

The Application of Supportive Therapy with Emotional Catharsis Techniques and Relaxation to Improve Psychological Well Being in Patients Undergoing Hemodialysis at Bhayangkara's Hospital

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Abstract: *This study aims to see improving psychological well being in patients undergoing hemodialysis at Bhayangkara's Hospital. Psychological well being explains as an individual state to be able to accept its own strengths and weaknesses as it is, to be an independent self-living, capable of controlling the environment to develop positive relationships with others and continue to grow personally. Psychological well being can be interpreted as the realization and optimal achievement potential. The process of improving psychological well being in this research is by using supportive therapy with emotional catharsis and relaxation techniques. This research uses experimental method that is Single Case Experimental Design that is a research design to evaluate the effect of an intervention with single case from several subjects in one group or single subject. Methods of data collection conducted in this study is by observation, in-depth interviews, provision of interventions and provision of questionnaires pre-test and post Ryff' psychological well being scale test. Based on the results obtained analysis shows that subjects have improving psychological well being after supportive therapy with emotional catharsis and relaxation techniques.*

Keywords: Psychological Well Being, Hemodialysis, supportive therapy with emotional catharsis and relaxation.

1. Introduction

Every individual always wants good health in order to perform activities, healthy physically and psychically. However, in fact individuals are not always in a healthy condition one of them faced with health problems that is disease. The types of diseases vary from mild to severe. Treatment of mild disease is different from severe disease. Mild illness is considered to be less disruptive to the activity, the treatment is relatively easy and less psychologic to patients, whereas severe illness is considered a dangerous disease, interferes with the activity of the individual, and interferes with psychological well-being as in patients with renal failure undergoing hemodialysis. The kidneys have a heavy duty because they have the function to filter dirty on from the blood and absorb many important nutrients into the bloodstream. It is the organ that serves to remove the remnants of metabolism (Ministry of Health, 2009). Kidney failure in performing vital functions causes a condition called Chronic Renal Failure (GGK) stage (Benez, 2011). Kidney failure is a clinical condition characterized by decreased renal function, requiring regular renal therapy, namely dialysis and renal transplantation (Aru, 2006).

Dialysis can be done in the hospital as well as at home. There are two types of dialysis, namely hemodialysis and peritoneal dialysis. Hemodialysis, blood is pumped out of the body into an artificial kidney machine, and is returned to the body through a tube connecting the patient to the machine. Special dialysis and filtering machines (artificial kidney / dialyzer) are used to clean the blood. Doctors make access to the blood vessels so that blood can lead to the dialyzer by performing minor surgery on the patient's arm.

Hemodialysis lasts for about four hours and is done two to three times a week with the help of medical teams, doctors and nurses. Peritoneal dialysis, blood is cleaned in the patient's body. Dialysis is a treatment that does some of the things done by healthy kidneys. Dialysis function to replace kidney work. Dialysis is an act of renal replacement therapy that has been damaged (Cahyaningsih, 2008).

Hemodialysis therapy (HD) is a way to separate blood from metabolic waste and body toxins if the kidneys are not functioning so using artificial kidney in the form of hemodialysis machine (Setyawan, 2001). The treatment process can help improve but can not replace other kidney function, so in order to survive, the patient should perform hemodialysis continuously two to three times a week throughout his life.

The impact of behavior that occurs in patients undergoing hemodialysis (Ignatavicius, 2006) is the first week after patients undergoing hemodialysis therapy, they will experience a honeymoon period is a feeling of euphoria (euphoria) and better health. Patient feels better body, happy and hopeful mood. The hemodialysis patient at this time forgets the discomfort he experienced during therapy. But then, his psychological state began to be disturbed one of them is his psychological well-being.

According to Ryff (1995), psychological well-being explains as an individual state to be able to accept its own strengths and weaknesses as it is, to become an independent person, have a purpose in life, be able to control the environment, can develop positive relationships with others, continues to grow personally. psychological well-being alone can be

interpreted as the realization and optimal achievement of one's potential.

Ryff (1995 in Dierendock, 2007) constructs six psychological well-being dimensions of self-acceptance, autonomy, personal growth, environmental mastery, life goals, and positive relationships with others. Individuals with good psychological well-being are assumed to achieve high levels in each of these dimensions.

Psychological well-being does not present itself to an individual who is in a state of ill let alone a chronic one. The existence of social support from the family can help improve the psychological well-being in the individual. The therapy used in research in patients undergoing hemodialysis is supportive therapy with emotional catharsis and relaxation. According to Wolberg (1977 in Kuntjoro, 2011) the word support means to support those that are supported to remain active. Techniques in supportive therapy keep the well-being so that the patient's condition is maintained, improved, and better because of the support of various parties one of them therapist. According to Klingberg et al (2010, in Surtiningrum, 2011) in his study revealed supportive therapy is used as a supporter of other psychotherapy in order to control non-specific elements of therapeutic contact.

The purpose of supportive therapy according to Kuntjoro (2011) is to provide support to patients to know the positive capabilities of support systems in the family and outside the family, improve the ability of social isolation patients in using existing support systems both within the family and outside the family and able to identify barriers in the use of existing support systems.

