



## Mindfulness Based Stress Reduction (MBSR) and its Affect Reduce Stress and Fatigue among Carrier Woman



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### ABSTRACT

This study examines mindfulness techniques in reducing fatigue which in turn reduces stress among working women. This study was conducted on 5 study participants who are career women and also have commitments at home. This study was conducted using qualitative case study techniques. The results of the study found that the main cause of the fatigue problem faced is not entirely from the workplace, but rather it starts from the individual and at home when a woman has a hypo emotional tank problem that causes them to feel unappreciated. The effect of this feeling causes a state of negative emotion to be brought to the workplace which ultimately causes increased stress and reduced work productivity. This study also found that, after undergoing a mindfulness session, most of them feel calm and able to think to value themselves which automatically causes the fatigue and stress they face to decrease.

### KEYWORDS

Mindfulness Based Stress Reduction (MBSR); Reduce Stress; Fatigue; Carrier Woman

### 1. INTRODUCTION

Fatigue among working women is not something to be taken lightly, but fatigue is actually caused by various things (Skaalvik & Skaalvik, 2016). In addition, time constraints as a worker and a housewife, cause a working woman to not be able to manage time to do physical activity and worse, her own virtue is neglected. Mindfulness Based Stress Reduction (MBSR) has been used extensively in medicine and health (Chauhan, 2021). But MBSR is less used in social welfare settings.

However, MBSR is a therapy that is very good to practice because it uses a hundred percent of the resources of the human body (Kolahkaj et al., 2019). Different mechanisms that could show the effectiveness of this intervention in these individuals have been identified by Grover & Furnham (2016). These include the lack of judgement, the separation of thinking and action, the loss of the ability of thought to influence behaviour, or from a moral perspective, the separation of the subject between them and their thoughts (Kelz, 2016). There hasn't been

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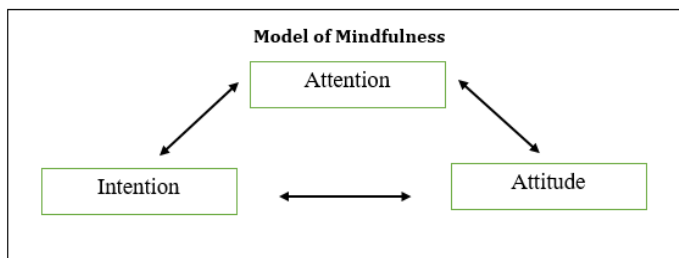


much research done on this subject, but (Betegón et al., 2022).

Additionally, many studies have methodological flaws or only include one case study (Riquelme-Marín et al., 2022). Stress and fatigue among carrier women impact physical, psychological, and physiological aspects. These stress and fatigue affect the regular activity and daily living and worsen for working women (Cash et al., 2015). Consistent with that, physical symptoms such as lack of focus, tired and less energy (Jaime-Lara et al., 2020). Furthermore, Stress and fatigue among carrier affecting psychological aspects, then in the long run, this causes a lack of daily living performance and significantly impacts the quality of life (El Keshky et al., 2020). Today, in community are exposed to several complementary alternative therapies. The following are complementary alternative therapies used in previous studies for Stress and fatigue among carrier women were acupuncture, exercise, electrotherapy, and yoga. Some complementary alternative treatment was not recognized in community practice. There is limited evidence on the effect of mindfulness to carrier women who stress and fatigue. Therefore, it is essential to provide mindfulness for carrier women who stress and fatigue. It is essential that mindfulness is introduced in the community as this could offer a more effective approach for those treated with carrier women who stress and fatigue.

### 1.1 Mindfulness

The mindfulness refer to seven key aspects. The first is being non-judgmental; second is the modern interpretation of mindfulness, third is the mind, i.e., the knowledge that gets in the way of our present thoughts and perceptions. The fourth is trust and fifth is non-striving. The sixth is acceptance and lastly, letting go (Hyland, 2011, pp. 43-44). This theory also refers to the model of mindfulness by Shapiro et al., (2006). The model of mindfulness is based on three axioms: intention, attention, and attitude (IAA) and describes in figure 1. The intention, i.e., related to a personal vision; second is attention, i.e., paying attention involves observing the operations of one's moment-to-moment, internal, and external experience. Then, attitude, i.e., bringing to the attention during practice (Shapiro et al., 2006).



