

The Influence of Nurse's Prehospital Education on The Anxiety of Double J Stent Removal One Day Care Patients At The Central Surgery Installation of Dr. Saiful Anwar Hospital Malang

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ABSTRACT

The Double J Stent is a tool to prevent kidney stone fragments from blocking the patient's ureter after surgery. The procedure for removing the Double J stent tube can be done using One Day Care (ODC) or without hospitalization, but it can cause anxiety for the patient who is going to have the operation. The aim of this study was to determine the effect of prehospital education on the anxiety of Double J stent removal one-day care patients at the Central Surgery (IBS) Installation at Dr. Saiful Anwar Hospital Malang. The research was designed using a quantitative research design with a post-test-only control design approach. The sample in this study was taken using the total sampling method, so that 20 people were divided into two groups: the control group (without education) and the intervention group (with health education). The instrument used was the Zung Self-Anxiety Rating Scale (ZSAS). Results of the analysis The Mann Whitney test showed that there was a difference in the average anxiety score of Double J Stent Removal One Day Care patients at the Central Surgical Installation of Dr. Saiful Anwar Hospital, Malang, between the control and intervention groups (p value < 0.05). In other words, there is an influence of prehospital educational actions on reducing anxiety in Double J Stent Removal One Day Care patients at the Central Surgical Installation of Dr. Saiful Anwar Hospital Malang. This research is expected to become study material for hospitals to create and implement policies regarding the implementation of prehospital nurse education for Double J Stent Removal One Day Care patients at the Installation Central Surgery at Dr. Saiful Anwar Hospital, Malang.

Introduction

Nowadays, we often find people with urinary tract disorders. Urinary tract disorders are various disorders that attack the function of the urinary tract. There are various diseases that can attack the urinary tract. One of them is kidney stones with complaints such as difficulty urinating, incomplete urination, and even accompanied by discomfort such as burning, burning, and incomplete urination. Even the symptoms can cause back pain.

In the United States, 5-10% of people suffer from kidney stones. In addition to prostate enlargement and urinary tract infections, urolithiasis is one of the three most common urological diseases (Patel, 2019). Research by the Indonesian Nephrology Association in 2016 found 37,636 new cases of kidney stones with 58,959 visits, indicating that 10% of people in Indonesia are at risk of suffering from kidney stones and 50% of people who have suffered will suffer again in the future. From data obtained from the Patient Register at the SMF Urology RSUD Dr. Saiful Anwar Malang in 2022 there were 650 patients with a medical diagnosis of kidney stones.



Kidney stone treatment uses conventional surgical methods (open nephrolithotomy) and minimally invasive methods such as PCNL and ESWL. Patients will be fitted with a double J stent (ureteral stent) in the ureter after surgery so that kidney stone fragments do not block the flow of urine from the kidney to the bladder which is disturbed by obstruction. Ureteral stents were first used in 1967 by Zimskind et al., but have developed to date (Engellina & Lina, 2022). Ureteral stenting is a frequently performed procedure in endourological surgery as it plays an important role in temporary drainage of the upper urinary tract. Upper urinary tract obstruction, hydronephrosis infection, iatrogenic ureteral edema, perforation, and ureteral trauma are some of the reasons for ureteral stenting. For ureteral drainage, ureteral stenting is an easy and effective method to preserve renal function, avoid externally placed devices, and reduce pain caused by ureteral obstruction (Supriyanti, 2022).

The Double J stent removal procedure can be done One Day Care (ODC) or without hospitalization through outpatient and is a minimally invasive surgical procedure. However, patients who will undergo the procedure may feel anxious. One of the symptoms or psychological reactions that often occur in patients undergoing surgery is anxiety ((Mu'afiro et al., 2019). According to (Usnadi et al., 2019), research results in Indonesia or in West Java or at Dr. Hasan Sadikin Hospital (RSHS) elective surgery, especially ODC, causes stress for patients and their families. Preoperative anxiety caused by surgical procedures, anesthesia, or lack of information can cause patients to worry about experiencing pain after surgery, experiencing infection, losing freedom, or experiencing death.

Patients undergoing One Day Care surgery have little time to prepare and get used to the isolated and unfamiliar environment. Compared to planned or elective surgery, this condition causes higher anxiety. Before surgery, patients often experience anxiety. Before surgery, patients can experience anxiety related to life safety, anesthesia, unfamiliarity with the surgical procedure, and additional risks to their body appearance, as well as pain and unconsciousness after surgery (Usnadi et al., 2019). Patients undergoing Day Surgery or ODS surgery experience increased anxiety, which can lead to surgery cancellation and Day Surgery or ODS complications (Nuzira & Putra, 2016). Nurses must take appropriate actions to help patients overcome their anxiety.

