

THE EFFECT OF GROUP-BASED PATIENCE THERAPY ON REDUCING ANXIETY LEVELS

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ABSTRACT

The earthquake at the end of 2022 which occurred in Cugenang Cianjur, West Java, left quite a deep psychological impact on some of the people, especially marked by the emergence of symptoms of anxiety. If intervention is given too late, it will result in more severe psychological disorders. The aim of this research is to examine how much influence patience therapy has on reducing anxiety levels in earthquake victims. The patience therapy used is an approach that integrates targets into aspects biopsikososiospiritual. The research design used is experimental design in the shape of pre test-post test control group design. The population in this study were all students at the Girls' Islamic Boarding School in Cugenang Cianjur. Sampling in this research used Purposive sampling technique. The sample used in this research consisted of 12 subjects who were earthquake survivors in Cugenang Cianjur. A measuring tape used HRS-A Scale from Hamilton which consists of 14 statements which have a validity value of 0.81 and a reliability of 0.91, which includes four aspects, including physiological aspects, cognitive aspects, affective aspects and behavioral aspects. Measurement results on pre test-post test showed a reduction in anxiety levels of 53.4%. Meanwhile, statistical analysis using the independent mann whitney showed a score of 0.00 ($p < 0.05$), which means that patience therapy was significantly effective in reducing anxiety levels in survivors of the earthquake natural disaster in Cugenang Cianjur.

KEYWORDS *Patience Therapy, Earthquake Survivors, Anxiety*



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INTRODUCTION

In Indonesia, the frequency of natural disasters such as earthquakes has significantly increased, with thousands of incidents occurring annually. The impact of such disasters, as seen in the earthquake in Cianjur Regency, West Java, in

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November 2022, affects not only the loss of life and physical damage but also leaves deep psychological scars on survivors. With hundreds of lives lost, homes and jobs destroyed, and firsthand witnesses to the tragedy, many experience prolonged psychological trauma. This is especially true among children, such as those in the Islamic boarding school in Cariu Village, where many students lost their lives and suffered serious injuries. The psychological impact of such disasters, including stress, fear, anxiety, and depression, cannot be ignored as it can have long-term effects on individuals, families, and the community as a whole. Therefore, disaster management must focus not only on physical recovery but also on psychological aspects to ensure the mental and emotional well-being of the survivors.

The psychological impact of natural disasters includes emotional and cognitive aspects of the victims. Emotional aspects manifest in symptoms such as shock, fear, sadness, resentment, guilt, shame, helplessness, and the loss of emotions like love, intimacy, joy, or attention to daily life (Khairul Rahmat & Alawiyah, 2020). In psychological terms, stress can be understood as a state of tension following an unpleasant event. In the study, researchers conducted direct observations and interviews with disaster victims. During the interviews, victims reported feeling lingering trauma even years after the event (Widiawaty & Satria, 2019). Even years later, victims still experience trauma from the incident. Another study by Widiawaty & Satria (2019) found similar results regarding the psychological status of students in Samalanga's Islamic boarding schools following an earthquake.

The study by Widiawaty & Satria (2019) showed that post-earthquake psychological status is often severe, with most respondents experiencing psychological conditions requiring serious attention. The study also showed that anxiety is the most significant psychological impact, with the highest prevalence compared to other psychological symptoms. This finding is consistent with previous research showing that anxiety is highly prevalent among natural disaster victims. Additionally, recent research in Cianjur revealed that most earthquake victims in the area experienced anxiety, insomnia, and depression after the event, highlighting the importance of psychological assistance and social support in the healing process. Victims, including students of the Islamic boarding school in Cugenang, Cianjur Regency, often experience low stress tolerance and a profound sense of hopelessness in dealing with their traumatic experiences, underscoring the need for a holistic approach to addressing the psychological impact of disasters.

