

THE EFFECT OF EMOTIONAL REGULATION EDUCATIONAL VIDEO TO STRESS LEVEL ON FINAL STUDENTS OF POLTEKKES KEMENKES YOGYAKARTA

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ABSTRACT

Background :Students are guided to achieve as much as possible because it is part of the students success measure. Significant academic demands, field practice, a lot of study assignments, and theses create a separate stressor it self for final students, this makes final students experience a high stress level, if it is not overcome immediately, it can result graduation lateness. Stress affects the level of emotion stability, so you cannot make the right decisions. Therefore it is important to have emotion regulation.

Research purposes :It is known the effect of emotional regulation educational videos to the stress level on final students of Poltekkes Kemenkes Yogyakarta.

Research methods :This research is a quasi-experimental research with prepost test with control group design. The research sample amounted 60 respondents, in each group there were 30 respondents. The experimental group was given an intervention using emotional regulation educational video media and the control group was given an emotional regulation educational intervention using power point. Sampling use *proportional random sampling*. The test used is the Wilcoxon test and the Mann Whitney test.

Research result :The results of data analysis using the Wilcoxon test with the result that there is a significant effect with $p = 0.000$ ($p < 0.05$) and the results of the analysis using the Mann Whitney test there is a significant difference with $p = 0.000$ ($p < 0.05$)

Conclusion :There is an effect of emotional regulation educational videos on the stress level on final students of Poltekkes Kemenkes Yogyakarta.

Keywords :Educational Video, Emotion Regulation, Stress Level, Final Student

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PENGARUH VIDEO EDUKASI REGULASI EMOSI TERHADAP TINGKAT STRES MAHASISWA AKHIR POLTEKKES KEMENKES YOGYAKARTA

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ABSTRAK

Latar Belakang : Mahasiswa dituntut berprestasi semaksimal mungkin karena bagian dari ukuran keberhasilan mahasiswa. Tuntutan akademik yang signifikan, praktik lapangan, tugas perkuliahan yang banyak, dan skripsi membuat stressor tersendiri bagi mahasiswa tingkat akhir, hal tersebut membuat mahasiswa akhir mengalami tingkat stres yang tinggi, jika tidak segera diatasi mengakibatkan keterlambatan kelulusan. Stres mempengaruhi tingkat kestabilan emosi, sehingga tidak dapat mengambil keputusan dengan tepat, maka penting memiliki regulasi emosi.

Tujuan Penelitian : Diketahui pengaruh video edukasi regulasi emosi terhadap tingkat stres mahasiswa akhir Poltekkes Kemenkes Yogyakarta.

Metode Penelitian : Penelitian ini merupakan penelitian *quasy eksperiment* dengan *prepost test with control group design*. Sampel penelitian berjumlah 60 responden yang masing-masing kelompok ada 30 responden. Kelompok eksperimen diberikan intervensi menggunakan media video edukasi regulasi emosi dan kelompok kontrol diberikan intervensi edukasi regulasi emosi menggunakan *power point*. Pengambilan sampel dengan *proportional random sampling*. Uji yang digunakan yaitu uji *Wilcoxon* dan uji *Mann Whitney*.

Hasil Penelitian : Hasil analisis data menggunakan uji *Wilcoxon* dengan hasil ada pengaruh yang signifikan dengan $p = 0,000$ ($p < 0,05$) dan hasil analisa dengan uji *Mann Whitney* ada perbedaan yang bermakna dengan $p = 0,000$ ($p < 0,05$)

Kesimpulan : Ada pengaruh video edukasi regulasi emosi terhadap tingkat stres mahasiswa akhir Poltekkes Kemenkes Yogyakarta.

Kata Kunci : Video Edukasi, Regulasi emosi, Tingkat Stres, Mahasiswa Akhir

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