

ANALYSIS OF NURSING CARE IN PATIENTS WITH ANXIETY THROUGH BUTTERFLY HUG THERAPY INTERVENTION TO REDUCE ANXIETY LEVELS

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Abstract

Background: Anxiety is an emotional condition characterized by unpleasant feelings such as tension, worry, and physical changes like increased blood pressure, palpitations, and trembling. If left untreated, anxiety can disrupt an individual's personal life and hinder social interactions. One effective non-pharmacological intervention to reduce anxiety levels is the Butterfly Hug therapy. Butterfly Hug is a self-stimulation technique that helps reduce anxiety and promotes relaxation. This study aims to analyze nursing care in patients with anxiety through the implementation of Butterfly Hug therapy intervention. **Methods:** This research used a case study design with a single-case approach. Data were collected through interviews and observations using a nursing care format, Standard Operating Procedures (SOP), and the Hamilton Anxiety Rating Scale (HARS) to assess anxiety levels. **Results:** A case study was conducted on Mrs. S, a patient with spinal tuberculosis who exhibited symptoms of anxiety. Butterfly Hug therapy was administered for four consecutive days. Evaluation after the four-day intervention showed a decrease in anxiety level, with the HARS score reducing from 20 (indicating mild anxiety) before the intervention to 10 (indicating no anxiety) after the intervention. **Conclusion:** Based on the findings, Butterfly Hug therapy is effective in reducing anxiety levels. Therefore, it is recommended for use by healthcare professionals and the community to help manage and prevent anxiety.

Keywords: Anxiety, Butterfly Hug Therapy, HARS Scale

Background

According to the American Psychological Association, anxiety is an emotional condition characterized by unpleasant feelings such as tension, anxious thoughts, and physical changes, including increased blood pressure, trembling, and headaches. Anxiety is a distressing feeling accompanied by physiological signs such as sweating, increased heart rate, tension, and self-doubt in dealing with perceived threats (Effendi & Purwanto, 2023). Excessive anxiety can negatively affect an individual's mental and psychological well-being.

The World Health Organization (WHO) estimated that, as of 2020, anxiety was a leading cause of individual disability and psychiatric disorders globally, contributing to around 15% of the global disease burden. The 2022 Indonesia–National Adolescent Mental Health Survey (I-NAMHS) reported that, within 12 months, the prevalence of mental health problems among adolescents aged

10–17 years—particularly anxiety—reached 26.7%, equivalent to 1,514 individuals (Aulia, Yuliasuti, & Suyatno, 2024).

In Indonesia, the prevalence of emotional mental disorders such as anxiety and depression is around 6% among those aged over 15 years (Harisa et al., 2023). Data from the Ministry of Health (2018) indicated a high prevalence of anxiety among the elderly, with rates of 6.9% in the 55–65 age group, 9.7% in the 65–75 age group, and 13.4% among those aged over 75 (Ramdhani & Soleman, 2023).

Although specific data on the prevalence of anxiety in South Kalimantan are not available, related information shows an increase in reported mental health cases—from 338 individuals in 2021 to 390 in mid-2022 (Widhawati, Lubis, & Komalasari, 2024). These findings suggest that mental health issues, including anxiety, are a growing concern in the region.

Untreated anxiety may result in an inability to concentrate, problem-solving difficulties, impaired decision-making, maladaptive behavior, and disrupted social interactions (Effendi & Purwanto, 2023). If not addressed, anxiety can significantly interfere with a person's personal life and social functioning.

One effective approach to reduce anxiety is self-healing techniques. Among these is the Butterfly Hug technique, which encourages self-appreciation and gratitude for overcoming life's challenges (Effendi & Purwanto, 2023). Butterfly Hug is a form of self-administered stimulation therapy that helps relieve anxiety and promotes relaxation.

Previous studies have shown that Butterfly Hug therapy is effective in reducing anxiety. Research by Aulia, Yulastuti, and Suyatno (2024) found a significant effect of Butterfly Hug therapy on adolescent anxiety levels, with a p-value of 0.000 ($p < 0.05$). Similarly, a study by Yuliana et al. (2024) using a one-group pretest-posttest design (without a control group) reported a p-value of 0.000 ($p < 0.05$), indicating a significant reduction in anxiety levels after the intervention.

Based on this background, the researcher is interested in analyzing nursing care through the implementation of Butterfly Hug therapy to reduce anxiety levels in patients.

Method

This scientific paper employs a case study design with a single-case approach. The research subject is a patient experiencing anxiety at the CICS South Kalimantan Shelter. The case study was conducted from November 2024 to June 2025, encompassing the preparation of the introduction, literature review, methodology, data collection, analysis, discussion of findings, and the comprehensive development of the final case study report.

Results and Discussion

Based on the data in the table 1, a significant reduction in anxiety-related behaviors was observed following the administration of Butterfly Hug therapy for four consecutive days. Prior to the intervention, the client exhibited four indicators of anxiety: nervousness, restlessness, difficulty initiating sleep, and frequent nighttime

awakenings. After the first day of intervention, some symptoms began to subside, and by the fourth day, all symptoms had completely disappeared. This change indicates a positive effect of the Butterfly Hug therapy in reducing the patient's anxiety level.