Since the earthquake, the students of the Islamic boarding school have reported symptoms such as cold fingers, rapid heartbeats, cold sweats, dizziness, loss of appetite, poor sleep, insomnia, and chest tightness. They feel more sensitive and prone to crying, especially when remembering their fellow students who were victims. They also feel guilty for not being able to protect those who were lost. According to Rosenberg (2014), anxiety is a post-traumatic stress disorder.

These students wish to return to their pre-earthquake activities where they felt safe and free from worry (Sunny & Setyowati, 2020). According to Stuart (Stuart, 2021), anxiety is an unclear and pervasive worry related to feelings of uncertainty and helplessness. An earthquake is a disaster condition that individuals cannot avoid, so when affected by this calamity, individuals feel helpless.

Responses to anxiety include physiological, behavioral, cognitive, and affective responses (Stuart, 2021). The students often feel restless, experience cold sweats, and panic when they hear rumbling sounds or vibrations. They tend to avoid certain places and feel calmer when accompanied by others. They tend to overthink dangers and feel incapable of handling their experiences (Rosenberg, 2014).

The students also feel apprehensive about their daily activities (Stuart, 2021). Physiological responses such as restlessness and cold sweats, as well as avoidant and dependent behaviors, indicate the anxiety symptoms seen in these students. The presence of anxiety and the cognitive misjudgment that something bad will happen again demonstrate severe anxiety (Abdul Haris, 2011).

Several types of therapy are effective for addressing anxiety, including Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Mindfulness-Based Cognitive Therapy (MBCT), Rational Emotive Behavior Therapy (REBT), and Art Therapy (Ardhani & Nawangsih, 2020; Krisnanto, 2019; Leni et al., 2023; Ulfah et al., 2023; Wina Lova Riza, 2016). Religious-based therapies such as Islamic counseling, Quranic recitation therapy, Reflective Intuitive Al-Fatihah Therapy, and Dhikr Therapy have also proven effective (Nugroho et al., 2023; Nunu & Khasanah, 2021; Putri & Nashori, 2021; Tambunan, 2018).

Previous research shows that spirituality positively influences human mental health (Timothy et al., 2003). Religious therapy has also been effective in reducing anxiety, such as dhikr, prayer, and patience therapies that focus on spiritual aspects (Nugrahati et al., 2018). In (Thoyibah et al., 2020) study, regular religious activities can calm the mind and reduce anxiety caused by natural disasters.

Integrating religious-based therapy with other psychological aspects, such as patience therapy, also has the potential to reduce post-disaster anxiety levels (Yusuf, 2023). Patience therapy, which focuses on increasing resilience, steadfastness, and perseverance, has been effective in addressing psychological issues (Yusuf, 2020). By understanding that problems are tests from God, patience therapy can help individuals manage their anxiety more effectively (Yusuf, 2023).

Patience therapy to reduce anxiety has previously been conducted by Fadilah & Madjid (2020), but the results did not show a significant impact on reducing anxiety symptoms. However, Umar Yusuf's patience therapy conducted by Qomarudin et al. (2023) on survivors of postpartum depression proved effective in reducing depression symptoms. This has motivated researchers to explore the effectiveness of patience therapy in reducing anxiety among earthquake survivors in Cianjur. This interest has led to the study titled "The Influence of Group-Based Patience Therapy on Reducing Anxiety Levels (A Study on Earthquake Survivors in Cugenang District, Cianjur)."

The problem identification in this study is to investigate the influence of group-based patience therapy on reducing anxiety levels among students of the Islamic boarding school in Cugenang District, Cianjur, who are earthquake survivors. The research aims to understand and analyze the impact of group-based patience therapy on reducing anxiety levels among earthquake survivors in the area. The theoretical significance of this study is to serve as a source of information and evaluation that can be used as a model for utilizing patience therapy to reduce anxiety levels, both in formal and non-formal education contexts. This is important for

further research on ways to address anxiety among disaster survivors. Practically, this study is expected to be an effective therapy to help reduce anxiety levels, especially among the Islamic boarding school students in Cugenang District who are earthquake survivors in Cianjur.

