MEDITATIVE THERAPY IN REDUCING ANXIETY AS A COMPLEMENTARY THERAPY: A TREND AND KNOWLEDGE ON ADOLESCENT

Indonesian Nursing Journal of Education and Clinic (INJEC)
Volume 8 Issue 1, June 2023
DOI: 10.24990/injec.v8i1.522
injec.aipni-ainec.org/index.php/INJEC/index
Received : 2022-10-10
Accepted : 2023-05-14
The Association of Indonesian Nurse Education Center (AINEC)

Imelda Rahmayunia Kartika[1*], Enggia Faloq[1], Fitrianola Rezkiki[1], Cory Febrina[1]

Abstract

Introduction: *Complementary therapy has become an option for various diseases over the time. One kind of disease that can be given complementary intervention is anxiety. Nowadays, many young people suffer from anxiety disorders, and they don't know how to deal with them properly. Make them less than optimal in achieving their life goals. The type of complementary therapy that can be used to reduce anxiety is meditation therapy. This survey aims to get an overview of the trends and knowledge of the younger generation about meditation in reducing excessive anxiety.*

Methods*: This study uses an analytical descriptive design to see an overview of the anxiety level on adolescents and their knowledge about meditation in reducing anxiety disorders. The sample of the study was 129 respondents. Online questionnaire was used* with 9 questions that contain about the anxiety experienced and knowledge about the respondent's meditation. The analysis used a frequency distribution.

Results*: The results obtained from 129 respondents 85.3% of respondents said they had experienced excessive anxiety and as many as 63.6% of respondents said they had never done meditation.*

Conclusion*: It can be said that the younger generation does not know about meditation and its benefits in reducing anxiety disorders. It is hoped that nurses can educate and introduce several therapies to reduce anxiety, including meditation therapy.*

Keywords*: complementary, adolescent, meditation, anxiety disorder*

[1] Nursing Program, Faculty of Health, Universitas Fort De Kock, Bukittinggi, Indonesia

[1] Nursing Student of Nursing Program, Faculty of Health, Universitas Fort De Kock, Bukittinggi, Indonesia

Corresponding Author
Lastri Mei Winarni
Nursing Program at Universitas Yatsi Madani, Tangerang, Indonesia
Email: lastri@uym.ac.id

INTRODUCTION

Anxiety can be experienced by everyone at various ages in everyday life. Anxiety itself is an anticipation or preparation in dealing with threats that may occur in the future (American Psychiatric Association, 2013). This anxiety can range from non-pathological anxiety to unnatural anxiety or disturbance. The difference between someone who experiences non-pathological anxiety and anxiety disorders, especially generalized anxiety disorder (GAD) in the Diagnostic and Statistical Manual of Mental Disorders / DSM-5, is that the anxiety experienced by a person is not excessive, can be controlled, and can be postponed when something more pressing emerged. While individuals with anxiety disorders will experience anxiety that tends to be excessive, difficult to control, has a longer duration, and appears without cause (American Psychiatric Association, 2013).

Excessive anxiety can cause various symptoms such as sleep disturbances, difficulty in concentration, fatigue, severe stress, muscle tension, stress which can affect the individual's daily activities in various aspects. This anxiety can also cause individuals to lose the ability to carry out daily activities quickly and efficiently, cause disability or disability if not treated immediately (American Psychiatric Association, 2013). Then, there are very expensive in terms of suffering, quality of life, medical difficulties, and so on. -other if not treated immediately (Newman, M. G., Llera, S. J., 2013).

