

*THE IMPLEMENTATION OF MANDALA COLORING THERAPY
FOR ELDERLY WITH ANXIETY
AT BPSTW ABIYOSO*

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ABSTRACT

Background: Elderly people are a vulnerable age group prone to anxiety due to biological, psychological, and social changes during the aging process. Anxiety that is not adequately managed can trigger and worsen stress, which impacts quality of life and sleep disturbances. Mandala coloring therapy is a safe and easily applicable non-pharmacological intervention to help reduce stress levels in older adults.

Objective: To determine the implementation of nursing care with mandala coloring therapy intervention and to compare the responses of both clients during its implementation at BPSTW Abiyoso.

Method: A descriptive case study using the nursing process approach, comprising assessment, diagnosis, planning, implementation, and evaluation. The subjects consisted of two elderly individuals with mild to moderate anxiety. Mandala coloring therapy was administered in 6 sessions with timing adjusted according to the clients' agreement. Anxiety levels were measured using HARS before and after the intervention.

Results: After the implementation of mandala coloring therapy for 6 sessions, Client 1 experienced a decrease in HARS score from 15 (mild anxiety) to 9 (normal), accompanied by a reduction in tense and irritable behavior from the 3rd session onward, more relaxed facial expressions, and resolution of sleep pattern disturbances. Client 2 experienced a decrease in HARS score from 27 (moderate anxiety) to 19 (mild anxiety), accompanied by a reduced frequency of crying, improved ability to communicate actively, and partial resolution of sleep pattern disturbances as the client was still in the process of adapting to the new environment. The anxiety problem in both clients was resolved.

Conclusion: The implementation of mandala coloring therapy can help reduce anxiety levels in the elderly. This intervention can serve as one of the non-pharmacological nursing actions that supports anxiety reduction, improved emotional calmness, and better sleep quality in the elderly.

Keywords: *elderly, anxiety, stress, relaxation therapy, mandala coloring therapy.*

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PENERAPAN *MANDALA COLORING THERAPY*
PADA LANSIA DENGAN ANSIETAS
DI BPSTW ABIYOSO

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ABSTRAK

Latar Belakang: Lansia merupakan kelompok usia yang rentan mengalami ansietas akibat perubahan biologis, psikologis, dan sosial selama proses penuaan. Ansietas yang tidak tertangani secara adekuat dapat memicu dan memperburuk kondisi stres, yang berdampak pada penurunan kualitas hidup dan gangguan tidur. *Mandala coloring therapy* merupakan intervensi nonfarmakologis yang aman dan mudah diterapkan untuk membantu menurunkan tingkat ansietas pada lansia..

Tujuan: Mengetahui penerapan asuhan keperawatan dengan intervensi *mandala coloring therapy* serta membandingkan respon kedua klien selama pelaksanaan di BPSTW Abiyoso.

Metode: Studi kasus deskriptif dengan pendekatan proses keperawatan meliputi pengkajian, diagnosa, perencanaan, implementasi, dan evaluasi keperawatan. Subjek terdiri dari dua lansia dengan ansietas ringan hingga sedang. Intervensi *mandala coloring therapy* diberikan sebanyak 6 sesi dengan waktu sesuai kesepakatan klien. Tingkat stres diukur menggunakan HARS sebelum dan sesudah intervensi.

Hasil: Setelah dilakukan penerapan *mandala coloring therapy* sebanyak 6 sesi, klien 1 mengalami penurunan skor HARS dari 15 (ansietas ringan) menjadi 9 (normal) disertai penurunan perilaku tegang dan mudah tersinggung sejak sesi ke-3, ekspresi wajah lebih rileks, serta gangguan pola tidur teratasi. Klien 2 mengalami penurunan skor HARS dari 27 (ansietas sedang) menjadi 19 (ansietas ringan) disertai berkurangnya frekuensi menangis, peningkatan kemampuan berkomunikasi secara aktif, serta gangguan pola tidur teratasi sebagian karena masih dalam proses adaptasi terhadap lingkungan baru. Masalah ansietas pada kedua klien dinyatakan teratasi.

Kesimpulan: Penerapan *mandala coloring therapy* dapat membantu menurunkan tingkat ansietas pada lansia. Intervensi ini dapat menjadi salah satu tindakan keperawatan nonfarmakologis yang mendukung penurunan ansietas, peningkatan ketenangan emosional, serta perbaikan kualitas tidur lansia.

Kata kunci: lansia, ansietas, terapi relaksasi, *mandala coloring therapy*.

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