

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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Pengaruh Focus Group Discussion Therapy Terhadap Tingkat Stres Pada Remaja
SMAN 4 Pekanbaru

Xiii + 34 Halaman + 2 Skema + 7 Tabel + 8 Lampiran

ABSTRAK

Stres merupakan masalah psikologis yang sering dialami remaja akibat tuntutan akademik, perubahan perkembangan, serta tekanan dari lingkungan sosial. Kondisi ini dapat memengaruhi kesehatan mental, konsentrasi belajar, dan kualitas hidup remaja. Salah satu intervensi nonfarmakologis yang dapat diterapkan untuk menurunkan tingkat stres adalah Focus Group Discussion (FGD) Therapy, yaitu terapi kelompok yang memberikan kesempatan kepada remaja untuk berbagi pengalaman, mengungkapkan perasaan, serta memperoleh dukungan dari teman sebaya. Penelitian ini bertujuan untuk mengetahui pengaruh Focus Group Discussion Therapy terhadap tingkat stres pada remaja di SMA Negeri 4 Pekanbaru. Penelitian ini menggunakan metode kuantitatif dengan desain quasi experimental menggunakan rancangan one group pretest-posttest design. Sampel penelitian berjumlah 40 responden yang dipilih menggunakan teknik stratified random sampling. Tingkat stres diukur menggunakan Perceived Stress Scale (PSS), sedangkan analisis data dilakukan dengan uji Wilcoxon. Hasil penelitian menunjukkan bahwa rata-rata skor stres sebelum diberikan intervensi sebesar $30,10 \pm 4,717$, kemudian menurun menjadi $24,85 \pm 3,676$ setelah diberikan Focus Group Discussion Therapy. Hasil uji Wilcoxon menunjukkan nilai $p = 0,000$ ($p < 0,05$), yang berarti terdapat pengaruh signifikan Focus Group Discussion Therapy terhadap penurunan tingkat stres pada remaja di SMA Negeri 4 Pekanbaru. Disimpulkan bahwa Focus Group Discussion Therapy efektif menurunkan tingkat stres pada remaja sehingga dapat dijadikan sebagai salah satu intervensi keperawatan untuk mendukung kesehatan mental remaja di lingkungan sekolah.

Kata Kunci : Focus Group Discussion Therapy, stres, remaja.
Daftar Pustaka: 28 (2017-2025)

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“The Effect of Focus Group Discussion Therapy on Stress Levels Among Adolescents at SMA Negeri 4 Pekanbaru”

Xiii + 34 Pages + 2 Schemes + 7Tables + 8 Attachments

ABSTRACT

Stress is one of the most common psychological problems experienced by adolescents due to academic demands, developmental changes, and social environmental pressures. This condition can negatively affect mental health, learning concentration, and quality of life. One non-pharmacological intervention that can be used to reduce stress levels is Focus Group Discussion (FGD) Therapy, a group-based intervention that allows adolescents to share experiences, express their feelings, and receive support from their peers. This study aimed to determine the effect of Focus Group Discussion Therapy on stress levels among adolescents at SMA Negeri 4 Pekanbaru. This study employed a quantitative approach using a quasi-experimental design with a one-group pretest-posttest design. The sample consisted of 40 respondents selected using stratified random sampling. Stress levels were measured using the Perceived Stress Scale (PSS), and data were analyzed using the Wilcoxon test. The results showed that the mean stress score before the intervention was 30.10 ± 4.717 , which decreased to 24.85 ± 3.676 after the implementation of Focus Group Discussion Therapy. The Wilcoxon test revealed a p-value of 0.000 ($p < 0.05$), indicating a statistically significant effect of Focus Group Discussion Therapy on reducing stress levels among adolescents at SMA Negeri 4 Pekanbaru. In conclusion, Focus Group Discussion Therapy is effective in reducing stress levels among adolescents and may be considered a nursing intervention to promote adolescent mental health in the school setting.

Keywords : Focus Group Discussion Therapy, stress, adolescents.
Reference : 28 (2017-2025)