Based on the results of a survey published by WHO (World Health Organization), there were 3.6% or 264 million of the world's population who experienced anxiety disorders in 2015 (Wolrd Health Organization, 2017). In 2015, anxiety sufferers increased by 14.9% from 2005. Of the 264 million people in the world who suffer from anxiety disorders, 23% or 60.5 million people come from Southeast Asia. In overcoming this anxiety, there are several complementary therapies as one of the interventions carried out. Various kinds of research on interventions are carried out to overcome a person's anxiety such as music therapy, pharmacological, CBT, and others. However, with the large number of individuals who experience anxiety, interventions that require a lot of energy, time, and money, it will be very difficult to overcome these anxiety sufferers to the fullest (Christine & Yudiarso, 2021).

The number of people with anxiety disorders in Indonesia, according to data from the Ministry of Health, shows that around 14 million people in Indonesia over the age of 15 experience symptoms of anxiety. This figure is equivalent to 6% of Indonesia's population. Disturbances can cause psychological disorders that cause productivity problems. Individuals who experience anxiety have a tendency to have negative conditions such as: anxiety, emotions, and fear (Situmorang et al., 2018). Anxiety does not always have a detrimental impact, because basically the anxiety that appears in moderate intensity can function as a self-control mechanism to stay alert to every event that occurs. However, if the anxiety that is felt appears excessively, it will become a nuisance and it can have a detrimental impact. Individuals who experience anxiety disorders will find it difficult to concentrate and socialize so that it will become an obstacle in carrying out social functions, work, and roles, so the preventive action must be taken immediately. Anxiety in a mild sense can increase a person's productivity, but if it occurs continuously it can interfere with

work mechanisms, both physically and psychologically. According to Hurlock (1975), anxiety is described as a general concern about an event that is not clear, uncertain about future events. Anxiety arises when facing or thinking about an upcoming event which is still an uncertain shadow (Hurlock, 2009).

There are many ways that can be used to overcome or reduce excessive anxiety as a complementary intervention. This is because complementary therapy is a development of traditional therapy and is integrated with modern therapy which affects individual harmony from biological, psychological, and spiritual aspects (Perry et al., 2014). One of the complementary interventions to reduce anxiety was meditation. Meditation is one of the ways used to relax the mind from all forms of feelings that make a person feel happy, feel burdened, and all kinds of other feelings. When someone meditates, what happens is that the frequency of brain wave vibrations decreases, the breath will slow down, and the oxygen used becomes efficient. Furthermore, the brain waves will reach the subconscious and the brain waves will level off and be in an alpha state, this situation is called a homeostatic state or a balanced state, therefore the brain will release endorphins and self-healing occurs (Magidson et al., 2013). This research aims to describe about how much the knowledge of adolescent and trend issues in using meditative intervention to reduce anxiety disorder.

METHODS

The type of research used is research that uses descriptive research with a quantitative approach, by looking at the phenomenon of anxiety in adolescents. The variables in this study are the description of anxiety in adolescents and adolescent knowledge about the use of complementary meditation therapy to reduce anxiety. Then, the subjects of this study were teenagers in the middle age group of less than twenty-five years (<25 years). This research was conducted on 129 respondents, distributed randomly on social media. This study uses an online questionnaire via *google* form with 9 questions that contain about the anxiety experienced and knowledge about the respondent's meditation. The analysis uses a frequency distribution by looking at the percentage of each question answered.

Ethical considerations

The study obtained an approvement in Fort De Kock University Ethic Committee as sign in a letter No. 529/KEPK/XII/2021 on December 21, 2021. This research was conducted by observing the principles of ethical consideration. In collecting data, all respondents gave informed consent to keep the legal rights for confidentially and anonymity.

RESULT

The results of this study will be divided into two parts, namely, the results of the survey and trends in the incidence of anxiety in adolescents and the results of a survey of knowledge about the use of complementary meditation therapy in reducing anxiety in adolescents.

As shown in table 1, from the 129 respondents who responded there were 13.2% male respondents or 18 people. And 86.8% of the respondents were female or 111 people. In addition, the average age of the respondents is 19.5 (4.4479). From the 129 respondents who responded there were 85.3% or a total of 110 respondents said they had experienced excessive anxiety. And as many as 14.7% or several

19 people said they had never experienced it. Anxiety level of the respondents was more showed in above average (39.5%).

