

The Effect of Progressive Muscle Relaxation Via Video Call Guidance and Listening to Bekatak Kurak Karik Music on Reducing Anxiety Levels in Isolated Asymptomatic Individuals

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Abstract

The current Covid-19 pandemic in various regions of the world has had many impacts on human life. The spread of this case has an impact on the order of people's lives. Confirmed patients must be isolated in quarantine facilities, either in hospitals for severe symptoms or designated quarantine facilities such as Bapelkes for mild and moderate symptoms. Isolation measures protect against the spread of the corona virus, they require isolation and loneliness which creates major psychosocial stress and may trigger or worsen mental illness resulting in psychological disorders in the form of excessive anxiety. The design of this study was a quasi-experimental with pre-test and post-test with control group. Data processing was carried out using the Paired Sample T Test, because the data were normally distributed. The results of the analysis show the value of $p = 0.000$. Based on the results of the study, it can be concluded that there is an effect of Progressive Muscle Relaxation Techniques and listening to Kurak Karik's music on Anxiety Levels in Isolation Patients during the Covid 19 pandemic in Bengkulu. Nurses can carry out nursing care by using progressive muscle relaxation technique therapy and listening to music of bekatak kurak karik periodically in isolated patients.

Keywords

COVID-19, Progressive Muscle Relaxation, Music, Anxiety, Isolation