

The Effect of Taize Meditation on Anxiety Levels in Students of Ners Program Study STIKes Santa Elisabeth Medan

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Abstract. Taize meditation is a worship surrounded by candles and accompanied by repeated chants which makes the soul peaceful. It can make a person solemn and open his heart to God through the chant in communicating with God. It provides tranquility and happiness, especially for those who are worried. During the meditation, adrenal gland is able to control stress hormone production (cortisol) and to increase blood flow to the brain so that anxiety decreases. After performing taize meditation, the body will relax, and restlessness, anxiety, and tension will decrease. The objective of the research was to find out the influence of taize meditation on the level of anxiety. The research used pre-experimental method with two group pre-posttest design. The samples were 80 respondents, taken by using purposive sampling technique. The measuring device was questionnaires. The result of the research showed that all respondents underwent anxiety in the pre-taize meditation, and all of their anxiety decreased in the post-taize meditation. The result of Paired t-test showed that $p\text{-value}=0.000$ ($p<0.05$) which indicated that there was the influence of taize meditation on the level of anxiety in student of Ners Program Study STIKes Santa Elisabeth Medan. It is recommended that the students do taize meditation regularly in order to decrease the level of anxiety so that they will relax.

Keywords: Taize Meditation, Level of Anxiety

Introduction

Demands or changes in life can occur in everyday life. Human judgments of such demands or changes are individualistic. Some people judge it as a threat when individual judgment thinks this can lead to conflict. This is common where a person experiences a change of situation in his life and is required to be able to adapt (Salomon, 1974). Events in life such as dealing with demands, competition, and disasters can have an impact on physical health and psychology. One example of the psychological impact is the onset of anxiety (Syarifah, 2013)

Anxiety is a process of excessive and unclear worry, it is also a response to external and internal stimuli that cause emotional, cognitive, physical and behavioral symptoms. Anxiety is distinguished by fear because the fear of the object is clearly known and this object threatens the welfare of the person, while the anxiety of the object is unknown. Anxiety is an experience experienced by everyone (universal) for the rest of his life. Anxiety has a positive function because it can encourage people to take action that can solve the problem. Normal anxiety when proportionate to the situation to be lost after the situation is resolved properly (Baradore, 2015).

As a new student living in the dormitory must adapt to his new environment from living environment, new friends, applicable rules, learning process, course materials and lecture schedules. In the face of all these problems there are able to adjust easily and some are experiencing difficulties. Generally individuals who set foot first time in a new environment are surprised with the surrounding environment because it is different from the old environment and must be independent. Unfavorable adjustments in the dormitory environment can affect physical and psychological health in a person. Many difficulties experienced by new students especially those who first set foot in the dorm. Those difficulties will be felt for them because they are far from the family (Rahmatika, 2014)

One of the most common mental disorders is anxiety, an estimated 20% of the world's population suffering from anxiety (Gail, 2002). In fact, one in four adults will experience mental health problems at one time in his life. In fact, every 40 seconds somewhere in the world there is someone who died of suicide (WFMH, 2016). WHO data (2016) showed that there were about 35 million people affected by depression, 60 million people bipolar, 21 million exposed to schizophrenia, and 47.5 million exposed to

dementia. Based on the results of Basic Health Research (Riskesdas) Kemenkes year 2013, the prevalence of emotional mental disorder shown with symptoms of depression and anxiety for the age of 15 years and over reached about 14 million people or 6% of the total population of Indonesia (Ikatan Dokter Indonesia, 2016).

Lowering the level of anxiety experienced by students then given an act of meditation in accompanied by music. Meditation is a mental exercise that can balance one's physical, emotional, mental, and spiritual (Iskandar, 2008). Meditation is the focusing of the mind towards the state of consciousness that brings the status of tranquility, clarity, and happiness that is the medium of the NSR (Sukmono, 2009).