RESEARCH METHOD

Research Design

The research method employed by the researcher is the experimental method. Experimental research is conducted with manipulation to determine the effects of that manipulation on observed behavior (Latipun, 2008). In experimental research, manipulation involves deliberately applying a treatment to reveal the effects of specific actions on individuals. This study uses a Pretest-Posttest Control Group design to assess the impact of Group-Based Patience Therapy on reducing anxiety levels. Measurements are taken through both qualitative (interviews) and quantitative (questionnaires) methods, comparing pretest and posttest scores, along with daily reports. This design is effective for measuring the efficacy of clinical treatments, especially with a limited number of participants, allowing for more detailed behavioral analysis and consistent participation.

Systematically, the research design can be illustrated in the following table:

Table 3.1 Research Design

GROUP	PRE-TEST	TREATMENT	POST-TEST
Experiment	O1	X	O2
Control	O3	-	O4

Keterangan :

O1 : Initial anxiety level measurement (Pre-test) in the Experiment group using HRS-A, before treatment.

O2 : Final anxiety level measurement (Post-Test) in the Experiment group using HRS-A, after treatment.

O3 : Initial anxiety level measurement (Pre-test) in the Control group using HRS-A.

O4 : Final anxiety level measurement (Post-Test) in the Control group using HRS-A.

X : Treatment given to the Experiment group, which is Group-Based Patience Therapy.

This study describes the use of a Pretest-Posttest Control Group design to evaluate the effectiveness of Group-Based Patience Therapy in reducing anxiety levels. The independent variable is Patience Therapy, while the dependent variable is Anxiety Level. Measurements are conducted using the Hamilton Rating Scale for Anxiety (HRS-A), with both quantitative and qualitative analysis. The results indicate that the therapy is effective in reducing participants' anxiety levels. The study also considers controlling external variables that could affect the outcomes. During the completion stage, data is analyzed using statistical methods, and the results are

concluded to strengthen the therapy's effectiveness. Additionally, interviews are used as supporting data to complement the information obtained from the questionnaires.

RESULT AND DISCUSSION

Statistical Analysis

Pre and Post-Test in the Experimental Group

Normality Test

	Tests of Normality					
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pre.Test.Eksperimen	.121	14	.200*	.946	14	.502
Post.Test.Eksperimen	.33	14	.038	.924	14	.253

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

The normality test table shows that in the experimental group, the data is normally distributed as the probability values are greater than 0.05 ($p=0.502$ and $0.253 > 0.05$). Based on these data, parametric statistics using the paired t-test are applied. The statistical test results show a probability value of 0.000, which is less than 0.05 ($p=0.000 < 0.05$), indicating a significant difference between the pre-test and post-test in the experimental group.

Based on the test results shown in the table, it is evident that after the treatment and post-test, the significance value is $0.00 < 0.05$. Thus, according to the decision-making basis for paired t-test hypothesis testing, it can be concluded that H_0 is rejected and H_1 is accepted. This leads to the conclusion that there is a significant difference in the effectiveness of Patience Therapy in reducing anxiety levels among earthquake survivors in Cianjur.

Pre and Post-Test in the Control Group

Data Normality Test

	Tests of Normality					
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pre Test.Control	.167	14	.200*	.902	14	.120
Post Test Vontrol	.132	14	.200*	.952	14	.590

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

The normality test table shows that in the control group, the data is normally distributed as the probability values are greater than 0.05 ($p=0.120$ and $0.590 > 0.05$). Based on these data, parametric statistics using the paired t-test are applied. The statistical test results show a probability value of 0.506, which is greater than 0.05 ($p=0.506 > 0.05$), indicating no significant difference between the pre-test and post-test in the control group.