Another result can be showed by the general survey about how the anxiety disorders affect the participant activity and what the etiology of the anxiety itself is. The information can describe as an interview on the survey results below:

"Anxiety because of Past trauma", - 43 (33.33%)

"I say that anxiety was happen because of the judgments of others", - 58 (45%)

"Anxiety happen because of worrying about the future", - 84 (65.1%)

"Multiple task deadlines", - 1 (0.8%)

"Lots of activity" - 1 (0.8%)

"Other people's expectations of self"- 1 (0.8%)

"Lots of important things to do" - 1 (0.8%)

"Family economy" - 1 (0.8%)

"Exam time, college activity" - 1 (0.8%)

"Worried about missing something" - 1 (0.8%)

"Lecture practicum activities" - 1 (0.8%)

"Treated badly" - 1 (0.8%)

Based on the table 2, it can be inferred that most of the respondent often felt overthinking/insecure, as well as other unpleasant feelings. Respondents rarely felt that they did not know what to do and felt like crying. And at least the respondents never felt anything when experiencing anxiety.

Another result that can be inferred from the survey was about using meditative therapy as a complementary intervention to reduce anxiety disorders. The results showed:

Table 1. Characteristics of Participant

Variable	Mean (SD)	n	%
Age	19.5 (4.479)		
Gender			
Male		18	13.2
Female		111	86.8
Anxiety disorders			
Yes		110	85.3
No		19	14.7
Anxiety Level			
Low			
Below		0	0
average		13	10.1
Medium level		32	24.8
Above		51	39.5
average		33	25.6
High			

Table 2. Description of "Feelings when experiencing anxiety"

Variable	Indicator	n	%
Crying	never	17	13.2
	seldom	62	48.0
	often	50	38.8
Overthinking or feeling Insecure	never	14	10.9
	seldom	53	41.1
	often	62	48.0
Do not know what to do	never	14	10.9
	seldom	65	50.3
	often	50	38.8
Another bad feelings	never	13	10.0
	seldom	55	42.6
	often	61	47.3

Based on the table 3, it can be showed that there were 63.6% of respondents (82 respondents) who had never using meditation as complementary intervention to reduce anxiety disorders. Then, there were 36.4% (47 respondents) have ever using meditation. The knowledge about meditative therapy has responded by 57.4% of respondents who knew that one way to overcome anxiety was to do meditation. And, from 129 respondents who responded there were 89.9% of respondents or 66 people who

wanted to do or learn more about meditation as complementary intervention to reduce anxiety disorders.

DISCUSSIONS

Trends of anxiety disorders on adolescents

Anxiety disorders are a form of psychiatric disorder, if not addressed and handled properly can cause various negative effects on a person or can even cause death. Unmanaged psychosocial problems such as anxiety can worsen into depression, post-traumatic stress disorder (PTSD) and homicide tendencies. Physical stress can cause an imbalance of body chemicals such as adrenaline, epinephrine, and norepinephrine. This condition occurs due to disturbances in the balance of the body's energy system and increased activity of the sympathetic nervous system (Desmaniarti & Avianti, 2017).

By the 129 respondents who responded there were 85.3% or a total of 110 respondents said they had experienced excessive anxiety. And as many as 14.7% or several 19 people said they had never experienced excessive anxiety. Anxiety is an unpleasant emotional state characterized by a feeling of fear and physical symptoms that are stressful and unwanted. These symptoms are a normal response to stress, but become pathological if they do not match the severity of the stress, continue after the stressor has disappeared, or occur in the absence of an external stressor (Davies, 2009). From the 129 respondents who responded there were 39.5% of respondents or 51 people who gave a score of 4 out of 5 for the level of anxiety experienced. The remaining 13 people gave a score of 2, 32 people gave a score of 3 and 33 people gave a score of 5. This shows that the level of anxiety experienced by respondents is above average. Female students may show more anxiety and need additional support and guidance to manage their fear (Oducado, 2021). This study is in line with (Malfasari et al., 2019) which states that the majority of 121 (74.7%) respondents have moderate anxiety. And in contrast to (Anggraeini, 2018) which stated that 48% of adolescents had low anxiety and 44% of adolescents did not experience symptoms of anxiety.

