

Pengaruh Logoterapi Paradoxical Intention Terhadap Tingkat Ansietas dan Kemampuan Koping Mahasiswa Profesi Ners di Masa Pandemi COVID-19 = The Effect of Paradoxical Intention Logotherapy on Anxiety Levels and Coping Ability of Nurse Profession Students during the COVID-19 Pandemic

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Abstrak

Pandemi COVID-19 berdampak pada kehidupan masyarakat termasuk mahasiswa profesi ners terutama karena perubahan sistem pembelajaran. Perubahan ini memengaruhi kesehatan jiwa mahasiswa yang mengikuti pembelajaran klinik di Rumah Sakit, Puskesmas, dan Komunitas. Mahasiswa mengalami kecemasan dan keterbatasan kemampuan koping untuk mengatasinya. Tujuan penelitian untuk mengetahui pengaruh logoterapi paradoxical intention terhadap tingkat ansietas dan kemampuan koping mahasiswa profesi ners di masa pandemi COVID-19. Metode penelitian kuantitatif dengan desain quasy experimental one group pre-posttest digunakan dalam penelitian ini. Sebanyak 21 mahasiswa profesi ners direkrut menggunakan convenience sampling procedure. Pengumpulan data menggunakan kuesioner skala skrining ansietas yang telah dimodifikasi oleh Tobing et al (2014) dari Hospital Anxiety and Depression Scale (HADS-A) dan Ways of Coping Questionnaire yang dikembangkan oleh Folkman dan Lazarus (1988) dan diterjemahkan ke dalam Bahasa Indonesia serta telah dimodifikasi oleh Novitasari dan Hamid (2020). Analisa data menggunakan uji chi square untuk tingkat ansietas dan kemampuan koping. Hasil penelitian menunjukkan logoterapi paradoxical intention memengaruhi tingkat ansietas mahasiswa profesi ners ($p < 0.05$) dan kemampuan koping mahasiswa profesi ners ($p < 0.05$). Kesimpulan penelitian, logoterapi paradoxical intention menurunkan ansietas dan meningkatkan kemampuan koping mahasiswa profesi ners di masa pandemi COVID-19. Rekomendasi penelitian ini yaitu perawat jiwa perlu menggunakan teknik logoterapi paradoxical intention ini untuk menerapkan strategi dalam meningkatkan kesehatan mental mahasiswa khususnya menurunkan ansietas dan meningkatkan kemampuan koping mahasiswa profesi ners di masa pandemi COVID-19. Staf pendidik perlu menyiapkan mahasiswa dengan mengajarkan pada mahasiswa untuk mengelola stress, antara lain dengan logoterapi paradoxical intention untuk menurunkan ansietas dan meningkatkan kemampuan koping, sehingga dapat menyerap pembelajaran dengan lebih baik.The COVID-19 pandemic has an impact on people's lives, including professional students, mainly due to changes in the learning system. This change affects the mental health of students who take clinical learning at hospitals, health centers, and communities. Students experience anxiety and limited coping skills to overcome them. The purpose of this study was to determine the effect of paradoxical intention logotherapy on the level of anxiety and coping abilities of nursing professional students during the COVID-19 pandemic. Quantitative research methods with a quasy experimental one group pre-posttest design were used in this study. A total of 21 nursing professional students were recruited using a convenience sampling procedure. Data collection used an anxiety screening scale questionnaire that has been modified by Tobing et al (2014) from the Hospital Anxiety and Depression Scale (HADS-A) and the Ways of Coping Questionnaire developed by Folkman and Lazarus (1988) and translated into Indonesian and has been modified by Novitasari and Hamid (2020). Data analysis used chi square test for anxiety level and coping ability. The

results showed that paradoxical intention logotherapy affected the anxiety level of nursing professional students ($p < 0.05$) and nursing profession students' coping abilities ($p < 0.05$). The conclusion of the study, paradoxical intention logotherapy reduces anxiety and improves the coping abilities of nursing professional students during the COVID-19 pandemic. The recommendation of this research is that mental nurses need to use this paradoxical intention logotherapy technique to implement strategies in improving students' mental health, especially reducing anxiety and increasing the coping abilities of nursing professional students during the COVID-19 pandemic. Teaching staff need to prepare students by teaching students to manage stress, including paradoxical intention logotherapy to reduce anxiety and improve coping skills, so that they can absorb learning better.