

PROGRAM STUDI S1 KEPERAWATAN
STIKES PAYUNG NEGERI PEKANBARU

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Efektivitas *Progressive Muscle Relaxation* (PMR) Untuk Meningkatkan Kesehatan Mental Mahasiswa Yang Sedang Profesi Di Masa Pandemi Covid-19

xiv + 67 Halaman + 8 Tabel +17 Lampiran

ABSTRAK

Mahasiswa profesi ners menghadapi realitas baru selama menjalani kepaniteraan klinik di masa pandemi Covid-19 seperti, ketakutan terinfeksi virus, kurangnya alat pelindung diri (APD), ketidaktahuan situasi lingkungan kerja baru dan prosedur kerja khusus, menyaksikan penderitaan dan kematian pasien yang dapat mempengaruhi kondisi psikologis mereka. Kesehatan mental sama pentingnya dengan kesehatan fisik, keduanya memiliki hubungan satu sama lain, ketika seseorang terganggu fisiknya maka dapat menimbulkan terganggunya mental atau psikisnya, begitupun hal sebaliknya. Kesehatan mental terhadap pandemi Covid-19 juga berdampak bagi para pekerja, siswa sekolah, mahasiswa dan lain-lain. Meningkatkan kesehatan mental salah satunya adalah dengan menerapkan terapi *progressive muscle relaxation*. Tujuan dalam penelitian ini adalah untuk mengetahui pengaruh terapi *progressive muscle relaxation* (PMR) dalam meningkatkan kesehatan mental mahasiswa yang sedang proesi di masa pandemi covid-19. Penelitian kuantitatif dilakukan dengan metode *quasi experimental design* dengan *pre test-post test design with control group*. Instrumen penelitian menggunakan kuisioner SRQ-20 dengan teknik *purposive sampling* dan sampel berjumlah 30 responden. Hasil penelitian dengan uji *T-Independet test* menunjukkan *pre test* dan *post test* kelompok intervensi *p value* = 0,000 dan *pre test* dan *post test* kelompok kontrol *p value* =0,000, rata-rata dari nilai *post test* kelompok kontrol adalah 9,27 dan rata-rata *post test* kelompok intervensi adalah 3,47 artinya ada perbedaan signifikan antara *pre test* dan *post test* kelompok intervensi dengan *pre test* dan *post test* kelompok kontrol mahasiswa yang sedang profesi di masa pandemi covid-19.

Kata Kunci : *Progressive Muscle Relaxation*, Kesehatan Mental, Mahasiswa yang sedang profesi

Daftar Pustaka : 50 (2010-2021)

NURSING PROGRAM STUDY

STIKES PAYUNG NEGERI PEKANBARU

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The Effectiveness of Progressive Muscle Relaxation (PMR) to Improve Mental Health of Students Who Are Professionals During the Covid-19 Pandemic

xiv + 67 Pages + 8 Tables + 17 Attachments

ABSTRACT

Nurse profession students face new realities while undergoing clinical clerkships during the Covid-19 pandemic, such as fear of being infected with a virus, lack of personal protective equipment (PPE), ignorance of new work environment situations and special work procedures, witnessing patient suffering and death that can affect psychological conditions. they. Mental health is as important as physical health, both have a relationship with each other, when a person is physically disturbed it can cause mental or psychological disturbances, and vice versa. mental health to the Covid-19 pandemic also has an impact on workers, school students, students and others. One of the ways to improve mental health is by applying progressive muscle relaxation. The purpose of this study was to determine the effect of progressive muscle relaxation (PMR) therapy in improving the mental health of college students who are currently experiencing the COVID-19 pandemic. Quantitative research was conducted using a quasi-experimental design with pre-test-post-test design with a control group. The research instrument used the SRQ-20 questionnaire with purposive sampling technique and a sample of 30 respondents. The results of the study using the T-Independent test showed that pre-test and post-test of the intervention group p value = 0.000 and pre-test and post-test of the control group value = 0.000, the average of the post-test control group was 9.27 and the average post-test of the intervention group was 3.47, meaning that there was a significant difference between the pre-test and post-test of the intervention group and the pre-test and post-test of the control group of students who were working during the covid-19 pandemic.

Keywords : Progressive Muscle Relaxation, Mental Health, Students who are in the profession

References : 50 (2010-2021)