

Pengaruh terapi penghentian pikiran terhadap perubahan tanda gejala ansietas dan kemampuan mengontrol pikiran negatif pada siswa SMAN di wilayah rawan gempa bumi = Effects of thought stopping therapy on changing sign and symptoms of anxiety and negative thoughts control ability in high school students in earthquake prone areas

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Abstrak

Kondisi geografis yang berada disepanjang ring of fire membuat Indonesia menjadi salah satu wilayah yang paling aktif seismik di dunia. 8.693 gempa bumi mengguncang wilayah Indonesia selama tahun 2018. Ansietas merupakan dampak psikologis yang muncul pada remaja yang tinggal didaerah rawan gempa bumi. Terapi untuk mengatasi ansietas diantaranya adalah tindakan keperawatan ners dan terapi penghentian pikiran. Penelitian ini bertujuan untuk mengetahui pengaruh tindakan keperawatan Ners dan terapi penghentian pikiran terhadap perubahan tanda gejala ansietas dan kemampuan mengontrol pikiran negatif pada siswa SMAN yang tinggal diwilayah rawan gempa bumi. Desain penelitian ini menggunakan Quasy eksperimen pre-post test with control group, dan jumlah responden sebanyak 112 siswa. 56 orang kelompok intervensi diberikan tindakan keperawatan ners dan terapi penghentian pikiran sementara dan 56 orang kelompok kontrol diberikan tindakan keperawatan ners saja. Kriteria inklusi siswa kelas XI di SMAN 1 Giri dan SMAN 1 Glagah yang memiliki pengalaman gempa bumi dan mengalami ansietas sedang yang diukur menggunakan instrumen Hamilton Anxiety Rating Scale (HARS). Kuesioner yang digunakan yaitu karakteristik; jenis kelamin, HARS, serta kuesioner kemampuan mengontrol pikiran negatif yang telah melalui uji validitas dan reliabilitas. Analisis data meliputi univariat dan bivariat (dependent dan independent t-test). Penelitian ini telah dinyatakan lolos uji etik. Hasil penelitian menunjukkan terjadi penurunan tanda gejala ansietas dan peningkatan kemampuan mengontrol pikiran negatif yang signifikan pada kelompok kontrol maupun intervensi (p value < 0,05) dan jenis kelamin memiliki hubungan yang bermakna dengan kemampuan seseorang dalam mengontrol pikiran negatif (p value < 0,05). Tindakan keperawatan ners dan terapi penghentian pikiran direkomendasikan sebagai salah satu terapi untuk menurunkan ansietas pada remaja yang tinggal diwilayah rawan gempa bumi.

.....Indonesia's geographical conditions along the ring of fire make Indonesia one of the most seismically active regions in the world. It was recorded that 8,693 earthquakes rocked the territory of Indonesia during 2018. Anxiety and the emergence of negative thoughts related to earthquakes were psychological impacts that occurred in adolescents living in earthquake-prone areas. Therapy that can be given to overcome these problems are nursing interventions and thought stopping. This study aims to determine the effect of nursing interventions and thought stopping therapy on changes in signs symptoms of anxiety and negative thought control ability in high school students living in earthquake-prone areas. The design of this study used Quasy experiment pre-post test with control group, and the number of respondents was 112 students. 56 people in the intervention group were given nursing interventions and thought stopping therapy and 56 control groups were given nursing interventions only. Inclusion criteria for class XI students at SMAN 1 Giri and SMAN 1 Glagah who have experienced earthquakes and experienced moderate anxiety measured using the Hamilton Anxiety Rating Scale (HARS) instrument. The questionnaire used is characteristic; gender, HARS, and

questionnaire the ability to control negative thoughts that have been tested through validity and reliability. Data analysis included univariate and bivariate (dependent and independent t-test). This research has passed the ethical test. The results showed a decrease in signs symptoms of anxiety and an increase in the ability to control negative thoughts that were significant in the control and intervention groups (p value <0.05) and gender had a significant relationship with a person`s ability to control negative thoughts (p value <0.05). Nursing interventions and thought stopping therapy are recommended as one of the therapies to reduce anxiety in adolescents living in earthquake-prone areas.