**Figure 1.** The Three Axioms of Intention, Attention, and Attitude (IAA)

MBSR is the therapy that uses to help women manage their fatigues and stress. Among the benefits of mindfulness is have outlined various mechanisms that might show whether this intervention was effective for these patients. These include the lack of judgement, the separation of thinking and action, the loss of the ability of thought to influence behaviour, or from a moral perspective, the separation of the subject between them and their thoughts (Riquelme-Marín et al., 2022). A previous study conducted tested the effect of mindfulness on the mental health and well-being of patients. For example, a study by Başkaya et al., (2021), test the effectiveness of the MBSR effect on OCD patients. In fact, this study also tested the difference between the effects of mindfulness and other psychotherapy techniques such as CBT. The results of the study found that this mindfulness technique is more effective and more directed in helping the client's self-change. In fact, the results of this study also found that this technique is able to calm the nerves and help rationalize the thinking of OCD patients.

The different research done by Widiawati & Hardika (2021), find women who are trying to infertility women. The effect of the daily pressure they face makes it difficult for them to control their mind to stay calm. Once the MBSR technique is used, they are able to achieve energy as well as enjoyment and pleasure in their sexual life, which in turn improves the quality of sexual relations. Studies from other medical settings include studies by (Munazilah & Hasanat, 2018) finding that MBSR techniques help reduce anxiety among heart patients, chronic headache Ur Rehman et al. (2022), Research by Ikeuchi et al., (2020), study about fatigues and effect of mindfulness among breast cancer patients. And the result of this studies shoes that this techniques help women with breast cancer reduce their anxiety and fatigues by controlling their own mind.

From the perspective of a community setting, a study by Hathaisaard et al. (2022), found that MBSR helps reduce stress and burnout among medical students. Study by Romadhani & Hadjam (2019) MBSR help reduce anxiety also Alzheimer among gerontology.

### 1.2 Fatigue

Fatigue has a variety of root causes. Additionally, tiredness rarely manifests alone; the idea of a "symptom cluster" has been put up, in which exhaustion is linked to other symptoms like worry, sadness, pain, and sleep disruption (Berger et al., 2015). But recently it has also been discovered that loneliness, which is not part of the aforementioned symptom cluster, is connected to exhaustion (Shapiro et al., 2015). It is thought that "correlations among symptoms within a cluster should be stronger than relationships among symptoms across various clusters (Gilbar, 2020). A symptom cluster is defined as "two

or more symptoms that are connected to each other and occur together (Goekoop & Goekoop, 2014). It's challenging to control fatigue. Other than physical therapy, there are presently no sufficiently proven treatments for fatigues (Mustian et al., 2017).

It's challenging to control fatigue. There are currently no adequately well-established treatments for efficiently reducing fatigue aside than exercise therapy. However, it has been suggested that mindfulness-based therapies may be successful as a novel type of treatment [17–20] (Ikeuchi et al., 2020).

### 1.3 Stress and Anxiety among Working Woman

Individual experiencing stress easily experiencing anxiety situations, frustration, difficult to calm down, easily frustrated, easily angry, easily offended even on small issues. Women who suffer from stress need a long time to calm down and get a prosperous life. Therefore, a faster technique to help increase energy is needed to help women who suffer from stress and fatigue. Behaviorally, the influence of high stress hormones also makes it difficult for individuals to sleep. Anxiety is an unpleasant emotional state accompanied by the characteristics of being afraid of something, trembling, pressing and causing a complaining reaction in women (Munazilah & Hasanat, 2018).

## 2. METHOD

### 2.1 Research Design

This study uses a qualitative approach. The research design used is a case study. A case study is a series of scientific activities carried out intensively, in detail and in depth about a program, event, and activity, whether at the level of an individual, group of people, institution, or organization to gain in-depth knowledge about the event (Ebneyamini & Moghadam, 2018). Usually, the events selected, hereinafter referred to as cases, are real-life events, which are ongoing, not something that has passed (Alías & Socoró, 2017).

### 2.2 Research Object

The research participants involved are a total of 5 working women who have nuclear families. The non-probability study sample selection was chosen among working women who have children under 5 years of age.

