

ABSTRAK

PENGARUH TERAPI *POSITIVE SELF-TALK* DAN TERAPI *GROUNDING* TERHADAP SKOR KECEMASAN PADA MAHASISWA S1 KEPERAWATAN TINGKAT AKHIR UNIVERSITAS JENDERAL SOEDIRMAN

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Latar Belakang: Kecemasan merupakan respons emosional terhadap stres yang ditandai oleh perasaan tegang, pikiran khawatir berulang, serta perubahan fisiologis seperti peningkatan tekanan darah dan denyut jantung. Terapi *positive self-talk* dan terapi *grounding* adalah terapi non-farmakologi yang dapat digunakan untuk menurunkan kecemasan. Penelitian ini bertujuan untuk mengetahui pengaruh terapi *positive self-talk* dan terapi *grounding* terhadap tingkat kecemasan pada mahasiswa S1 Keperawatan tingkat akhir.

Metode: Penelitian ini menggunakan desain penelitian kuantitatif *true experimental* dengan rancangan *Two Group Pre-test-Post-test with control group design* ini melibatkan 90 mahasiswa Keperawatan Tingkat Akhir Universitas Jenderal Soedirman yang dipilih dengan teknik *simple random sampling*. Data dikumpulkan menggunakan kuesioner HARS yang telah diuji validitas dan reliabilitasnya. Analisis data menggunakan uji *Wilcoxon Signed-Rank Test* dan *Mann u Whitney*.

Hasil: Hasil uji Wilcoxon menunjukkan adanya penurunan skor kecemasan yang signifikan pada kelompok intervensi ($p < 0,05$), sedangkan pada kelompok kontrol tidak ditemukan perubahan yang bermakna. Selanjutnya, uji Mann-Whitney menunjukkan perbedaan skor kecemasan post-test yang signifikan antara kelompok intervensi dan kelompok kontrol ($p < 0,05$), dengan tingkat kecemasan kelompok intervensi lebih rendah. Disimpulkan bahwa kombinasi terapi *positive self-talk* dan *grounding* efektif dalam menurunkan kecemasan mahasiswa keperawatan tingkat akhir.

Kesimpulan: Terapi *positive self-talk* dan terapi *grounding* dapat menurunkan kecemasan pada mahasiswa keperawatan secara signifikan, sehingga terapi ini direkomendasikan untuk diterapkan oleh mahasiswa. Temuan ini mengonfirmasi bahwa kecemasan dapat diturunkan menggunakan terapi non-farmakologis guna menjaga kestabilan psikologis pada mahasiswa.

Kata kunci: kecemasan, *positive self-talk*, *grounding*, mahasiswa keperawatan

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ABSTRACT

THE EFFECT OF POSITIVE SELF-TALK THERAPY AND GROUNDING THERAPY ON ANXIETY SCORES AMONG FINAL-YEAR UNDERGRADUATE NURSING STUDENTS AT JENDERAL SOEDIRMAN UNIVERSITY

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Background: Anxiety is an emotional response to stress characterized by feelings of tension, recurring worry, and physiological changes such as increased blood pressure and heart rate. Positive self-talk therapy and grounding therapy are non-pharmacological interventions that can be used to reduce anxiety. This study aimed to examine the effect of positive self-talk therapy and grounding therapy on anxiety levels among final-year undergraduate nursing students.

Methods: This study employed a quantitative true experimental design using a two-group pre-test–post-test control group design. A total of 90 final-year undergraduate nursing students at Jenderal Soedirman University were selected using simple random sampling. Anxiety levels were measured using the Hamilton Anxiety Rating Scale (HARS), which has been tested for validity and reliability. Data were analyzed using the Wilcoxon Signed-Rank Test and the Mann–Whitney U Test.

Results: The Wilcoxon test showed a significant reduction in anxiety scores in the intervention group ($p < 0.05$), while no significant change was found in the control group. Furthermore, the Mann–Whitney U test demonstrated a significant difference in post-test anxiety scores between the intervention and control groups ($p < 0.05$), with lower anxiety levels observed in the intervention group. These findings indicate that the combination of positive self-talk and grounding therapy is effective in reducing anxiety among final-year nursing students.

Conclusion: Positive self-talk therapy and grounding therapy significantly reduced anxiety levels among nursing students. Therefore, these therapies are recommended to be implemented by students. This finding confirms that anxiety can be reduced through non-pharmacological interventions to maintain psychological stability in nursing students.

Keywords: anxiety, positive self-talk, grounding, nursing students

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