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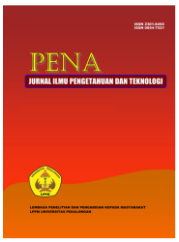

Spiritual Therapy On Anxiety Levels In Preoperative Patients: A Literature Review

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ABSTRACT

Background: Surgery is part of invasive medical procedures that involve opening or injuring a part of the body, which is then concluded with closing or suturing the wound. This procedure often causes anxiety for patients who are about to undergo surgery. The reactions that arise in patients include psychological and physiological stress, but the most commonly experienced reaction is psychological, such as anxiety (Fitria & Litasari, 2021) **Objective:** (1) This aims to determine whether an intervention in the form of spiritual therapy can reduce anxiety levels in patients who will undergo surgery. (2) To provide an alternative non-pharmacological intervention in nursing. (3) To assess the effectiveness of integrating a spiritual approach in the implementation of nursing. **Research Method:** Writing a literature review by analyzing and interpreting research results. The secondary data used was collected from Google Scholar and PubMed. The search for journals in this research was conducted from December 7, 2024, to February 2025. **Research Results:** From the six journals that have been reviewed, the researcher concludes that there is a significant difference between spirituality and anxiety in patients who are about to undergo surgery (Pre-Op). **Conclusion:** Patients undergoing surgery mostly experience excessive anxiety, which can increase the body's response in the form of tachycardia, hypertension, and others. In this case, the importance of applying spiritual therapy in reducing the patient's anxiety level.
Keywords: Spiritual, Anxiety, Preoperative Patients

ABSTRAK

Latar Belakang: Operasi merupakan bagian dari tindakan medis invasif yang melibatkan pembukaan atau cedera pada bagian tubuh, yang kemudian diakhiri dengan proses penutupan atau penjahitan luka. Prosedur ini sering kali menimbulkan kecemasan bagi pasien yang akan menjalani operasi(Defia et al., 2022). Reaksi yang timbul pada pasien berupa stress secara psikologis maupun fisiologis, namun yang paling sering dialami yaitu reaksi secara psikologis seperti kecemasan (Fitria & Litasari, 2021). **Tujuan:** (1) ini bertujuan mengetahui apakah intervensi berupa terapi spiritual dapat menurunkan tingkat kecemasan pada pasien yang akan menjalani Operasi (2) Memberikan alternatif intervensi non-farmakologis dalam keperawatan. (3) Menilai efektivitas integrasi pendekatan spiritual dalam mplementasi keperawatan. **Metode Penelitian:** Penulisan *literature review* dengan menganalisis dan menginterpretasikan hasil penelitian. Data sekunder yang digunakan dikumpulkan dari *Google Scholar dan PubMed*. Pencarian jurnal dalam Penelitian ini dilakukan pada tanggal 7 Desember tahun 2024 – 2025 bulan februari. **Hasil Penelitian:** Dari enam jurnal yang sudah review, peneliti dapat menyimpulkan terdapat perbedaan yang bermakna antara "spiritual dan kecemasan pada pasien yang akan menjalani operasi (Pre-Op). **Kesimpulan:** Pasien yang akan menjani operasi sebagian besar mengalami kecemasan yang berlebihan yang dapat meningkatkan respon pada tubuh berupa takikardi,

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hipertensi, dan lain lain. Dalam hal ini pentinya penerapan terapi spiritual dalam menurunkan tingkat kecemasan pasien.
Kata Kunci: Spiritual, Kecemasan, Pasien Pre Operasi

BACKGROUND

Surgery is a form of invasive medical procedure that involves opening or causing injury to a part of the body, which is then concluded with a process of wound closure or suturing (Defia et al., 2022). This procedure often causes signs and symptoms of anxiety, which can be both emotional and physical and may appear at varying levels. Common manifestations of anxiety include nervousness, restlessness, irritability, fatigue, insomnia, sweating, tremors, gastrointestinal problems, headaches, and difficulty concentrating (Fitria & Litasari, 2021)(Anzalone et al., 2025) .

Preoperative anxiety is often experienced by patients because they feel threatened. Some of this anxiety is related to the fear of postoperative pain, fear of physical changes, fear of facing surgical instruments and medical staff, and fear of the severity of the condition. Symptoms may include difficulty sleeping, palpitations, and increased blood pressure (Sanjaya et al., 2022) (Septiyanti, Mardani, Ria Kartini Panjaitan, Husni, 2022). Anxiety may arise specifically in certain situations, such as when someone is about to undergo surgery.