The taize is a meditation prayer that is illuminated only by the glowing candles in front of us. More like a moment of silence. We need a lively atmosphere, which can make an even more exciting daily daily routine, not something that makes us even sleep or lethargic and less excited. God always listen to whatever is our grievance or burden, especially if we want to be grateful (Merasul, 2015).

Methods

Based on the problems studied, the research used the design of two group pre post test design. In this design there is a pre test before being treated and post test after treatment. Thus the treatment results can be accurately known, because it can compare with the situation before and after treatment.

The population in this study as many as 376 students of Ners Program Study STIKes Santa Elisabeth Medan in 2020. Sampling technique in this study is purposive sampling. The number of samples in this study were 80 respondents who were divided into two groups. The intervention group 40 respondents and the control group 40 respondents.

In the research instrument, the researcher uses questionnaires containing questions about respondents' demographic data including: the respondent's initial name, gender and age. The anxiety questionnaire sheets used are assumed from the book Stress Management, Anxiety and Depression by Hawari (2013).

Results and Discussion

Results for Intervention Group

Table 1. Distribution Frequency of Respondents Based on Characteristics Student of Ners Program Study STIKes Santa Elisabeth Medan 2020.

Characteristics	<i>f</i>	%
Age		
18 years	17	42.50%
19 years	15	37.50%
20 years	8	20.00%
Total	40	100%
Gender		
Male	7	17.50%
Female	33	82.50%
Total	40	100%

Based on table 1, the characteristics of students of the STIKes Santa Elisabeth Medan Nurse Study Program aged 18-20 years. 17 respondents (42.50%) were 18 years old, 15 respondents (37.50%) were 19 years old and 8 respondents (20.00%) were 20 years old. Male respondents were 7 respondents (17.50%) and female respondents were 33 (82.50%).

Table 2. Level Anxiety Before and After Intervention of Student Ners Program Study STIKes Santa Elisabeth Medan 2020

Anxiety Score	Pre Intervention		After Intervention	
	Frequency	Procentage	Frequency	Procentage
<14	0	0	31	77.5
14-17	0	0	9	22.5
18-24	21	52.5	0	0
25-30	19	47.5	0	0
Total	40	100	40	100

Based on table 2, obtained the data of respondents before the intervention of taize meditation, anxiety score 18-24 as much 21 respondents (52.50%) and anxiety score 25-30 as much 19 respondents (47.50%). After the intervention of taize meditation practice, there were anxiety score 14-17 as much 9 people (22.50%) and anxiety score <14 as much 31 people (77.50%).

Table 3. Results of data processing the effects of Taize Meditation on Anxiety levels in student of Ners Program Study STIKes Santa Elisabeth Medan 2020

Paired Samples Test									
Paired Differences									
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
					Lower	Upper			
Pair 1	Pre Intervensi - Post Intervensi	1,475	,506	,080	1,313	1,637	18,446	39	,000

The computerized results (table 3) show that p value = 0,000. This shows that there is an effect of Taize Meditation on reducing anxiety in students of Ners Program Study STIKes Santa Elisabeth Medan in 2020.

Table 4. Differences Levels of Anxiety Before And After Intervention Taize Meditation on Anxiety levels in student of Ners Program Study STIKes Santa Elisabeth Medan 2020

Anxiety Level	<i>f</i>	Std. Def
Anxiety of Respondents Before Intervention	40	0.506
Anxiety of Respondents After Intervention	40	0.000

Table 4 shows that the standard deviation of anxiety levels before intervention is 0.506. The standard deviation of anxiety levels after intervention is 0.000. This shows that the anxiety before and after the intervention has a significant difference.

Results for Control Group

Table 5. Distribution Frequency of Respondents Based on Characteristics Student of Ners Program Study STIKes Santa Elisabeth Medan 2020.