Discussion

Mrs. S, a 39-year-old woman residing on Aes Nasution Street in Banjarmasin, is a housewife with no formal employment and adheres to the Islamic faith. She has been diagnosed with spinal tuberculosis, which has led to an inability to walk. Since the onset of her illness, she has reported feelings of sadness and worthlessness due to her inability to carry out household responsibilities. She frequently experiences anxiety and fear, often triggered by negative thoughts about the possibility of never walking again. Clinically, she appeared restless and anxious.

These complaints align with a theory that defines anxiety as a feeling of confusion or worry regarding uncertain events, often accompanied by a sense of helplessness stemming from perceived threats (Hastuti & Mulyani, 2019). In this context, Mrs. S experiences fear about an outcome that may not necessarily occur. For instance, she stated feeling anxious and fearful about the possibility of never regaining her ability to walk—an outcome that is uncertain and rooted in her anxiety about her illness.

Assessment findings indicated that her anxiety and fear began following her diagnosis. This is consistent with literature suggesting that anxiety may be triggered by the loss of valued objects, loved ones, or the onset of illness (Stuart, 2016). According to the Indonesian Nursing Diagnosis Standards (SDKI, 2016), anxiety is indicated by specific symptoms, one of which is concern about the consequences of a condition. In this case, Mrs. S's anxiety is caused by her spinal tuberculosis, which has impaired her ability to stand and walk.

This assessment is supported by a correlational analysis conducted by Shinta Dewi et al. (2023), which found a significant relationship between tuberculosis and anxiety, ranging from mild to panic levels. Contributing factors include physical changes, social implications,

Table 1. Pre- and Post-Intervention Results of Butterfly Hug Therapy

Anxiety Behavior	Before		After Butterfly Hug Therapy							
	Butterfly Hug Therapy		Wednesday, June 4, 2025		Thursday, June 5, 2025		Friday, June 6, 2025		Saturday, June 7, 2025	
	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Anxious	✓		✓		✓			✓		✓
Restless	✓		✓			✓		✓		✓
Tense Facial Expression		✓		✓		✓		✓		✓
Difficulty Initiating Sleep	✓		✓		✓		✓			✓
Easily Awakened at Night	✓		✓		✓			✓		✓

and patients' level of information about tuberculosis. Their study indicated that anxiety levels in tuberculosis patients tend to be higher than in the general population.

The most prominent issue identified in Mrs. S's case was anxiety. Based on this, nursing interventions were tailored to address her condition. One approach used was deep breathing relaxation, aimed at reducing and managing anxiety. Additionally, a key supportive intervention applied was Butterfly Hug therapy, selected as the primary therapeutic method for this patient.

Implementation is defined as the execution of planned nursing actions for the client (Massa et al., 2025). Deep breathing relaxation was performed as part of the anxiety management intervention and was conducted once in a single session. During the session, Mrs. S was able to follow the instructions well. However, during evaluation, she continued to express feelings of anxiety and exhibited restlessness, indicating that the intervention had not yet fully resolved the issue.

The assessment results showed persistent anxiety symptoms in Mrs. S, including fear, restlessness, and worry. Anxiety is described as a state of confusion or concern linked to uncertain events and perceived helplessness (Hastuti & Mulyani, 2019).

The main intervention for Mrs. S's anxiety was Butterfly Hug therapy, an alternative technique for alleviating anxiety symptoms. This intervention

was administered using a standard operating procedure based on evidence-based nursing (EBN) and relevant research literature. Butterfly Hug therapy was introduced on the second day of the intervention, following confirmation that her anxiety symptoms persisted.

Evaluation is an ongoing process used to assess the impact of nursing interventions on clients (Supratti & Ashriady, 2018). In this case, a formative or process-based evaluation was used to assess the effectiveness of Butterfly Hug therapy in managing Mrs. S's anxiety. During the first session, the intervention was successfully carried out, and the nurse determined that the therapy should be continued as a supportive measure.

Butterfly Hug therapy was conducted over four sessions. Based on evaluation results, the intervention was successful. Mrs. S reported a reduction in anxiety and restlessness and stated it was easier for her to fall asleep at night. Initially, she experienced difficulty sleeping and frequent awakenings, but by the fourth day, she reported improved sleep and no longer felt anxious.

These findings are consistent with a study by Aulia, Yuliastuti, and Suyatno (2024) titled "The Effect of Butterfly Hug Therapy on Anxiety Levels in Adolescents," which found a significant reduction in anxiety after six days of intervention. The study concluded that Butterfly Hug therapy is effective for

managing anxiety.

Several facilitating and hindering factors were identified during the four-day intervention. Facilitating factors included Mrs. S's receptiveness to the intervention and her ability to replace negative thoughts with positive affirmations and self-suggestions. Hindering factors included limited opportunities for implementation due to time constraints during nursing shifts.

This study has certain limitations, notably the reliance on subjective patient assessments with limited objective data, such as vital sign measurements at each session. Furthermore, the evaluation was conducted over only four days, limiting the ability to assess long-term outcomes in anxiety reduction.

Conclusion

Based on four days of nursing care, a significant reduction in anxiety symptoms was observed in the patient. Mrs. S no longer exhibited physical or psychological signs of anxiety. The Butterfly Hug therapy proved effective in reducing her anxiety, as evidenced by a decrease in her Hamilton Anxiety Rating Scale (HARS) score—from 20 (mild anxiety) before the intervention to 10 (no anxiety) after four sessions.

Future research is encouraged to explore other anxiety management techniques, such as Spiritual Emotional Freedom Technique (SEFT), aromatherapy, five-finger hypnosis, or other therapeutic methods.

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