This study was conducted at a university in Pahang. The location of the study was chosen because it facilitated the data collection process. In fact, the location of this study was chosen because it was able to answer the research questions and fulfill the criteria set in this study.

### 2.3 Research Instruments

Research techniques are conducted through unstructured interviews, observation and document analysis. Each study participant underwent several interview sessions conducted face-to-face and online. In order to ensure that the data used is valid, the researcher did triangulation methods which used interviews, observations and document analysis.

### 2.4 Data Analysis

The data obtained were analyzed using qualitative techniques and several themes formed in this study, namely the client's background, the fatigue faced, the stress faced and the effects of MBSR therapy sessions.

## 3. RESULT AND DISCUSSION

### 3.1 Result

This study was conducted using the qualitative method of unstructured interviews, observation and document analysis (diaries). The findings of the study are classified into several parts, namely the background of the study participants, experiences of fatigue, experiences of stress and the effect of mindfulness training on the stress and fatigue faced.

From the perspective of the study participants' backgrounds, all of them have professional careers, work eight hours a day and sometimes bring home tasks, the number of households is three to eight people, and the daily allocation of home management work is approximately two to three hours a day. Attached below is a summary of the background matrix of the study participants.

**Table 1.** Background Matrix of the Study Participants

Background	Respondent 1	Respondent 2	Respondent 3	Respondent 4	Respondent 5
Carrier field	professional	professional	professional	professional	professional
Working time	8 Jam	8 Jam	8 hour and more	8 hour and more	8 hour
No of house hold	5 person	7 person	3 person	3 person	8 person
House chores time	2 hour	More than three hour	Two hour	Two hour	Three hour

The results of the study related to fatigue found that all five study participants experienced extreme fatigue and were interested in undergoing a mindfulness session.

The following is a summary of the matrix for the assessment of fatigue and stress faced by study participants.

**Table 2. Background Matrix of the Study Participants**

Respondent	Fatigue	Stress	Mindfulness training session
1	/	/	3 x
2	/	/	3 x
3	/	/	3 x
4	/	/	4x
5	/	/	2x

In fact, the results of the interviews conducted found that fatigue affects stress. Among them according to the 3rd respondent

“... I feel so tired....because I'm tired I feel like I'm going to be angry.”

Even the fifth respondent also admitted that he experienced fatigue which caused him to be stress.

....We're back to work tired of watching the house cluttered, kids noisy, feeling like a rampage...'

There were even respondents who stated that because they were tired, they would resort to nagging at the household. This was stated by the fourth respondent

“...I was squeamish and angry at my son.....”

All respondents stated that the fatigue they felt caused them to not be able to focus on household management properly, and they were also unable to meet the demands of the children playing together, so that some of the study participants blamed themselves. This was stated by the participants of the first and second study

R1: ".....I don't think I'm a good mother....I can't spend time doing activities with the children..."

R2: "...I miss my son...when I get back from work I feel very tired and I don't want to be disturbed....I will finish work as soon as possible and try to rest. but I feel sorry for my son.."

In fact, all five study participants said that after going through a mindfulness therapy session, they felt very calm and valued themselves. This was stated by all respondents.

R1: ‘....owh...I feel empty”

R3: ....I feel very calm....and I feel all my tiredness disappear..."

R4:”...actually I just realized, I forgot to cover myself first.....

And this response is the same as the response of the fifth participant

R5' ..... I always expect appreciation from others, but I forget to appreciate myself.....