Table 3. Respondents' trends and knowledge about using meditative therapy as a complementary intervention in reducing anxiety disorders

Statements	Answer	n	%
Have you ever done meditation?	Yes	47	36.4
	Never	82	63.6
Did you know that meditation is one way to reduce anxiety?	Yes	74	57.4
	No	55	42.6
Are you going to do meditation to reduce anxiety?	Yes	116	89.9
	No	13	10.1

Anxiety is a persistent feeling in the form of worry which is a response to threats or stressors that will come either from within the individual himself or from his environment. Anxiety is also an emotional reaction arising from non-specific causes such as subjective individual experiences that can cause feelings of discomfort and feeling threatened (Olofsdotter, 2017). Anxiety above average (moderate level of anxiety) allows adolescents to focus on things that are important and put aside what is not important or not a priority which is

characterized by decreased attention, decreased problem solving, impatient, irritable. The category of respondent's anxiety above average (moderate anxiety) causes fear and worry that makes teenagers powerless to think well because they are always overshadowed by imagined fears because of the possibility of not being able to get something satisfying, feeling worried if something happens too difficult to be faced and resolved, estimates between what is desired are not in line with expectations, fear of not being able to find a way out so that they cannot be calm in living life (Anggraeini, 2018).

There were 65.1% of respondents who responded to the factors that caused anxiety, namely because they were worried about the future. 45% respondents vote the cause of the anxiety disorders was because of other people's assessment factors. 33.3% or 43 people voted because of past trauma. And many also provide other factors regarding the cause of this level of anxiety. As with many mental health conditions, the exact cause of anxiety disorders is not fully understood. It is thought that anxiety disorders may involve an imbalance of naturally occurring brain chemicals (neurotransmitters) such as serotonin, dopamine, or norepinephrine. Life experiences such as traumatic events that arise, trigger anxiety disorders in people who are already prone to becoming anxious. There are several factors that contribute to the emergence of anxiety disorders such as biological factors, childhood experiences, excessive stress, lifestyle, and genetic factors (Raka Yusuf, Harni Kusniyati, 2016).

This study is in line with Kurniawati & Suarya (2019) which states that adolescent anxiety is influenced by internal and external factors. Internal factors experienced by respondents, namely comparing themselves with others; characteristics of respondents who are not confident, sensitive, influenced by mood. While the external factor of adolescent anxiety is influenced by listening to other people's criticism and unpleasant events in the past. Meanwhile (Wicaksono et al., 2020) also states the same thing that adolescent anxiety can occur due to certain factors such as past experiences, physical conditions and interpersonal conflicts. Another research by Runcan (2021) that showed from 59% of respondents experienced anxiety caused by trauma or past events.

Then, the respondents most often felt overthinking/insecure, as well as other unpleasant feelings. Respondents rarely felt that they did not know what to do and felt like crying. And at least the respondents never felt anything when experiencing anxiety. Anxiety is a form tension, an anticipatory reaction to an uncertain situation, and a feeling that makes a person worry (Rachman, 2004). In addition, the impact of anxiety disorders can interfere with a person's activities to be unproductive in daily activities and can also lead to dependence on others (Rahayu, 2016).

