

# The Effectiveness of Benson Relaxation Management and Progressive Muscles Against Nurse Work Fatigue in the Intensive Care Room of the AWS Samarinda Hospital

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## ABSTRACT:

*Background:* Nurse fatigue affects the nursing services provided in the intensive care unit. Benson's relaxation and progressive muscle relaxation can reduce work fatigue. *Purpose:* This study aims to determine the effect of Benson's relaxation management and progressive muscle relaxation on nurse fatigue. *Method:* This research method uses a quasi-experimental design, namely a time series design. 19 nurses in the Intensive Care Unit were given Benson relaxation and 21 nurses in the Intensive Cardiac Care Unit at Abdul Wahab Sjahranie Hospital (AWS) Samarinda, fatigue was measured before being given action. Benson's relaxation technique and relaxation are practiced every day after work. Fatigue measurements after 1 week and 2 weeks later. *Results:* The results showed that management of Benson's relaxation ( $p=0.001$ ) and progressive muscle relaxation ( $p=0.019$ ) had an effect on nurse fatigue in the intensive care unit. *Conclusion:* Benson's relaxation management and progressive muscle relaxation can reduce nurse fatigue in the intensive care unit.

**KEY WORD:** Benson relaxation, progressive muscle relaxation, nurse fatigue

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## I. INTRODUCTION

Work fatigue among nurses is a problem that often occurs in various medical institutions, including in the intensive care unit. This can be caused by high work pressure, heavy workload, irregular work schedules, and demands to provide high quality care. Work fatigue in nurses can have a negative impact on their physical and mental health and can affect their performance in providing patient care. Burnout is a syndrome characterized by emotional exhaustion, depersonalization, and reduced sense of personal accomplishment (Chemali et al., 2019). There are several factors that affect work fatigue, according to Malau's research in 2020, namely work factors such as monotonous work, length of work, workload, work attitude. The workload of nurses, who are on duty in the Hospital Intensive Care Unit, using various Standard Operating Procedures (SOP), one of which is the use of Personal Protective Equipment (PPE) for several hours, is felt to be the cause of Nurse fatigue (Malau & Eliska, 2020). In a field study at the Intensive Care Unit at the Abdul Wahab Sjahranie Regional General Hospital (RSUD AWS) Samarinda, it was found that there was work fatigue among the nurses on duty. This is caused by the workload, where nurses have to carry out various SOPs that are so strict, on the other hand there are concerns about the possibility of contracting the Covid-19 disease, even though they have been equipped with adequate PPE.

Benson's relaxation management and progressive muscle relaxation are two relaxation techniques that have been proven effective in reducing stress levels and work fatigue among medical personnel, including nurses. Benson's relaxation management involves relaxation techniques that are performed by controlling breathing and relaxing the muscles gradually, while progressive muscles involve alternately contracting and relaxing the muscles to reduce tension in the body. RSUD AWS Samarinda is a hospital located in Samarinda, East Kalimantan, Indonesia, and has an intensive care unit. Research on the effectiveness of Benson and progressive muscle relaxation management on nurse fatigue in the intensive care unit of AWS Samarinda Hospital can provide new insights about the effectiveness of these relaxation techniques in dealing with the problem of work fatigue in nurses in different work environments. This can provide guidance for the development of effective stress management and intervention programs for nurses around the world, as well as improve the quality of care provided by nurses to patients.

In Indonesia, on average, 414 work accidents occur every day, 27.8% are caused by high fatigue, approximately 9.5% or 39 people experience disabilities (Malau & Eliska, 2020). Nurse fatigue needs to be overcome with various intervention techniques. One way is to use relaxation techniques. Relaxation is an exercise that includes muscle relaxation exercises and breathing exercises (Semerci et al., 2021). According to Indah's

2018 research, it proved that there was a significant effect of relaxation on reducing work fatigue among nurses in hospitals (Cholillah et al., 2018).

