

**PENGARUH TERAPI *HYPNOFIVESIC* DENGAN TINGKAT KECEMASAN  
MAHASISWA KEPERAWATAN DALAM MENYUSUN SKRIPSI DI  
UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA**

**Raden Eddo Pingky Albert Qurana<sup>1</sup>, Rizqi Wahyu Hidayati<sup>2</sup>**  
Email: [eddoqurana99@gmail.com](mailto:eddoqurana99@gmail.com)

**INTISARI**

**Latar Belakang:** Salah satu penyebab kecemasan mahasiswa tingkat akhir adalah penyusunan skripsi. Sebanyak 61,4% mengalami cemas berat saat menyusun skripsi. Hal ini menjadi pencetus terjadinya depresi atau gangguan mental lain. Sehingga perlu diturunkan melalui terapi relaksasi, salah satunya dengan terapi *hypnofivesic*.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh terapi *hypnofivesic* untuk mengurangi tingkat kecemasan mahasiswa keperawatan dalam menyusun skripsi di Universitas Jenderal Achmad Yani Yogyakarta.

**Metode:** Penelitian ini menggunakan desain *quasy experimental designs* dengan *pretest-posttest control group design*. Pengambilan sampel dilakukan secara *Purposive sampling* dengan kriteria inklusi adalah mahasiswa usia 21-23 tahun, mahasiswa aktif Tahun Ajaran 2020/2021 yang sedang menjalani skripsi, mahasiswa dengan tingkat cemas ringan dan sedang. Sedangkan kriteria eksklusi mahasiswa dengan gangguan jiwa menggunakan terapi dokter, mahasiswa dengan tingkat cemas berat. Responden yang digunakan berjumlah 48 orang. Instrument penelitian berupa kuisioner *Zung Self-Rating Anxiety Scale*. Uji statistik dalam penelitian ini menggunakan Uji *Wilcoxon* dan Uji *Mann Whitney Test*. Penelitian ini dilakukan 3 sesi dengan durasi 15 menit persesi.

**Hasil:** Kecemasan saat *pretest* pada kelompok intervensi dalam kategori ringan 79,2% dan pada kelompok kontrol 83,3%. Sedangkan saat *posttest* pada kelompok intervensi menurun menjadi kategori normal 62,5% dan kelompok kontrol masih menetap kategori ringan 91,7%. Terapi *hypnofivesic* efektif untuk mengurangi tingkat kecemasan mahasiswa keperawatan dalam menyusun skripsi dengan nilai signifikan 0,000 ( $p < 0,05$ ).

**Kesimpulan:** Terdapat pengaruh terapi *hypnofivesic* dengan tingkat kecemasan mahasiswa keperawatan dalam menyusun skripsi di Universitas Jenderal Achmad Yani Yogyakarta.

**Kata kunci:** Terapi *Hypnofivesic*, Tingkat kecemasan.

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<sup>1</sup>Mahasiswa Program Studi Keperawatan Universitas Jenderal Achamd Yani Yogyakarta

<sup>2</sup>Dosen Program Studi Keperawatan Universitas Jenderal Achamd Yani Yogyakarta

**THE EFFECT OF HYPNOFIVESIC THERAPY ON THE ANXIETY LEVEL OF  
NURSING STUDENTS IN COMPLETING UNDERGRADUATE THESIS AT  
JENDERAL ACHMAD YANI UNIVERSITY YOGYAKARTA**

**Raden Eddo Pingky Albert Qurana<sup>1</sup>, Rizqi Wahyu Hidayati<sup>2</sup>**  
**Email: [eddoqurana99@gmail.com](mailto:eddoqurana99@gmail.com)**

**ABSTRACT**

**Background:** One of the anxiety causes for final-year students is undergraduate thesis writing. As many as 61,4% experiences severe anxiety when writing their undergraduate thesis. This has triggered depression or other mental disorders. Thus, relaxation therapy is necessary. One of the methods is hypnofivesic

**Objective:** This research aims at identifying the influence of hypnofivesic therapy in reducing Nursing students' anxiety level in completing their undergraduate thesis at Jenderal Achmad Yani University Yogyakarta.

**Methods:** This research used quasi-experimental designs with pretest-posttest control group design. Samples were taken through the Purposive sampling technique by the inclusion criteria of students aged 21-23 years, active students in the academic year of 2020/2021 who were currently in the process of completing their undergraduate paper, and those who were experiencing mild to average anxiety. Whilst, the exclusion criteria were students undergoing doctor therapy for mental health disorders, and students with severe anxiety. There were in total of 48 respondents. The instrument used was Zang Self-rating Anxiety Scale questionnaire. The statistical test used in this research was the Wilcoxon dan Uji Mann Whitney Test. This research was done in 3 sessions with 15 minutes duration for each.

**Results:** During the pretest, the anxiety level among those in the intervention group was low 79,2% and those in the control group was 83,3%. Whilst, during the post-test, the anxiety level of those in the intervention group decreased into normal category 62,5% and those in the control group remained in the moderate category 91,7%. Hypnofiveric therapy was effective to reduce the level of anxiety among Nursing students in completing their undergraduate paper as seen from the significance value of 0,000 (<0,05).

**Conclusion:** There is an influence of hypnofivsic therapy on the Nursing students' anxiety level in completing their undergraduate thesis at Jenderal Achmad Yani University Yogyakarta.

**Keywords:** Hypnofivesic therapy, Anxiety Level.

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<sup>1</sup>Students of the Nursing Study Program of Jenderal Achmad Yani University Yogyakarta.

<sup>2</sup>Lecturer of the Nursing Study Program of Jenderal Achmad Yani University Yogyakarta.