PROGRAM STUDI S1 KEPERAWATAN
STIKES PAYUNG NEGERI PEKANBARU

Skripsi, Juli 2022

YEFRINA FORTUNADA

Efektivitas teknik *self affirmation* terhadap kecemasan praktek klinik pada mahasiswa profesi ners di STIKes Payung Negeri Pekanbaru

Xi + 64 halaman + 7 tabel + 3 skema + 10 lampiran

ABSTRAK

Mahasiswa ners sering kali mengalami kecemasan akibat berbagai faktor salah satu nya yaitu kecemasan praktik klinik karena takut akan membuat kesalahan, kekhawatiran selama praktik klinik akibat kurang kepercayaan terhadap kemampuan pada diri sendiri, kurangnya pengetahuan akibat pembelajaran daring dan kurangannya pengalaman pada saat pertama kali praktik klinik. Salah satu cara untuk mengatasi kecemasan praktik klinik yaitu diberikan teknik *Self affirmation*. *Self affirmation* yaitu mengubah pikiran negatif ke pikiran positif. Tujuan penelitian ini untuk mengetahui efektivitas teknik *self affirmation* terhadap kecemasan praktek klinik pada mahasiswa profesi ners STIKes Payung Negeri Pekanbaru. Jenis penelitian ini kuantitatif dengan desain *Quasy Experimesnt pre and post test without control* . Lokasi penelitian di STIKes Payung Negeri Pekanbaru. Responden berjumlah 18 orang mahasiswa profesi ners dan teknik pengambilan sampel *proposive sampling*. Penelitian dilakukan mulai tanggal 31 mei – 7 juni 2022 . intervensi self affirmation diterapkan selama dua kali sehari pagi dan malam selama 5 menit dalam 7 hari. Instrumen penelitian kecemasan menggunakan kuesioner *Depresi Anxiety Stress Scale (*DASS) 42 sedangkan *self affirmation* menggunakan SOP. Hasil analisis univariat menunjukan nilai kecemasan sebelum 12,94 dan menurun menjadi 9,00 setelah diberikan *self affirmation*. Hasil uji *paired t tes* menunjukan *p value* 0,000< 0,05 yang artinya teknik *self affirmation* efektif terhadap kecemasan praktik klinik pada mahasiswa profesi ners di STIKes Payung Negeri Pekanbaru. Berdasarkan hasil penelitian ini diharapkan mahasiswa keperawatan agar dapat menjadikan acuan dalam menghadapi kecemasan dengan melakukan teknik *self affirmation*

Kata Kunci : Program Profesi Ners, Kecemasan, *Self Affirmation*
Daftra pustaka : 42 (2014-2022)

PROGRAM STUDI OF NURSING
STIKES PAYUNG NEGERI PEKANBARU

Research, July 2022

YEFRINA FORTUNADA

The effectiveness of the self-affirmation techniques on anxiety in clinical practice in nursing student at STIKes Payung Negeri Pekanbaru

Xi+ 64 pages + 7 tables + 3 schemas+ 10 attachment

ABSTRACT

Nurse students often experience anxiety due to various factors, one of which is clinical practice anxiety because they are afraid of making mistakes, worries during clinical practice due to lack of confidence in their abilities, lack of knowledge due to online learning and lack of experience at first clinical practice. One way to overcome clinical practice anxiety is to use the self-affirmation technique. Self affirmation is changing negative thoughts into positive thoughts. The purpose of this study was to determine the effectiveness of the self-affirmation technique on clinical practice anxiety in nursing professional students at STIKes Payung Negeri Pekanbaru. This type of research is quantitative with a Quasy Experimental design pre and post test without control. The research location is at STIKes Payung Negeri Pekanbaru. Respondents were 18 students of nursing professions and the sampling technique was proposive sampling. The research was conducted from 31 May – 7 June 2022. The self affirmation intervention was applied twice a day in the morning and evening for 5 minutes in 7 days. Anxiety research instrument using the Depression Anxiety Stress Scale (DASS) 42 questionnaire while self affirmation using the SOP. The results of the univariate analysis showed the anxiety value before 12.94 and decreased to 9.00 after being given self-affirmation. The results of the paired t test showed a p value of 0.000 <0.05, which means that the self-affirmation technique was effective against clinical practice anxiety in nursing professional students at STIKes Payung Negeri Pekanbaru. Based on the results of this study, nursing students are expected to be able to make a reference in dealing with anxiety by doing self affirmation techniques

Keywords : Profession Ners , Anxiety, Self Affirmation,
References : 42 refences (2014-2022)