ABSTRAK

PENGARUH TERAPI *THOUGHT STOPPING* TERHADAP TINGKAT

KECEMASAN PERAWAT YANG MERAWAT PASIEN COVID-19 DI RUANG

ISOLASI RSUI KUSTATI SURAKARTA

Didik Narsanto[1], Anik Suwarni[2], Indriyati[3]

Latar Belakang : Sejak awal 2020, dunia digemparkan dengan virus baru yang menyerang saluran pernapasan manusia dan bisa menyebabkan kematian. Virus ini cepat sekali menyebar ke berbagai belahan di dunia sehingga menyebabkan kecemasan terhadap masyarakat terutama tenaga medis yang menangani COVID-19.

Tujuan: Untuk mengetahui pengaruh terapi *thought stopping* terhadap tingkat kecemasan perawat yang merawat pasien COVID-19 di ruang isolasi RSUI Kustati Surakarta.

Metode : Menggunakan rancangan kuasi eksperimen dengan menguji coba suatu interpensi pada kelompok subyek dengan atau tanpa kelompok pembanding namun tidak dilakukan randomisasi untuk memasukkan subyek ke dalam kelompok perlakuan atau kontrol dengan desain penelitian kuantitatif *one group pre and post test design*. Dilakukan pada tanggal 10-26 Mei 2021 dengan jumlah 32 responden.

Hasil : Diperoleh hasil bahwa sebelum diberikan terapi *Thought Stopping* rata-rata tingkat kecemasan perawat ruang isolasi 3,31%, kemudian setelah diberikan terapi *Thought Stopping* rata-rata tingkat kecemasan 2,59%. Berdasarkan hasil uji *Wilcoxon Signed Ranks Test* pada table 4.4 diperoleh hasil p = 0,000 dimana p<0,05 hasil tersebut menunjukkan adanya pengaruh yang signifikan terhadap tingkat *pre* dan *post* setelah terapi *Thought Stopping*.

Kesimpulan : Ada pengaruh terhadap tingkat kecemasan perawat yang merawat pasien COVID-19 di ruang isolasi RSUI Kustati Surakarta setelah dilakukan terapi *thought stopping*.

<u>**Kata kunci :**</u> terapi *thought stopping,* kecemasan, COVID-19.

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ABSTRACT

**THE EFFECT OF THOUGHT STOPPING THERAPY ON ANXIETY
LEVELOF NURSES TO COVID-19 PATIENTS IN ISOLATION ROOM
AT RSUI KUSTATI SURAKARTA**

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Background: The world has been shocked by a new virus that attacks the human respiratory tract and can cause death in early 2020,. This virus quickly spreads to various parts of the world and causes anxiety to the public, especially medical personnel handling COVID-19.

Objective: To determine the effect of thought stopping therapy on the anxiety levelof nurses to COVID-19 patients in the isolation room of RSUI Kustati Surakarta.

Methods: The research used a quasi-experimental design by testing an interference ina group of subjects with or without a comparison group. However, no randomization included subjects in the treatment or control group with a quantitative one-group pre- and post-test design. The research was conducted on 10-26 May 2021 with a total of 32 respondents.

Results: The results show that before thought stopping therapy, the average anxiety level of the isolation room nurses was 3.31%. After thought stopping therapy, the average anxiety level was 2.59%. Based on the results of the Paired T-test in table 4.6, it was obtained $p = 0.000$ and $p < 0.05$. These results indicate that there is a significant effect between pre and post-thought stopping therapy on anxiety nurses to Covid-19 patients in the isolation room at RSUI Kustati Surakarta in 2021.

Conclusion: There is an effect on the anxiety level of nurses to COVID-19 patientsin the isolation room of RSUI Kustati Surakarta after thought stopping therapy.

Keywords: Thought Stopping Therapy, Anxiety, COVID-19.

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PENGEMBANGAN BAHASA