

Pengaruh relaksasi guided imagery and music gim terhadap stres guru Sekolah Dasar = The influence of guided imagery and music gim relaxation on Primary School Teachers Stress

Herlinah, author

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Abstrak

ABSTRAK

Latar Belakang. Stres dapat menimpa berbagai profesi dan pekerjaan. Guru sekolah dasar merupakan salah satu profesi yang rentan terhadap stres. Stres ini dapat berpengaruh terhadap kinerja guru, oleh karena itu stres harus diatasi. Salah satu cara untuk menurunkan stress adalah relaksasi dengan terapi musik. Bagian dari terapi musik adalah Guided Imagery and Music GIM . Penelitian ini untuk mengetahui pengaruh relaksasi GIM terhadap stres guru sekolah dasar di kabupaten X, Kalimantan barat. Metode. 40 orang responden guru diikut sertakan dalam penelitian ini melalui cluster random sampling. Desain penelitian menggunakan metode quasi eksperiment pre-post dengan kontrol grup. Data yang dikumpulkan meliputi karakteristik individu dan masa kerja, stresor kerja menggunakan kuesioner SDS dan stres guru menggunakan kuesioner SCL-90 . Relaksasi GIM diberikan sebanyak 5 sesi dalam waktu 20 menit setiap sesi selama 1 minggu. Hasil. 77.5 responden memiliki tingkat stres sedang pada stresor beban pekerjaan kualitatif berlebih. Penilaian awal stres didapatkan 77.5 responden mengalami gejala psikopatologi dengan gejala terbanyak adalah obsesi-kompulsif 27.5 . Terdapat penurunan rerata stres yang bermakna pada guru SD yang mendapat relaksasi GIM dengan perbedaan mean 3.00 6.29 p=0.046 dan perbedaan mean kontrol - 1.45 7.72 p=0.412 , namun tidak didapatkan perbedaan mean yang bermakna antara kelompok intervensi dengan kontrol p>0.05 Simpulan. Terdapat penurunan stres yang bermakna pada guru SD yang menjalani relaksasi GIM namun tidak berbeda bermakna dibandingkan kontrol.

<hr><i>ABSTRACT

Background. Stress is a common hazard in a lot of professions. Primary school teachers are prone to work stress. One of the ways to alleviate teacher rsquo s stress is relaxation by musical theraphy. In this study, we use Guided Imagery and Music GIM relaxation therapy. The purpose of the research is to know the influence of GIM relaxation method on stress level of primary school teachers. Methods. 40 teachers participated in this research and were chosen by cluster random sampling method. The study design was pre post quasi experiment with control group. The collected data included respondents rsquo individual characteristics and length of employment, work stressors using SDS questionnaire and teachers rsquo stress using SCL 90 questionnaire . GIM relaxation method was provided in 5 sessions where conducted for 20 minutes during the period of one week. Result. 77.5 respondents had medium stress rsquo levels which were excessive qualitative workloads stressors. In early stress assessment, 77.5 respondent showed psychopatology symptoms, where the most frequent symptom was obsessive compulsive 27.5 . This study concludes that there is a significant decrease of stress levels in the primary school teachers who received the GIM relaxation with mean difference 3.00 6.29 p 0.046 and mean difference control 1.45 7.72 p 0.412 , however a significant difference was not found between intervention group and control group p 0.05 . Conclusion. There was a decrease in stress rsquo level in primary school teachers who received the GIM relaxation theraphy but not significantly different from control group.</i>