Several other studies that discuss the Effectiveness of Benson Relaxation Management and Progressive Muscles Against Work Fatigue of Nurses in the Intensive Care Room are studies conducted by Abdel-Rehim et al. (2018) this study discusses the effectiveness of Benson's relaxation management and progressive muscle relaxation in reducing burnout and increasing job satisfaction in nurses in the ICU. The results showed that the two relaxation techniques were effective in reducing burnout and increasing job satisfaction in ICU nurses. The theory of "Stress management techniques: evidence-based procedures that reduce stress and promote health" by Kamei et al. (2010) discussed evidence-based stress management techniques, including Benson's relaxation management and progressive muscle management. This theory suggests that both techniques can help reduce stress levels and improve psychological well-being in individuals. Research by Farahani & Gholami (2018) discusses the effectiveness of Benson's relaxation management and progressive muscle relaxation in reducing stress levels and work fatigue in nurses in the intensive care unit. The results showed that the two relaxation techniques were effective in reducing work stress and burnout among ICU nurses. The theory of Shanafelt et al. (2016) discussed stress and burnout in medical personnel, including nurses. This theory suggests that job burnout and burnout can affect the performance and mental health of medical personnel, and that stress management techniques, such as Benson's relaxation management and progressive muscle management, can help reduce stress and burnout levels in medical personnel. In the results of observations at the AWS Samarinda Intensive Care Unit, it was found that there had never been a structured intervention and an SOP from the Hospital, with the aim of reducing work fatigue in nurses.

In connection with the above, the researchers wanted to prove which relaxation technique was more effective in reducing work fatigue for nurses in the Samarinda Intensive Care Unit. The purpose of this study was to determine the effect of relaxation management on reducing nurse fatigue. This research greatly contributes to obtaining information about relaxation techniques that are effective and can be used to reduce work fatigue for nurses in the Samarinda Intensive Care Unit.

## **II. LITERATURE REVIEW**

### **Basic Theory: Benson Relaxation**

Benson relaxation is a relaxation technique developed by Dr. Herbert Benson at Harvard Medical School in the 1970's. This technique involves breathing and visualization techniques to reduce stress and anxiety. Benson suggests that this relaxation technique can trigger a relaxation response in the body, such as lowering heart rate and blood pressure. Several studies have shown that Benson's relaxation is effective in reducing nurse fatigue. A study conducted by Kaczkowski and Kowalski (2015) found that nurses who used the Benson relaxation technique experienced decreased work fatigue and stress.

### **Basic Theory: Progressive Muscle Relaxation**

Progressive muscle relaxation is a relaxation technique developed by Dr. Edmund Jacobson in the 1920's. This technique involves gradually contracting and relaxing muscles to reduce muscle tension and stress. Jacobson suggests that this relaxation technique can trigger a relaxation response in the body, such as lowering heart rate and blood pressure. Several studies have shown that progressive muscle relaxation is effective in reducing nurse fatigue. A study conducted by Lee and Sohng (2002) found that nurses who used progressive muscle relaxation techniques experienced improved sleep quality and decreased work fatigue.

### **Basic Theory: Nurse Work Fatigue**

Nurse fatigue is a condition that occurs when nurses experience physical, emotional, or mental fatigue due to excessive workload. Nurse fatigue can affect the quality of nursing services provided, increase the risk of medical errors, and increase the risk of work accidents. Several factors can cause nurse burnout including excessive workload, imbalance between work demands and personal resources, and lack of social and organizational support. To overcome the problem of nurse fatigue, several relaxation techniques have been developed, such as Benson's relaxation and progressive muscle relaxation.

State of Art in this study took previous studies on relaxation techniques (benson relaxation and progressive muscle relaxation).

1. International journal entitled "Stress, Burnout, and Coping Strategies of Frontline Nurses During the COVID-19 Epidemic in Wuhan and Shanghai, China Yuxia" stated that the nurses in this study experienced considerable stress and the most frequently reported stress was related to family. Nurses who are younger and work longer shift-times tend to be at higher levels of burnout. Psychological support strategies need to be organized and implemented to improve mental health among nurses during the Covid-19 pandemic (Zhang et al., 2020).

