The Effect Of Spiritual Assistance On The Level Of Anxiety In Parents With Children With Attention Deficit Hyperactivity Disorder (ADHD)

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ABSTRACT
Children with ADHD are a condition of children with various developmental problems such as impaired motor, sensory, language and psychomotor development, this condition can affect a variety of lives. The purpose of this study was to find out how the anxiety level of parents with children with ADHD before and after being given spiritual assistance. This research is a study with a pre-experimental design because there are no control variables and the sample is not chosen randomly. The design used is the one-group pretest-posttest design, so that it can be compared before and after treatment. This research was conducted in the working area of the Colomadu Health Center on March 20-31, 2023. The total population in this study were 24 respondents, and the number of samples was also 24 respondents. Analysis it is found that the p value = 0.000 and the mean is 4.761. this means that the mean value is positive and indicates that there is a decrease in anxiety before and after the treatment of providing spiritual assistance to parents with children with ADHD. This study shows that there is an influence between giving spiritual assistance interventions in the form of prayer guidance and tawakkal on the anxiety level of parents with children with ADHD. This shows that the anxiety of parents with children with ADHD can be overcome by surrendering and drawing closer to God Almighty to pray for the healing of their children. and this means that the readiness of parents can also affect the child's recovery.

KEYWORDS
Spiritual Assistance, Anxiety, Child ADHD

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INTRODUCTION
Anxiety is a feeling of discomfort or fear that is not clear and agitated accompanied by an autonomic response. The source of anxiety is sometimes non-specific or unknown to the individual, this feeling of anxiety to overcome this danger is a warning signal of the existence of a danger and the possibility for the individual to take steps to deal with it. For example, concerns about surgery/surgery (fear of pain during surgery, fear of disability). (Herdman & Kamitsuru, 2014). One way to reduce a person's anxiety level is to fulfill his spiritual needs. This spiritual is related to the religious side that can increase faith in Allah, SWT. Spirituality includes belief in the connection of a higher power, a creative power, the existence of God, and an unlimited source of energy. Spiritual in this case can be said as the foundation
of religion that is attached to a person. Therefore, the spiritual role is very influential in human life (Ranni et al, 2018). Spirituality implies the human relationship with God by using the instruments of prayer, fasting, dhikr, prayer and so on (Rahmawati, 2016). The role of the nurse in providing nursing care cannot be separated from the spiritual aspect which is an integral part of the nurse's interaction with the patient. Nurses try to meet the patient's spiritual needs as part of the 'overall needs', among others by facilitating the fulfillment of the patient's spiritual needs, while nurses and patients do not have the same spiritual or religious beliefs (Sandra, 2015).

Rahmawati's research (2016) states that there is an influence of spiritual care reading prayers and dhikr on the anxiety of preoperative cesarean section patients. Januanto's research (2014) concerning the effect of prayer guidance spiritual therapy services and family support on reducing anxiety levels in preoperative patients also shows that there is an effect of prayer guidance spiritual therapy on reducing anxiety in preoperative patients.

The prevalence of ADHD in Indonesia is not known with certainty. Infodatin (2019) explained that ADHD is included in the top 10 mental disorders that cause DALYs (Disability Adjusted Life Year) and ADHD ranks tenth in Indonesia. A limited study in Jakarta reported a prevalence of ADHD of 4.2%, most commonly found in school-age children and boys (Adiputra, 2015). Meanwhile, the prevalence in Central Java Province in the Bantul and Yogyakarta areas reached 5.7% (Nuzulul et al, 2020). The prevalence mentioned above proves that there are still many children with ADHD. ADHD has behaviors that are often not understood by parents and the environment, so that negative labels are often given to children, as a result of children's behavior which is often opposing, deviant, demanding, restless/anxious and more talkative (Desiningrum, 2016).

Children with ADHD are actually the same as children in general. They need love and affection from their parents. It's just that they need more attention and a different approach (Seila, 2018). Sometimes social stigma also affects the mental health condition of parents so that it can cause anxiety in parents with ADHD (Sutejo, 2018). People with ADHD also have fluctuating behavior, are impulsive, are always active and can't stay still in time-consuming activities, such as reading or putting together puzzles (Nuzulul, 2020).

Based on a preliminary study by conducting interviews with 10 parents with children with ADHD, 8 of them experienced anxiety, fear such as not being able to sleep because they thought about the condition of their children who had to do therapy repeatedly in the hospital, decreased appetite because many people thought that their children had disorder that is difficult to cure, so the paradigm is still
firmly entrenched in the minds of parents with children with ADHD. 2 parents with children with ADHD When interviewed were more patient and thought that this was a test and a bequest from God and had to be taken care of so that they were willing to carry out a series of treatments for children with ADHD.