**3.2. Discussion**

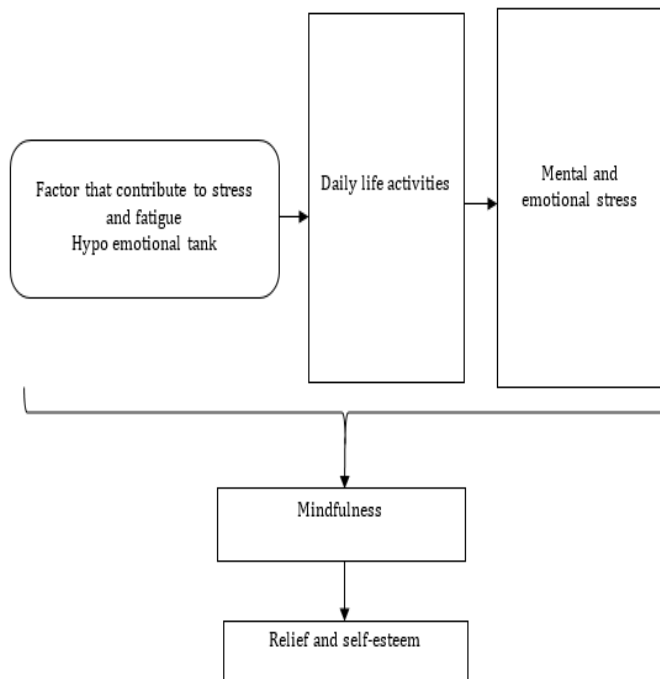
The results of the study found that working women are more likely to experience higher life pressure. Stress occurs because of stress experienced in daily life whether it originates from home or work. The results of this study also found that the pressure faced by women can be reduced with several methods including mindfulness. After the mindfulness session is done, the woman tries to take the initiative to create a situation that builds her emotional framework again.

The result of this study is the formation of a model that shows the factors of stress and extreme fatigue that affect the quality of daily life which ultimately affects mental and emotional well-being. The model that was formed found that the cause of fatigue in women occurs because of unfulfilled expectations of thoughts such as expecting appreciation and help from a partner. The effect of not getting appreciation, the pleasure in doing tasks is lost which in turn causes all tasks to feel like a burden in life. This burden contributes to the stress they face. The results of this study found that by using mindfulness techniques, it is proven to provide relief, calmness and help emotional, mental and spiritual development among working women.

In fact, this mindfulness technique also helps create a more directed mind focus. The findings of this study also show that all respondents feel that there is self-esteem, which is the importance of taking care of one's well-being first. In fact, the problem of lack of appreciation or hypo emotional can be met with the technique of controlling the mind and valuing oneself which ultimately contributes to the lack of tiredness, enjoyment in the work done every day.

In fact, this technique also found that there is acceptance of rational thoughts such as self-respect, teaching children to be independent, and improving spiritual quality. The effect of this technique also helps working women organize their priorities and improve the quality of life. Based on the results of the study, a model related to fatigue faced by working women was formed. The model is like the model diagram below.





**Diagram 1.** The Theme of Stress and Fatigue Factors and How Mindfulness Helps Reduce Stress and Fatigue among Working Women

Based on the diagram above, the stress and fatigue faced by working women is caused by their own thinking factors, which are very high expectations for their partners to meet their emotional tank. The extreme stress and fatigue factor faced by working women begins with the lack of filling the emotional tank, which in turn causes the entire daily activity to be carried out only thinking about responsibility. They lose the fun in doing daily tasks until they feel too tired to carry out daily tasks. And by using mindfulness therapy, it is able to treat and provide relief and self-esteem for them. However this research need to be done in quantitative way to get the holistic data and the result can be generalized about fatigue and stress.

#### 4. IMPLICATIONS AND CONTRIBUTIONS

The implications and contributions of this research as a source of scientific information related to reducing stress and fatigue among career women through Mindfulness Based stress Reduction (MBSR). The results of this study can be used as a reference and novelty for future researchers.

#### 5. LIMITATIONS AND FUTURE RESEARCH DIRECTIONS

Based on the research results, the limitations of this study are that researchers only focus on case studies so that data collection only uses interviews, observation and document analysis.

Recommendations for the results of this study are that future researchers can use experimental methods (treatment) in order to overcome stress and fatigue among career women.

#### 6. CONCLUSION

The result of this study is the formation of a model that shows the factors of stress and extreme fatigue that affect the quality of daily life which ultimately affects mental and emotional well-being. In fact, this mindfulness technique also helps create a more directed mind focus. The findings of this study also show that all respondents feel that there is self-esteem, which is the importance of taking care of one's well-being first.

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All authors contributed fully to this article.

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The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

#### ETHICAL APPROVAL STATEMENT

The author has approved the article to be published in the Indonesian Journal of Guidance and Counseling Research (IJGCR) by following the Publication Ethics and Journal Policies.

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