2. The National Journal entitled "Factors Influencing Work Fatigue in the Covid-19 Volunteer Team in Binjai City" suggests that fatigue is a condition that indicates the state of the body both physically and mentally which all result in a decrease in work power and endurance. The factors that cause work fatigue are 1) characteristic factors, 2) work factors, and 3) psychological factors. The results obtained are factors that cause fatigue in the Covid-19 volunteer team, namely age, gender, length of work, work shifts, workload, physical environment, and length of use of PPE (Malau & Eliska, 2020).
3. The National Journal entitled "The effect of relaxation management training on reducing burnout in nurses at the Kalisat Regional Hospital Jember" stated that this study used a quasi-experimental pre- and post-test design. There were 19 subjects in this study, consisting of nurse coordinators and implementing nurses. The sample selection was carried out without randomization. The training was carried out over 8 meeting sessions with relaxation material, including the meaning of relaxation, benefits and relaxation techniques. In this study there was no control group. Burnout scale variable measurement uses a Likert scale model using four answer choices. The results obtained are that there is an effect of relaxation management training on burnout in nurses after being given progressive muscle relaxation training (Cholilah et al., 2018).
4. International journal entitled "The effect of progressive muscle relaxation exercises on compassion satisfaction, burnout, and compassion fatigue of nurse managers" suggests that progressive muscle relaxation exercises consist of contracting and relaxing all muscles from head to toe. The intervention period was 8 weeks with eight sessions which means it was held once a week. Each session lasts 25–30 minutes. The results obtained are that progressive muscle training is effective in reducing nurse manager fatigue (Semerci et al., 2021).
5. International journal entitled "The effects of a relaxation intervention on nurses' psychological and physiological stress indicators: a pilot study" suggests that after conducting a randomized clinical trial to examine psychomotor relaxation programs on indicators of psychological and physiological stress of nurses, with exclusion criteria are (a) nursed for less than 6 months; (b) participated in a similar intervention program in the past 12 months; (c) has a physical condition that may affect participation in the program and (d) takes medication that may affect stress management. The results showed that the relaxation program had a positive effect on reducing the nurses' salivary cortisol levels, also reducing nurses' emotional exhaustion, lack of personal achievement, depression, hostility, fatigue (Veiga et al., 2019).
6. An international journal entitled "Effects of Benson's relaxation technique on occupational stress in midwives" suggests that the Benson relaxation exercise is carried out with individuals positioning themselves comfortably with their eyes closed. Focus gradually on working their muscles, starting with the soles of their feet and progressing to the face. Keeping their muscles relaxed, they breathe through their nose and exhale through their mouths gently, remaining aware of their breathing. When they breathe out, they say "one" to themselves and continue to breathe naturally and easily. They continued these practices for 20 minutes and then sat quietly with their eyes closed (and then open) for several minutes. The results obtained are that the Benson relaxation technique is effective in reducing work stress among midwives in L&D units (Jourabchi et al., 2020).
7. International journal entitled "Yoga for Self-Care and Burnout Prevention Among Nurses" suggests that researchers used an experimental study design; randomized controlled trial consisting of 8 weeks of supervised yoga instruction for the intervention group and usual care for the control group. The results obtained are Yoga can improve self-care and reduce nurse fatigue (Alexander et al., 2015).
8. The study "Effectiveness of progressive muscle relaxation and Benson's relaxation techniques on burnout and job satisfaction among ICU nurses" discusses the effectiveness of Benson's relaxation management and progressive muscle relaxation in reducing burnout and increasing job satisfaction in nurses in the ICU. The results showed that the two relaxation techniques were effective in reducing burnout and increasing job satisfaction in ICU nurses (Abdel-Rehim et al. 2018).
9. The theory of "Stress management techniques: evidence-based procedures that reduce stress and promote health" discusses evidence-based stress management techniques, including Benson's relaxation management and progressive muscle relaxation. This theory suggests that both techniques can help reduce stress levels and improve psychological well-being in individuals (Kamei et al. 2010).
10. The study "The Effect of Progressive Muscle Relaxation and Benson's Relaxation Techniques on Stress and Fatigue among Nurses Working in Critical Care Units" discusses the effectiveness of Benson's relaxation management and progressive muscle relaxation in reducing stress levels and work fatigue in nurses in intensive care units. The results of the study show that the two relaxation techniques are effective in reducing stress levels and work fatigue in ICU nurses (Farahani & Gholami, 2018).
11. The theory of "Stress and burnout in health-care workers" discusses stress and burnout in medical personnel, including nurses. This theory suggests that job burnout and burnout can affect the performance

and mental health of medical personnel, and that stress management techniques, such as Benson's relaxation management and progressive muscle management, can help reduce levels of stress and burnout in medical personnel (Shanafelt et al. 2016).

### III. RESEARCH METHODOLOGY

The method used in this study is a quasi-experimental research method. Quasi experimental design is a development of true experimental design which is difficult to implement. The form of quasi-experimental design used is time series design. This research design uses only one group, so it does not require a control group. Before being given treatment, the experimental group was divided into 2 groups. First, they were given a pretest, then they were given the Benson Relaxation treatment for group 1 and they were given the Progressive Muscle Relaxation group for group 2. Further measurements were taken after 1 week and 2 weeks.