According to the World Health Organization (WHO 2019), As many as 534 million people, or 60–90%, experience anxiety before surgery. The prevalence of preoperative anxiety among surgical patients ranges from 27% to 80%, with the highest prevalence observed in Spain and the lowest in the Netherlands (Abate et al., 2020). The prevalence of preoperative anxiety varies according to the type of surgery, gender, and surgical motivation, reaching as high as 97% in the European region (11, 23–26). In India, the prevalence of preoperative anxiety ranges from 47% to 70.3% (27–29), in Pakistan it ranges from 62% to 97% (16, 22, 30), while in the United States it can be as low as 20.2%. Meanwhile, 24% of people in Brazil experience preoperative anxiety. (Maulina et al., 2023) (Abate et al., 2020).

The incidence of anxiety in Indonesia has been increasing annually, reaching 11.6% of the adult population, according to data from the Ministry of Health. The prevalence of preoperative anxiety among patients ranges between 75% and 90% (Maulina et al., 2023). Age, gender, marital status, education level, fear of anesthesia, fear of delays, type of surgery, fear of waking up during surgery, fear of financial loss, fear of postoperative pain, fear of death, and fear of the unknown origin can also have an impact (Ministry of Health of the Republic of Indonesia, 2020). To avoid these issues, special actions are needed to help improve the motivation of patients who are about to undergo surgery, with the hope of reducing the anxiety they experience.

Several journal sources explain that non-pharmacological interventions, such as spiritual guidance, are very effective in reducing patient anxiety. Spiritual guidance therapy fulfills a fundamental need for every individual to maintain, enhance, and strengthen their faith in God Almighty (Goni et al., 2023). Spiritual support for individuals undergoing surgery can help them feel less anxious because they will experience strength coming from God Himself, who provides this assistance (Pragholapati, 2020). Depending on the patient's beliefs, spiritual care can take several forms, including prayer, dhikr, and reading the Quran. People tend to feel calmer and more comfortable when they pray, and their faith and optimism (hope) grow. (Amjadian et al., 2020) (Prasetyo et al., 2023) (Satriyawati et al., 2021)

At Karya Medika Hospital Bantar Gebang, between 2023 and 2024, the total number of surgical patients in the operating room was 1,061, with 225 elective patients (sourced from the surgical outpatient clinic).

Based on nursing diagnostic data collected from the Hospital Information System (SIMRS), approximately 50% of patients scheduled for surgery experience anxiety, especially those undergoing surgery for the first time. This is reflected in the nursing diagnoses (anxiety) established in the nursing care plans. This phenomenon occurs because patients feel threatened when undergoing surgery. (Talindong & Minarsih M., 2020). There are several nursing interventions that can be applied to preoperative patients, including education about the illness, explanation of the surgical process, family support, and spiritual therapy in the form of spiritual guidance.

Based on the data and phenomena presented above, the researcher is interested in conducting a study titled 'Spiritual Therapy on Anxiety Levels in Preoperative Patients.' The research results are planned to be used as the basis for developing a nursing SOP for patients with anxiety disorders at Karya Medika Hospital Bantar Gebang.

METHODS

This literature review was conducted by analyzing and interpreting research findings. Secondary data were collected from PubMed and Google Scholar. The search keywords used were "anxiety and spiritual and preoperative" on PubMed and "kecemasan AND spiritual AND preoperasi" on Google Scholar. The journal search process took place from December 7, 2024, to February 2025, using the operator AND to facilitate finding relevant journals or articles.

The literature review method is used to examine scientific works or books, with data obtained from reliable sources (Ridwan et al., 2021).

The PICOT method is used in this study. This method is commonly applied in quantitative research and aims to help answer research questions systematically (Hasani, R et al., 2025). The purpose of this study is to determine the "Effectiveness of Spiritual Therapy on Anxiety Levels in Preoperative Patients."

The inclusion and exclusion criteria used as the basis for data source selection are explained narratively as follows:

Inclusion Criteria:

1. Articles published within the last 5 years, between 2019 and 2024.
2. Journals available in full-text format.
3. Sources from Google Scholar and PubMed search engines.
4. Journals relevant to the research topic.
5. Population or patients who are preoperative and experience anxiety before surgery and receive non-pharmacological interventions (spiritual therapy).
6. Articles published in either Indonesian or English.

Exclusion Criteria:

1. Journals that are inaccessible.
2. Articles published in languages other than Indonesian or English.
3. Journals without a stated publication year.
4. Journals not relevant to the research topic.
5. Journals not available in full-text format.