Characteristics	<i>f</i>	%
Age		
18 years	11	27.50%
19 years	23	57.50%
20 years	6	15.00%
Total	40	100%

Gender		
Male	9	22.50%
Female	31	77.50%
Total	40	100%

Based on table 5, the characteristics of students of the STIKes Santa Elisabeth Medan Nurse Study Program aged 18-20 years. 11 respondents (27.50%) were 18 years old, 23 respondents (57.50%) were 19 years old and 6 people (15.00%) were 20 years old. Male respondents were 9 respondents (22.50%) and female respondents were 31 (77.50%).

Table 6. Level Anxiety Before and After Intervention of Student Ners Program Study STIKes Santa Elisabeth Medan 2020

Anxiety Score	Pre Intervention		After Intervention	
	Frequency	Percentage	Frequency	Percentage
<14	0	0	0	0
14-17	13	32.5	14	35
18-24	19	47.5	26	65
25-30	8	20	0	0
Total	40	100	40	100

Based on table 6, obtained the data of respondents before the intervention of meditation practice taize anxiety level experienced is the level of anxiety score 14-17 as much 13 people respondents (32.50%), anxiety score as much 19 respondents (47.50%) and anxiety score 25-30 as much 8 respondents (20%). After the intervention of taize meditation practice, there were anxiety score 18-24 of 26 people (65%) and anxiety score 14-17 as much 14 people (35%).

Table 7. Results of data processing the effects of Taize Meditation on Anxiety levels in student of Ners Program Study STIKes Santa Elisabeth Medan 2020

Paired Samples Test									
Paired Differences									
95% Confidence Interval of the Difference									
	Mean	Std. Deviation	Std. Error Mean	Lower	Upper	t	df	Sig. (2-tailed)	
Pair 1	Pre Kontrol - Post Kontrol	,225	,660	,104	,014	,436	2,157	39	,037

The computerized results (table 7) show p value = 0.037. This shows that the control group experienced a decrease in anxiety, even though the respondents did not do Taize Meditation.

Table 8. Differences Levels of Anxiety Before And After Intervention Taize Meditation on Anxiety levels in student of Ners Program Study STIKes Santa Elisabeth Medan 2020

Anxiety Level	<i>f</i>	Std. Def
Anxiety of Respondents Before Intervention	40	0.723
Anxiety of Respondents After Intervention	40	0.483

Table 8 shows that the standard deviation of anxiety levels before intervention is 0.723. The standard deviation of anxiety levels after intervention is 0.483. This shows that the anxiety before and after the intervention has a difference.

Discussion

Prior to the Taize meditation intervention, anxiety score 18-24 as much 21 respondents (52.50%) and anxiety score 25-30 as much 19 respondents (47.50%). Obtained the data of respondents before the

intervention of meditation practice taize is 32.50% of mild anxiety, 47.50% medium anxiety level and 20% serious anxiety.

According to Siregar (2013) in Rahmatika (2014), his research entitled "The Level of Parents' Farewell Anxiety Relationship to Student Motivation at Asshidiqiyah Pondok Pesantren Kebun Jeruk Jakarta" shows that among 78 students who have the highest anxiety is moderate anxiety level (66.7%). Santri said they still remember their parents, have not yet concentrated, cannot adapt to the environment and lack motivation to learn. Santri felt anxious at the time of the research.

This is in line with the results of research conducted by researchers that students who live in dormitories experience anxiety because they have to adapt to their environment, friends, regulations, live far from their parents, and must be independent and must be able to take responsibility for themselves. Researchers analyzed the relationship between the age of the respondents and the level of anxiety. The highest respondents were aged 18-19 years. 18-19 years old are adolescents who are still unstable and not yet independent. So that living in a dormitory and taking higher education creates anxiety for them.

After the Taize meditation intervention, there were anxiety score 14-17 as much 9 people (22.50%) and anxiety score <14 as much 31 people (77.50%). 22.50% respondents had mild anxiety levels and 77.50% had no anxiety levels.

Supported by Kusuma's theory (2016) which states that the benefits of meditation are for relaxation and can reduce anxiety. During meditation, it turns out that there are adrenal glands which can suppress stress hormones (cortisol) and increase blood flow to the brain. This helps reduce anxiety. Meditation can also improve memory, both for lung and heart health and boost immunity.

