

**PENGARUH KONSELING CARL ROGERS PENDEKATAN *CLIENT CENTERED* TERHADAP TINGKAT KECEMASAN IBU-IBU PKK PADA MASA PANDEMI COVID-19 DI KELURAHAN BERKOH**

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**ABSTRAK**

**Latar Belakang:** COVID-19 merupakan virus golongan SARS-Cov-2 yang penyebarannya begitu cepat. Hal ini membuat manusia dihadapkan pada perubahan besar dari berbagai aspek ekonomi, sosial, dan kesehatan. Kondisi tersebut sangat berpengaruh pada psikologis seseorang terutama pada ibu-ibu. Umumnya masalah psikologis yang sering terjadi adalah kecemasan. Kecemasan pada ibu-ibu dapat berdampak negatif jika tidak ditangani. Pemberian konseling Carl Rogers pendekatan *Client Centered* adalah salah satu penanganan kecemasan.

**Tujuan:** Mengetahui pengaruh pemberian konseling Carl Rogers pendekatan *Client Centered* terhadap tingkat kecemasan ibu PKK pada masa pandemi COVID-19 di Kelurahan Berkoh.

**Metode:** Preeksperimental dengan rancangan *one group pretest and posttest design*. Subjek penelitian terdiri dari 42 ibu PKK Kelurahan Berkoh RW01-RW07 melalui teknik *purposive sampling* yaitu *proportional random sampling* kemudian dilakukan skrining dengan kuesioner didapatkan 5 orang yang cemas dan akan mendapat konseling Carl Rogers pendekatan *Client Centered*. Instrumen penelitian menggunakan kuesioner *HRS-A*. Analisis hipotesis menggunakan uji non parametrik *Wilcoxon Signed Rank Test*.

**Hasil:** Hasil penelitian menunjukkan terdapat pengaruh signifikan konseling Carl Rogers pendekatan *Client Centered* terhadap tingkat kecemasan ibu-ibu PKK pada masa pandemi COVID-19 di Kelurahan Berkoh ( $p < 0.05$ ), yaitu nilai  $p = 0.000$ . Hasil uji menunjukkan konseling Carl Rogers pendekatan *Client Centered* mampu menurunkan kecemasan ibu PKK.

**Kesimpulan:** Pemberian konseling Carl Rogers pendekatan *Client Centered* berpengaruh terhadap penurunan tingkat kecemasan ibu-ibu PKK pada masa pandemi COVID-19 di Kelurahan Berkoh.

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**Kata Kunci:** COVID-19, ibu PKK, kecemasan, Konseling Carl Rogers pendekatan *Client Centered*

**THE EFFECT OF CLIENT CENTERED APPROACH CARL ROGERS  
COUNSELING ON THE ANXIETY LEVEL OF PKK MOTHERS DURING  
THE COVID-19 PANDEMIC IN BERKOH VILLAGE**

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**ABSTRACT**

**Background:** COVID-19 is a virus of the SARS-Cov-2 group that spreads so fast. This makes humans faced with major changes from various economic, social, and health aspects. This condition is very influential on a person's psychology, especially on mothers. Generally, the psychological problem that often occurs is anxiety. Anxiety in mothers can have a negative impact if not treated. The provision of counseling with the Carl Rogers Client Centered approach is one way of dealing with anxiety.

**Objective:** To determine the effect of providing Carl Rogers counseling with Client Centered approach to the anxiety level of PKK mothers during the COVID-19 pandemic in Berkoh Village.

**Method:** Pre-experimental with one group pretest and posttest design. Subjects consisted of 42 PKK Sub RW01-RW07 Berkoh through technique purposive sampling that is proportional random sampling then be screened by questionnaire obtained 5 people who got counseling Carl Rogers Client Centered approach. The research instrument used the questionnaire HRS-A. Hypothesis analysis using non parametric Wilcoxon Signed Rank Test.

**Results:** The results showed that there was a significant effect of Carl Rogers counseling Client Centered on the anxiety level of PKK mothers during the COVID-19 pandemic in Berkoh Village ( $p < 0.05$ ), with  $p$  value = 0.000. The test results showed that the Carl Rogers Client Centered approach was able to reduce the anxiety of PKK mothers.

**Conclusion:** Carl Rogers counseling with Client Centered approach has an effect on reducing the anxiety level of PKK mothers during the COVID-19 pandemic in Berkoh Village.

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**Keywords:** Anxiety, Carl Rogers Counseling with Client Centered approach, COVID-19, PKK mothers