

Relaxation Method Training to Reduce Stress Levels in Mothers

Eva Gustiana^{a)}, Nika Cahyati

STKIP Muhammadiyah Kuningan, Kuningan, Indonesia

^{a)}eva_psikologi@upmk.ac.id.

ABSTRACT

The purpose of implementing community service is in the form of training on relaxation methods to reduce stress levels for mothers during online learning, this training is to increase the ability to reduce stress on parents, especially mothers to accompany children during online learning. This training was carried out for parents of RA students in Darma District, Kuningan Regency, the issue was about the number of parents who were stressed because they accompanied their children in learning during online learning. In fact, as it is known that the current changes in the situation and conditions of Covid that affect the condition of parents so that not a few are experiencing stress, with the existing phenomena in the field, therefore, this service aims to reduce stress levels for mothers in accompanying children, during School From Home. This service activity is in the form of training and guidance consisting of several stages, namely the observation stage, the collaboration stage with PC IGRA Darma, the guidance preparation stage, the training stage and the evaluation stage. Based on the results of data analysis shows that the relaxation method can reduce stress levels in mothers when accompanying School From Home children.

Keywords: Relaxion method, stress, mothers.

INTRODUCTION

Based on preliminary studies that have been carried out, it is known that the stress level for mothers when accompanying children (School From Home) during the current pandemic is high. The corona virus pandemic in Indonesia has not subsided. Unstoppable and uncertain when it will end, with the Ministry of Education instructed that students study at home under the supervision of teachers and parents. The learning media used during this pandemic is the internet and or online. Online learning for teachers and parents is something new in the world of education. These learning policies have received many responses from parents and teachers.

Initially for students online learning is fun, but after a while it gets boring because of assignments. On the other hand, parents who accompany their children to study online with various activities. Changes in situations and conditions that affect the condition of parents so that not a few experience stress. With the existing phenomena in the field, therefore, and based on the results of pre-research supported by expert opinions, it is necessary to have a relaxation method to reduce stress levels for mothers in accompanying SFH (School From Home) children in this Pandemic Era.

There are several cases that occur because of high stress on parents, which causes violence in children, or causes death in children, this shows that the stress level of parents affects a person in parenting patterns. According to (Council, 2004) that stress on parents, especially on mothers, will affect the ability of parents to carry out parenting roles, especially related to coping strategies used in overcoming children's problems. However, the condition of the child can also cause stress to the parents. Increased stress related to children and parenting has a negative effect on child development. Meanwhile, (Sari, A. D. K., 2015) in his research entitled "Relaxation Activities as Coping Stress during the Covid-19 Pandemic" explained that the effectiveness of relaxation methods as an alternative to dealing with stress during the Covid-19 pandemic. So that relaxation can be used as an alternative social technique that supports the adaptation process of individuals and groups, as well as communities. The relaxation method is very possible to be carried out to reduce stress levels for mothers (Kirkpatrick, Donald, 2006). Parenting patterns are very important in assisting children during learning from home (Cahyati &

Kusumah, 2020). There are also many research results that reveal the success of online learning, but many also explain that the impact of online learning greatly affects the emotional abilities of mothers and children.(Cahyati, 2020). So that online learning can run effectively with optimal learning outcomes. Researchers received complaints from mothers who experienced stress and became aggressive towards their children when accompanying their children with SFH.

The term stress refers to the condition of the body becoming tense when trying to adjust to carrying out difficult daily activities. Stress is an unpleasant condition in which humans perceive demands in a condition as burdensome or beyond their ability to meet these demands. According to (Nasir, 2011) defines stress as an individual's interaction relationship with the surrounding environment that can lead to a condition of perception of demands originating from a person's biological, psychological and social systems. Stress can also be interpreted as pressure, tension or unpleasant disturbances that come from outside a person and therefore stress can create a new threat that can cause anxiety, depression, social dysfunction and even end life. Type of relaxation according to Miltenberger(Procedures)., 2012) It is divided into four types, namely progressive muscle relaxation, diaphragmatic breathing, mediation relaxation (attention focusing exercises), and behavioral relaxation training and so on. Relaxation carried out in this study is relaxation of deep breathing, progressive muscle relaxation and relaxation of deep breathing can help individuals reduce stress (Champlin, 2006).