Emotional catharsis techniques are done by way of recognition and telling everything that compresses feelings to friends or a professional like doctors, psychologists or teachers, including parents is a common way to reduce emotional tension. While relaxation is given to patients who are very upset / frustrated and usually very emotional, tense, unable to overcome their own anxiety and seek the peace of a parent figure or a person who is considered able to reduce the condition of emotional tension.

This relaxation technique was invented by Jacobson (1934 in Miller, 2002) to fight tension or anxiety. Here the therapist seeks to reassure the patient and gives hope for calm or healing. The purpose of this therapy is to create a reassuring atmosphere so that the emotional tension of the patient becomes less and experiencing a deep feeling of relaxation. Based on the above background, the title is taken: "The application of supportive therapy with emotional catharsis and relaxation techniques to improve psychological well-being in patients undergoing hemodialysis in Bhayangkara's hospitals. "So the purpose of this study was to determine the clinical picture of psychological well-being in patients undergoing hemodialysis in Bhayangkara's hospitals and obtained the results of the application of emotional catharsis and relaxation techniques to improve psychological well-being in patients undergoing hemodialysis in Bhayangkara's hospitals.

Based on the above problem exposure to improve psychological well-being in patients undergoing hemodialysis in the Bhayangkara's hospital. the application of emotional catharsis and relaxation techniques is very suitable for the case. So the researchers made a research design "Whether the application of supportive therapy with relaxation techniques and emotional catharsis can improve psychological well-being in patients undergoing hemodialysis in Bhayangkara's hospitals? "

2. Psychological Well-Being

Ryff (1995) Psychological Well-Being is a condition in which individuals have a positive attitude toward themselves and others, can make their own decisions and manage their own behavior, can create and organize the environment according to their needs, make life more meaningful, explore and develop him. Based on the above quote, it can be concluded that Ryff & Keyes (1995) view psychological well-being based on the extent to which individuals have goals in life, whether they are aware of their potential, the quality of their relationship with others, and the degree to which they feel responsible with his own life. Physical or psychic discomfort during hemodialysis affects the psychological well-being. So the psychological well-being is a state in which the individual is able to accept himself for what it is, has a purpose in life, be able to realize the potential of self continuously, have independence against social pressure, and have a warm relationship with others.

Six dimensions of psychological well-being which is the essence of the positive functioning psychology theories formulated by Ryff & Keyes (1995), namely:

1) Dimension of self-acceptance (Self-Acceptance)

Self-Acceptance also deals with positive attitudes toward oneself. Individuals who judge positive self is an individual who understands and accepts various aspects of self including good or bad quality, can actualize themselves, function optimally and be positive about the life they live.

2) Dimension of autonomy (autonomy)

Autonomy is described as an individual's ability to be free but still able to manage his life and behavior. In developmental theory views autonomy as a sense of freedom that someone has to escape from the norms that regulate everyday life.

3) Personal growth dimension (Personal growth)

The need for self-actualization and self-realization are the main perspectives of the dimension of self-growth.

4) Dimension of environmental mastery (Environmental mastery)

The ability of individuals to manage their environment, take advantage of opportunities in the environment, create, and control the environment according to need.

5) Dimension of life purpose (Purpose of life)

The individual has a clear understanding of the purpose and direction of his life, holds the belief that the individual is able to achieve the goals in his life, and feels that the experience of life in the past and the present has meaning.

6) Dimensional positive relationship with others (Positive relations with others)

Positive relationships with others as feelings of empathy and affection to others and the ability to foster deep relationships and identify with others.

There are some low psychological well-being effects including dissatisfaction with his condition, feeling disappointed with what has happened in past lives, troubled by his personal qualities and wanting to be different from oneself or not accepting oneself.

To help improve psychological well-being, supportive therapy with emotional catharsis and relaxation techniques can help improve the ability of patients undergoing hemodialysis in improving psychological well-being by expressing their feelings and is expected to improve psychological well-being

3. Supportive therapy with emotional cognitive and relaxation techniques to improve psychological well-being

Wolberg (1977 in Kuntjoro, 2011) said supportive means to support that supported still play an active role. Techniques in supportive therapy keep the well-being so that the patient's condition is maintained, improved, and better because of the support of various parties one of them therapist. According to Klingberg et al (2010, in Surtiningrum, 2011) in his study revealed supportive therapy is used as a supporter of other psychotherapy in order to control non-specific elements of therapeutic contact. The purpose of supportive therapy according to Kuntjoro (2011) is to provide support to patients to know the positive capabilities of support systems in the family and outside the family, improve the ability of social isolation patients in using existing support systems both within the family and outside the family and able to identify barriers in the use of existing support systems.

Emotional catharsis techniques are done by way of recognition and telling everything that compresses feelings to friends or a professional like doctors, psychologists or teachers, including parents is a common way to reduce emotional tension. Trying to verbalize aspects that make individuals feel embarrassed or scared, will help to develop the individual's attitude. If ventilation gets sympathy and is not criticized by the listener, fear, ambition, hope and need often help. Good influence is gained by the patient if given the opportunity to release painful memories, conflicts, and emotional release that accumulate. When a therapist has gained confidence it will make the patient feel they have friends to share, help him and overcome the fear he has been keeping secret. Having the opportunity to share his difficulties with someone he considers to understand and empathize with him will greatly encourage and help the patient that his experience is wrong (Kuntjoro, 2010).