### IV. RESULT AND DISCUSSION

**Table 1: Characteristics of Respondents**

Characteristics of Respondents	Group ICU Room Progressive Muscle Relaxation (N=21)		ICCU Group Room Benson Relaxation (N=19)	
	F	%	F	%
Gender				
Man	8	38,1	10	52,6
Woman	13	61,9	9	47,4
Marital Status				
Single	2	9,5	2	10,5
Marry	18	87,5	0	0
Widower/Widower	1	4,8	17	89,5
Recent Education				
Diploma III	14	66,7	13	68,4
DIV/S1 Nursing	1	4,8	1	5,3
Ners	6	28,6	5	26,3

**Table 2: Nurse Burnout Score**

	Group ICU Room Progressive Muscle Relaxation (N=21)			ICCU Group Room Benson Relaxation (N=19)		
	Pre	Post 1	Post 2	Pre	Post 1	Post 2
Mean	66,38	65,43	62,76	65,53	58,47	58,95
Min	55	55	55	53	52	52
Max	76	78	74	76	69	66
Standard Deviation	7,283	6,690	6,774	6,337	5,048	4,129

**Table 3: Normality Test**

	Group	P Value	Information
Group ICU Room Progressive Muscle Relaxation	Pre	0,054	abnormally distributed
	Post 1	0,323	Normal Distributed
	Post 2	0,003	abnormally distributed
ICCU Group Room Benson Relaxation	Pre	0,822	Normal Distributed
	Post 1	0,031	abnormally distributed
	Post 2	0,323	Normal Distributed

**Table 4: Differences Before and After the Intervention**

		N	Median (Min-Max)	p
Group ICU Room Progressive Muscle Relaxation	Before the Intervention	21	69,00 (55-76)	0,019
	1 Week	21	66,00 (55-78)	

		N	Median (Min-Max)	p
	2 Weeks	21	66,0 (55-74)	
ICCU Group Room Benson Relaxation	Before the Intervention	19	65,00 (53-76)	0,001
	1 Week	19	57,00 (52-69)	
	2 Weeks	19	58,00 (52-66)	

The findings of this study showed that there was a difference in fatigue scores between the periods before the procedure, 1 week and 2 weeks. There was a decrease in nurses' work fatigue scores. During the intervention there were differences in nurse fatigue scores before and after Benson's relaxation management intervention (p-value 0.001).

The results of this study are in line with the results of Ghezeljeh's (2015) study, that the application of Benson relaxation is associated with a decrease in nurse fatigue in the intensive care unit. The positive effects of Benson's relaxation technique in reducing depression, anxiety, and stress and improving quality of life (Najafi Ghezeljeh et al., 2015)(Efendi et al., 2022; Ibrahim et al., 2019; Najafi Ghezeljeh et al., 2015; Rambod et al., 2013; Santa Maria Pangaribuan, 2020).

Benson's relaxation exercises are performed with individuals positioning themselves comfortably with their eyes closed. Focus gradually on working their muscles, starting with the soles of the feet and continuing to the face. Keeping their muscles relaxed, they breathe through the nose and exhale through the mouth gently, remaining aware of their breathing. As they exhale, they say "one" to themselves and continue to breathe naturally and easily. They continued this exercise for 20 minutes and then sat quietly with their eyes closed (and then open) for a few minutes. The result obtained is that Benson's relaxation technique is effective in lowering work stress. (Jourabchi et al., 2020)

## V. CONCLUSION, LIMITATION AND FUTURE RESEARCH

Management of Benson's relaxation and progressive muscle relaxation is carried out 10 minutes after finishing work for nurses working in the intensive care unit and can reduce nurse fatigue. Nurse fatigue can be overcome through time management and energy management. Time management involves managing work time effectively and efficiently, so that nurses can maximize their working time without sacrificing time for rest and worship. Energy management involves setting a balanced diet and sleep schedule, so that nurses can maintain their energy during working hours. In the context of nurse fatigue management, the Benson relaxation technique and progressive muscle relaxation can be used as tools to improve time management and energy management. When nurses experience work burnout, this relaxation technique can help them recharge and reduce stress. Nurse fatigue management can also be done through the development of patient and sincere attitude. Patience and sincerity can help nurses deal with a heavy workload and high job demands in a calm and controlled manner.

This research is limited to the Benson relaxation technique and progressive muscle relaxation as a tool in the management of work fatigue for nurses working in intensive care units. This study also only involved respondents who worked in certain areas and used work fatigue measurement methods that may not have been well standardized. Therefore, the results of this study may not be directly applicable to different work environments or to larger samples.

This study provides important information about the Benson relaxation technique and progressive muscle relaxation as a tool in the management of work fatigue in nurses in the intensive care unit. However, this study has several limitations, such as the use of a limited sample in certain areas and the method of measuring work fatigue that has not been well standardized. Therefore, for further research, it is suggested to expand the sample coverage by involving respondents from various regions and using a more standardized measurement method. In addition, other factors that affect nurse fatigue can also be added, such as workload and sleep quality. The results of a more comprehensive study will provide a better understanding of relaxation techniques that can help reduce work fatigue for nurses in the intensive care unit.

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