The purpose of the recalculation method is to reduce stress levels for mothers, so that online learning can be carried out optimally, many complaints from mothers who experience stress and become aggressive when facing their children during SFH. the need for relaxation methods to reduce stress levels for mothers in accompanying SFH children in the pandemic era. The purpose of this service is to describe the effectiveness of the relaxation method to reduce stress levels for mothers who accompany their children. Relaxation can be done to deal with stress, where there will be an increase in blood flow so that feelings of anxiety and worry will be reduced. The term stress refers to the condition of the body becoming tense when trying to adjust to carrying out difficult daily activities. Stress is an unpleasant condition in which humans perceive demands in a condition as burdensome or beyond their ability to meet these demands.

METHOD

The stages of implementing this service activity are in the form of guidance and training to all parents, especially mothers of RA children in Darma District, Kuningan Regency, can be seen in the scheme below:

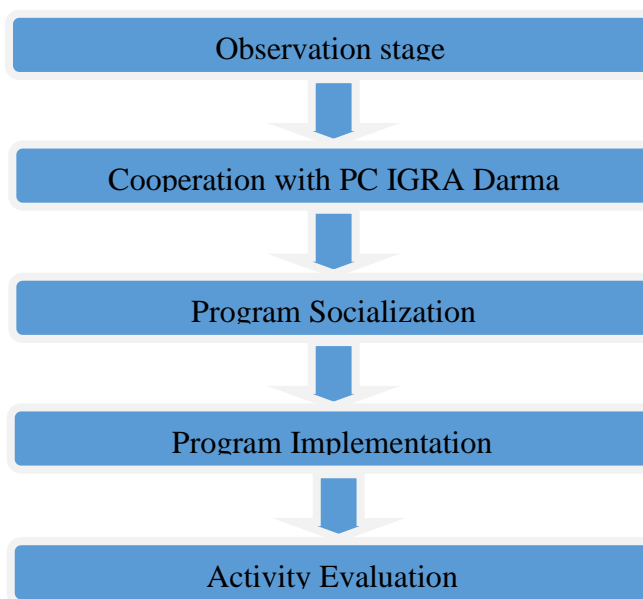


Figure 1. PKM Implementation Flow

- Participants in this community service activity are all mothers or parents of RA students in Darma District, Kuningan district. Activities are carried out using the lecture method, discussion, practice through the relaxation method . (Simarmata & Ahzan, 2021) (Henry, J. and Crawford, 2005). The implementation of this community service is carried out in five stages. The first stage is observation, which aims to see the needs of mothers regarding SFH activities during the pandemic in order to reduce maternal stress levels. The partners involved are all RA schools in Darma sub-district through PC Darma. Partners contribute to directing children's parents to participate in relaxation method training activities.
- Tahap kedua tim pelaksana pengabdian melaksanakan koordinasi dengan mitra yaitu ketua PC IGRA Kecamatan Darma, mengenai permasalahan yang terjadi yaitu mengurangi tingkat stress ibu selama SFH pada ibu anak RA di PC IGRA Kecamatan Darma, kemudian mensosialisasikan program yang bertujuan memberikan informasi tentang serangkaian kegiatan yang akan dilaksanakan.
- The second stage of the service implementation team coordinated with partners, namely the head of the PC IGRA Darma District, regarding the problems that occurred, namely reducing the stress level of mothers during SFH for mothers of RA children at PC IGRA Darma District, then socializing the program which aims to provide information about a series of activities to be carried out .
- The fifth stage is the evaluation of analyzing how parents implement relaxation methods so that they can reduce stress levels, so that dealing with children will be easier to do. The method used is Community Education, which is used for activities, such as a) training such as in-house training; b) counseling aimed at increasing understanding and awareness, and so on.