For teenagers, the opinion of the people around them is very important. Constant criticism or failure without being matched with praise or success will cause feelings low self-esteem and even lose self-esteem. Someone who has low self-esteem or loses self-esteem will feel more comfortable with failure, sometimes even to the point of failure success. Disorders that occur during adolescence are inseparable from childhood experiences, for example: trauma, psychological violence (swearing, demeaning, defaming, and insulting), psychological neglect

(neglecting the right to express feelings, lack of feelings of being loved, and being cared for), physical violence, physical neglect, and sexual violence. Anxiety disorders that occur in adolescents are mostly caused by experiences of psychological violence and psychological neglect in childhood. Families take a major determining factor in the past trauma of adolescents. Parents, who are too busy alone, are dictatorial, old-fashioned, and favouritism towards their children will make the relationship in the family become disharmonious.

Complementary Intervention by using Meditative Therapy in Reducing Anxiety Disorder

The knowledge about meditative therapy has responded by 57.4% of respondents who knew that one way to overcome anxiety was to do meditation. And, from 129 respondents who responded there were 89.9% of respondents or 66 people who wanted to do or learn more about meditation as complementary intervention to reduce anxiety disorders. Meditate regularly can reduce muscle tension by decreasing the stress response, and deep breathing will increase oxygen circulation, so that the muscles tend to relax and blood pressure will be smooth. It proved that meditation relaxation therapy was effective in lowering stressed and anxiety (Zou et al., 2018).

In one study, it was stated that before meditation the thought waves would move up and down irregularly, while after meditation the thought waves would move calmly and regularly (Sena, 2020). That is why the practice of meditation is very necessary in maintaining psychological balance and reducing one's stress level. *Dhyana* or meditation is the seventh stage in *astang* yoga. *Dhyana* itself is a state where the current of thought is fixed on an object without interruption. This can train the mind to stay focused on one thing without paying attention outside the line of thought. This can eliminate high anxiety in a person.

Therefore, in the meditation model, it is a form of psychotherapy that is identical to *dhzikr*. Until now, meditation can be believed as an alternative therapy to overcome problems that indicate stress that triggers psychoneurosis. Several studies have tried to see the effect of meditation on brain waves by comparing before and after meditation. The results obtained show that after meditation, the brain produces more alpha waves which are associated with calm or relaxation conditions (Fatma Laili Khoirun Nida, 2014).

In another research, there is a significant relationship between mindfulness and anxiety levels in adolescents during the COVID-19. The results obtained based on the data found a relationship between mindfulness and anxiety levels. Meditation is a way of self-discipline to achieve peace and harmony within a person. This conclusion is in line with research conducted on children's anxiety that occurs due to gadget addiction in adolescents that there are differences in the level of anxiety before and after being given mindfulness training. Thus, it can be concluded that mindfulness training is effective in reducing anxiety in adolescents (Eskawati, 2019).

Anxiety that occurs in adolescence is a period of transition that causes many changes in individuals. Apart from the transition process, adolescents who attend school have academic demands that are perceived as a burden and can cause

stress. Non-pharmacological management that can be used to treat stress are progressive and autogenic muscle relaxation. After previous research by Lestiawati and Liliana, progressive and autogenic muscle relaxation was effective in reducing adolescent stress. Relaxation is a condition in which a person feels mental and physical freedom from tension and stress so that they can control themselves from uncomfortable situations and feelings (Lestiawati & Liliana, 2019).

Nurses should be able to practice autogenic relaxation intervention as an independent nursing intervention in reducing anxiety in children who are hospitalized. This study has shown the results that there are differences in the level of anxiety in school children who experience hospitalization before and after giving autogenic relaxation interventions (Fendina et al., 2018). Various effects of anxiety due to hospitalization experienced by school children will be at risk of disturbing the child's welfare and impacting the healing process. Therefore, pediatric nurses have an important role in reducing the anxiety of children who experience hospitalization so that children will behave more cooperatively. This autogenic relaxation has a close relationship with the body's response so that it can improve biological health including affecting Langerhans function which will increase immunity, improve the balance of the body's organs, stimulate the parasympathetic system, the results of relaxation can be felt after fifteen minutes (Putri, 2019).

