

SAMRY (Stress Adaptation *Mahfudzat* and *Guided Imagery*) Module as a Guide for Nurses in Reducing Work Stress

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ABSTRACT

Background. Work stress experienced by nurses must be managed properly. Work stress can affect nurse performance, reduce service quality and cause *turnover intention*. Work stress can increase blood cortisol levels which can be reduced by guided imagery relaxation distraction.¹ Fantasy and imagination combined with *mahfudzat* can increase motivation, positive energy and *inner power*.² The application of *mahfudzat* is in accordance with Stuart's theory, where *mahfudzat* is a motivation, ideas and solutions that have deep meaning, full of wise words and noble values. Roy's adaptation stress model explains that coping mechanisms are influenced by regulators and cognators.³ Cognator components include perception, learning, compliance, and emotion. These four cognator components can be implemented through the application of *mahfudzat* concepts. Stuart's stress adaptation theory of defense mechanisms includes fantasy, which is an unfulfilled desire satisfied in the imagination, fantasizing as if it were like what is desired. This SAMRY model is a combination of the *mahfudzat* adaptation stress model taken from Stuart, Laraia and Roy's theory, and Stuart's adaptation stress model of fantasy defense mechanisms applied in the form of *guided imagery*. Purpose. The SAMRY module was developed as a guide for nurses to implement the SAMRY model to reduce work stress. Method. The method of preparing the SAMRY module through the stages of FGD (*Focus Group Discussion*) with hospital managerial ranks and expert reviews, namely *mahfudzat* experts and *guided imagery* experts. Result. The SAMRY module contains the technical implementation of the SAMRY model, including background, objectives, materials, targets, methods, infrastructure, implementation guidelines in the form of SOPs (Standard Operating Procedures), as well as the SAMRY model implementation guide script. Conclusion. This module explains how to do stress adaptation with a combination of *mahfudzat* and *guided imagery*. This module can be applied to nurses as needed. Nurses are expected to be able to perform the SAMRY model in accordance with the explanation written in the module.

Keywords: SAMRY module; nurse work stress

1. INTRODUCTION

Work stress is a stressful condition that arises due to work demands that exceed a person's ability to cope, resulting in various kinds of physiological, psychological, and behavioral reactions.⁴ PPNI conducted a survey in 2018 reporting that nurses in Indonesia experienced stress as much as 50.9% of work.⁵ Hartiti's research on nurse work stress and burnout recommends the use of constructive coping to prevent work stress.⁶

Factors causing nurses' work stress at K.R.M.T Wongsonegoro General Hospital Semarang City identified from the preliminary study include excessive workload (extended working hours, having to work during breaks, having to make decisions under pressure, time pressure to complete tasks), personal conflicts with doctors and coworkers/seniors, problems with superiors (lack of support from superiors, often blamed by superiors), lack of preparation in action (lack of knowledge or lack of tools/ infrastructure) and various forms of changes in instructions and policies.

The implementation of *guided imagery* stress adaptation model in KRMT Wongsonegoro Hospital Semarang City has never been applied to nurses, but only to patients to reduce pain scale. *Mahfudzot* has been applied in the form of a motto "Serving with Sincerity", and a slogan that reads "Religious, Integrity, Professional, Innovative", as well as the employee motto BERAKHLAK (Service Oriented, Accountable, Competent, Harmonious, Loyal, Adaptive and Collaborative). The adaptation stress model carried out by nurses of RSD K.R.M.T. Wongsonegoro Semarang City causes many phenomena in the field, this is influenced by factors of high work stress and less than optimal adaptation stress. Recommendations from the results of this study are needed by hospital management and policy makers to formulate solutions in an effort to prosper nurses by reducing nurses' work stress levels.

The stress adaptation model using *mahfudzot* given through *guided imagery* is a challenging model to experiment with. *Mahfudzot* are Arabic aphorisms that have deep meaning, wise values, ideas, motivation and solutions, which can stimulate positive energy and *innerpower*.² *Guided imagery* is a relaxation technique that aims to reduce stress and increase feelings of calm and peace and is a tranquilizer for difficult situations in life.¹

The explanation above illustrates the importance of stress adaptation patterns for nurses. The lack of modules developed related to the adaptation stress model is a concern for researchers to develop the preparation of an adaptation stress model module so that it can be used by nurses in reducing the level of work stress experienced.

2. DISCUSSION

2.1. Guided Imagery

Imagery is defined as the process of feeling very intensely, as if the feeling is an actual situation. *Guided imagery* techniques are used to manage coping by imagining something peaceful and calm, as well as doing a relaxation process by emptying the mind and trying to focus on breathing.⁷

Guided imagery can be delivered by a practitioner/guide directly or indirectly such as using a video or audio recording. Guided imagery can be done by incorporating an important concept in accordance with the objectives to be achieved.