The relaxation method training activity was carried out through outreach activities as well as direct training to the parents of RA PC Darma's children, Darma District, Kuningan Regency as many as 320 parents (mothers), with 10 schools involved. The training activity lasted for 4 days in Darma Village, where each activity moved around, namely in the village hall yard, inside the village hall, one group per day totaling 4 schools The training activities were divided into 4 groups, each group contained 80 parents (Mother). This training activity is carried out directly with the parents of students, so that parents always feel firsthand the method being taught so that it can be implemented directly by the parents themselves. This is so that the process of dealing with stress that occurs in the mother can be overcome immediately, stress generally occurs because too many burdens are carried, causing stress and emotional management instability. Therefore, training is needed in processing the emotional stability of the mother, because in general the mother who accompanies the child at home is the mother. Early childhood has the characteristics of having more emotions, so it is necessary to balance the emotions of the child and the mother in order to accompany the child during SFH during online learning.

RESULTS AND DISCUSSION

The implementation of relaxation method training at RA PC Darma, Darma District is divided into 4 groups, namely:

Table 1. Schedule of activities

No.	Relaxation Method Training		
	Date and time	Program	Group
1.	Monday, 08 Nov 2021	Presentation of materials, Relaxation method training	Group 1
2.	Monday, 15 Nov 2021	Presentation of materials, Relaxation method training	Group 2
3.	Monday, 22 Nov 2021	Presentation of materials, Relaxation method training	Group 3
4.	Monday, 29 Nov 2021	Presentation of materials, Relaxation method training	Group 4

The training activities were carried out face-to-face and were divided into 4 groups, the group was divided due to the large number of participants, so it was feared that there would be a crowd that violated the health protocol rules.

The first service activity carried out was material presentation, namely providing information about relaxation methods. The activity was attended by all teachers and parents at PC IGRA Darma, including group 1. The activity began with remarks from the head of PC IGRA Darma, RA Supervisor and Village Head Darma. Group 1 participants consisted of 10 RA schools and each RA sent 8 parents.



Figure 2. Submission of Relaxation Method Material

The second activity is the process of implementing the relaxation method training, all participants are asked to follow the resource person's instructions, then practice together. The working mechanism of the deep breathing relaxation method is slow deep breathing on a regular basis which will increase baroreceptor sensitivity and release endorphins neurotransmitters so that it stimulates autonomic nervous responses that have an effect on inhibiting the sympathetic center (increasing body activity) and stimulating parasympathetic activity (reducing body activity or relaxation). If this condition occurs regularly, it will activate the cardiovascular control center (CCC) which will cause a decrease in heart rate, stroke volume, thereby reducing cardiac output, this process has the effect of lowering blood pressure (Puspita, 2019). The physiological process of deep breathing therapy will respond to increasing baroreceptor activity and can reduce sympathetic nerve activity and decrease contractility, decrease strength at each beat, so stroke volume decreases, cardiac output decreases and the end result is lower blood pressure thereby reducing anxiety. . Indications for deep breathing relaxation therapy, patients who experience mild to moderate acute pain due to cooperative disease, patients with chronic pain, postoperative pain, and participants experiencing stress.

The following are the stages of implementing the deep breathing relaxation method (Priharjo, n.d.):

- Adjust the client's position to relax, without physical burden. The position can be sitting or if unable to lie in bed.



Figure 3. Procedures for the relaxation method

- Instruct the client to inhale or inhale deeply from the nose so that the lung cavities are filled with air for a count of 1, 2, 3, 4 and then held for about 3-5 seconds.



Figure 4. Procedures for the relaxation method

- Instruct the client to exhale, counting to three slowly through the mouth.



Figure 5. Procedures for the relaxation method

- Instruct the client to concentrate so that the feeling of anxiety that is felt can be reduced, either by closing his eyes.