CONCLUSION

In the current era of development and technology experienced by the millennial generation or the younger generation, there are many triggers for problems felt by individuals, especially related to drastic changes that have an impact on psychological changes. As a result, it will influence their education, social, work, economic, and their daily activities. These changes invite psychological tension for the younger generation who feel unprepared for life, resulting in feelings of sadness, depression, loneliness, isolation, hopelessness and other unpleasant feelings that accumulate in the form of anxiety disorders. So we need alternative therapeutic methods that can help overcome this anxiety disorder more effectively and with maximum impact. Meditation is one way of psychotherapy that can reduce anxiety disorders to end these psychological disorders. Through psychotherapy, breathing meditation or also called breathing remembrance meditation will have a calming effect for the sufferer, a deep surrender to God about his power and love. In addition, this remembrance meditation can build positive suggestions that contribute to creating confidence, strength and optimism for the younger generation in dealing with psychological problems, especially anxiety disorders, so that their lives become better, calmer, quality, and meaningful.

ACKNOWLEDGEMET

Thank you very much for university who was funding our research and facilitate the construction and research planning. Then, we would like to say thank you to the whole respondent and participant in this research. Thank you for collaborating and being a participant and fill the questionnaire with the highest response and clearly. Thank you for all the team while making the result and report of this research.

Conflict of interest

There is no conflict of interest in this research.

REFERENCES

American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorder (DSM-5)*. https://doi.org/https://doi.org/10.1017/CBO9781107415324.004

Anggraeini, N. (2018). Gambaran Tingkat Kecemasan Pada Mahasiswa Tingkat Tiga D-III Keperawatan Dalam Menghadapi Uji Kompetensi Di Universitas Pendidikan Indonesia. *Jurnal Pendidikan Keperawatan Indonesia*, *1*(2), 131. https://doi.org/10.17509/jpki.v1i2.9752

Christine, A., & Yudiarso, A. (2021). *Terapi musik sangat efektif untuk menurunkan gangguan kecemasan (anxiety disorder) : Studi meta-analisis*. *8*(1), 58–66. https://doi.org/10.24843/JPU.2021.v08.i01.p06

Davies, T. & T. C. (2009). *ABC of Mental Health*. Buku Kedokteran EGC.

Desmaniarti, D., & Avianti, N. (2017). Spiritual Emotional Freedom Technique Decreasing Stress on Patients With Cervical Cancer. *Jurnal NERS*, *9*(1), 91. https://doi.org/10.20473/jn.v9i1.3233

Eskawati, D. (2019). *Efektivitas Pelatihan Mindfulness untuk Menurunkan Nomophobia pada Remaja*.

Fatma Laili Khoirun Nida. (2014). Zikir sebagai Psikoterapi dalam Gangguan Kecemasan bagi Lansia. *Jurnal Bimbingan Konseling Islam*, *5*, *No.1*, hal 147.

Fendina, F., Nashori, F., & Sulistyarini, I. (2018). Efektivitas Pelatihan Meditasi Pernafasan Dalam Menurunkan Tingkat Stres Pada Pendukung Sebaya Odha. *Jurnal Psikologi Integratif*, *6*(1), 1. https://doi.org/10.14421/jpsi.v6i1.1470

Hurlock, E. B. (2009). Psikologi Perkembangan: Suatu Perkembangan Sepanjang Rentan Kehidupan. In *Erlangga*.

Kurniawati, N. W. W., & Suarya, L. M. K. S. (2019). Gambaran kecemasan remaja perempuan dengan berat badan berlebih. *Jurnal Psikologi Udayana*, *6*(02), 280. https://doi.org/10.24843/jpu.2019.v06.i02.p07

Lestiawati & Liliana. (2019). Relaksasi Otot Progresif Dan Autogenik Untuk Yogyakarta Progressive Muscle Relaxation and Autogenic To Reduce Adolescent Stress At Smkn 1 Depok Sleman. *Seminar Nasional UNRIYO [November]*, 1–10.