The emotional expression of family members is influenced by the role and social support of the family. but not only external system support, but there are several internal factors that can affect the anxiety of parents with children with ADHD, namely the interaction of parents with God Almighty, therefore we want to examine whether there is an influence between spiritual assistance and the level of anxiety of people parents with children with ADHD in the Colomadu area, Karanganyar.

**METHOD**

This research is a study with a pre-experimental design because there are no control variables and the sample is not chosen randomly. The design used is the one-group pretest-posttest design, so that it can be compared before and after treatment. This research was conducted in the working area of the Colomadu Health Center on March 20-31, 2023.

The total population in this study were 24 respondents, and the number of samples was also 24 respondents with the sampling technique being the total sample. researchers took it because our sample was homogeneous, where the respondents in this study were Muslims (sugiyono, 2019).

The research instrument using the Prayer and Trust Learning Program Unit, while the instrument for questionnaire spiritual accompaniment anxiety uses the Hospital Anxiety and Depression Scale (HADS).

Statistical analysis is performed using the Shapiro Wilk method were carried out to determine the normality of the data, and used a t-test to determine pre and post spiritual assistance for parents with children with ADHD.

**RESULTS**

Based on the table 1, it can be explained that the age of the majority of parents is aged 26-45 years, the sex of the majority of parents with ADHD children is female and the sex of the majority of children with ADHD is male. For the education level of the majority of children's parents are high school and children with ADHD the majority are firstborn.
Characteristics of Respondents

<table>
<thead>
<tr>
<th>Component</th>
<th>Type</th>
<th>f</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>17 - 25</td>
<td>1</td>
<td>4.2</td>
</tr>
<tr>
<td></td>
<td>26 – 35</td>
<td>7</td>
<td>29.1</td>
</tr>
<tr>
<td></td>
<td>36 - 45</td>
<td>16</td>
<td>66.7</td>
</tr>
<tr>
<td>Respondents</td>
<td>Men</td>
<td>2</td>
<td>8.3</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>22</td>
<td>91.7</td>
</tr>
<tr>
<td>Child Gender</td>
<td>Men</td>
<td>15</td>
<td>62.5</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>9</td>
<td>37.5</td>
</tr>
<tr>
<td>Education</td>
<td>Elementary</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Junior high school</td>
<td>1</td>
<td>4.2</td>
</tr>
<tr>
<td></td>
<td>Secondary school</td>
<td>9</td>
<td>37.5</td>
</tr>
<tr>
<td></td>
<td>Diploma</td>
<td>5</td>
<td>20.8</td>
</tr>
<tr>
<td></td>
<td>Undergraduate</td>
<td>7</td>
<td>29.2</td>
</tr>
<tr>
<td></td>
<td>Postgraduate</td>
<td>2</td>
<td>8.3</td>
</tr>
<tr>
<td>ADHD child</td>
<td>1</td>
<td>11</td>
<td>45.8</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>9</td>
<td>37.5</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>3</td>
<td>12.5</td>
</tr>
<tr>
<td></td>
<td>&gt;3</td>
<td>1</td>
<td>4.2</td>
</tr>
<tr>
<td>Total</td>
<td>24</td>
<td></td>
<td>100</td>
</tr>
</tbody>
</table>

Table 2. Anxiety before and after spiritual assistance

<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Pre</th>
<th>%</th>
<th>Post</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>no anxiety</td>
<td>1</td>
<td>4.2</td>
<td>3</td>
<td>12.5</td>
</tr>
<tr>
<td>mild anxiety</td>
<td>11</td>
<td>45.8</td>
<td>17</td>
<td>70.8</td>
</tr>
<tr>
<td>moderate anxiety</td>
<td>9</td>
<td>37.5</td>
<td>4</td>
<td>16.7</td>
</tr>
<tr>
<td>heavy anxiety</td>
<td>2</td>
<td>8.3</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>panic</td>
<td>1</td>
<td>4.2</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>24</td>
<td>100</td>
<td>24</td>
<td>100</td>
</tr>
</tbody>
</table>

Based on the research results from the table above, it can be concluded that pre and post anxiety is carried out with spiritual assistance, there are differences in anxiety.

Table 3. Shapiro Wilk Test

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>N</th>
<th>Std. Deviation</th>
<th>Std. Error</th>
<th>t</th>
<th>df</th>
<th>Sig. (2-tailed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre Test - Post Test</td>
<td>4.761</td>
<td>24</td>
<td>4.328</td>
<td>0.473</td>
<td>9.415</td>
<td>23</td>
<td>0.000</td>
</tr>
</tbody>
</table>

Analysis it is found that the p value = 0.000 and the mean is 4.761. This means that the mean value is positive and indicates that there is a decrease in anxiety before and after the treatment of providing spiritual assistance to parents with children with ADHD.

