for him, and he surrendered to God. Sincerely facing God's grace, God will give the best for him according to the Distinarista (2018), based on the interview results, it can be concluded that cervical cancer fighters have fairly good resilience. Resilience is defined as an individual's ability to adapt and persist in difficult conditions. Participants always try to be able to live their lives well and have faith in Allah that Allah gives disease, there must be a cure. Many factors support the formation of resilience in

participants including optimism and belief that illness comes from God, spirituality, family support and the surrounding environment (Shally, 2013) in Distinarista (2018). The most effective medicine is resignation and sincerity to God, because a sincere and trustworthy attitude makes cervical cancer patients feel calm in dealing with their illness. In the Qur'an it is written that gratitude is the opposite of kufr. Kufr means closing oneself, while gratitude means admitting oneself or opening one's self. Gratitude is part of religious teachings that teach people to "grateful". Gratitude can turn sad people into happy ones (Mahfud, 2014) in Sulistyarini et al., (2022). Most chronically ill patients are under great stress from illness and other conditions, and negative thoughts can worsen their physical condition. To reduce symptoms of anxiety, sufferers must be able to believe that being patient in dealing with their illness will strengthen them in facing the disease (Prayitno, 2015) in Sulistyarini et al., (2022). Therefore, to deal with anxiety and other psychological pressures that arise, it can be done in such a way as remembering relatives, family, loved ones and participating in spiritual activities, one of which is increasing istighfar and carrying out various activities as other distractions (Wahyuni, 2015) in Sulistyarini et al., (2022) "God loves his servants not only in the pleasures but also in the pain that is given because with that pain they will be more grateful for the pleasures".

The second theme: worship provides positive energy for cancer fighters. On the theme of the stages that cancer fighters go through while suffering from cervical cancer, it is found that worship provides peace and worship to God to be able to survive the disease. Participants said that participants felt that this disease had benefits from getting closer to God to get strength from God so that they would remain strong to undergo tests from God. Doing worship with God has a calming effect, relaxes and makes the heart peaceful. I have strong faith and always think positively. Islam makes it easy for humans to pray in accordance with their conditions and abilities. If cancer sufferers cannot perform their prayers standing up, they can also do so sitting, lying down, or making gestures or movements that can be done by cancer fighters. (Fitriyah, 2015) in Distinarista (2018). Prayers and other acts of worship need to be done in accordance with their religion and beliefs. Prayer can heal those who practice it regularly. Various studies have shown that the practice of prayer, remembrance and worship can reduce symptoms of depression and improve the physical condition of patients (Prayitno, 2015 in Sulistyarini et al., (2022). Studies show that the sunnah midnight prayer performed at the end of the night can bring peace. On the other hand, peace itself can increase endurance and extend life expectancy. Conversely, psychological stress such as stress and depression increases susceptibility to disease and infection, cancer cells develop more quickly, and increase the spread of cancer cells (metastasis). The solemn and sincere Tahajud Sunnah Prayer has a positive impact on a person's psychological condition in the form of calm and peace and can have the benefits of good physical health, thereby affecting the psychology of individual health. (Chodijah, 2013) in Sulistyarini et al., (2022). The results of the interview showed that after applying the guidance from the

VISCA application for worship, they found peace and gained new strength, by saying their best prayers, the participants raised hopes that made them strong by believing that God would help them by always communicating with God. "Getting closer to God makes me know the meaning of being grateful and feeling peace of mind."

