

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN
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Pengaruh *Mindfulness Body Scan* Terhadap Penurunan Tingkat
Stres Pada siswi SMA Di Pondok Hidayatullah
Tanjung Uncang

103 hal + 7 tabel + 2 skema+ 11 lampiran

ABSTRAK

Latar Belakang: Stres merupakan hal sering terjadi disekolah dan dipesantren atau sekolah *boarding school*. Dimana stres ini terjadi karena adanya tuntutan belajar yang lebih dari mereka yang bersekolah di sekolah umum. Stress ini selain bisa diobati dengan farmakologi dan juga teknik non-farmakologi yaitu dengan *mindfulness body scan*. **Tujuan :** untuk mengetahui apakah ada pengaruh *mindfulness body scan* terhadap penurunan tingkat stres pada siswi SMA. **Metode :** penelitian kuantitatif quasi experimental *one group pre test-post test design* dengan teknik pengambilan sampel menggunakan *purposive sampling* berjumlah sampel 20 orang. **Hasil :** penelitian didapatkan sebelum diberikan terapi berada pada kategori tingkat stres sedang sebanyak 14 orang (70,0%). Dan setelah diberikan terapi didapatkan hasil bahwa tingkat stres setelah diberikan *mindfulness body scan* berada di katagori tingkat stres rendah 11 orang (55,0%). hasil uji analisis didapatkan bahwa ada pengaruh *mindfulness body scan* terhadap penurunan tingkat stres siswi dengan p-value 0,000 ($p < 0,05$). **Kesimpulan :** Ada pengaruh sebelum dan setelah *mindfulness body scan* terhadap penurunan tingkat stres pada anak SMA. **Saran :** diharapkan pihak sekolah dapat menerapkan terapi relaksasi ini dalam waktu-waktu tertentu seperti sebelum ujian dan kegiatan akademik lainnya.

Kata Kunci : Stres, *Mindfulness Body Scan*, Siswa

***NURSING SCIENCE STUDY PROGRAM
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The Effect of a Mindfulness Body Scan on Reducing Stress Levels
in High School Students at Pondok Hidayatullah
Tanjung Uncang

103 hal + 7 tabel + 2 skema+ 11 lampiran

ABSTRACT

Background: Stress is something that often occurs in schools and Islamic boarding schools or boarding schools. Where this stress occurs because there are more learning demands than those who attend public schools. Besides this stress can be treated with pharmacology and also non-pharmacological techniques, namely with a mindfulness body scan. **Purpose:** to find out whether there is an effect of mindfulness body scans on reducing stress levels in high school students. **Methods:** Quasi-experimental quantitative research one group pre test-post test design with a sampling technique using purposive sampling with a sample of 20 people. **Results:** the research obtained before being given therapy was in the moderate stress level category of 14 people (70.0%). And after being given therapy, the result was that the stress level after being given a mindfulness body scan was in the low stress level category for 11 people (55.0%). the results of the analysis test showed that there was an effect of mindfulness body scans on reducing student stress levels with a p-value of 0.000 ($p < 0.05$). **Conclusion:** There is an effect before and after mindfulness body scans on reducing stress levels in high school children. **Suggestion:** it is hoped that the school can apply this relaxation therapy at certain times, such as before exams and other academic activities.

Keyword : *Stres, Mindfulness Body Scan, students*