

**“DIFFERENCES IN STRESS LEVEL BEFORE AND AFTER
RELAXATION THERAPY WITH VIDEO METHODS
TOWARDS STRESS PARENTS WHO ASSIST SFH
CHILDREN AT SDN SETU 2021”**

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ABSTRACT

Preliminary, During the COVID-19 pandemic, work and study activities occur in one place, namely at home, not many parents work at home and have to accompany children to learn from home. This condition adds to the many negative stressors that a mother may feel. Stress is the most common negative emotion experienced by mothers during a pandemic. One way of handling non-pharmacological stress is by way of relaxation. **Research purposes**, To determine the difference in the average level of stress before and after being given relaxation therapy to parents who accompany SFH children. **Research methods**, This research was conducted using quantitative methods, sampling using purposive sampling technique. The research design in this research is Quasi Experiment Design. **Research result**, Based on the results of statistical tests, it can be obtained that the average score of stress levels before relaxation therapy intervention is 22 and experiencing a decrease in stress scores after relaxation therapy intervention is 16.33. The average value of parental stress scores at SDN Setu showed a decrease after being given relaxation therapy 5.67 with a p value of 0.077 greater than = 0.05. Based on the characteristics of the age stress respondents, most of the respondents were 39 years old. **Conclusion**, based on the results of research on the difference in the average level of stress before and after being given relaxation therapy with the video method on the stress of parents who accompany SFH children at SDN Setu, Tangerang Selatan City in

2021, the authors conclude that there is no significant difference in the provision of relaxation therapy to decrease levels the average stress of parents accompanying SFH children at SDN Setu, South Tangerang City. **Suggestion**, For further researchers, it is hoped that during the COVID-19 pandemic, during the process of providing interventions and looking for quantitative respondents, this can be done directly using strict health protocols, so that the data obtained is even better.

Keywords: Relaxation Therapy, Stress, SFH, Covid-19

Preliminary

Coronaviruses are a large family of viruses that cause disease in humans and animals. In humans, it usually causes respiratory tract infections, ranging from the common cold to serious illnesses such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). A new type of coronavirus found in humans since an extraordinary event appeared in Wuhan, China, in December 2019, was later named Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-COV2), and caused Coronavirus Disease-2019 (COVID-19). A person can be infected from a person with COVID-19. This disease can spread through small droplets (droplets) from the nose or mouth when coughing or sneezing. The

droplets then fall on nearby objects. (WHO, 2020).

The Covid-19 pandemic has had a significant impact on human survival, to stop the spread of the Covid-19 virus, the government has set several policies, one of which is in the world of education, teaching and learning activities that should be carried out face-to-face are replaced by the distance method or the SFH (Study From Study) method. Home). This is in accordance with the policy of the Minister of Education and Culture (Mendikbud) Nadiem Anwar Makarim issuing Circular Letter Number 4 of 2020 concerning the Implementation of Education in the Coronavirus Disease (Covid-19) Emergency Period, one of which is carrying out online/distance teaching and learning processes. (Kemendikbud, 2020).

Work and study activities at home occur in one place setting, namely home. Currently, many parents work at home (Work from home) and at the same time have to accompany their children to study remotely from home (Study from home). These conditions can add to a lot of negative stressors that may be felt by a mother who works at home which includes the accumulation of work that must be done by the mother because of many things, adaptation to the use of work media which may be most suitable for use when working from home virtually, needs and caring towards their children and husbands at home, and other things that every mother may feel differently when her office work has to be done at home.(Beth, Reczek, & Umberson, 2015).

This phenomenon is revealed in the results of the author's simple interview(Yulianingsih, Suhanadji, Nugroho, & Mustakim, 2021)entitled Parental Involvement in Children's Learning Assistance during the Covid-19 Pandemic Period to several mothers who complained about the difficulty of teaching and supervising children studying at home, starting

from filling out school assignments, supervising children while online learning was taking place, plus if children did not comply. parents because the atmosphere of learning at home is different from studying at school to household chores that must also be completed, in addition to concerns about the threat of the corona virus. Stress is the most common negative emotion experienced by mothers during the Covid-19 pandemic. Due to stress, the mother becomes impatient, irritable and difficult to relax. This was revealed from a study conducted(Safitri, 2020) entitled Description of Parental Stress on SFH Activities in Elementary School Children During the Covid-19 Pandemic at SDN Setu, South Tangerang City in 2020 with results of around No Stress (4.8%), Mild Stress (26.5%), Moderate Stress (68.7%), and Severe Stress (0%).

