

# Implementation Of Benson Relaxation Technique In Nursing Care For Patients With Unstable Angina Pectoris

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**ABSTRACT :** One of the cardiovascular diseases that can cause death is Unstable Angina Pectoris (UAP) Benson relaxation is a passive relaxation technique without using muscle tension so it is very appropriate to reduce pain. Benson relaxation is a development of the relaxation response method by involving the patient's belief factor, which can create a calm internal environment that can help patients achieve higher health and well-being. Method: Descriptive method in the form of case studies. Nursing care approach consisting of from assessment, nursing diagnosis, planning, implementation, evaluation and documentation nursing. The subject of this study was one person. Results: Benson relaxation is a passive relaxation technique without using muscle tension so it is very appropriate to reduce pain. Conclusion: Benson Relaxation therapy in patients with Unstable Angina Pectoris (UAP) was carried out for 3 days. It was found that there was a decrease in the pain scale. This is evidenced by the results of the evaluation on the first day, March 1, 2024, the pain scale was 7 to 7. The second day, March 2, 2024, the pain scale was 7 to 5. The third day, March 3, 2024, the pain scale was 5 to 3.

**Keywords:** Unstable Angina Pectoris (UAP), Benson Relaxation Technique, Nursing

## 1. INTRODUCTION

Cardiovascular disease is a disease caused by impaired heart and blood vessel function. There are many types of cardiovascular disease, but the most common and most frequent is Acute Coronary Syndrome (ACS) (Widiastuti et al, 2021). One of the cardiovascular diseases that can cause death is Unstable Angina Pectoris (UAP) or unstable angina is discomfort or chest pain caused by insufficient blood and oxygen flow to the heart or lack of perfusion to the myocardium (Goyal et al, 2022).

Angina pectoris is a clinical syndrome characterized by episodes or paroxysms of pain or pressure in the anterior chest. The cause is thought to be reduced coronary blood flow, resulting in inadequate oxygen supply to the heart. Angina is usually caused by atherosclerotic heart disease and is almost always associated with major coronary artery occlusion. (Brunner and Suddarth, 2013).

Based on data from the World Health Organization, more than 17 million people in the world die from heart and blood vessel disease. Deaths in Indonesia due to cardiovascular disease reach 651,481 people per year, coronary heart disease 245,343 deaths and other cardiovascular diseases. Data (Riskesdas, 2020) shows the prevalence of heart disease based on doctor's diagnosis in Indonesia is 15%, with the prevalence in the province of Sumatra as much as 1.6%. Based on gender, the prevalence of heart disease is higher in women, namely 1.6% compared to men, namely 1.3%. And at the Malahayati Islamic Hospital in Medan, data

on sufferers of Unstable Angina Pectoris (UAP) were 117 people in 2021, as well as the number of sufferers in 2024 as many as 117 people.

Unstable Angina Pectoris (UAP) patients require fast and appropriate initial treatment by health workers to reduce morbidity and mortality rates. The role of health workers, especially nurses, is to prevent complications and provide fast treatment to save lives through promotive, preventive, curative and rehabilitative efforts. Therefore, nurses need to understand and know the theoretical concepts and professional skills that must be possessed in carrying out their duties, so that they can provide nursing care for patients with heart disease, especially Unstable Angina Pectoris (UAP). In taking action on patients with Unstable Angina Pectoris (UAP), what needs to be considered is the treatment of acute pain, the risk of decreased cardiac output, impaired tissue perfusion, impaired gas exchange, anxiety, and activity intolerance (Ariyanto & Putri, 2019).

In the implementation of therapy there are two types of therapy including Pharmacological and non-pharmacological (Rahman, 2022). One of the non-pharmacological therapies that can be performed on Unstable Angina Pectoris (UAP) patients is the Benson Relaxation Technique. The Benson Relaxation Technique is a relaxation technique combined with the beliefs held by the patient, Benson relaxation will inhibit sympathetic nerve activity which can reduce oxygen consumption by the body and then the body's muscles become relaxed so that it creates a feeling of calm and comfort.

Based on research (Rahman & Dewi, 2023) entitled Benson Relaxation Technique Intervention on Reducing the Pain Scale of Unstable Angina Pectoris (UAP) patients, it states that the provision of non-pharmacological therapy, namely with Benson relaxation technique intervention which is carried out for 30 minutes per day for 2 days and there is a decrease in the pain scale from scale 4 to scale 2. This is in line with research (Sari, 2019) entitled Nursing Care for Mr. J with Unstable Angina Pectoris (UAP) Reduction in Chest Pain Scale in the ICU/CCU of Dr. Achmad Mochtar Hospital, Bukittinggi City, states that by providing this Benson relaxation therapy, the client felt chest pain reduced from scale 6 to scale 2 which was carried out for 15 minutes once a day. Based on the results of this study, the author is interested in implementing the Benson Relaxation technique on Mr. S with the problem of Unstable Angina Pectoris (UAP) at the Malahayati Islamic Hospital, Medan.

