

## Penurunan ansietas melalui logoterapi kelompok pada penduduk pasca-gempa di Kabupaten Klaten

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### Abstrak

Ansietas merupakan salah satu gangguan mental emosional yang dapat disebabkan karena pengalaman traumatis seperti bencana alam di Kabupaten Klaten. Melalui logoterapi diharapkan dapat membangkitkan optimisme seseorang dalam menghadapi masa depan.

Tujuan penelitian adalah menjelaskan pengaruh logoterapi kelompok terhadap ansietas penduduk pascagempa. Penelitian dilakukan terhadap 42 responden kelompok intervensi dan 42 responden kelompok kontrol. Metode penelitian yaitu quasi experimental pre-post test with control group dengan teknik simple random sampling. Analisis yang digunakan adalah uji chi square, dependent, independent sample t-test, regresi linier ganda.

Hasil uji statistik menunjukkan self evaluasi dan observasi terdapat perbedaan yang bermakna terhadap respon yang ditimbulkan dari ansietas ( $p=0,00, \alpha=0,05$ ). Rekomendasi penelitian diutamakan kepada Puskesmas agar memfasilitasi penerapan logoterapi kelompok dalam mengatasi ansietas.

*Anxiety is one of the emotional mental disorders can be caused by traumatic experiences such as natural disasters in Klaten regency. The therapy arouses their optimism about the future with any obstacles.*

The research's goal was to explain the effect of group logotherapy to minimize clients anxiety post disasters. They were 42 respondents as intervention group and the others control group. The research's method used quasi experimental pre-post test with control group and sampling was simple random. Analyze by Chi-square, dependent and independent sample t-test, and double linear regression.

The results showed that based on self evaluation and observation there was significance anxiety responses caused by anxiety ( $p=0.00, \alpha=0.05$ ). This research recommended that the public health should facilitate the application of group logotherapy to reduce anxiety.