Third Theme: The big hopes of cancer fighters for themselves and their families. On the theme of the stages that cancer fighters go through while suffering from cervical cancer, categories are found, the desire for children and family, the desire of cancer fighters not to burden their families and other people and the desire to fulfill themselves. Participants conveyed that the results of this study found that there is hope for survival with the hope that God will always protect and always look after himself, his family and others, cancer fighters hope he can still make his children, family and other people happy. Warriors hope that when they die, they will not inconvenience other people by praying for the best for them. Hope can help people find meaning in their illness (Rahakbauw, 2016). This hope will strengthen individuals to face the discomfort they feel, to live life with various illnesses they suffer and to be able to live life with confidence. Hope is closely related to spiritual aspects (DePalo, 2009) in Komariah et al., (2020). The presence of obstacles in one's spiritual attainment results in the individual having low expectations and feeling hopeless. Prayer is a spiritual therapy that is widely practiced by cancer fighters and is often done as a self-reinforcement (Komariah et al., 2020). Previous research conducted by Tasalim & Astuti (2021) stated that prayer is the main choice of complementary therapy for cervical cancer sufferers. Greenwald and McCorkle (2007) said that satisfaction will be felt by women with cervical cancer when they pray and draw closer to their God (Rahakbauw, 2016). The hope that women with cervical cancer have is also able to increase with the social support they get. In previous research it was also stated that financial, emotional, informational, and spiritual support is very important for cancer sufferers. Therefore, family and social support is a determining factor in achieving psychosocial well-being (Rahakbauw, 2016), "Hope is the strength to be cheerful in circumstances that we know are sad."

Fourth theme: cancer warriors want to be useful for others on the theme of the stages that cancer warriors go through while suffering from cervical cancer, the category, Hope of cancer warriors Participants convey. useful for other people with limitations that survivors have they want to have the desire to always have benefits for many people. According to Maslow, self-actualization is part of basic human needs, which includes respect from the family and community, as well as feelings of respect for oneself and others. Maslow also means that self-actualization is divided into two parts, the first is the need for acceptance, competence, admiration, self-confidence, independence, and freedom. The second focuses on the need for respect or being appreciated by others such as status, power, attention, recognition, importance, and appreciation (Asih, 2005). In essence, self-actualization comes from two sources, namely oneself and others. Someone who respects himself and feels valued by others will be able to actualize

himself well by giving and contributing to others will increase his sense of self-actualization and feel valued by others. Conversely, someone who feels worthless and receives little respect from others then they have low self-esteem. The results of the interviews show that cancer survivors feel they have more rights to be respected and appreciate themselves in ways that are more beneficial to others. “a difficult road leads to a beautiful road”

Based on the results of the application of alternative therapy video media models in reducing the anxiety level of cervical cancer patients, the following data are obtained:

Anxiety Level	n	Mean	Minimum	Maximum
Pretest	5	27,4	27	28
Posttest	5	16,2	14	20

The average level of anxiety between pre intervention and post intervention from 27.4 to 16.2. The average difference between pre-intervention and post-intervention was 11.2. The results of the study based on the anxiety score showed that the average anxiety level of cervical cancer patients was 27.4. This value indicates that the average respondent is in the upper limit of the anxiety level range. The results of this study are in line with previous research that the anxiety level of patients with cervical cancer who are undergoing chemotherapy at Imelda General Hospital, Medan Indonesian workers, is known to have a moderate level of anxiety (61.3%) (Situmorang, 2019). The results of other studies also found that the level of anxiety in cervical cancer patients undergoing chemotherapy at RSUP Dr. Kariadi is a weight of 52 respondents and moderate 44 respondents from a total sample of 150 respondent (Izza et al., 2023). The level of anxiety in these patients is very serious but there is a good life, where a gynecological cancer patient needs a lot of changes in his life so that cervical cancer does not affect the person visually but also mentally. This is reinforced by the results of research that when a person is diagnosed with cervical cancer, the most common emotional reactions are denial and anxiety (Lestari et al., 2020).

The results showed that the average anxiety level of cervical cancer patients decreased after being given alternative therapy video media, while patients who were not given alternative therapy videos did not experience a decrease in anxiety level scores. Therefore this video media or ViTASCA is very helpful for cancer patients in reducing anxiety.

#### IV. CONCLUSION

The use of the ViTASCA application which is carried out 2 times per day for 2 weeks can reduce the anxiety of cervical cancer patients. There are 4 themes in the ViTASCA application that describe the experiences of cancer fighters in terms of spirituality. The emotional response and calming effect that results from this relaxation can change the dominant physiology of the sympathetic system to become dominant of the parasympathetic system. Suggestions from researchers for health services, namely that the use of ViTASCA media can be used as an independent nursing intervention provided by nurses in reducing the anxiety of

cervical cancer patients in achieving a better quality of life. For future research, it is better if the intervention is given for a longer time and uses a larger sample with the control group as a comparison in giving the intervention so that better results are expected.

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