A total of six journals, consisting of national and international articles published within the last 5 years (2019-2024), were reviewed in this literature review as follows:

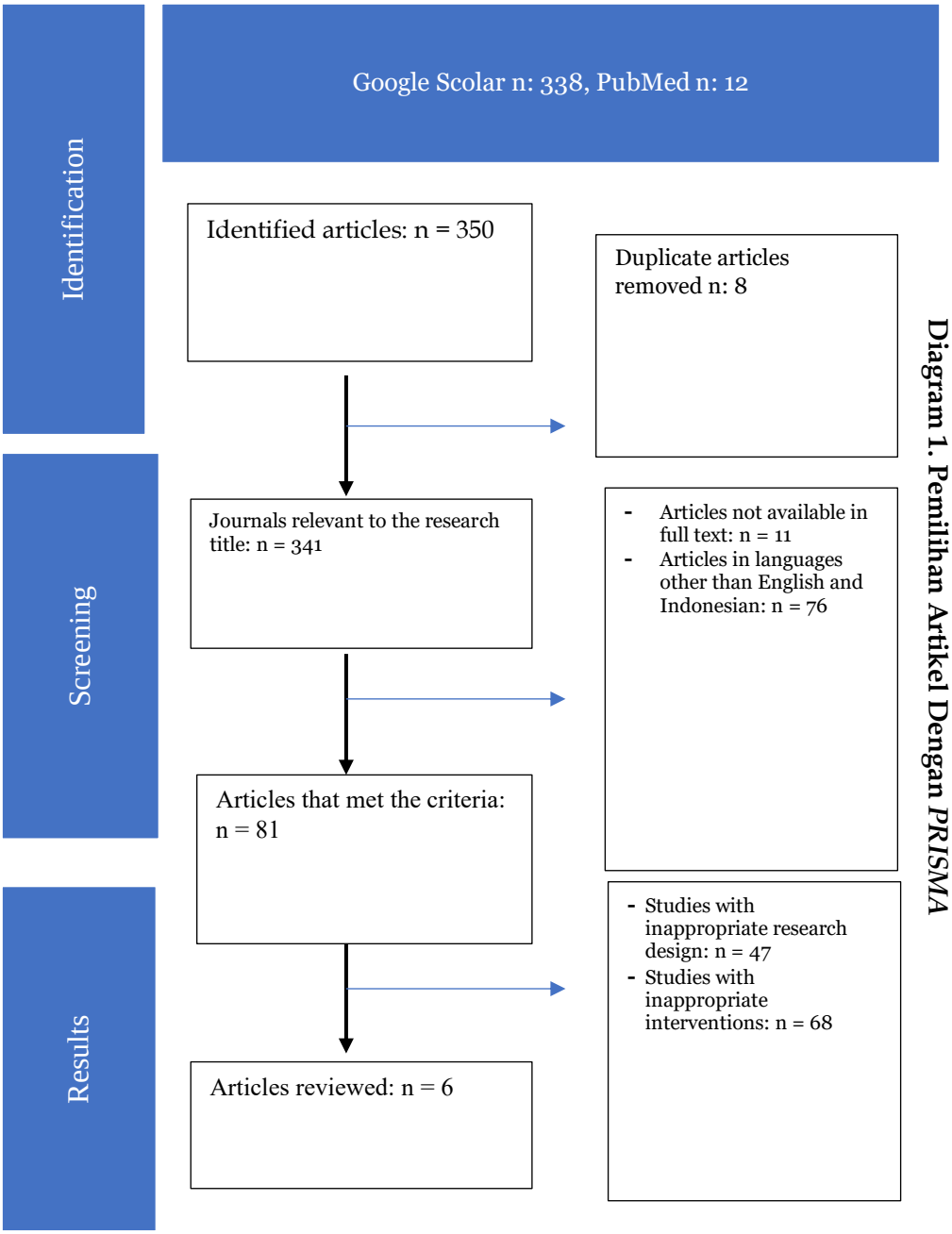

Diagram 1. Pemilihan Artikel Dengan *PRISMA*

Journals found on the PubMed and Google Scholar websites were analyzed using the PICOT method as follows:

