

**PENGARUH TERAPI *PUZZLE* TERHADAP TINGKAT KECEMASAN
PADA LANSIA DI UPT RUMAH PELAYANAN SOSIAL
LANJUT USIA TERLANTAR BUDHI DHARMA**

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INTISARI

Latar Belakang: Kecemasan ialah keadaan emosi yang dikenali dengan perasaan tegang, pikiran cemas dan perubahan fisik seperti tekanan darah meningkat, gemetar, nyeri kepala dan lain-lain. Langkah yang dapat dilakukan untuk mengatasi kecemasan ada 2 cara yaitu secara farmakologi dengan mengonsumsi obat anti cemas dan secara non farmakologi. Terapi *puzzle* merupakan terapi non farmakologi yang dapat mengatasi kecemasan lansia.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui pengaruh pemberian terapi *puzzle* terhadap kecemasan pada lansia di UPT RPSLUT Budhi Dharma.

Metode Penelitian: Penelitian ini berjenis kuantitatif dengan rancangan penelitian Pra Experimental dengan pendekatan *One Group Pretest – Posttest Design* pada 26 lansia menggunakan teknik *total sampling*. Penelitian dilakukan dengan memberikan terapi *puzzle* kepada responden selama 2 minggu dengan total 4 kali intervensi, data diambil menggunakan kuisioner GAS (*Geriatric Anxiety Scale*). Analisis data yang digunakan adalah uji *Wilcoxon*.

Hasil: Sebelum diberikan intervensi terdapat 26 lansia mengalami kecemasan sedang. Setelah diberikan intervensi pada post test pertama terdapat 26 responden yang masih mengalami kecemasan sedang, setelah dilakukan post test kedua didapatkan 18 responden (69,2%) dengan kecemasan minimal dan 8 responden (30,8%) dengan kecemasan ringan. Nilai *p-value* = 0,000 (*p-value* < 0,05) yang menunjukkan ada pengaruh pemberian terapi *puzzle* terhadap kecemasan pada lansia di UPT RPSLUT Budhi Dharma.

Kesimpulan: Ada pengaruh terapi *puzzle* terhadap tingkat kecemasan pada lansia di UPT RPSLUT Budhi Dharma.

Kata Kunci: Kecemasan, Terapi *Puzzle*, Lansia

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**THE EFFECT OF *PUZZLE* THERAPY ON ANXIETY IN ELDERLY AT
THE UPT BUDHI DHARMA SOCIAL SERVICE CENTER FOR
ABANDONED ELDERLY**

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ABSTRACT

Background: Anxiety is an emotional state characterized by feelings of tension, anxious thoughts, and physical changes such as increased blood pressure, trembling, headaches, and others. There are two ways to address anxiety: pharmacologically, by taking anti-anxiety medication, and non-pharmacologically. *Puzzle* therapy is a non-pharmacological approach that can help alleviate anxiety in the elderly.

Objectives: This research aims to determine the effect of *puzzle* therapy on anxiety in the elderly at the UPT RPSLUT Budhi Dharma

Methods: This research types is quantitative with a pre-experimental research design using a One Group Pretest – Posttest Design approach on 26 elderly individuals, employing total sampling technique. The research was conducted by providing *puzzle* therapy to respondents for 2 weeks with a total of 4 interventions, and data was collected using the GAS questionnaire (Geriatric Anxiety Scale). The data analysis used is the Wilcoxon test.

Results: Before the intervention, there were 26 elderly individuals experiencing moderate anxiety. After the first post-test following the intervention, there were still 26 respondents who experienced moderate anxiety. After conducting the second post-test, it was found that 18 respondents (69.2%) had minimal anxiety levels and 8 respondents (30.8%) had mild anxiety. P-value of 0.000 (p-value < 0.05), indicating that there is an effect of *puzzle* therapy on anxiety in the elderly at the UPT RPSLUT Budhi Dharma.

Conclusion: There is an effect of *puzzle* therapy on the anxiety levels of the elderly at the UPT RPSLUT Budhi Dharma.

Keywords: Anxiety, *Puzzle* Therapy, Elderly

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