

**PENGARUH TERAPI RELAKSASI OTOT PROGRESIF TERHADAP
STRES AKADEMIK DALAM MENGIKUTI AWAL PRAKTIK
KLINIK MAHASISWA JURUSAN KEPERAWATAN
POLTEKKES KEMENKES YOGYAKARTA**

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ABSTRAK

Latar Belakang: Stres akademik menjadi tantangan utama bagi mahasiswa, terutama jurusan keperawatan, selama menjalani praktik klinik. Tuntutan akademik dan tekanan praktik klinik berkontribusi meningkatkan tingkat stres mahasiswa. Oleh karena itu, diperlukan intervensi yang efektif untuk mengurangi stres akademik, salah satunya terapi relaksasi otot progresif yang diyakini mampu mengurangi ketegangan otot dan stres psikologis.

Tujuan: Penelitian ini bertujuan menguji pengaruh terapi relaksasi otot progresif terhadap stres akademik mahasiswa jurusan Keperawatan di Poltekkes Kemenkes Yogyakarta saat mengikuti awal praktik klinik.

Metode: Penelitian menggunakan desain *quasi experimental design with nonequivalent control group design*. Dua kelompok yaitu eksperimen yang menerima terapi relaksasi otot progresif dan kontrol yang menjalani terapi relaksasi nafas dalam. Pengumpulan data dilakukan menggunakan kuesioner stres akademik dan dianalisis melalui uji *Wilcoxon* serta *Mann-Whitney* dengan tingkat signifikansi $p \leq 0,05$.

Hasil: Rerata skor stres akademik sebelum perlakuan pada kelompok intervensi sebesar 53,58, sedangkan pada kelompok kontrol sebesar 48,08. Setelah dilakukan perlakuan, rerata skor stres akademik pada kelompok intervensi menjadi 44,00, dan pada kelompok kontrol menjadi 39,00 (stres sedang). Hasil uji *Wilcoxon* diperoleh nilai ($p = 0,000$). Untuk membandingkan tingkat stres akademik antara kedua kelompok setelah intervensi, dilakukan uji *Mann-Whitney* dan mendapatkan nilai ($p = 0,048$).

Kesimpulan: Terapi relaksasi otot progresif efektif dalam menurunkan tingkat stres akademik mahasiswa keperawatan saat awal praktik klinik.

Kata kunci: Terapi Relaksasi Otot Progresif, Stres Akademik

THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION THERAPY ON ACADEMIC STRESS IN THE INITIAL CLINICAL PRACTICE OF NURSING STUDENTS AT POLTEKKES KEMENKES YOGYAKARTA

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ABSTRACT

Background: Academic stress is a major challenge for students, particularly nursing students, during clinical practice. Academic demands and clinical practice pressures contribute to increased levels of student stress. Therefore, effective interventions are needed to reduce academic stress, one of which is progressive muscle relaxation therapy, which is believed to reduce muscle tension and psychological stress.

Objective: This study aims to examine the effect of progressive muscle relaxation therapy on academic stress among nursing students at the Poltekkes Kemenkes Yogyakarta during the initial phase of clinical practice.

Methods: This research used a quasi-experimental design with a nonequivalent control group design. Two groups were formed: the experimental group received progressive muscle relaxation therapy, while the control group received deep breathing relaxation therapy. Data were collected using an academic stress questionnaire and analyzed using the Wilcoxon and Mann-Whitney tests with a significance level of ($p \leq 0.05$).

Results: The average academic stress score before the intervention in the intervention group was 53.58, while in the control group it was 48.08. After the intervention, the average academic stress score in the intervention group decreased to 44.00, and in the control group, it decreased to 39.00 (moderate stress). The Wilcoxon test showed a value of ($p = 0.000$). To compare the academic stress levels between the two groups after the intervention, the Mann-Whitney test was conducted, and the result was ($p = 0.048$).

Conclusion: Progressive muscle relaxation therapy is effective in reducing academic stress levels in nursing students during the initial phase of clinical practice.

Keywords: Progressive Muscle Relaxation Therapy, Academic Stress