DISCUSSION

Age of parents with children with ADHD is 66.7%. There are many influencing factors, such as age maturity that affects a person in responding to the situation/illness to the anxiety they experience. Women in this study dominate as much as 91.7%, and women are known to experience anxiety more often than men. This is due to differences in the brain and hormones in women which are related to...
reproductive processes in women, such as menstruation, pregnancy, and menopause. Because of this, women are prone to experiencing anxiety than men.

The majority of ADHD children in this study were 62.5%, children with ADHD were influenced by several factors that could increase their risk of developing ADHD, including genetic and environmental factors. ADHD is also thought to be related to disturbances in the brain's electrical flow patterns or brain waves (Adiputra, dkk, 2015).

The level of education in this study is mostly senior high school, where education influences a person's learning process, this shows that the higher a person's education, the easier it is to receive information, and the more information that comes in, the more knowledge one gets about adaptive coping in dealing with worry. Knowledge has a close relationship with education where a person with higher education, the wider his knowledge and ability to solve every problem.

Children with ADHD scientifically cannot be detected that the first child will have ADHD or not, but ADHD itself can be caused by several factors including genetic factors, brain injury, premature birth, low newborn weight. Besides that it can also be caused by environmental factors that can influence the occurrence of children with ADHD such as poorer parents' educational level, employment status, and emotional stability with trends (Aarts, et al, 2017).

Parents with children with ADHD experience higher levels of stress than parents who don't care for children with ADHD. Parents in caring for children with ADHD tend to have symptoms of depression or anxiety. This is because the behavior of children with ADHD depicts disobedience and inappropriate behavior that is not in accordance with the development of children in general (Lee & Kim, 2022).

Researchers assume that parents who care for children with ADHD tend to experience anxiety, feelings of anxiety, worry, anxiety and stress than parents who care for normal children (vidal et al, 2015). This is due to the behavior of children with ADHD who are hyperactive, attention-deficit and impulsive and require special attention and needs. As for parents who have normal anxiety because they are used to caring for, caring for, seeing the unusual attitudes and behavior of their children (Zaviera, 2021). One of the factors that influence anxiety is the role of the family, namely the family that puts excessive pressure on sick family members causing the individual to be depressed and experience anxiety during treatment (Saifudin & Khoolidin, 2015).

According to researchers, parents who take care of children with ADHD will experience stress, depression and anxiety, this is due to
bad behavior unusual for children with ADHD. Family support is needed because the family is the closest person to parents who can control the stress, depression and anxiety experienced in everyday life. Family support obtained by parents affects the way children are raised. Parenting style affects the growth and development of children (Zaviera, 2021).

Anxiety experienced by parents with children with ADHD can be overcome with spiritual assistance such as praying and putting their trust, surrendering all current circumstances and conditions experienced to God, the creator of nature and facing all problems faced with sincerity and patience (Zhao & Chen, 2020).

Praying as an intervention against anxiety, including praying produces several effects to balance serotonin and norepinephrine levels in the body, this phenomenon is a natural morphine that works in the brain and will cause the heart and mind to feel calm compared to before praying, the muscles relaxation of the body muscles, especially in the shoulder muscles which more often results in psychological tension (Munif, 2017).

This is a form of God's gift that functions as a sedative in the human brain. Conditions of depression and stress occur lower in people who are more devout in practicing religion and the early death rate among people who worship and pray regularly is around 25% lower than those who do not have religious beliefs (Riyadi, 2012).

Prayer also serves as a means of healing and treatment. The importance of prayer in health can be seen from the limitations of the World Health Organization (WHO) which states that the spiritual aspect (spirituality, religion) is one of the elements of the understanding of complete health. That is, healthy which includes physical, psychological, social and spiritual.

Spiritual guidance, prayer and resignation give strength and can restore physical and psychological conditions so that someone who is in a condition with psychological problems such as anxiety that is not handled properly will affect physical conditions such as movement coordination and reflex movements which worsen health conditions both physical health nor psychological. Providing spiritual guidance (prayers, and surrender/tawakkal) can reduce hormones associated with anxiety, so as to reduce anxiety.

This study shows that there is an influence between giving spiritual assistance interventions in the form of prayer guidance and tawakkal on the anxiety level of parents with children with ADHD. this shows that the anxiety of parents with children with ADHD can be overcome by surrendering and drawing closer to God Almighty to pray for the healing of their children. and this means that the
readiness of parents can also affect the child’s recovery.

CONCLUSIONS

The research on study that there is an influence between giving spiritual assistance interventions in the form of prayer guidance and tawakkal on the anxiety level of parents with children with ADHD.

Based on these conclusions, it is recommended that parents with children with ADHD keep themselves closer to God by praying and putting their trust in them, in order to avoid mental health problems such as anxiety, fear, etc. and mental health remains stable and to live life and be able to accept children with ADHD. In this way, the environment around children with ADHD remains conducive, because uncomfortable environmental conditions can worsen the situation for children with ADHD.

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