Stress is a state produced by environmental changes that are accepted as challenging, threatening or damaging to a person's dynamic balance or equilibrium (Smeltzer & Bare, 2013). Stress is a person's reaction both physically and

emotionally (mentally/psychically) when there is a change in the environment that requires a person to adjust. (Ministry of Health, 2020). There are several methods of stress management, namely pharmacological and non-pharmacological. One of the non-pharmacological stress management is relaxation (Potter & Perry, 2010)

Based on the abstract from the research entitled Relaxation Activities as Coping Stress in the COVID-19 Pandemic, it was written that one way to relieve anxiety and stress experienced by the community in social and individual work practices is relaxation. Relaxation activities in the technological era can not only be done through direct methods but can also be done through online methods with the existence of various digital platforms in the community. (Aufar & Raharjo, 2020).

The purpose of this study was to determine the difference in the average level of stress before and after being given relaxation therapy with the video method to parents who accompany children.

RESEARCH METHODS

This research was conducted using quantitative methods, sampling using purposive sampling technique. The research design in this research is Quasi Experiment Design.

This study uses a quantitative design, with data collection that is quantitative data collection using a questionnaire

This research was conducted on June 19 – August 13, 2021. The number of quantitative respondents in this study were 6 respondents consisting of mothers accompanying SFH children.

RESULTS AND DISCUSSION

Univariate Test Results

Table 1
Frequency Distribution of Respondents Characteristics in Assisting SFH Children at SDN Setu, South Tangerang City in 2021

N	Characteristics	Frequency	Percentage (%)
1	Age		
	<39 Years	2	33.3
	39 Years	4	66.7
Total		6	100
2	Work		
	Does not work	4	66.7%
	Work	2	33.3%
Total		6	100

Based on the results of the frequency distribution in table 1 above that the age characteristics of mothers who accompany SFH children at SDN Setu, that the majority of respondents aged 39 years are 4 people (66.7), while respondents aged <39 years are 2 people (33.3 %).

Mother's Age

The results of research conducted by (Saniya, 2020) on "The Effect of Laughter Therapy on Stress Levels in Mothers Who Have Autistic Children in Pekanbaru City" was conducted on 15 respondents and got the results of 8 people (53.3%) of parental age with an age range of 36-45 years.

Quoting from the skata.info article (2020) Late adulthood is between the ages of 36 - 45 years,

where at this age a person already has personality maturity (understanding child development, realizing his ability to educate, including knowing his limitations) then he is said to be able to be parents.

These late adults already have maturity in their personality which means they understand children's development and are aware of their abilities in educating children, but at this age, parents do have a lot of experience but as time goes by technology is also growing, for parents of this age.

Mother's Job

The results of research conducted by (Saniya, 2020) about "The Effect of Laughter Therapy on Stress Levels in Mothers Who Have Autistic Children in Pekanbaru City" was conducted on 15 respondents and got the results of 12 people (80%) of respondents who did not work.

Quoting from the article halodoc.com (2019) Managing a household is not an easy matter, taking care of small children, managing household situations, requires not only excellent physical health, but also mental stability. The

time that is wasted due to taking care of the household makes housewives neglect their own needs. This is what makes housewives less appreciative of themselves. It turns out that feeling of inferiority is even greater when a woman who used to be a career woman suddenly turns into a housewife. Losing her identity and independence as a working woman can be a trigger for stress.

Mothers do not work because they have to take care of children, help do their children's school assignments, help children in learning from home. In addition, the mother also has to take care of the housework.

Table 2
Distribution of Respondents' Average Stress Levels Before Relaxation Therapy Was Performed at SDN Setu, South Tangerang City in 2021

No	mean					
	Pre Day 1	Pre Day 2	Pre Day 3	Pre Day 4	Pre Day 5	Pre Day 6
1	22	20,17	20.67	19.50	19	18.33

Based on table 2 above, it can be seen that the average level of stress on respondents before doing relaxation therapy is for the first day pretest the average stress value (22), the second day pretest (20.17), the third day

pretest (20.67) , fourth day pretest (19.50), fifth day pretest (19), and sixth day pretest (18.33).

The results of research conducted by (Ilham, Ibrahim, & Putri Igrisa, 2018) on "The Effect of Reminiscence Therapy on Stress Levels in the Elderly at Tresna Werdha Social Homes in 2018" were conducted on 35 respondents and the results showed that the average score after (2.67).