The results of interviews conducted with five patients at the Central Surgical Installation of Dr. Saiful Anwar Malang Hospital in April 2023 showed that 80% of patients experienced anxiety, could not sleep, thought about how they would go to the Hospital tomorrow, and the surgical procedure, which caused two patients to forget to bring photos and were less cooperative during the surgical procedure. The research of González-Martín Sara et al., (2019) found that pre-hospital visits can increase patient satisfaction and reduce anxiety and depression.

One of the prehospital educations conducted by researchers during the visit was providing knowledge. Restoring the patient's ability to control the situation can help reduce anxiety. At this stage, nurses tell patients what they will face if they undergo surgery. Nurses teach patients about health. This role can be used in health education by providing basic knowledge about the disease, preparation before surgery, hospital care, and follow-up care in preparation for going home. When patients play the role of the sick person, they are more ready to learn about their illness. Education is always successful during the period of emotional acceptance rather than when patients come out of their sick role due to increased anxiety (Kardewi, 2020).

Based on the background above, the purpose of this study is to learn more about the influence of prehospital nurse education on the anxiety of One Day Care Double J stent removal patients at Dr. Saiful Anwar Regional Hospital in Malang.

Methods



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This study used a Quantitative research design (true experiment) with a Post Test Only Control Design approach, measurements were carried out once in the intervention and control groups. In this study there were 2 groups, namely one intervention group with health education and one other group as a control group.

The population in this study were all Double J stent removal One Day Care patients at the Surgical Installation of the Dr. Saiful Anwar Hospital, Malang. The number of the study population was 20 patients who underwent Double J stent removal one day care at the Surgical Installation of the Dr. Saiful Anwar Hospital, Malang. The sampling technique in this study used total sampling, so the sample used in this study was 20 respondents.

The researcher measured the anxiety level of Double J stent removal One Day Care patients using the Zung Self Anxiety Rating Scale questionnaire. The Zung Self Anxiety Rating Scale questionnaire is a standard questionnaire that has been declared valid and reliable.

The data analysis used was the Mann Whitney comparison test. If $p < 0.05$, then H_1 is accepted, it can be concluded that there is a difference in anxiety of Double J stent removal one day care patients at the Central Surgery Installation of Dr. Saiful Anwar Hospital Malang between the control and intervention groups. Data analysis was performed with the help of MS. Excel and SPSS 20.0.

Results

Respondent characteristic data includes: gender, age, final education and occupation.

Table 1 Distribution of Respondent Characteristics Data

Characteristics	Frequency (n)	Percentage (%)
Age	120 ms	98%
≤ 50 years old	5	25
> 50 years old	15	75
Gender		
Male	9	45
Female	11	55
Education		
Primary School	5	25
Junior High School	2	10
Senior High School	10	50
Colleges	3	15
Occupation		
Civil servant	2	10
Factory worker	2	10
Private sector employee	5	25
Housewife	8	40
Etc.	3	15

Source: (Primary data, 2023)

Based on Table 1. data obtained that most respondents are over 50 years old, namely 15 people (75%). More than half of the respondents are female, namely 11 people (55%). Half of the respondents have a high school education, namely 10 people (50%). Most respondents work as housewives (IRT), namely 8 people (40%).

Table 2 Distribution of Patients Based on Anxiety Level (Control Group)



Anxiety	Frequency (n)	Percentage (%)
Normal	3	30
Mild	6	60
Moderate	1	10
Total	10	100

Source: (Primary data, 2023)

Based on Table 2, it was found that the majority of Double J Stent Removal One Day Care patients at the Central Surgical Installation of Dr. Saiful Anwar Malang Hospital without prehospital education had mild anxiety, namely 6 people (60%).

Table 3 Distribution of Patients Based on Anxiety Level (Intervention Group)

Anxiety	Frequency (n)	Percentage (%)
Normal	8	80
Mild	2	20
Total	10	100

Source: (Primary data, 2023)

Based on Table 3. data obtained that most respondents Double J Stent Removal One Day Care patients in the Central Surgical Installation of Dr. Saiful Anwar Hospital Malang who were given prehospital education had normal anxiety, namely 8 people (80%). The difference in anxiety scores of Double J Stent Removal One Day Care patients in the Central Surgical Installation of Dr. Saiful Anwar Hospital Malang between the control group (without prehospital education) and the intervention group (with prehospital education) was carried out using the Mann Whitney difference test.