Tabel 1: Analisa Picot

Judul	P	I	C	O	T
A Pilot Randomized Controlled Trial To Assess The Effect Of Islamic Spiritual Intervention And Of Breathing Technique With Heart Rate Variability Feedback On Anxiety, Depression And Psycho-Physiologic Coherence In Patients After Coronary Artery Bypass Surgery (Amjadian et al., 2020)	The population in this study consisted of sixty patients, including 19 women and 41 men aged between 32 and 67 years, who were included in the study through interviews and medical record reviews	The first group, after assessing their levels of anxiety, depression, and psychophysiological coherence, was given religion-based therapy using Islamic teachings and the Quran, followed by homework and exercises to be done during certain hours at home — in 2-hour sessions over 8 weeks. The implementation was divided into 7 sessions	Breathing and control strategies constituted the comparative group in this study. Over eight weeks, the experimental group received care in two-hour sessions with weekly assignments. The control group received only the standard hospital interventions	Analysis of covariance (ANCOVA) on depression scores across the three groups showed a significant group difference ($F = 12.552$, $P = 0.000$) with the effects of covariates controlled. The adjusted R-squared results indicate that the religion-based intervention grounded in the Quran and Islamic teachings can significantly reduce anxiety and depression	2016
The Effect of Spiritual Care Services on Anxiety Levels in Preoperative Patients at Woodward Hospital (Talindong & Minarsih M., 2020)	The ten individuals in this study were preoperative patients at Woodward Hammer Hospital	The anxiety levels of preoperative patients were measured as a pre-test by the researcher (dependent variable). Afterward, the researcher conducted a post-test to measure the patients' anxiety before surgery	One of the methods used was a pretest-posttest design with two groups.	The Wilcoxon test results showed a p-value of 0.004 ($p < 0.05$), so the null hypothesis (H_0) was rejected and the alternative hypothesis (H_1) was accepted	2019
The Effect of Spiritual Support on Anxiety Levels in Preoperative Patients in the Operating Room at R.S.D Balung (Prawiro et al., 2023)	There were 138 individuals in the preoperative patient population. Thirty respondents were selected as the sample. Non-probability sampling combined	Leininger's Transcultural Nursing Theory was used in this study to connect the independent variable, which is spiritual support. There were also further variations depending on the location	*This quantitative investigation used a pre-test post-test one-group design. The study employed a quasi-experimental technique related to spiritual support before and*	The Wilcoxon test was conducted at a significance level of $\alpha = 5\%$ (0.05). Before the intervention, 17 individuals, or 56.7% of the total, in the panic group received most of the spiritual therapy. Most patients in the moderate anxiety group showed a decrease in their	2023

	with a quota sampling approach was used		*after the intervention*	anxiety levels after receiving spiritual support; 26 individuals, or 86.7% of the total, experienced this reduction. The p-value was less than 0.05.	
Implementation of Spiritual Emotional Freedom Technique (SEFT) Therapy to Reduce Anxiety in Preoperative Patients (Hanandayu Kawanda et al., 2023)	Case study of 1 patient.	The initial step involved the Numeric Rating Scale, using the State-Trait Anxiety Inventory (STAI) metric. Next, the three stages of SEFT therapy—setup, tapping, and tuning—each took ten to fifteen minutes. The therapy was administered once daily for two days, and evaluation was conducted using the STAI	This study used a case study approach on a single patient who was examined	There was a significant result in the anxiety level of the preoperative patient, decreasing from moderate anxiety to mild anxiety after the SEFT intervention	2023
The Effect of Spiritual Guidance on Anxiety Levels of Preoperative Laparotomy Clients in the Central Surgery Installation (Sanjaya et al., 2022)	The number of respondents was 32	The process began with the client filling out a questionnaire as a pre-test conducted in the inpatient room. After that, the client received spiritual guidance intervention in the central surgery room as a post-test	Divided into treatment and control groups.	The results showed $p = 0.008$ ($p < 0.05$), indicating a significant effect on preoperative laparotomy patients after the intervention in the central surgical installation at RSUD Dokter Soedarso Pontianak. In the control group, the mean pre-test score was 2.50 ± 3.65 and the post-test score was 10 ± 5.09, with a p-value of 0.56 ($p > 0.05$)	2022

Effect of Spiritist "Passe" on Preoperative Anxiety of Surgical Patients: A Randomized Controlled Trial, Double-Blind (Carneiro et al., 2020)	The total sample taken in this study was 69	Patients were randomly assigned (1:1:1) to treatment with Spiritual Healing (SP), where the spiritual healer applied longitudinal techniques: moving their hands longitudinally, starting from the top of the patient's head and slowly sliding their hands along the patient's body for 5 minutes, along with localized laying-on-of-hands techniques. Then, they placed their hands above the patient's head and chest, about 10–15 cm away, for 5 minutes. The placebo group consisted of volunteers who were not trained spiritual healers but placed their hands with the intent to heal, without any spiritual connection.	Intervention group and sham or standard medical care group	Patients in the spiritual 'passe' intervention group showed greater reductions in anxiety ($p < 0.05$) and muscle tension ($p < 0.01$), as well as improvements in well-being ($p < 0.01$). More significant decreases in preoperative anxiety and muscle tension, along with increased well-being, were observed in patients exposed to the spiritual 'passe' compared to those receiving sham or standard medical care	2015 - 2017

