

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

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INTISARI

Latar belakang: Stres pada lanjut usia dapat diartikan sebagai tekanan yang diakibatkan pada stresor seperti perubahan-perubahan yang menuntut adanya penyesuaian dari lanjut usia. Stres yang dialami lanjut usia bisa diatasi melalui pemberian terapi yaitu dengan terapi *puzzle*.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh terapi *puzzle* terhadap tingkat stres pada lansia.

Metode: Penelitian ini merupakan jenis penelitian kuantitatif dengan menggunakan rancangan penelitian *Pre-Experimental* dengan penelitian *One Group Pretest-Posttest Design*. Teknik pengambilan sampel menggunakan *total sampling*. Jumlah sampel sebanyak 26 lansia yang mengalami stres di UPT RPSLUT Budhi Dharma Giwangan, Yogyakarta dapat bersedia menjadi responden selama 2 minggu.

Hasil: Sebelum dilakukan terapi *puzzle* didapatkan hasil seluruh lansia mengalami stres sedang 26 lansia (100%), setelah dilakukan terapi *puzzle* minggu pertama didapatkan hasil tingkat stres sedang sebanyak 26 lansia (100%), dan pemberian terapi *puzzle* minggu kedua tingkat stres ringan sebanyak 24 lansia (92%). Dari hasil uji *Wilcoxon* didapatkan hasil $P = 0,000 < (0,05)$.

Kesimpulan: Terdapat pengaruh terapi *puzzle* terhadap tingkat stres pada lansia di UPT Rumah Pelayanan Sosial Lanjut Usia Terlantar Panti Budhi Dharma, Giwangan Yogyakarta.

Kata Kunci: Stres, terapi *puzzle*, lansia

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**THE EFFECT OF PUZZLE THERAPY ON STRESS LEVELS
AT BUDHI DHARMA**

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ABSTARCT

Background: Stress in the elderly is characterized as pressure brought on by stressors as such changes that require the elderly to adjust. The provision of puzzle therapy as a form of treatment can assist senior citizens in managing their stress.

Objective: The purpose of this study is to ascertain how puzzle therapy affects older adults' stress levels.

Method: This is a quantitative study that employs a pre-experimental design with a one-group pre-test-posttest design. Total sampling was the sample method employed. The sample consists of 26 senior citizens who are willing to participate as respondents for two weeks and who feel stress at UPT RPSLUT Budhi Dharma Giwangan, Yogyakarta.

Result: Before the puzzle therapy was carried out, the results showed that all elderly people experienced moderate stress 26 elderly (100%), after the first week of puzzle therapy the results showed a moderate stress level of 26 elderly (100%), and the second week of puzzle therapy gave a mild stress level of 24 elderly (92%). From the results of the Wilcoxon test, the results obtained $P = 0.000 < (0.05)$.

Conclusion: Puzzle therapy has an impact on the stress levels of senior citizens at UPT Rumah Pelayanan Sosial Lanjut Usia Terlantar Panti Budhi Dharma in Giwangan, Yogyakarta.

Keywords: Stress, puzzle therapy, elderly

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