

**PENGARUH *MINDFULNESS BASED ART THERAPY* MELALUI
MEWARNAI MANDALA TERHADAP KELELAHAN MENTAL PADA
MAHASISWA TAHUN PERTAMA POLTEKKES KEMENKES
YOGYAKARTA**

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ABSTRAK

Latar Belakang: Tuntutan adaptasi akademik dan sosial membuat mahasiswa tahun pertama rentan mengalami kelelahan mental. Prevalensi masalah kesehatan mental mahasiswa keperawatan global mencapai 27%, sementara di tingkat nasional 41,3% mahasiswa mengalami stres sedang-berat. Studi pendahuluan menunjukkan 17 dari 20 mahasiswa tingkat pertama Poltekkes Kemenkes Yogyakarta bergejala kelelahan mental, terutama di Jurusan Keperawatan. *Mindfulness based art therapy* melalui mewarnai mandala berpotensi menjadi solusi non-farmakologis untuk menurunkan kelelahan mental secara praktis. **Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh *mindfulness based art therapy* melalui mewarnai mandala terhadap kelelahan mental pada mahasiswa tahun pertama Poltekkes Kemenkes Yogyakarta.

Metode: Penelitian *quasi-experiment* dengan *control time series design* ini telah dilakukan pada April 2026. Sampel sebanyak 66 responden (kelompok intervensi $n = 33$; kelompok kontrol $n = 33$) dipilih melalui *purposive sampling*. Instrumen yang digunakan adalah kuesioner m-MFS (skala ordinal). Analisis perubahan internal kelompok menggunakan Uji *Friedman*, sedangkan perbedaan antarkelompok dianalisis menggunakan Uji *Kruskal-Wallis*.

Hasil: Kedua kelompok menunjukkan perubahan kelelahan mental yang signifikan (Intervensi: $\chi^2 = 97,477$, $p = 0,000$; Kontrol: $\chi^2 = 79,128$, $p = 0,000$). Proporsi kelelahan mental kelompok intervensi turun drastis dari 84,8% (*pre-test*) menjadi 12,1% (*post-test 4*), sementara kelompok kontrol turun dari 87,9% menjadi 36,4%. Hasil uji beda menunjukkan perbedaan signifikan antara kedua kelompok pada seluruh titik evaluasi setelah intervensi (*post-test 1*: $p = 0,046$; *post-test 2*: $p = 0,028$; *post-test 3*: $p = 0,042$; *post-test 4*: $p = 0,023$).

Kesimpulan: Pemberian *mindfulness based art therapy* melalui mewarnai mandala berpengaruh signifikan terhadap penurunan kelelahan mental. Kelompok *mindfulness based art therapy* melalui mewarnai mandala menunjukkan penurunan tingkat kelelahan mental yang lebih besar dan lebih konsisten pada setiap titik pengukuran dibandingkan kelompok kontrol.

Kata Kunci: *mindfulness based art therapy*, mewarnai mandala, kelelahan mental, mahasiswa tahun pertama

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THE EFFECT OF MINDFULNESS BASED ART THERAPY THROUGH MANDALA COLORING ON MENTAL FATIGUE AMONG FIRST-YEAR STUDENTS OF POLTEKKES KEMENKES YOGYAKARTA

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ABSTRACT

Background: Academic and social adaptation demands render first-year students vulnerable to mental fatigue. Globally, the prevalence of mental health issues among nursing students reaches 27%, while nationally, 41,3% of Indonesian students experience moderate-to-severe stress. A preliminary study showed that 17 out of 20 first-year students at Poltekkes Kemenkes Yogyakarta exhibited symptoms of mental fatigue. Mindfulness based art therapy through mandala coloring potentially serves as a practical non-pharmacological solution to reduce mental fatigue.

Objective: This study aimed to determine the effect of mindfulness-based art therapy through mandala coloring on mental fatigue among first-year students at Poltekkes Kemenkes Yogyakarta.

Methods: This quasi-experimental study with a control time-series design was conducted in April 2026. A sample of 66 respondents (intervention group $n = 33$; control group $n = 33$) was selected via purposive sampling. The research instrument utilized the m-MFS questionnaire (ordinal scale). Internal group changes were analyzed using the Friedman Test, while differences between groups were analyzed using the Kruskal-Wallis Test.

Results: Both groups showed significant changes in mental fatigue (Intervention: $\chi^2 = 97,477$, $p = 0,000$; Control: $\chi^2 = 79,128$, $p = 0,000$). The proportion of mental fatigue in the intervention group decreased drastically from 84.8% (pre-test) to 12.1% (post-test 4), while the control group decreased from 87.9% to 36.4%. The difference test results indicated significant differences between both groups at all post-intervention evaluation points (post-test 1: $p = 0,046$; post-test 2: $p = 0,028$; post-test 3: $p = 0,042$; post-test 4: $p = 0,023$).

Conclusion: The administration of mindfulness based art therapy through mandala coloring had a significant effect on reducing mental fatigue. The group engaged in mandala coloring was proven to show a much more optimal reduction in mental fatigue levels at each measurement point compared to the control group.

Keywords: mindfulness based art therapy, mandala coloring, mental fatigue, first-year students

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