

**PROGRAM STUDI D-III KEPERAWATAN FAKULTAS
KEPERAWATAN INSTITUT KESEHATAN PAYUNG NEGERI
PEKANBARU**

Skema Riset, Juli 2025

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**Hubungan *Self-Reward* Dengan Kesehatan Mental Mahasiswa Tingkat I Dan
II Program Studi D-III Keperawatan Di Institut Kesehatan Payung Negeri
Pekanbaru**

Xii+ 37 Halaman+ 6 Tabel+ 9 Lampiran

ABSTRAK

Self-reward adalah bentuk penghargaan yang diberikan individu kepada dirinya sendiri setelah berhasil mencapai tujuan atau menyelesaikan tugas tertentu. Strategi ini diyakini berperan penting dalam meningkatkan motivasi, menjaga keseimbangan emosional, serta mendukung kesehatan mental mahasiswa yang menghadapi berbagai tekanan akademik dan sosial. Kesehatan mental sendiri merupakan kondisi ketika seseorang mampu menerima diri, berpikir realistis, mengatasi masalah, serta merasakan kepuasan dan kebahagiaan dalam hidup. Penelitian ini bertujuan untuk menganalisis hubungan antara *self-reward* dengan kesehatan mental pada mahasiswa tingkat I dan II Program Studi D.III Keperawatan di Institut Kesehatan Payung Negeri Pekanbaru. Penelitian menggunakan desain kuantitatif dengan pendekatan cross-sectional dan teknik total sampling, melibatkan 66 responden. Instrumen penelitian berupa kuesioner *self-reward* (12 item skala Likert) dan *General Health Questionnaire* (GHQ-12) untuk mengukur kesehatan mental. Hasil penelitian menunjukkan mayoritas mahasiswa memiliki *self-reward* rendah (65,2%) dan mengalami distress mental tinggi (97,0%). Analisis bivariat dengan uji Spearman menghasilkan $p < 0,001$ dengan koefisien korelasi 0,441 yang menunjukkan adanya hubungan positif dengan kekuatan sedang antara *self-reward* dan kesehatan mental. Kesimpulan penelitian ini adalah semakin tinggi *self-reward* mahasiswa, semakin baik kondisi kesehatan mental yang mereka miliki, sehingga *self-reward* dapat dijadikan strategi sederhana dalam menjaga stabilitas psikologis mahasiswa.

Kata Kunci: *Self-Reward*, Kesehatan Mental, Mahasiswa

Daftar Bacaan: 34(2016-2025)

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INSTITUTE OF HEALTH SCIENCES**

Research, July 2025

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***The Relationship Between Self-Reward and Mental Health of I and II Students
in the Diploma III Nursing Program at Payung Negeri Institute of Health
Pekanbaru***

Xii+ 37 Pages+ 6 Tables+ 9 Appendices

ABSTRACT

Self-reward is a form of appreciation that individuals give to themselves after successfully achieving goals or completing certain tasks. This strategy is believed to play an important role in increasing motivation, maintaining emotional balance, and supporting the mental health of students who face various academic and social pressures. Mental health itself is a condition in which a person is able to accept themselves, think realistically, overcome problems, and experience satisfaction and happiness in life. This study aims to analyze the relationship between self-reward and mental health among first- and second-year students of the Diploma III Nursing Program at the Institute of Health Payung Negeri Pekanbaru. The study used a quantitative design with a cross-sectional approach and a total sampling technique, involving 66 respondents. The research instruments consisted of a self-reward questionnaire (12 Likert-scale items) and the General Health Questionnaire (GHQ-12) to measure mental health. The results showed that the majority of students had low self-reward (65.2%) and experienced high mental distress (97.0%). Bivariate analysis using the Spearman test produced a p -value < 0.001 with a correlation coefficient of 0.441, indicating a positive moderate relationship between self-reward and mental health. The conclusion of this study is that the higher the students' self-reward, the better their mental health condition. Thus, self-reward can be considered a simple strategy to maintain students' psychological stability.

Keywords: Self-Reward, Mental Health, Students

References: 34(2016-2025)