

PENGARUH TERAPI BENAR PADA *ACADEMY BURNOUT* SISWA SMP 2 TURI YOGYAKARTA

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INTISARI

Latar Belakang: Remaja usia 13-15 tahun di SMP mengalami perubahan fisik dan psikologis. Masalah kesehatan mental seperti depresi dan cemas sering dialami. *Academy burnout* yang tinggi dapat menyebabkan penurunan motivasi, kelelahan fisik dan emosional, kesulitan konsentrasi, dan penurunan prestasi. Terapi relaksasi benar dapat mengurangi *academy burnout*.

Tujuan: Penelitian ini bertujuan untuk mengetahui apakah pengaruh terapi benar dapat menurunkan rata-rata *academy burnout* pada siswa SMP 2 Turi, Yogyakarta.

Metode: Metode penelitian yang digunakan adalah kuantitatif *eksperimental* dengan desain *Quasi Experimental Design Pretest Posttest Kontrol*. Penelitian ini dilakukan di SMPN 2 Turi, Yogyakarta pada bulan Juni. Sampel penelitian terdiri dari siswa kelas VIII, berjumlah 60 sampel dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner sebelum dan setelah dilakukan intervensi terapi benar. Analisis data menggunakan analisis univariat dan analisis bivariat dengan uji *Shapiro-Wilk* dan uji *t-test*.

Hasil: *Academy burnout* pada kelompok kontrol sebelum perlakuan dengan rata-rata $50,37 \pm 5,41$ dan sesudah perlakuan dengan rata-rata $48,90 \pm 4,90$. Pada kelompok intervensi dengan terapi benar, *academy burnout* sebelum perlakuan memiliki rata-rata $50,80 \pm 7,11$, dan setelah perlakuan, rata-rata *academy burnout* menurun menjadi $44,60 \pm 9,15$. Hasil uji *t-test* menunjukkan bahwa pada kelompok kontrol, tidak terdapat hubungan yang signifikan antara perlakuan dengan *academy burnout* ($p=0,276$), sementara pada kelompok intervensi dengan terapi benar, terdapat hubungan yang signifikan ($p=0,005$).

Kesimpulan: Hasil dari uji *t-test* menunjukkan bahwa pada kelompok kontrol, tidak terdapat hubungan yang signifikan antara perlakuan dengan *academy burnout*, sementara pada kelompok intervensi dengan terapi benar, terdapat korelasi yang signifikan.

Kata Kunci: *Academy burnout*, terapi benar, meditasi, SMP 2 Turi.

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THE EFFECT OF BENAR THERAPY ON ACADEMY BURNOUT OF THE STUDENTS AT SMP 2 TURI YOGYAKARTA

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ABSTRACT

Background: Most teenagers aged 13-15 years in junior high school have experienced physical and psychological changes. Mental health problems, such as depression and anxiety, have been among common things experienced by students. High academy burnout can lead to decreased motivation, physical and emotional exhaustion, difficulty concentrating, and decreased performance. Relaxation therapy can actually reduce academy burnout.

Objective: This research aims to determine whether the effect of benar therapy can reduce the average academy burnout in students of SMP 2 Turi, Yogyakarta.

Method: The research method used was quantitative experimental design with Quasi Experimental Design Pretest Posttest Control. This research was conducted at SMPN 2 Turi, Yogyakarta in June. The research sample consisted of VIII grade students, totaling 60 samples selected using purposive sampling technique. The data were collected using a questionnaire before-and-after the intervention of benar treatment therapy. The data analysis used were univariate analysis and bivariate analysis with the Shapiro-Wilk test and t-test.

Results: The Academy burnout average in the control group before the treatment was 50.37 ± 5.41 , while after the treatment was at the average of 48.90 ± 4.90 . In the intervention group with the benar therapy, the academy burnout before treatment showed an average of 50.80 ± 7.11 , whereas after the treatment, the average academy burnout decreased to 44.60 ± 9.15 . The results of the t-test show that in the control group, there is no significant correlation between treatment and academy burnout ($p=0.276$), while in the intervention group with benar therapy, there is a significant correlation ($p=0.005$).

Conclusion: The results of the t-test show that in the control group, there is no significant correlation between treatment and academy burnout, while in the intervention group with benar therapy, there is a significant correlation.

Keywords: Academy burnout, benar therapy, meditation, SMP 2 Turi.

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