Relaxation techniques are given to patients who are very frustrated and usually very emotional, tense, unable to cope with their own anxiety and seek the peace of a parent figure or a person who is thought to be able to reduce the emotional tension.

This relaxation technique was invented by Jacobson (1934 in Miller, 2002) to fight tension or anxiety. Here the therapist seeks to reassure the patient and gives hope for calm or healing. The purpose of this therapy is to create a reassuring atmosphere so that the emotional tension of the patient becomes less and experiencing a deep feeling of relaxation.

4. Research and Method

The method used in this research is qualitative method. One important goal in qualitative research is the acquisition of a thorough and complete understanding of the case under study (Poerwandari, 2013). The research method that researchers take is a one-case research method used in clinical psychology primarily to study the effectiveness of therapeutic methods or intervention methods.

This research uses single subject experiment design. The research design technique used is the ABA design, where A is the baseline measurement, B is the treatment, and then is silenced, after the final measurement after treatment A. In the ABA design the subjects are first measured using a psychological well-being scale pre-test as baseline, then subjects received treatment in the form of supportive therapy.

During treatment, subjects' behavior will be observed and measured using the psychological well-being scale of Ryff's Psychological Well-Being (RPWB). After that, evaluate the results by measuring using the psychological well-being scale that is the same as before. Treatment was performed 12 times after initial measurement. This design has the advantage of being able to see deep changes in the subject (Kerlinger & Lee, 2000), making it suitable for testing the effectiveness of clinical psychological interventions as practiced in this study. In this way, the author can really monitor the changes that occur within the subject.

In this study the authors will conduct two assessments, namely pre-test, post-test and implementation in the application of supportive techniques with emotional cognitive and relaxation techniques to improve psychological well-being in patients who underwent hemodialysis in the hospital. Bhayangkari.

Characteristics of subjects in this study are: 1) Not Married, 2) Underwent Hemodialysis 3) Willing to be a respondent and willing to be involved in the therapeutic process, 4) experiencing psychological well-being decline, anxiety, dependence on others, loss of direction, with the environment, losing interest and withdrawing

Data collection in this study used observation, in-depth interview. The observation techniques performed in this study include general observation and observation while carrying out a series of psychological tests. Interview approach is conducted for autoanagnosia and alloanagnosia by using interview guideline (based on examination form) so that more complete information such as information about subject identity, family background, educational background, relationship with parents, relationship with relatives, friendship and information others related to the

subject matter. Interviews were also conducted during the intervention process where the interview form was structured arranged in such a way based on previous intervention designs and interviews between CP and research subjects will be included in the form of appendix.

The psychological well-being scale used was Ryff 'Psychological Well-Being (RPWB) used in this study for Pre-Test and Post-Test measures to improve psychological well-being.

The time of this research starts from 01 March 2018 - 25 April 2018. The meeting was held twelve meetings and done until the required research data has been fulfilled. While the location of this research data is taken at the hospital. Bhayangkara

5. Results and Discussion

This analysis was made for supporting data in viewing the changes of pre-test and post-test results using the Ryff 'Psychological Well-Being (RPWB) scale with the following results:

Table 1: Pre Test – Post Test Result

Subyek	
Pre-Test Score	Post-Test Score
84	169
Low	High

Based on the results of pre and post test analysis using the scale of Ryff 'Psychological Well-Being (RPWB), the subjects experienced a change in Psychological Well-Being improvement, ie from Psychological Well-Being low to high.

In addition, the following is the result of an increase in the stages of life meaning that the subject has passed. Based on the results of the intervention analysis, the results obtained that is initially he felt restless then he became calm. His dependence on others becomes quite independent. Originally he lost his way of life then he became a person who has a purpose in life. The difficulty of adapting to the environment becomes quite capable of mastering the environment. At first he lost interest in being able to develop himself to a better direction. And initially he withdrew from others then he was quite able to build positive relationships with others

6. Conclusion

Clinical features of low psychological well-being in patients undergoing hemodialysis, ie: feeling anxious with subsequent life, feeling dependent on others to perform daily activities, feeling lost direction, difficulty adapting to the environment, losing interest, and withdrawing . The results are supported by pre-test results using the scale of Ryff 'Psychological Well-Being (RPWB) with a total score of 84 that is in the low category.

The results of the application of supportive therapy with emotional catharsis and relaxation techniques in patients undergoing hemodialysis is he began to feel calm to face the next life, able to independently to perform daily activities,

have a clear purpose of life, able to master the environment well, able to develop themselves , and able to build a positive relationship with others. This is reinforced by the results of post-test with the results of 169 is in the high category. And shows that there is a successful supportive therapy with emotional catharsis and relaxation techniques in patients undergoing hemodialysis in the Bhayangkara's hospital.

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