Table 4 Different Test of Patient Anxiety Scores

Group	Average \pm St. dev (Median)	P Value
Before	46.80 \pm 6.21 (47.5)	0.003
After	35.90 \pm 6.81 (34)	
Total	10	100

Source: (Primary data, 2023)

The average anxiety score of Double J Stent Removal One Day Care patients at the Central Surgical Installation of Dr. Saiful Anwar Hospital, Malang, control group (without prehospital education) was 46.80 with a standard deviation of 6.21 and a median of 47.5 in the mild anxiety category. The average anxiety score of Double J Stent Removal One Day Care patients at the Central Surgical Installation of Dr. Saiful Anwar Hospital, Malang, intervention group (with prehospital education) was 35.90 with a standard deviation of 6.81 and a median of 34 in the normal anxiety category. The results of the Mann Whitney test showed a p value of 0.003 < 0.05, it can be concluded that there is a difference in the median anxiety score of Double J Stent Removal One Day Care patients at the Central Surgical Installation of Dr. Saiful Anwar Hospital, Malang between the control and intervention groups. In other words, there is an effect of prehospital education on reducing anxiety in Double J Stent Removal One Day Care patients at the Central Surgical Installation of Dr. Saiful Anwar Hospital, Malang.



Discussion

Identification of Anxiety Level of Double J Stent Removal One Day Care Patients at the Central Surgical Installation of Dr. Saiful Anwar Hospital Malang Without Prehospital Education (Control)

The results of the study showed that the majority of Double J Stent Removal One Day Care patients at the Central Surgical Installation of Dr Saiful Anwar Malang Hospital who were not given education had mild anxiety of 60%. This study is in line with (Kardewi, 2020) that of the 15 (fifteen) pre-operative patients who were not given health education, the average anxiety score was 22.67 with a median value of 25 and a standard deviation of 5.85. However, in this study, the anxiety felt was in the category of severe anxiety.

Patients who are not informed about the truth and do not receive information can become less confident, become more hopeless, more anxious, and have more difficulty interacting with others in real terms. Anxiety can be caused by an exaggerated perception of the danger in a particular situation or condition and a lower perception of one's ability to deal with threats. In addition, the behavioral perspective of anxiety argues that anxiety can be caused by certain environmental stimuli; incorrect or unproductive thought patterns can also lead to maladaptive behavior (Dwi et al., 2019).

Some factors that can cause anxiety include age and education level, as well as predisposing factors such as traumatic events that can cause anxiety, emotional conflicts experienced by a person, disturbed self-concept, physical disorders, frustration, family coping mechanisms, family history of anxiety disorders, medication, and precipitating factors, which include threats to a person's physical integrity. It is possible that people experience anxiety because they get too much information or because of negative things, such as increased cases of transmission and death (Dwiana et al., 2020).

According to researchers, respondent anxiety is caused by respondents' ignorance about the operation. Without considering the unique conditions of each individual, all information received is accepted as is. This will cause someone to have a wrong or even excessive assessment of the surgical procedure to be performed. This is in line with research that found that patients who are going to undergo surgery experience three important aspects of anxiety: anxiety related to the anesthesia procedure, anxiety related to the surgical procedure, and anxiety related to the desire to obtain information. This correspondence is exactly the same, namely the highest anxiety before surgery: anxiety about the need for information.

Identification of Anxiety Level of Double J Stent Removal One Day Care Patients in the Central Surgical Installation of Dr. Saiful Anwar Malang Hospital with Prehospital Education

The results of the study showed that most Double J Stent Removal One Day Care patients at the Central Surgery Installation of Dr. Saiful Anwar Malang Hospital who were given education had normal anxiety as many as 8 respondents (60%). This result is in line with the study of (Kardewi, 2020) that of the 15 preoperative patients who were given health education, the average anxiety score was 14.73 with a median value of 14.0 and a standard deviation of 5.95 in the normal category.

In this study, patients undergoing Double J stent removal One Day Care at the Central Surgery Installation of Dr. Saiful Anwar Hospital in Malang received a questionnaire directly after receiving prior instructions. One way to reduce patient anxiety is to provide them with knowledge about their mental health before they arrive at the hospital. At this stage, in accordance with the role of nurses as educators, nurses must explain the problems that patients will face if they are going to undergo Double J stents. So that patients are more emotionally accepting and well



prepared, nurses are responsible for providing health education that includes information about the Double J stent removal procedure (Nuzira & Putra, 2016).