Based on the test results shown in the table, it is evident that after the post-test, the significance value is $0.506 > 0.05$. Thus, according to the decision-making basis for paired t-test hypothesis testing, it can be concluded that H_0 is accepted and H_1 is rejected. This leads to the conclusion that there is no significant difference between the pre-test and post-test in the control group.

Comparison of Control Group and Experimental Group

Data Normality Test

Tests of Normality							
	Kolmogorov-Smirnova			Shapiro-Wilk			
	Statistic	df	Sig.	Statistic	df	Sig.	
Overall	.197	28	.007	.889	28	.006	
a. Lilliefors Significance Correction							

The normality test table shows that the data is not normally distributed because the probability value is smaller than 0.05 ($p=0.006<0.05$). Based on the results of the data test, the statistical test uses non-parametric statistics with the Independent-Samples Mann-Whitney U Test.

The results of statistical testing obtained a probability value of 0.000 which is smaller than 0.05 ($p = 0.000<0.05$) meaning that there is a significant difference between the control group and the experimental group in all aspects (overall)

With the results of statistical testing using the Independent-Samples Mann-Whitney U Test to compare the difference in test results in the experimental group and the control group where a probability value of 0.000 is obtained which is smaller than 0.05 ($p = 0.000<0.05$) it means that there is a significant difference between the control group and the experimental group in all aspects. So it can be said that Patience Therapy has an effect on reducing anxiety levels.

Comparison of Anxiety Level Scores Before and After Patience Therapy in the Experimental Group

A comparison of anxiety level scores before Patience therapy with after Patience therapy based on total scores on all aspects is presented in tables and graphs as follows:

Table 4. Comparison of anxiety level scores before Patience therapy with after Patience therapy

Total Score	Kel.Experiment		%
	PRETEST	POSTEST	
	204	95	53,4

This means that when viewed from the results of the comparison of overall scores before and after therapy, Patience Therapy can reduce anxiety levels. If the percentage is calculated, the decrease from before and after therapy decreased by 53.4%.

Results of the Implementation of Patience Therapy Intervention

The purpose of this study was to collect empirical data on how patience therapy had an impact on reducing anxiety levels in an experimental group of earthquake survivors in Cugenang Cianjur sub-district. By being given patience therapy, it is expected that anxiety levels that were previously in the weight category will decrease. With the *Pretest-Posttest Control Group Design* research design, data were obtained from the results of *pre-test* and *posttest* measurements on each subject. The measurement results showed changes in anxiety level scores in subjects 1 to 6. In the pretest, a score was obtained that indicated the level of severe anxiety in each subject. However, after the patience therapy treatment was stopped, the subjects' scores tended to decline, signaling a significant improvement in managing their anxiety. Analysis of anxiety aspects showed a decrease in scores on physiological, cognitive, behavioral, and affective aspects in all subjects after administering patience therapy. These changes illustrate the effectiveness of patience therapy in reducing anxiety levels and provide evidence of the importance of a holistic approach in addressing psychiatric problems. Thus, these results suggest that patience therapy can be an effective tool in helping individuals face and overcome their anxiety.

Overview of the Therapy Process

Process of Therapy Subject 1 (SMA)

SMA, an extraordinary person, faced the tragedy of the earthquake with admirable strength and fortitude. Despite experiencing enormous anxiety and feeling unable to save all her students, SMA was still able to seek help and find a way out of the difficult situation. Patience therapy seemed to provide an important turning point in SMA's journey towards recovery. From problem identification to cognitive restructuring, each therapy session provided concrete steps to overcome anxiety and restructure negative thinking. Through a spiritual and psychological-based approach, SMA was able to find strength in faith and optimism. The change achieved by SMA in dealing with anxiety is inspiring. From feeling helpless and full of guilt to being calmer, optimistic, and able to overcome fear. Patience therapy not only helped SMA to reduce anxiety levels, but also provided a new perspective in facing life's challenges. This shows the important role that spirituality and psychology play in recovery from trauma. With the right support and a holistic approach, individuals can overcome even the toughest tragedies. SMA's courage and fortitude is a motivating example for all of us to never give up in the face of life's trials.

