

**PROGRAM STUDI S1 KEPERAWATAN
STIKES PAYUNG NEGERI PEKANBARU**

Skripsi, Agustus 2021

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Efektivitas Terapi *Progressive Muscle Relaxation* Untuk Menurunkan Gejala Psikososial
Pada Perawat Covid-19 Di RSUD Arifin Achmad Provinsi Riau

xiv + 48 Halaman + 2 Skema + 9 Tabel + 13 Lampiran

ABSTRAK

Penyebaran dan transmisi Covid-19 di Indonesia sangat cepat sehingga banyak memberikan dampak fisik dan psikologis pada tenaga kesehatan. Masalah psikologis tersebut memicu kebutuhan mengimplementasikan terapi untuk mengurangi beban psikologis dengan melakukan terapi *Progressive Muscle Relaxation*. Tujuan penelitian ini untuk mengidentifikasi pengaruh terapi *Progressive Muscle Relaxation* dalam menurunkan gejala psikososial pada perawat Covid-19 di RSUD Arifin Achmad Provinsi Riau. Desain penelitian ini adalah *Quasi Experimental design pre-test post-test with control group*. Instrumen penelitian menggunakan kuisioner DASS-42 dengan teknik *purposive sampling* dan sampel berjumlah 30 responden. Hasil penelitian dengan uji *Paired T-test* menunjukkan nilai $p\text{ value} = 0,000$ lebih kecil dari $p\text{ alpha } (0,05)$ sehingga H_0 ditolak artinya Terapi *Progressive Muscle relaxation* efektif untuk menurunkan gejala psikososial pada perawat Covid-19 di RSUD Arifin Achmad Provinsi Riau. Penelitian ini merekomendasikan terapi *Progressive Muscle Relaxation* untuk menurunkan gejala psikososial yang dialami oleh perawat Covid-19 yang bertugas di Rumah Sakit.

Kata Kunci : *Progressive Muscle Relaxation, Psychosocial Symptoms, Covid-19 Nurses*

Daftar Pustaka : 31 (2010-2020)

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Research, August 2021

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The Effectiveness Of Progressive Muscle Relaxation To Reduce Psychosocial Symptoms in Covid-19 Nurses At The Arifin Achmad Hospital, Riau Province.

xiv + 48 Page + 2 Scheme + 9 Table + 13 Attachment

ABSTRACT

The spread and transmission of Covid-19 in Indonesia very fast, so it has lot of physical and psychological impacts on health workers. These psychological problems trigger need to implement therapy to reduce the psychological burden by doing progressive muscle relaxation therapy. The purpose of this study was to identify the effect of progressive muscle relaxation therapy in reducing psychosocial symptoms in Covid-19 nurses. Quasi experimental research design pre-test post-test with control group. Research instrument using DASS-42 (Depression, Anxiety, Stress Scale-42). Purposive sampling technique with a total of 30 respondents. The results of the study using the Paired- T test showed that that the p value = 0,000 is smaller than $0,05$ $p > \alpha$ (0.05), so H_0 is rejected, meaning that Progressive Muscle Relaxation Therapy is effective for reducing psychosocial symptoms in Covid-19 nurses at Arifin Achmad Hospital, Riau province. This study recommends progressive muscle relaxation therapy to reduce psychosocial symptoms experienced by Covid-19 nurses who work in hospitals.

Keywords: Progressive Muscle relaxation therapy, psychosocial symptoms, Covid-19 nurses

References:31(2010-2020)