

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN
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**Pengaruh Terapi Guide Imagery Terhadap Penurunan Kecemasan Remaja
Korban Bullying Di SMPS Shabilla**

138 Halaman + 7 Tabel + 2 Skema + 17 Lampiran

ABSTRAK

Bullying dapat berakibat negatif baik terhadap korban maupun pelakunya, *bullying* akan berakibat pada munculnya masalah psikologis remaja seperti kecemasan, keduanya dapat mengalami masalah jiwa dan sosial, bahkan sampai bunuh diri. *World Health Organization* (WHO) (2020) menjelaskan secara umum bahwa salah satu gangguan mental yang dapat terjadi karena *bullying* adalah gangguan kecemasan yang berefek ke depresi, terapi *guide imagery* adalah kegiatan terapi pada remaja korban *bullying* yang mengalami kecemasan sehingga memberikan efek rasa nyaman dan merilekskan tubuh,. **Tujuan** : Penelitian ini bertujuan untuk mengetahui Pengaruh Terapi *Guide Imagery* Terhadap Penurunan Kecemasan Remaja Korban *Bullying* Di SMP Shabilla. **Metode** : Jenis penelitian ini adalah penelitian kuantitatif dengan desain *Quasi Eksperimen* dengan pendekatan *One group Pre-Post Test Design Group Without Control Design* dan dianalisa menggunakan *Paired t-Test* dan metode *Total Sampling*, dengan jumlah sample 20 remaja. **Hasil** : penelitian diketahui tingkat kecemasan sebelum diberikan terapi *guide imagery* didapatkan bahwa remaja korban *bullying* sebagian besar pada tingkat kecemasan ringan sebanyak 14 remaja (70%). Tingkat kecemasan remaja korban *bullying* setelah dilakukan terapi *guide imagery* didapatkan bahwa remaja korban *bullying* sebagian besar pada tingkat normal (tidak cemas) sebanyak 12 remaja (60%), Hasil uji analisis didapatkan bahwa terdapat pengaruh terapi *guide imagery* terhadap penurunan kecemasan remaja korban *bullying* di SMP Shabilla, $p\text{ value}=0,000$ ($p<0,05$) . **Saran** : bagi pihak sekolah SMPS Shabilla membentuk dan menggerakkan satgas mengenai Anti-*Bullying*, menempelkan poster-poster Anti-*Bullying*, dan terutama untuk guru BK (bimbingan konseling) harus bisa menguasai terapi *guide imagery* untuk remaja korban *bullying* yang mengalami kecemasan .

Kata kunci : Remaja Korban *Bullying*, Kecemasan, Terapi *Guide Imagery*

NURSING SCIENCE PROGRAM
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Mini Thesis, September 2022

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***The Effect of Guide Imagery Therapy on Adolescent Anxiety Reduction in
Bullying Victims at SMPS Shabilla***

138 Pages + 7 Tables + 2 Skema + 17 Attachment

ABSTRACT

Bullying can have a negative impact on both the victim and the perpetrator, bullying will result in the emergence of adolescent psychological problems such as anxiety, both of which can experience mental and social problems, even suicide. The World Health Organization (WHO) (2020) explains in general that one of the mental disorders that can occur due to bullying is an anxiety disorder that can have an impact on depression. Guide imagery therapy is a therapeutic activity for adolescent victims of bullying who experience anxiety so that it gives a feeling of comfort and relaxes the body. Objective: This study aims to determine the effect of guided imagery therapy on reducing anxiety in adolescent victims of bullying at Shabilla Junior High School. Methods: This type of research is a quantitative study with a Quasi Experimental design with a One group Pre-Post Test Design Group Without Control Design approach and data analysis using the Paired t-Test and Total Sampling method, with a sample of 20 adolescents. Results: The results of the study found that the level of anxiety before being given guide imagery therapy found that most of the teenagers who were victims of bullying had mild anxiety levels, namely as many as 14 teenagers (70%). The level of anxiety of adolescent bullying victims after guided imagery therapy was found that most of the adolescent victims of bullying were at a normal level (not anxious) as many as 12 teenagers (60%), The results of the analysis test found that there was an effect of guided imagery therapy on reducing anxiety in adolescent victims of bullying at Shabilla Junior High School, p value = 0.000 ($p < 0.05$). Suggestion: Suggestion: for SMPS Shabilla schools to form and deploy an Anti Bullying task force, put up Anti Bullying posters, and specifically for BK (counseling) teachers must be able to master imagery therapy guides for adolescent bullying victims who experience anxiety

Keywords: Teenage Victims of Bullying, Anxiety, Guide Imagery Therapy