The Process of Therapy of Subject 2 (NA)

In the therapy sessions conducted, NA, an earthquake survivor in Cianjur, experienced significant changes. At the beginning of therapy, NA faced fear and anxiety that interfered with her daily life, especially in relation to the earthquake that had occurred. However, through a series of therapy sessions, NA showed remarkable progress. With commitment and hard work, NA was able to overcome her feelings of anxiety by focusing on the positive things in her life, such as the support of her friends and boarding school leaders. Through techniques such as

meditation, dhikr, and understanding scripture, NA learned to face problems with patience and courage. This therapy not only helped NA control her anxiety but also brought a deeper understanding of the meaning of difficulties and trials in life. With the help of the therapist, NA managed to find deeper calm and happiness, even in difficult situations. The whole therapy process shows that with the right approach, one can change perceptions and cope better with life's challenges.

The Process of Therapy of Subject 3 (NN)

Based on the description you provided, it can be seen that NN was deeply affected by the earthquake that hit the location of the Islamic boarding school where she lives and teaches. The trauma she experienced caused severe anxiety symptoms, which affected various aspects of her life, including physical, affective, cognitive, and behavioral. The patience therapy provided seemed to have a positive impact on NN. Through the therapy sessions, she began to understand the source of her anxiety, find ways to relieve negative emotions, and develop a more adaptive view of the problems she faced. The techniques taught, such as meditative relaxation, understanding of Qur'anic verses, and finding positive activities, helped NN to overcome her anxiety and develop a more optimistic attitude towards life. Changes seen from session to session, such as NN's ability to control her emotions, increased eye contact, and the use of pens/nails that no longer occurred during storytelling, showed positive progress in the therapy process. In addition, NN also began to receive support from her surrounding environment, such as her colleagues who provided support when she was down. Thus, it can be concluded that patience therapy has succeeded in reducing the level of anxiety in NN, helping her to overcome trauma and develop more adaptive ways of dealing with her life problems.

The Process of Therapy of Subject 4 (SL)

From the analysis presented, it can be seen that subject SL experienced a high level of anxiety after experiencing a traumatic event due to the earthquake. Feelings of loss, uncertainty, and difficulty in adjusting to changes in his life are the main factors that cause this anxiety. The patience therapy intervention carried out had a significant impact in reducing SL subject's anxiety level. Through the therapy process, SL is able to overcome cognitive distortions and view situations from various perspectives. Patience therapy also helps SL to increase tolerance to stress and develop an attitude of gratitude and optimism towards life. The stages of patience therapy, from problem identification to patience development, provided opportunities for SL to express her feelings and learn to manage stress more effectively. Social support from friends and leaders also contributed to SL's recovery process. The post-assessment results showed a significant decrease in SL's anxiety score after undergoing patience therapy. This shows that patience therapy is effective in reducing anxiety and helping SL to recover from the traumatic impact of the earthquake she experienced. Overall, patience therapy brought positive changes for SL subjects in dealing with and overcoming post-disaster anxiety. With the right support and intervention, SL was able to gain the patience and determination needed to better face life's challenges.

The Process of Therapy of Subject 5 (FS)

From the narrative, it can be seen that subject FS initially had difficulty in expressing his thoughts clearly, expressed more through bodily expressions, and experienced quite high levels of anxiety, especially related to the traumatic events he experienced due to the earthquake. Through the process of patience therapy, FS experienced significant changes, began to be able to express his feelings more clearly, overcome cognitive distortions, and learn to manage stress better. Stage by stage, patience therapy brought changes to FS, both in terms of behavior and feelings. FS was more cooperative and enthusiastic in participating in the therapy process, understood and accepted the material presented by the therapist, and was able to relate it to his own experiences and feelings. The evaluation results in the last session showed that FS experienced overall positive development, began to understand and accept his condition, and was able to focus and maintain eye contact with the therapist. This shows that patience therapy has an effect in reducing the level of anxiety in FS, bringing a change from the category of severe anxiety to mild. Overall, the process of patience therapy had a significant impact on FS in overcoming anxiety and dealing with the traumatic impact he experienced due to the earthquake, with the right therapeutic support, FS was able to find peace and positive changes in himself.

