

# **PENGARUH *MANDALA PATTERN COLORING THERAPY* TERHADAP STRES AKADEMIK PADA MAHASISWA TINGKAT AKHIR JURUSAN KEPERAWATAN POLTEKKES KEMENKES YOGYAKARTA**

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## **ABSTRAK**

**Latar Belakang:** Stres akademik adalah respon negatif yang dialami mahasiswa tingkat akhir akibat dari beban akademik yang terlalu berat, sehingga menyebabkan perubahan psikologis maupun biologis. Salah satu terapi yang dapat digunakan untuk mengurangi stres akademik adalah *Mandala Pattern Coloring Therapy* yang dapat merelaksasi individu.

**Tujuan:** Diketuinya Pengaruh *Mandala Pattern Coloring Therapy* terhadap Stres Akademik pada Mahasiswa Tingkat Akhir Jurusan Keperawatan.

**Metode:** Penelitian ini merupakan penelitian *Pre-Experimental Designs* dengan *One-Group Pre-Post Test Design*. Teknik pengambilan sampel menggunakan *Proportionate Stratified Random Sampling*. Sampel yang digunakan merupakan Mahasiswa Tingkat Akhir Jurusan Keperawatan berjumlah 83 responden. Uji statistik menggunakan *wilcoxon signed ranks test*.

**Hasil:** Penelitian ini menunjukkan bahwa terdapat 67,5% mahasiswa yang mengalami stress ringan dan 32,5% mahasiswa yang mengalami stress sedang dari hasil nilai *pre-test*, Setelah diterapi menggunakan *Mandala Pattern Coloring Therapy* seluruh responden mengalami perubahan tingkat stres menjadi stress ringan (100%). Hasil uji statistik menunjukkan *p.value* 0,000 ( $P < 0,05$ ).

**Kesimpulan:** *Mandala pattern coloring therapy* berpengaruh terhadap stres akademik pada Mahasiswa Tingkat Akhir Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta.

**Kata Kunci:** Mahasiswa Keperawatan, *Mandala Pattern Coloring Therapy*, Stres Akademik.

Keterangan :

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# **THE INFLUENCE OF MANDALA PATTERN COLORING THERAPY TOWARD ACADEMIC STRESS AMONG FINAL GRADE STUDENTS OF THE NURSING DEPARTMENT IN HEALTH POLYTECHNIC OF THE MINISTRY OF HEALTH IN YOGYAKARTA**

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## **ABSTRACT**

**Background:** Academic stress was a negative response experienced by final year students due to an academic burden that is too heavy, causing psychological and biological changes. One of the therapies that can reduce academic stress is Mandala Pattern Coloring Therapy which can relax individuals.

**Objective:** Knowing the effect of Mandala Pattern Coloring Therapy On Academic Stress in Final Grade Students of the Nursing Department.

**Methods:** This research was a Pre-Experimental Designs research with One-Group Pre-Post Test Design. The sampling technique used Proportionate Stratified Random Sampling. The sample used was a Final Year Student of the Nursing Department, totaling 83 respondents. The statistical test used Wilcoxon signed ranks test.

**Results:** This study showed that 67.5% of students experience mild stress and 32.5% experience moderate stress from the pre-test scores. After being treated using Mandala Pattern Coloring Therapy, all respondents experienced a change in stress levels to mild stress (100%). The statistical tests showed a *p.value* of 0.000 ( $P < 0.05$ ).

**Conclusion:** Mandala pattern coloring therapy has an effect on academic stress in Final Grade Students of the Nursing Department in Health Polytechnic of the Ministry of Health in Yogyakarta.

**Keywords:** Academic Stress, Mandala pattern coloring therapy, Nursing Students.

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