

# Pengaruh Acceptance and Commitment Therapy terhadap Post-Traumatic Growth dan Resiliensi pada Mahasiswa Keperawatan di Masa Pandemi Covid-19 = The Effect of Acceptance and Commitment Therapy towards Post-Traumatic Growth and Resilience among Nursing Students during Covid-19 Pandemic

Estin Yuliasuti, author

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## Abstrak

Pandemi Covid-19 berdampak bagi mahasiswa keperawatan khususnya terkait aspek psikologis. Dampak psikologis tersebut memberikan tekanan psikologis tersendiri, tetapi juga dapat memberikan timbulnya perubahan yang positif. Perubahan tersebut adalah post-traumatic growth (PTG) dan resiliensi. Tujuan dari penelitian ini adalah untuk mengidentifikasi pengaruh acceptance and commitment therapy (ACT) terhadap PTG dan resiliensi pada mahasiswa keperawatan di masa pandemi Covid-19. Penelitian ini menggunakan desain quasi-experimental pretest-posttest with control group. Pengambilan sampel dalam penelitian ini menggunakan teknik purposive sampling dengan sampel 30 responden pada kelompok intervensi dan 30 responden pada kelompok kontrol. Kriteria inklusi pada penelitian ini yaitu mahasiswa aktif program sarjana reguler Keperawatan Fakultas Ilmu Kesehatan Universitas Muhammadiyah Surakarta tahun pertama, nilai PTG <72 dan resiliensi <33, serta bersedia menjadi responden dalam penelitian. Data diambil sebelum dan setelah diberikan tindakan ACT dengan menggunakan kuesioner Post-Traumatic Growth Inventory dan Connor-Davidson Resilience Scale 10 serta dilakukan analisis univariat dan bivariat. Hasil penelitian ini menunjukkan adanya perubahan PTG dan resiliensi sebelum dan sesudah diberikan ACT dengan p-value 0,001 ( $p < 0,05$ ). Selain itu, terdapat perbedaan PTG dan resiliensi yang signifikan sesudah diberikan ACT antara kelompok intervensi dan kelompok kontrol dengan p-value 0,001 ( $p < 0,05$ ). ACT direkomendasikan sebagai terapi keperawatan spesialis untuk meningkatkan PTG dan resiliensi pada mahasiswa keperawatan di masa pandemi.

.....Covid-19 pandemic has had an impact on nursing students, especially related to psychological aspects. The psychological impacts provide psychological distress, but it can also provide positive changes. These changes are post-traumatic growth (PTG) and resilience. The purpose of this study was to identify the effect of acceptance and commitment therapy (ACT) towards PTG and resilience among nursing students during the Covid-19 pandemic. This study used a quasi-experimental pretest-posttest design with control group. Sampling in this study used a purposive sampling technique with a sample of 30 respondents in the intervention group and 30 respondents in the control group. The inclusion criteria in this study were active students of the regular undergraduate program of Nursing, Faculty of Health, Universitas Muhammadiyah Surakarta in the first year, PTG value <72 and resilience <33, and willing to be respondents in the study. Data were taken before and after being given ACT using Post-Traumatic Growth Inventory and Connor-Davidson Resilience Scale 10 questionnaires and univariate and bivariate analysis were performed. The results of this study indicated a change in PTG and resilience before and after being given ACT with p-value 0.001 ( $p < 0.05$ ). In addition, there was a significant difference in PTG and resilience after being given ACT between the intervention group and the control group with p-value 0.001 ( $p < 0.05$ ). ACT was recommended as a specialist nursing therapy to improve PTG and resilience among nursing students during pandemic.