This is due to online learning which adds to the duties of parents who are teachers at home (Yulianingsih, Suhanadji, Nugroho, & Mustakim, 2021). Based on research conducted by (Patmodewo, 2003) Parental involvement is a process of parents to mobilize their abilities for the needs of themselves, the child, and the program carried out by the child.

The average level of stress before relaxation therapy for parents at SDN Setu can be conveyed that on the first day to the sixth day there is a change in the average level of stress.

Table 3
Distribution of Respondents' Average Stress Levels After

Relaxation Therapy Is Done at SDN Setu, South Tangerang City in 2021

No	mean					
	Post Day 1	Post Day 2	Post Day 3	Post Day 4	Post Day 5	Post Day 6
1	21.33	19.50	20.67	15.50	17.33	16.33

Based on Table 3 above, it can be seen that the average level of stress in respondents after relaxation therapy is for the first day posttest the average level of stress (21.33), the second day posttest (19.50), the third day posttest (20, 67), fourth day posttest (15.50), fifth day posttest (17.33), sixth day posttest (16.33).

The results of research conducted by (Ilham, Ibrahim, & Putri Igrisa, 2018) on "The Effect of Reminiscence Therapy on Stress Levels in the Elderly at the Tresna Werdha Social Home in 2018" was conducted on 35 respondents and the results showed that the average score was after (2.07).

Stress is a state produced by environmental changes that are accepted as challenging, threatening or damaging to a person's dynamic balance or equilibrium (Smeltzer & Bare, 2013). There are several

methods of stress management, namely pharmacological and non-pharmacological. One of the non-pharmacological stress management is relaxation (Potter & Perry, 2010). Deep breathing relaxation is a non-pharmacological technique, namely a relaxation technique by doing deep, slow breaths (inspiration maximally slowly) by exhaling slowly (Smeltzer & Bare, 2013). Progressive relaxation is best done when the patient is lying on a soft pad or floor and in a quiet room (Smeltzer & Bare, 2013). according to(Suryana, 2018) Music therapy is the process of using music for therapeutic aspects-physical, emotional, mental, social, aesthetic and spiritual to improve or maintain their health. (Resvita, 2014) mentions that green color therapy is one of the therapies that can cause relaxation so that it can reduce stress levels is using green color therapy. This is in accordance with the statement (Charlesworth & Nathan, 1996) in Mashudi 2011, that for maximum results it is recommended to do relaxation techniques at the same hour 1 time a day for 25-30 minutes and take one week.

The distribution of the average stress level after relaxation therapy can be conveyed that the first day to the second day there is a decrease in the average stress value, for the third day there is no decrease in the average stress value, and for the fourth day to the sixth day there is a decrease in the average value. stress average. For some days this relaxation therapy is enough to reduce stress levels even if it only lowers one level. Relaxation therapy that is carried out is relaxation therapy that combines several relaxation techniques in the form of progressive muscle relaxation techniques, deep breathing relaxation techniques, music therapy and green color therapy.

Bivariate Test Results

Table 4
Differences in Average Stress Levels Before and After Relaxation Therapy Is Done at SDN Setu, South Tangerang City in 2021

Paired Samples Test	Paired Differences			t	Sig.(2-tailed)
	mean	Std. D	95% Confidence Interval of the difference		

			lower	upper		
Before Day 1 – After Day 6	5,667	6,250	-,893	12,226	2,221	0.77

Based on table 4 above, it can be seen that the results of the paired samples test, the difference in the average level of stress before being given relaxation therapy on the first day and after being given relaxation therapy on the sixth day, is H0 accepted, which means there is no difference in the decrease in stress levels before and after relaxation therapy is given. . This can be seen from the value of Sig. (0.077) which is greater than = 0.05. Thus, it can be concluded that relaxation therapy has no effect on reducing stress levels for parents who accompany SFH children at SDN Setu, South Tangerang City.

In contrast to the results of research conducted by (Ilham, Ibrahim, & Putri Igrisa, 2018) about "The Effect of Reminiscence Therapy on Stress Levels in the Elderly at the Tresna Werdha Social Home in 2018" was conducted on 35 respondents and

the results showed that the average score before (2.67) and the average score after (2.07), as evidenced by the p value 0.000 ($\alpha < 0.05$). $H_0 =$ Rejected, which means that there is an effect of reminiscence therapy on stress levels in the elderly.