The author used the concept of *mahfudzot* as a combination of stress adaptation models to be applied to nurses to see its effect on nurses' work stress. Guided imagery therapy does not cause side effects, does not require costs, and is a non-invasive activity that supports a holistic nursing model.⁸

Research by Marques, et.al (2018) with experimental methods, reported a statistically significant effect of *guided imagery* therapy on anxiety ($p=0.005$) and a decrease in blood

corisol ($p < 0.001$) after intervention.⁹ Research by Wulandari, et al (2019) showed the effect of *guided imagery* on the anxiety level of third trimester pregnant women, with a *wilcoxon* test value of

0.000 ($p < 0.05$).¹⁰ Hartiti's research (2021) corroborates this that Shukr (grateful) breathing relaxation and dhikr repeatedly proven to reduce depression levels and increase the meaning of life. In a relaxed state of deep breathing, a process will occur where oxygen flows in the blood vessels and body tissues so that the body relaxes. Saying dhikr phrases such as "Astaghfirullahaladzim", "Subhanallah" and "Alhamdulillah" in a focused manner asking for forgiveness from Allah will make one feel stronger.¹¹ Stress adaptation theories supported by various researches show that guided imagery therapy not only has an effect on reducing pain, but can have an effect on reducing anxiety and tension due to life stressors.

2.2. Mahfudzat

The definition of *mahfudzat* in terms of terms is a series of wise Arabic proverbs that come from the work of prominent figures with different professions, such as sages, poets, those who are experts in their wisdom, companions of the prophet, religious experts and Sufis. *While the understanding of mahfudzat in terms of subjects is a classical method that uses how to memorize Arabic sentences, both in the form of Hadith, poems, stories, aphorisms, and others.*¹²

Muthoifin's research (2015) supports *mahfudzat* as a solution and answer to unravel various conflicts, controversies, discrimination and other irregularities.¹² Hermawan's research (2018) shows reinforcement that there is a significant relationship between *mahfudzat* learning and the morals of students in the pesantren.¹³ The application of the *mahfudzat* concept is also stated in Pohan's research (2021) on Islamic Supervision, namely *istiqomah* in carrying out tasks optimally, not excessive and ikhlas or selflessly. Patience in dealing with problems in work, because patience is a potential that exists in a person, with good faith, patience is a must.

It will be embedded in the heart and seen through behavior.¹⁴ The theories of *mahfudzat* supported by various researches that have been conducted suggest that the concept of *mahfudzat*, which is applied correctly as a basic philosophy of life, will shape morals, increase motivation and *inner power* for each individual in undergoing life problems, become conflict solutions and become adaptive coping patterns in dealing with life stressors.

2.3. SAMRY Model

Gail Stuart's stress adaptation model explains that individual coping resources include economic assets, abilities and skills, defense techniques, social support and motivation/positive beliefs. Stuart's coping mechanisms include *problem focus*, *cognitively focus*, and *emotion focus* coping mechanisms. *The application of mahfudzat is in accordance with Stuart's theory, where mahfudzat is a motivation, ideas and solutions that have deep meaning, full of wise words and noble values.* Roy's adaptation stress model explains that coping mechanisms are influenced by regulators and cognators. Cognator components include

perception, learning, compliance, and emotion. These four cognator components can be implemented through the application of *mahfudzāt concepts*.

Stuart's stress adaptation theory of defense mechanisms is categorized as *task oriented reaction* and *ego oriented reaction*. One form of defense mechanism is fantasy, which is an unfulfilled desire satisfied in the imagination, fantasizing as if it were like what is desired. This SAMRY model is a combination of the *mahfudzāt* adaptation stress model taken from Stuart, Laraia and Roy's theory, and Stuart's adaptation stress model of fantasy defense mechanisms applied in the form of *guided imagery*.

2.4. SAMRY Module

The SAMRY module was developed by researchers through a *Focus Group Discussion* (FGD) with managers at K.R.M.T Wongsonegoro Hospital, Semarang City, namely the Service Division, Nursing Division, Nursing Committee and involving several Head of Rooms. The SAMRY module was reviewed by experts and then piloted to respondents through short training activities guided by experts.

The SAMRY module contains the technical implementation of the SAMRY model as outlined in the SOP (Standard Operating Procedure) as well as the *script of the SAMRY* model implementation guide which is accompanied by relaxation music. Nurses can perform the SAMRY model independently with audio guidance containing relaxation music and accompanying guiding sentences. The SAMRY model should be done regularly and continuously to get the maximum effect. The decrease in nurses' work stress is influenced by.

There are many factors, one of the significant factors is the application of the concept of *mahfudzāt* in daily life and the practice of guided imagination that is carried out regularly and with quality.

3. CONCLUSIONS

The mental health of nurses is something that must be considered both by individual nurses, as well as the hospital, in order to achieve the goals, vision and mission of the hospital in providing nursing services to the community. The preparation of the SAMRY module is one of the efforts that can be made to achieve these goals.

The SAMRY module is a guide for nurses in performing the SAMRY model to reduce work stress. This module explains how to do stress adaptation with a combination of *mahfudzāt* and *guided imagery* application models. This module can be applied to nurses as needed. Nurses are expected to be able to perform the SAMRY model in accordance with the explanation written in the module.

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