

PENGARUH *BRAIN GYM* TERHADAP TINGKAT STRES PADA
MAHASISWA KEPERAWATAN TINGKAT AKHIR
POLTEKKES KEMENKES YOGYAKARTA

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ABSTRAK

Latar Belakang : Mahasiswa dalam kegiatan menyelesaikan tugas akhir tidak terlepas dari stres. Stres merupakan gangguan tubuh dan pikiran yang disebabkan oleh perubahan dan tuntutan kehidupan. Penelitian oleh *National Union of Students (NUS)* tahun 2015 menemukan bahwa satu 1 dari 3 mahasiswa mengaku pernah berpikir untuk bunuh diri dan 78% diantaranya disebabkan stres dan depresi karena penyusunan skripsi. Penelitian terhadap tingkat stres pada mahasiswa keperawatan yang sedang menyusun skripsi didapatkan hasil bahwa 18,2% mahasiswa mengalami stres ringan, 60,6% stres sedang dan 21,2% stres berat. Salah satu penanganan stres melalui terapi relaksasi *brain gym*. *Brain Gym* adalah serangkaian latihan berbasis gerakan tubuh sederhana terdiri dari gerakan dinamis dan meyilang berfungsi untuk menstimulasi, meringankan, merelaksasi dan membuat tubuh terasa nyaman.

Tujuan : Mengetahui adanya pengaruh *Brain Gym* terhadap tingkat stres pada mahasiswa keperawatan tingkat akhir Poltekkes Kemenkes Yogyakarta.

Metode : Jenis penelitian *quasi eksperiment* dengan *one group pre test and post test*. Jumlah responden 42 orang yang dipilih dengan menggunakan *purposive sampling*. Instrumen penelitian menggunakan *Depression Anxiety Stress Scale 42 (DASS 42)*. Analisa data menggunakan *Wilcoxon* dengan taraf signifikan $p < 0,05$.

Hasil : Sebelum diberikan *brain gym* sebagian besar responden mengalami stres sedang (64,3%) dan sesudah diberikan sebagian besar responden memiliki tingkat stress kategori ringan (71,4%). Hasil uji *Wilcoxon* nilai *p-value* 0,000 maka nilai *p-value* $< 0,05$.

Kesimpulan : Ada pengaruh *Brain Gym* terhadap tingkat stres pada mahasiswa keperawatan tingkat akhir Poltekkes Kemenkes Yogyakarta

Kata Kunci : *Brain Gym*, Stres, Mahasiswa Tingkat Akhir

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THE EFFECT OF BRAIN GYM ON STRESS LEVEL IN FINAL YEAR
NURSING STUDENTS AT THE HEALTH POLYTECHNIC
OF HEALTH MINISTRY YOGYAKARTA

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ABSTRACT

Background : Students in the activity of completing the final project cannot be separated from stress. Stress is a disorder of the body and mind caused by the changes and demands of life. Research by the *National Union of Students (NUS)* in 2015 found that one in three students admitted to having thought about suicide and 78% of them were due to stress and depression due to writing a thesis. Research on the stress level of nursing students who are writing a thesis shows that 18.2% of students experience mild stress, 60.6% moderate stress and 21.2% severe stress. One way to deal with stress is through *brain gym*. *Brain Gym* is a series of simple body movement based exercises consisting of dynamic and cross movements to stimulate, relieve, relax and make the body feel comfortable.

Objective: To determine the effect of Brain Gym on stress levels in final year nursing students at the Health Polytechnic of Health Ministry Yogyakarta.

Method: Type of research is quasi-experimental with one group pre-test and post-test. The number of respondents was 42 people who were selected by using purposive sampling. The research instrument used the Depression Anxiety Stress Scale 42 (DASS 42). Data analysis using Wilcoxon with a significant level of $p < 0.05$.

Results: Before being given a brain gym, most of the respondents experienced moderate stress (64.3%) and after being given the majority of respondents had a mild level of stress (71.4%). test results Wilcoxon value $p = 0.000$ then $p < 0.05$.

Conclusion: There was significant effect of Brain Gym on stress levels in final year nursing students at the Health Polytechnic of Health Ministry Yogyakarta

Keywords: Brain Gym, Stress, Final Year Students

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