RESULTS

The results from the journal review are explained in the following table

Tabel 2. Karakteristik Hasil Artikel Yang Disertakan

No	Authors	Methods	Intervention	Results
1	(Amjadian et al., 2020)	Using two groups: experimental and comparative	*Religion-based therapy using Islamic teachings and the Qur'an was given, followed by homework and exercises at designated hours at home—in 2-hour sessions over 8 weeks. The implementation was divided into 7 sessions*	The results were significant ($F = 12.552$, $p = 0.000$), with the effects of convergent variables controlled. This indicates that religious interventions based on the Qur'an and Islamic teachings can significantly reduce anxiety and depression
2	(Talindong & Minarsih M., 2020)	One of the methods used was a two-group pretest–posttest design	Preoperative patients' anxiety levels were measured by the researcher as a pre-test (dependent variable). After the intervention, a post-test was conducted to measure the patients' anxiety before surgery	The Wilcoxon test showed a p-value of 0.004 ($p < 0.05$), indicating that the alternative hypothesis (H_a) was accepted.
3	(Prawiro et al., 2023)	This was a quantitative investigation using a one-group pre-test	Using a quasi-experimental technique related to providing spiritual support before and after the intervention	The Wilcoxon test at a significance level of $\alpha = 0.05$ showed a significant effect, indicating a decrease in

		post-test design		anxiety levels after receiving spiritual support
4	(Hanandayu Kawanda et al., 2023)	A case study was conducted on a single patient	The State-Trait Anxiety Inventory (STAI) metric was used. Subsequently, the therapy consisted of three stages: setup, tapping, and adjustment, each lasting ten to fifteen minutes. The therapy was administered once daily for two days, and evaluation was conducted using the STAI	There was a significant reduction in the anxiety level of the preoperative patient, decreasing from moderate anxiety to mild anxiety after the SEFT intervention
5	(Sanjaya et al., 2022)	Divided into treatment and control groups.	Clients were asked to complete a questionnaire as a pre-test in the inpatient ward. Afterward, they received spiritual guidance intervention in the central surgical ward, followed by a post-test	The results showed p = 0.008 (p < 0.05), indicating a significant effect of the intervention on preoperative laparotomy patients
6	(Carneiro et al., 2020)	Intervention group and sham or standard medical care group	atients were randomly assigned (1:1:1) to treatment with SP (Spiritist healer applying the longitudinal technique	The Spiritist 'passe' intervention group showed significant reductions in anxiety (p < 0.05) and muscle tension (p < 0.01), as well as improvements in well-being (p < 0.01), compared to the sham or standard medical care groups.

PEMBAHASAN

Anxiety before undergoing surgical procedures often triggers fear in patients. Patients may fear experiencing pain during surgery, worry that the operation will cause physical changes or deformities, and have other related concerns. This anxiety can lead to symptoms such as nervousness, restlessness, irritability, fatigue, insomnia, sweating, tremors, gastrointestinal problems, headaches, and difficulty concentrating (Grossman et al., 2021) (Fitria & Litasari, 2021).

Various nursing interventions are carried out by nurses to reduce anxiety experienced by patients, one of which is providing spiritual support therapy. This is based on the belief that each individual sees their illness as predestined by God, and that there is no other place to seek healing except from Him, who is the giver of both illness and cure (Talindong & Minarsih M., 2020). The spiritual guidance provided includes inviting patients to pray together, encouraging them to perform religious rituals before surgery, advising Muslim patients to regularly recite dhikr (remembrance of God), and providing access for patients to read their respective religious texts according to their beliefs.

The journal review is also supported by research conducted by Weni Guslia Refti (2022), which concluded that the majority of patients who received spiritual therapy showed overall positive responses. It can be concluded that spiritual guidance has a significant effect on reducing preoperative anxiety levels in major surgery patients in the inpatient ward of RSAI Kota Bandung.

CONCLUSIONS

This is very important to implement across various healthcare services, especially in hospitals. Most patients undergoing surgery experience anxiety. Excessive

anxiety can trigger physiological responses such as tachycardia, hypertension, and others. If left unmanaged, this can affect the length of hospital stay and lead to unnecessary increases in healthcare costs. Therefore, spiritual guidance becomes an essential intervention that cannot be overlooked.

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