This is in accordance with the statement (Charlesworth & Nathan, 1996) in Mashudi 2011, that for maximum results it is recommended to do relaxation techniques at the same hour 1 time a day for 25-30 minutes and take one week. Quoting from the articles of thought-rakyat.com (Wasilah, 2020) states that some health experts say the best time to do meditation or relaxation therapy is 2.5 hours before sunrise, at this time the body will be better able to concentrate and the atmosphere is also calmer. As for those who say that they can do it during breaks during the day, doing relaxation therapy during the day can reduce stress levels due to work and relax the muscles of the body that are tense during work.

The difference in the average stress level before on the first day and the stress level after the sixth day can be said that H_0 is accepted, which

means there is no difference in the decrease in stress levels before and after relaxation therapy is given. This can be seen from the value of Sig. which is greater than $= 0.05$. Thus, it can be concluded that relaxation therapy has no effect on reducing stress levels for parents who accompany SFH children at SDN Setu, South Tangerang City. However, when viewed from the daily data, the average level of stress decreased after doing relaxation techniques, although the decrease was only one level. As on the first day for the average level of stress before it was obtained with a value of 22 (moderate stress) and the average level of stress after relaxation therapy was carried out on the first day it was obtained with a value of 21.33 (moderate stress), As for the second day for the average level of stress before being obtained with a value of 20.17 (moderate stress) and the average level of stress after relaxation therapy on the second day was obtained with a value of 19.50 (moderate stress). Then on the fourth day for the average level of stress before it was obtained with a value of 19.50 (moderate stress) and the stress

level after relaxation therapy on the fourth day obtained a value of 15.50 (moderate stress). On the fifth day, the average stress level before relaxation therapy was obtained with a value of 19 (moderate stress) and the average stress level after relaxation therapy on the fifth day was 17.33 (moderate stress). And on the sixth day the average level of stress before relaxation therapy was obtained with a value of 18.33 (moderate stress) and the average level of stress after relaxation therapy on the sixth day was obtained with a value of 16.33 (moderate stress). Which means that if you look at the daily average level of stress there is a change, but for statistical calculations there is no difference in stress levels before and after relaxation therapy. And on the sixth day the average level of stress before relaxation therapy was obtained with a value of 18.33 (moderate stress) and the average level of stress after relaxation therapy on the sixth day was obtained with a value of 16.33 (moderate stress). Which means that if you look at the daily average level of stress there is a change, but for statistical calculations there is no difference in stress levels

before and after relaxation therapy. And on the sixth day the average level of stress before relaxation therapy was obtained with a value of 18.33 (moderate stress) and the average level of stress after relaxation therapy on the sixth day was obtained with a value of 16.33 (moderate stress). Which means that if you look at the daily average level of stress there is a change, but for statistical calculations there is no difference in stress levels before and after relaxation therapy.

CONCLUSION

1. The results of the characteristics of respondents based on age are mostly >39 years old (66,7%), on the characteristics of respondents based on work most of the respondents who do not work are 4 people (66,7%).
2. The results of the average stress level of respondents at SDN Setu, South Tangerang City in 2021 before being given relaxation therapy, namely on the first day it was obtained with an average value (22), and on the sixth day it was obtained with an average value. average (18.33). Which means that the average level of

stress before being carried out on the first and sixth days there is a difference in the average level of stress.

3. The results of the average stress level of respondents at SDN Setu, South Tangerang City in 2021 after being given relaxation therapy, namely on the first day it was obtained with an average value (21.33), and on the sixth day it was obtained by average value (16.33). Which means that the average level of stress after being carried out on the first and sixth days there is a difference in the average level of stress.
4. There was no difference in the average level of stress before being given relaxation therapy on the first day and after being given relaxation therapy on the sixth day in parents where the p value showed > 0.05 ($p = 0.077$).

SUGGESTION

For institutions of SDN Setu, South Tangerang City

It is hoped that they will be able to create and establish policy program activities for parents regarding relaxation therapy as a way

to overcome stress problems in parents.

For Parents

Parents are expected to participate in implementing and participating in relaxation therapy in daily activities when experiencing fatigue, anxiety, depression or stress, so that parents can increase their skills and knowledge in dealing with stress. Relaxation therapy videos can be accessed via the link sent by the researcher

For the next researcher

For further researchers, it is hoped that during the Covid-19 pandemic, during the intervention process and looking for respondents, it can be done directly using strict health protocols, so that the data obtained is even better.

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