

INTISARI

Pengaruh Terapi Psikoreligius Terhadap Tingkat Kecemasan Santri Skizofrenia Di Pondok Pesantren Assyifa Desa Cepoko

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Latar Belakang: Dari hasil studi pendahuluan yang dilakukan peneliti di Pondok Assyifa Desa Cepoko didapatkan data bahwa jumlah Santri/ Pasien Skizofrenia Bulan November 2014 sebanyak 196 Pasien. Banyak faktor yang bisa menimbulkan kecemasan antara lain lingkungan yang kurang nyaman, perpisahan dengan orang-orang yang dicintai dan kehilangan harta benda. Hasil observasi dari 6 orang Santri skizofrenia ditemukan beberapa gejala kecemasan diantaranya tidak tenang, jari gemetar, muka tegang, daya ingat buruk dan mudah tersinggung, **Tujuan:** Mengetahui pengaruh terapi psikoreligius terhadap tingkat kecemasan santri skizofrenia di Pondok Pesantren Assyifa Desa Cepoko.

Metode: Penelitian ini merupakan penelitian *quasi eksperimen* dengan rancangan *one group pre test-post test design*. Populasi dalam penelitian ini 196 orang, dan sampel dalam penelitian ini berjumlah 49 orang. Teknik pengumpulan data dengan observasi tentang tingkat kecemasan sebelum dan sesudah diberikan terapi psikoreligius. Alat analisis data yang digunakan dengan uji *t-test*.

Hasil: (1) Tingkat kecemasan Santri skizofrenia sebelum terapi psikoreligius, kategori ringan yaitu sebanyak 39 responden (80%) dan sedang sebanyak 10 responden (20%); (2) Tingkat kecemasan santri skizofrenia sesudah terapi psikoreligius, kecemasan kategori ringan sebanyak 22 responden (45%), tidak cemas sebanyak 20 responden (41%) dan cemas sedang sebanyak 7 responden (14%). (3) Ada pengaruh terapi psikoreligius terhadap tingkat kecemasan Santri skizofrenia ($p=0,0$)

Simpulan: Ada pengaruh terapi psikoreligius terhadap tingkat kecemasan Santri skizofrenia

Kata Kunci : Terapi psikoreligius, Tingkat kecemasan, Skizofrenia

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ABSTRACT

THE EFFECT OF PSYCHORELIGIOUS TOWARD THE ANXIETY LEVEL OF SCHIZOPHRENIA SANTRI IN ASSYIFA ISLAMIC BOARDING HOUSE OF CEPOKO VILLAGE

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Background: From the result of preliminary studies conducted in Assyifa Islamic Boarding House of Cepoko village, it is required that the amount of schizophrenia santri/patient in November 2014 is 196 patients. There are a lot of factors that can cause anxiety including uncomfortable neighborhood, parting with people they love, and the loss of property. From the observation of 6 schizophrenia patients, it is found several symptoms like uneasy, trembling fingers, face tense, poor memory and irritability.

Purpose: the purpose of the research is to understand the level of anxiety toward schizophrenia santri after they were given psychoreligious therapy in Assyifa Islamic Boarding House of Cepoko village.

Method: This research uses quasi experiment research with design of one group pre test-post test design. The population of the research is 196 patients, and the sample in this research is 49 people. Data collection technique in this research is by observation about level of anxiety before and after the religious therapy is given. Data analysis equipment used is t-test.

Result: (1) level of anxiety in schizophrenia santri before psychoreligious therapy, light category of santri's anxiety is as much as 49 respondents (80%) and there are 10 respondents (20%); (2) anxiety level of schizophrenia santri after psychoreligious therapy, light category of santri's anxiety is as much as 22 respondents (45%), do not have anxiety is 20 respondents (41%) and medium anxiety is 7 respondents (14%). (3) There is an effect of psychoreligious therapy toward anxiety level of schizophrenia santri.

Conclusion: There is an effect of psychoreligious therapy toward anxiety level of schizophrenia santri

Keywords: psychoreligious therapy, level of anxiety, schizophrenia

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