Figure 6. Procedures for the relaxation method

- Advise to repeat the procedure until the participant's stress is reduced.
- Repeat up to 10 times, alternating short breaks every 5 times.
- Do a maximum of 5-10 minutes

The third activity is evaluation, in this case the resource person gives reflection to the participants about the given method, reflection activities are carried out by giving evaluations to the participants, asking questions about what they feel after doing the reflection method. This training activity is accompanied by teachers so that teachers can work together with parents to stimulate children's development. The impact of the pandemic turned out to be very significant related to parents, many things happened as a result of the pandemic, not only the decreased academic level of the child, but also the stress level of the mother when accompanying the child. (Sutarna et al., 2022).

National Safety (Council, 2004) divides stress into 2 types of stress, namely good stress and bad stress. A stress is considered good or bad depending on a person's response to the stressor experienced. (1) Good stress / eustress is something positive, namely when someone tries to meet the demands he faces so that others and himself get something good. It can be said that stress is positive if the value of the event experienced / faced with positive thinking, and the incoming stimulus is used as a valuable lesson learned and encourages someone to behave well, where this attitude can bring benefits and provide motivation. (2) Bad stress/negative stress (Ruli., 2016). Obtained from the process where someone interprets something badly, and the response used is always negative and is interpreted as a threat. Bad stress is stress that makes individuals anxious, angry, tense, feeling guilty and feeling overwhelmed by the pressure/stressors they face. (Churiyah et al., 2020). Stress will have an impact on mood (mood), skeletal muscles (musculo sketetal), and organs in the body (*visceral*) (Ruli., 2016) Signs in the mood (mood), are anxious, feeling uncertain, difficulty sleeping at night, forgetfulness, and nervousness. Musculoskeletal signs are shaking fingers and hands, head pain, neck stiffness or standing in place. Visceral signs are sweaty hands, profuse sweating, palpitations, stomach upset, dry mouth, ringing sound in the ears.(Susilowati, 2018). Assistance that can be given to mothers who are experiencing stress can be in the form of medical or psychological treatment. Psychological therapy that is often done to reduce stress is the relaxation method. Several studies have shown that relaxation is effective in reducing stress. Relaxation technique is a self-management technique based on the workings of the sympathetic and parasympathetic nervous systems. In addition, when the muscles are relaxed, it will normalize the functions of the body's organs. After a person relaxes, it can help his body relax. In addition, relaxation is the process of relaxing the muscles that are experiencing tension or loosening the muscles and thoughts in order to achieve a comfortable condition or stay on the alpha-beta brain waves. (Yulianingsih et al., 2020). Type of relaxation according to Miltenberger (Procedures)., 2012) It is divided into four types, namely progressive muscle relaxation, diaphragmatic breathing, mediation relaxation

(attention focusing exercises), and behavioral relaxation training and so on. Relaxation carried out in this study (Gustiana & Islami, 2021) are deep breathing relaxation, progressive muscle relaxation and deep breathing relaxation can help individuals reduce stress (Priharjo, n.d.). Proper breathing can reduce stress and proper breathing habits are important for physical and mental health (Davis, M, 1995).

Some of the things that have been achieved from this training activity are:

- Increased parental knowledge about the importance of the golden age for child development
- Increasing the ability of parents to understand themselves and the importance of managing stress on themselves
- During the training process 90% of the trainees had very high enthusiasm.
- The result of this training activity is an increase in the understanding of teachers and parents regarding the importance of early childhood education in the golden age, and the importance of managing stress on mothers, because children depend on their parents in managing education.

CONCLUSION

Based on the results of the relaxation method training activities, it can be concluded that training activities through the relaxation method can increase parents' knowledge about the importance of the golden age for child development. It can increase the ability of parents to understand themselves and the importance of managing stress on themselves and during the training process 90% of the trainees have very high enthusiasm. So that parents can do relaxation methods independently and parents can always manage stress during online learning.

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