Giving taize meditation exercises to respondents has an impact on reducing anxiety of respondents. After respondents followed and practiced taize meditation, they became calmer, more relaxed and had less anxiety and worry. Meditation can reduce anxiety, balance a person's physical, emotional, mental, and spiritual which can direct the mind to a conscious state that brings calm, clarity, and happiness.

The results of the paired t-test showed p value = 0.000 ($p < 0.05$), which means that there is a significant influence between the action of taize meditation on anxiety among respondents.

Supported by Watson (2003); Smeltzer & Bare (2002) which says meditation can provide vasodilation and relaxation effects. The relaxation effect of resulting from the cooling phase is the concentration of mind and submission to God and the rhythmic arrangement of breath. The effects of this relaxation can make the respondent calmer.

To reduce the anxiety is done taize meditation action. Taize meditation can make the soul calm with prayers in the form of songs that are repeated many times. Taize meditation can make a person touched and open his heart to God through songs sung as communication with God, giving peace and happiness especially to people who are experiencing anxiety. When meditating there is an adrenal gland that can overcome and control the production of stress hormones (cortisol) as well as make the blood flow to the brain increases so it can help reduce anxiety. After doing taize meditation the body will relax and calm down and the feelings of fear, anxiety, worry, and tension can diminish and return to normal physiological state after anxiety.

The researcher found the factors that influence the respondents' level of anxiety besides the taize meditation practice. Factors that affect respondent's adaptation and are supported by existing facilities in their environment. Because someone is in a new environment and has been in that environment for a long time, then that person is able to adapt to that environment. Respondents in this study are able to adapt to new environments, new friends, existing regulations so that they can affect the level of anxiety experienced by students. Adaptability is also supported by the available facilities.

Adaptation is an adjustment to the environment, this adaptation can mean changing oneself according to environmental conditions, it can also mean changing the environment according to personal desires (Winata, 2014). The process of human life always requires adaptation to the environment. Supported by Handono & Bashori's (2013) research "The Relationship between Adjustment and Social Support for Environmental Stress in New Students", the categorization of subjects shows that most of the research subjects experienced an adjustment. This is in line with research conducted by researchers which

shows that most of the research subjects experienced sufficient adjustment. The results showed that the higher the level of adjustment, the lower the stress or anxiety towards the environment.

Adaptation, conformity, mastery and individual variation (Risnawita & Ghufroon, 2010) in Handono & Bashori (2013), but in this study the respondents have adaptation and conformity aspects. Respondents are able to adapt well in the environment is occupied, can foster good relationships with new friends, adjust to the new rules, and able to independently after parting with the parents. Respondents have started to feel comfortable with the environment they occupied plus the presence of adequate facilities such as the wifi, gazebo place Learning together and discussing and the beautiful atmosphere and the fresh air.

Based on the research results, there is a change in the respondents' anxiety. Respondents showed a calmer and more relaxed attitude than before the taize meditation action. Evaluation is carried out by providing a questionnaire. Respondents generally said that the Taize meditation was very helpful in overcoming anxiety. Researchers advised respondents to do taize meditation every day or at least three times a week.

Conclusions and Recommendation

Conclusions

The results of the study "The Effect of Taize Meditation on Anxiety Levels in Students of Ners Study Program STIKes Santa Elisabeth Medan" can be concluded that there is an effect of taize meditation practice on anxiety levels with the results of the paired t-test obtained p value = 0.000 ($p < 0.05$) means that there is a significant effect before and after Taize meditation practice on students of the STIKes Santa Elisabeth Medan Nurse program study.

Recommendation

Based on the researcher's analysis in this study, it is hoped that the next researcher will examine the "Effect of Taize Meditation on the Spirituality of Students at STIKes Santa Elisabeth Medan". Subsequent researchers should have taize meditation experience, be certified, and consult with a person who is skilled in taize meditation and licensed in taize meditation.

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