Anxiety can be reduced by pharmacological or non-pharmacological means. One of the non-pharmacological actions is one that can reduce patient anxiety with health education. To encourage better behavior, health messages are delivered to the community, groups, and individuals through health education. Client health education consists of many things, such as health promotion, protection, and maintenance. This includes providing counseling on how to reduce risk factors, improve individual well-being, and taking special health protection measures that will help reduce fear due to client and family ignorance about What will happen after surgery, and ensuring that clients comply with post-operative rules. According to researchers, knowledge, which comes from sensing through a person's five senses, namely the senses of touch, smell, hearing, and sight, is a dominant component that is very important in determining a person's actions. As with knowledge about surgical procedures obtained from health education, a person's actions and responses after surgery can be changed. By providing information to patients, education can help them understand and encourage them to take good actions. It is very important for patients who are going to undergo surgery to get additional education or information about psychological education by providing direct explanations about the surgical procedures and anesthesia that they will experience.

Analysis of the Influence of Prehospital Education on Anxiety of Double J Stent Removal One Day Care Patients at the Central Surgical Installation of Dr. Saiful Anwar Hospital, Malang

The results of the study showed that there was a difference in the average anxiety score of Double J Stent Removal One Day Care patients at the Central Surgical Installation of Dr. Saiful Anwar Hospital, Malang between the control and intervention groups (p value <0.05). In other words, prehospital education actions were able to reduce the anxiety of Double J Stent Removal One Day Care patients at the Central Surgical Installation of Dr. Saiful Anwar Hospital, Malang. These results are in line with research of Kardewi (2020), which found that patients who received health care would have lower levels of anxiety compared to patients who did not receive health care. The results of the unpaired sample T-test showed P -Value = 0.001 $<\alpha$ = 0.05, indicating that H_0 was rejected. This indicates that there is a difference in the average anxiety score between preoperative patients who were given health education and those who were not. The results indicate that health education for patients who will undergo surgery is quite effective in reducing patient anxiety levels.

Preoperative anxiety is an anticipatory response to an event that the patient perceives as threatening his role in life, his bodily integrity, or even his life itself. Everyone knows that troubled thoughts affect bodily functions. Therefore, it is very important to know the patient's anxiety level (Dwi et al., 2019). Unfamiliarity with surgical procedures is a cause of anxiety, according to some studies. Prehospital visits can reduce anxiety and depression. Health education can also help (González-Martín Sara et al., 2019). Pre-hospital visits also help patients feel happier before surgery.

Because assessment of the patient's condition and preparation for surgery are critical to the outcome of surgery, patients should be given health education about the procedures to be performed before and after surgery (Kusumawardhani, 2016). In such situations, nurses who act as educators are very necessary because they can provide health education and interventions that can reduce anxiety. The right media will help health education. Preoperative health education materials should include information about the patient's illness and the surgical procedure (Mu'afiro et al., 2019).



Health education provides patients with a correct understanding of the procedures to be performed to reduce anxiety. Health education is the provision of information with the aim of making patients feel calmer and reducing anxiety (Miftahurrahmi & Rahayuningsih, 2016). Health education can also motivate patients. In addition, patients will be better able to cooperate and communicate so that it is easier to understand what is being conveyed. This can help patients reduce anxiety related to the consequences of the procedure that will be performed on them.

Researchers argue that, to anticipate unwanted anxiety levels, health education about surgical preparation is very important. Patients can cope with anxiety better if they know about surgical preparation. Therefore, one way to provide information that can reduce patient anxiety levels is through health education. According to Fadli et al., (2017), Preoperative health education before implementation helps create a friendly atmosphere, foster trust, demonstrate empathy and compassion, and accompany the patient as needed to increase safety and security and reduce anxiety.

Conclusion

Based on the research results, several conclusions were obtained as follows:

1. Most respondents, namely Double J Stent Removal One Day Care patients at the Central Surgical Installation of Dr. Saiful Anwar Hospital, Malang without prehospital education, had mild anxiety
2. Most respondents, namely Double J Stent Removal One Day Care patients at the Central Surgical Installation of Dr. Saiful Anwar Hospital, Malang with prehospital education, had normal anxiety.
3. There was a difference in the median anxiety score of Double J Stent Removal One Day Care patients at the Central Surgical Installation of Dr. Saiful Anwar Hospital, Malang between the control and intervention groups (p value <0.05). In other words, there was an effect of prehospital education on reducing anxiety in Double J Stent Removal One Day Care patients at the Central Surgical Installation of Dr. Saiful Anwar Hospital, Malang.

Ethics approval and consent to participate

The ethics commission of Dr. Saiful Anwar Hospital, with regards of the Protection of human rights and welfare in medical research, has carefully reviewed and approved this research according to the ethical approval letter number: 400/097/K.3/102.7/2023.

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