Abstrak

PENGARUH PEMBERIAN VIDEO RELAKSASI OTOT PROGRESIF TERHADAP TINGKAT STRES MAHASISWA SKRIPSI JURUSAN KEPERAWATAN UNSOED

Luqman Hakim[1], Nina Setiawati[2], Galih Noor Alivian[2]

Latar Belakang : Stres merupakan kondisi yang sering dialami mahasiswa. Pada mahasiswa skripsi, stress dapat muncul dari beberapa faktor. Salah satu tindakan untuk mengatasi stress adalah terapi relaksasi otot progresif. Terapi ini mudah dilakukan, namun perlu edukasi sehingga dapat terlaksana sesuai prosedur kesehatan, dan salah satu edukasi yang dapat dilakukan adalah menggunakan media sosial seperti *youtube*. Penelitian bertujuan untuk mengetahui pengaruh pemberian video relaksasi otot progresif terhadap tingkat stress mahasiswa skripsi.

Metodologi : Desain penelitian kuantitatif dengan metode penelitian *Quasi Eksperimen.* Teknik pengambilan sampel *purposive sampling,* sejumlah 32 responden. Instrument penelitian *Student-life Stress Inventory* (SSI). Analisis data menggunakan *Paired T-test*

Hasil Penelitian : Mayoritas responden terdiri perempuan, berusia 21 tahun, mengambil mata kuliah skripsi pada semester 7, dan mengerjakan skripsi di sekitar kampus. Sebelum intervensi, rata-rata nilai stres sebesar 135,81. Setelah melakukan intervensi rata-rata nilai stres menjadi 114,31. Setelah dilakukan terapi relaksasi otot progresif, terdapat perubahan rata-rata nilai stres dengan signifikan (p<0,001).

Kesimpulan : Pemberian video relaksasi otot progresif dapat menurukan tingkat stress mahasiswa yang sedang mengerjakan skripsi

Kata Kunci : Skripsi, Tingkat Stress, Video Relaksasi Otot Progresif

[1]Mahasiswa Jurusan Keperawatan, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman
[2]Dosen di Jurusan Keperawatan, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman

Abstract

THE EFFECT OF PROGRESSIVE MUSCLE RELAXATIONS VIDEO ON THE STRESS LEVEL OF UNSOED NURSING THESIS STUDENTS

*Luqman Hakim[1], Nina Setiawati[2], Galih Noor Alivian[2]*

Background : Stress is a condition that is often experienced by students. In thesis students, stress can arise from several factors. One of the measures to deal with stress is progressive muscle relaxation therapy.. This therapy is easy to do, but it needs education so that it can be carried out according to health procedures, and one of the educations that can be done is to use social media such as *YouTube*. This study aims to determine the effect of providing progressive muscle relaxation videos on the stress level of thesis students.

Methodology : Quantitative research design with Quasi Experiment research method. The sampling technique is *Purpossive Sampling*, a number of 32 respondents. The instrument used the *Student-life Stress Inventory* (SSI). Data analysis using *Paired T-test.*

Result : The majority of the 32 respondents involved in this study consisted of women, the majority aged 21 years, taking thesis courses in semester 7, and working on their thesis around campus.

Conclusion : The majority of respondents consist of women, aged 21 years, taking thesis courses in semester 7, and working on thesis around campus. Before the intervention, the average stress score was 135.81. After the intervention, the average stress score was 114.31. After progressive muscle relaxation therapy, there is a significant change in the SSI value (p<0.001).

Keywords   : Level of Stress, Progressive Muslce Relaxation Video, Level of Stress
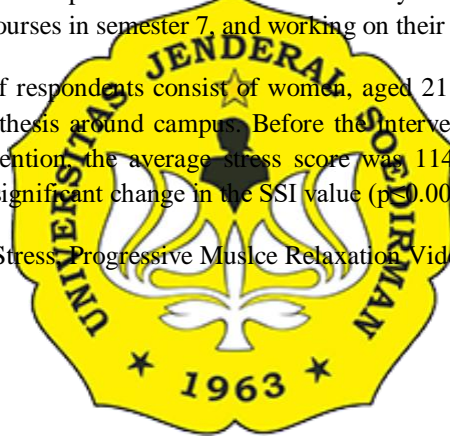
[1]Student of Nursing Departement, Faculty of Health Sciences, Universitas Jenderal Soedirman
[2]Lecturer of Nursing Departement, Faculty of Health Sciences, Universitas Jenderal Soedirman