The Process of Therapy for Subject 6 (SMU)

Based on the results of the pre-assessment measurement, the SMU subject initially showed a severe level of anxiety with a score of 32. Interviews with the subject revealed traumatic experiences when the earthquake occurred, including the loss of his favorite cousin. The subject experienced deep sadness and guilt for not being able to help. In addition, the subject also felt anxiety and fear of recurring earthquakes. The subject had difficulty in talking about his feelings and faced problems in interpersonal relationships. However, after patience therapy, the subject began to understand her anxiety symptoms and actively participated in therapy with enthusiasm. The psychoeducational materials on anxiety helped the subject understand her condition. During the therapy sessions, the subject learned stress management techniques, understood the importance of effective communication, and used relaxation techniques and dhikr meditation to reduce anxiety. The subject also discovered a new understanding of trials and patience through religious teachings. The post-assessment evaluation showed a significant decrease in the subject's anxiety level, lowering from severe to mild. The subject also experienced positive changes in behavior and feelings, and was able to find peace within himself. The process of patience therapy has had a significant impact on the SMU subject in overcoming anxiety and dealing with the traumatic impact of the earthquake he experienced.

Discussion

The subjects in the study were female santri in an Islamic boarding school who were earthquake survivors in Cugenang Cianjur. The research subjects totaled 12 people where 6 people entered into the experimental group who received treatment in the form of patience therapy while the next 6 people entered into the control group, namely the comparison group that did not receive treatment. All subjects have a perception of the current condition as something that is beyond their ability, this is triggered by the experience of being a victim of a powerful earthquake disaster and devastating the city of Cianjur and witnessing victims die in front of their eyes because they were hit by the ruins of the second floor concrete building is an event that traumatizes itself and becomes a stressor that is strong enough to cause anxiety in these students. One of the factors associated with post-disaster anxiety so that it becomes vulnerable is stressors in disasters. These stressors include being physically injured, witnessing a disaster firsthand, losing someone you love, knowing someone is injured or sick, feeling afraid of threats and experiencing loss or damage (Hasanah et al., 2018).

These perceptions lead to conditions of anxiety symptoms that ultimately have an impact on biological (physiological) and psychological (cognition, affection, behavior). The emergence of biological reactions such as faster heart rate, fatigue, headache and shortness of breath. In cognitive disorders, it becomes difficult to concentrate, forgetfulness and irrational thinking. The students complained that the feeling of worry and anxiety every time a stimulus arose that reminded them of the previous earthquake made them less able to direct and regulate their behavior in dealing with the stimulus, where they were less able to interpret the stimulus faced as something that was dangerous to them or not and this had an effect on the actions taken. For example, when they hear the sound of a truck passing through the building, some of them will immediately run outside even though they are doing activities.

In addition, since the earthquake, the students of the boarding school in Dugenang have complained that they often suddenly feel cold fingers, faster heartbeats, cold sweats, headaches, decreased appetite, poor sleep, insomnia and chest tightness. There is great fear and worry if doing activities in an enclosed space. The students, some of whom also work as teachers, think that other people blame them, especially the parents of students whose children become victims, because they are considered unable to protect their students so that many become victims who are not saved. In addition, there is also a belief that they must always be vigilant because they believe that there will be aftershocks that may exceed the earthquake they experienced before. These students felt more sensitive and cried more easily, especially if they remembered the unsaved victims who were crushed by buildings during the earthquake, and there was also a great sense of guilt because they felt negligent in not being able to help these victims. When viewed from the symptoms displayed in the students who experienced traumatic events due to the earthquake, this indicates the presence of anxiety symptoms. These students want to be able to do activities like before the earthquake where they feel safe and without excessive worry. Rosenberg (2014) says that anxiety is a post-traumatic stress disorder resulting from the syndrome of someone who experiences or witnesses trauma such as natural disasters (Sunny & Setyowati, 2020).