## **2. METHODS**

Descriptive method with the application of case studies through the implementation approach of Benson relaxation techniques in nursing care for patients with unstable angina pectoris (UAP) at the Malahayati Islamic Hospital, Medan. The approach used is a nursing care approach consisting of nursing assessment, nursing diagnosis, nursing planning, nursing implementation and nursing evaluation.

## **3. RESULTS**

This case study consists of one patient with cardiovascular system disorder, namely Unstable Angina Pectoris (UAP) in the Nurul Jannah room of Malahayati Islamic Hospital, Medan. The results of the assessment of a 65-year-old patient with complaints of retrosternal chest pain (behind the sternum), such as being squeezed, pressed, stabbed, hot or crushed by heavy objects. The pain radiates to the left arm, shoulder, neck, jaw and even to the back and epigastrium, causing feelings of nausea and vomiting, shortness of breath, dizziness and cold sweats. The nursing problems raised and used as priority nursing diagnoses are pain related to physiological injury agents (ischemic and decreased oxygen supply to myocardial tissue muscles). Nursing interventions include independent and collaborative interventions. Independent interventions include providing relaxation while collaborative interventions include pharmacological administration. Non-pharmacological interventions include physical agent therapy and cognitive behavioral interventions. One of the nursing interventions used to reduce left chest pain is Benson relaxation.

Benson relaxation is a passive relaxation technique that does not use muscle tension, making it very suitable for reducing pain. Benson relaxation is a development of the relaxation response method involving the patient's belief factor, which can create a calm internal environment that can help patients achieve higher health and well-being. The benefits of Benson relaxation have been shown to modulate stress related to conditions such as anger, anxiety, cardiac dysrhythmias, chronic pain, depression, hypertension and insomnia and create a feeling of being calmer.

#### **4. DISCUSSION**

The implementation of the Benson Relaxation technique was carried out on different days, namely March 1, 2024 to March 3, 2024.

##### **1. Implementation on the first day, March 1, 2024**

Introducing yourself, building a trusting relationship, asking about the patient's condition, what they feel and what the pain is like. Asking the family and patient about their past medical history, family medical history and applying the Benson Relaxation technique for 30 minutes, the evaluation results on the first day have not shown a decrease in the pain scale then contracting time to carry out independent interventions on the 2nd and 3rd days, namely re-teaching the Benson Relaxation technique for 30 minutes.

##### **2. Implementation on the second day, March 2, 2024**

Teaching Benson Relaxation technique by saying "GOD" and eyes closed, the patient is positioned semi fowler or as comfortable as the patient. Encouraging to take a deep breath, encouraging the patient to relax and eliminate all burdens of thought and imagine beautiful things for 30 minutes. The evaluation results of the implementation on the second day showed a decrease in the scale of chest pain after being given Benson relaxation therapy from a scale of 7 to a scale of 5.

##### **3. Implementation on the third day, March 03, 2024**

Re-implementing the Benson Relaxation technique that has been taught, monitoring the patient's ability to use the Benson Relaxation technique and recording the patient's response to the Benson Relaxation technique. The results of observations on patients who have implemented the Benson Relaxation therapy that was taught, there was a decrease in the pain scale from a scale of 5 to a scale of 3. The face looked more relaxed and grimacing was reduced.

#### **5. CONCLUSION**

After the researcher implemented Benson Relaxation therapy nursing on patients with Unstable Angina Pectoris (UAP) in the Nurul Jannah Room, RSI Malahayati Medan on March 1 to March 3, 2024. It was found that there was a decrease in the pain scale. This is evidenced by the results of the evaluation on the first day, March 1, 2024, the pain scale was 7 to 7. The second day, March 2, 2024, the pain scale was 7 to 5. The third day, March 3, 2024, the pain scale was 5 to 3.

In accordance with the theory of implementing the Benson Relaxation Technique, namely a relaxation technique combined with the beliefs held by the patient, Benson

relaxation will inhibit sympathetic nerve activity which can reduce oxygen consumption by the body and then the body's muscles become relaxed, creating a feeling of calm and comfort. The focus of Benson relaxation is on expressing certain sentences repeatedly with a regular rhythm and an attitude of resignation. The words used in Benson relaxation can be the name of God or words that can calm the patient (Sri.R & Titi et al., 2021).

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