

The Effect of Biofeedback Therapy on Mental Illness and Physiological Conditions

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ABSTRACT

The relation between psychological and physiological aspects is determined. Biofeedback therapy is one psychotherapy that utilizes physiological change as a stimulus to improve psychological well-being. Previous studies have proven that biofeedback therapy is a powerful procedure to decrease anxiety and depression symptoms. This study examines the biofeedback therapy's effect on stress, anxiety and depression symptoms, heart rate variability, heart tension and heartbeat. 10 adults with medium and high categories of anxiety and depression participated in this study. All the mental illness symptoms were measured by DASS42, and the result showed a significant decrease after the therapy. Stress was very significantly decreased with $p < 0,01$ ($p= 0,002$), quite similar with the anxiety symptoms, with $p < 0,01$ ($p=0,001$) and the anxiety symptoms was significantly decreased with $p < 0,05$ ($p=0,037$). Another measurement of HRV baseline, during the therapy and after therapy was also carried out, and the result of tukey $p < 0,01$.

Keywords: Anxiety, Biofeedback, Depression, HRV, Psychotherapy, Stress