

# Acceptance and Commitment Therapy (ACT) untuk Menurunkan Kecemasan dan Infertility-Related Stress Pada Perempuan yang Mengalami Infertilitas = Acceptance and Commitment Therapy (ACT) to Decrease Anxiety and Infertility-Related Stress among Women with Infertility

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## Abstrak

### **ABSTRAK**

Infertilitas merupakan kondisi yang dapat menyebabkan permasalahan psikologis. Pada pasangan yang mengalami infertilitas, kecemasan dan distress (*infertility-related stress*) menjadi masalah psikologis yang sering dialami. Meski infertilitas dapat disebabkan oleh berbagai faktor, perempuan menjadi pihak yang lebih terbebani dalam menghadapi infertilitas. Untuk membantu menurunkan kecemasan dan *infertility-related stress* perempuan yang mengalami infertilitas, peneliti menggunakan intervensi *Acceptance and Commitment Therapy* (ACT). Penelitian ini dilakukan dengan desain penelitian *quasi experiment* dengan metode *pretest-posttest nonequivalent control group*. Sebanyak lima orang partisipan terlibat dalam penelitian dengan dua orang partisipan kelompok eksperimen dan tiga orang partisipan kelompok kontrol. Pengukuran efektivitas intervensi dilakukan menggunakan *State-Trait Anxiety Inventory* (STAI) dan *The Fertility Problem Inventory* (FPI). Peneliti juga menggunakan alat ukur *The Positive Negative Affective Scale* (PANAS) untuk mengukur afek positif dan afek negatif partisipan kelompok eksperimen selama mengikuti sesi intervensi. Hasil penelitian ini menunjukkan bahwa partisipan kelompok eksperimen yang mendapat intervensi ACT selama lima sesi mengalami penurunan kecemasan dan *infertility-related stress*. Pada partisipan kelompok eksperimen juga ditemukan bahwa ACT dapat menurunkan afek negatif dan meningkatkan atau menstabilkan afek positif partisipan. Dengan demikian dapat disimpulkan bahwa intervensi ACT efektif dalam menurunkan kecemasan dan *infertility-related stress* pada perempuan yang mengalami infertilitas.

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### **ABSTRACT**

Infertility is a condition that could create psychological problem. To couples who experience infertility, anxiety and stress become psychological problems that are often experienced. Although infertility can be caused by various factors, women are more burdened in dealing with infertility. To help reduce the anxiety and infertility-related stress of women who experience infertility, the researcher use the intervention of *Acceptance and Commitment Therapy* (ACT). This study was conducted with a quasi-experimental research design using the *pretest-posttest nonequivalent control group* method. A total of five participants were involved in the study with two participants in the experimental group and three participants in the control group. Measurements of the effectiveness of the intervention were carried out using the *State-Trait Anxiety Inventory* (STAI) and *The Fertility Problem Inventory* (FPI). The researcher also used the *The Positive Negative Affective Scale* (PANAS) to measure the positive affect and negative affect of the experimental

group participants during the intervention session. The results of this study indicate that the experimental group participants who received ACT intervention experienced decreased anxiety and infertility-related stress. The participants of the experimental group it was also found that ACT could reduce the negative affect of participants and increase or stabilize the positive affect of participants. Thus, it can be concluded that ACT intervention is effective in reducing anxiety and infertility-related stress in women who experience infertility.