Magidson, J., Dachman, L., Lejuez, C. W., & Ph, D. (2013). Meditative Therapies for Reducing Anxiety. *Depress Anxiety*.

Malfasari, E., Devita, Y., Erlin, F., & Filer, F. (2019). Faktor-Faktor Yang Mempengaruhi Kecemasan Mahasiswa Dalam Menyelesaikan Tugas Akhir Di Stikes Payung Negeri Pekanbaru. *Jurnal Ners Indonesia*, *9*(1), 124. https://doi.org/10.31258/jni.8.2.124-131

Newman, M. G., Llera, S. J., E. (2013). Worry and Generalized Anxiety Disorder: A Review and Theorotical Synthesis of Evidence on Nature, Etiology, Mechanism, and Treatment. *Annual Review of Clinical Psychology*, *9*. https://doi.org/https://doi.org/10.1146/annurev-clinpsy-050212-185544

Oducado, R. M. F. (2021). Gender Differences In Covid-19 Anxiety Syndrome Among Filipino Nursing Students. *Jurnal Keperawatan Global*, *6*(1), 1–8. http://jurnalkeperawatanglobal.com/index.php/jkg%7C1https://doi.org/10.37341/jkg.v0i0.170

Olofsdotter, A. (2017). *Anxiety among Adolescents. Measurement, Clinical Characteristics, and Influences of Parenting and Genetics. Digital Comprehensive Summaries of Uppsala Dissertations from the Faculty of Medicine 1356* (Vol. 108).

Perry, A. G., Potter, P. A., & Ostendorf, W. R. (2014). Clinical Nursing Skills & Techniques. In *Elsevier*.

Putri, D. M. P. (2019). *Terapi Komplementer* (1st ed.).

Rachman, S. (2004). *Anxiety (2nd ed)*. Psychologi Press ltd.

Rahayu, S. (2016). Pencegahan Gangguan Kecemasan dengan Intervensi Berbasis Web. *Jurnal Imiah Wydia*, *3*, *No.3*.

Raka Yusuf, Harni Kusniyati, Y. N. (2016). Aplikasi Diagnosis Gangguan Kecemasan Menggunakan Metode Forward Chaining Berbasis Web dengan PHP dan MYSQL. *Jurnal Sistem Informasi*.

Runcan, R. (2021). Anxiety in Adolescence: A Literature Review. *Innovative Instruments for Community Development in Communication and Education*, *March*, 113–128. https://doi.org/10.22618/tp.pcms.20216.360008

Sena, I. G. M. W. (2020). Pranayama sebagai Praktek dalam Mencegah Virus. *Jurnal Dan Yoga Kesehatan 3 (1)*, 1–12.

Situmorang, D. D. B., Mulawarman, M., & Wibowo, M. E. (2018). Integrasi Konseling Kelompok Cognitive Behavior Therapy dengan Passive Music Therapy untuk Mereduksi Academic Anxiety, Efektifkah? *Jurnal Kajian Bimbingan Dan Konseling*, *3*(2), 49–58. https://doi.org/10.17977/um001v3i22018p049

Wicaksono, E., Permana, V. F. Y., Putri, P. A., & Putri, A. M. (2020). *Memahami Gangguan kecemasan Dalam Diri remaja*.

Wolrd Health Organization. (2017). Depression and Other Common Mental Disorder: Global Health Estimates. *Documents Productions Services*.

Zou, L., Yeung, A., Li, C., Wei, G. X., Chen, K. W., Kinser, P. A., Chan, J. S. M., & Ren, Z. (2018). Effects of meditative movements on major depressive disorder: A systematic review and meta-analysis of randomized controlled trials. In *Journal of Clinical Medicine*. https://doi.org/10.3390/jcm7080195