

EFFECT OF COGNITIVE BEHAVIORAL THERAPY ON THE LEVEL OF STATE ANXIETY IN NURSING STUDENTS DURING CLINICAL PRACTICE

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ABSTRACT

Background: State anxiety has attracted the attention of research, especially in nursing, because state anxiety occurs in nursing students as a result of being triggered by stress during clinical practice. The problems lead individuals to feel state anxiety which can have an impact on decreasing student performance. Therefore, an intervention is needed to create an adaptive coping strategy as an effort to improve personal stress management and job satisfaction, one alternative is using Cognitive Behavioral Therapy.

Objective: The aim of this study is to determine the effect of Cognitive Behavioral Therapy on the level of state anxiety in nursing students during clinical practice.

Methods: The type of this study uses a quasi-experimental research with quantitative approach. The sampling technique used is purposive sampling. The study was conducted on April 18-26, 2022. The research respondent were student of the 4th term on Anesthesiology Nursing students who are undergoing Basic Nursing Clinical Practice (BNCP). The total population consist of 95 respondents with the sample used in this study is 54 respondents.

Results: The results showed that the Wilcoxon test got p-value = 0.000 (p-value <0.05), it means there is a significant influence on the Cognitive Behavioral Therapy intervention on the level of state anxiety in nursing students during clinical practice.

Conclusion: State anxiety that occurs in nursing student during clinical practice can be overcome by using Cognitive Behavioral Therapy intervention.

Keyword: Yogyakarta, state anxiety, anesthesiology

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PENGARUH TERAPI PERILAKU KOGNITIF TERHADAP TINGKAT *STATE ANXIETY* PADA MAHASISWA KEPERAWATAN SELAMA MENJALANI PRAKTIK KLINIK

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ABSTRAK

Latar Belakang: *State anxiety* telah menarik perhatian dunia penelitian terutama keperawatan, dikarenakan *state anxiety* muncul pada mahasiswa keperawatan akibat dipicu oleh adanya peningkatan stres selama menjalani praktik klinik. Problematika yang terjadi mengarahkan individu kepada kejadian *state anxiety* yang dapat menimbulkan penurunan kinerja mahasiswa. Oleh karena itu, dibutuhkan intervensi yang ditujukan untuk menciptakan strategi coping yang adaptif sebagai upaya meningkatkan manajemen stres pribadi dan kepuasan kerja, salah satu alternatifnya dengan menggunakan Terapi Perilaku Kognitif.

Tujuan: Diketuainya pengaruh Terapi Perilaku Kognitif terhadap tingkat *state anxiety* mahasiswa keperawatan selama menjalani praktik klinik.

Metode: Penelitian ini menggunakan jenis penelitian kuasi eksperimental dengan pendekatan kuantitatif. Teknik sampling yang digunakan adalah *purposive sampling*. Penelitian dilakukan pada 18-26 April 2022. Responden penelitian yaitu mahasiswa Program Studi Sarjana Terapan Keperawatan Anestesiologi semester 4 Poltekkes Kemenkes Yogyakarta yang sedang menjalani Praktik Klinik Keperawatan Dasar (PKKD). Total populasi terdiri dari 95 responden dengan sampel yang dipakai dalam penelitian ini yaitu sebanyak 54 responden.

Hasil: Hasil penelitian menunjukkan olah data menggunakan uji *Wilcoxon* mendapatkan nilai $p=0,000$ ($p\text{-value} < 0,05$), artinya terdapat pengaruh Terapi Perilaku Kognitif terhadap tingkat *state anxiety* pada mahasiswa keperawatan selama menjalani praktik klinik.

Kesimpulan: *State anxiety* yang terjadi pada mahasiswa keperawatan selama menjalani praktik klinik dapat diatasi dengan menggunakan intervensi Terapi Perilaku Kognitif.

Kata Kunci: Yogyakarta, *state anxiety*, anestesiologi

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