All subjects are in the category of severe anxiety level. Stuart (2021) states that anxiety is a vague and diffuse worry, related to feelings of uncertainty and helplessness. Earthquakes are catastrophic conditions that individuals cannot avoid, so when hit by this disaster individuals will feel helpless. When feeling earthquakes, individuals feel uncomfortable, fearful or may have a premonition of impending doom despite not understanding why such threatening emotions occur.

Several studies have shown that therapies that integrate religious concepts are effective in overcoming anxiety, depression and stress (Azhar, 1994; Aghababebi & Tabik, 2015; Farsi et al., 2010). Studies also show that religious beliefs can strengthen individual courage and increase adaptive mindsets (Nielsen & Robb, 2001; Propst, in Spiegler & Guevremont, 2003). Trimulyaningsih (2019) supported the effectiveness of Islamic psychotherapy in improving mental health. Yusuf (2023) referred to the results of Telch and Chen's (2009) research which showed that patience therapy can develop distress tolerance and equanimity. Therefore, this study uses patience therapy based on an Islamic perspective (Yusuf, 2021).

Research by Millah, Yusuf (2022) and Ratih, Yusuf (2022) showed that patience therapy is effective in reducing depression in patients with postpartum depression and primary infertility. The results showed a significant decrease in anxiety levels in the group that received patience therapy compared to the control group. All subjects experienced positive changes in the aspects of patience, emotions, and behavior. The techniques used include psychoeducation, stress management, self-improvement, relaxation, cognitive restructuring, and pleasure seeking. Qur'anic verses and prophetic stories were used to strengthen understanding and motivation. Patience therapy is able to change beliefs, reduce negative emotions, and increase adaptive behavior. This is reflected in the changes in scores in patience, cognitive, behavioral, and physiological aspects in the research subjects. Overall, patience therapy is effective in reducing anxiety levels in earthquake survivors in Cugenang Cianjur sub-district.

Overall, although there was only a category change from severe to mild and did not reach the normal category, it can be concluded that through the provision of patience therapy, the six subjects felt better able to deal with the current situation because they experienced changes in their perspective on stressors. This is in accordance with the goal of providing patience therapy, which is to change the client's irrational perspective or thinking towards calamity, suffering, or disaster as a test, so that the client is able to face problems with an optimistic, logical, and realistic attitude, relying on the help of Allah SWT (Yusuf, 2023).

Advantages and Limitations of Research

The advantages of this study are that in its implementation Patience Therapy utilizes verses of the Qur'an and hadith as the main guidelines so that it is very suitable for clients who are Muslim and live in a pesantren environment so as to facilitate the implementation of therapy in helping to change the research subject's perception of the problems being faced.

Researchers realize that research has limitations, namely the lack of collaboration with experts who have special authority and expertise in the medical field, making the results of research related to physiological aspects do not have

accurate data regarding changes even though the results are significant. Furthermore, the limited number of subjects makes this research not generalizable, especially for non-Muslim communities.

CONCLUSION

Based on the results of data processing and discussion, this study concluded that patience therapy had a significant effect in reducing anxiety levels in earthquake survivors in Cugenang, Cianjur Regency. As a suggestion, study subjects are expected to use patience therapy techniques when dealing with anxiety-provoking situations, while practitioners may consider patience therapy as an alternative to lowering anxiety. For future researchers, it is advisable to expand the number of subjects and consider other psychological variables to develop patience therapy modules that are more effective in helping natural disaster survivors.

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