

ABSTRAK

Latar belakang. Dewasa muda menghadapi berbagai stresor. Kematangan otak yang belum optimal membuat dewasa muda rentan mengalami gangguan kesehatan akibat stres yang tinggi. Resiliensi stres dapat menjadi faktor pelindung bagi orang dewasa muda untuk tetap sehat. Resiliensi dapat ditingkatkan dengan pendekatan spiritual. Penelitian ini bertujuan untuk mengidentifikasi pengaruh ibadat Taize terhadap resiliensi stres, tingkat stres, dan tingkat spiritualitas dewasa muda. Penelitian ini juga bertujuan untuk mengeksplorasi efek ibadat Taize pada fungsi sistem saraf otonom, sistem kardiovaskular, dan sistem endokrin, serta gambaran gelombang otak.

Metode. Penelitian ini merupakan penelitian kuasi eksperimental berkontrol. Perlakuan yang diberikan adalah ibadat Taize selama 28 hari. Data tingkat resiliensi, tingkat spiritualitas, tingkat stres, tekanan darah, frekuensi nadi, *heart rate variability*, kadar kortisol, kadar oksitosin, dan gambaran gelombang otak didapatkan secara serial.

Hasil. Jumlah responden yang terlibat pada penelitian ini adalah 30 orang (16 orang di kelompok perlakuan). Usia rerata responden pada kelompok perlakuan adalah $20,44 \pm 1,26$ tahun sedangkan pada kelompok kontrol adalah $20 \pm 0,78$ tahun. Pada kelompok perlakuan didapatkan peningkatan tingkat resiliensi ($p < 0,01$) dan tingkat spiritualitas ($p = 0,01$) serta penurunan tingkat stres ($p = 0,03$). Didapatkan pula penurunan kadar kortisol ($p < 0,05$), penurunan frekuensi nadi ($p = 0,04$), dan kecenderungan penurunan *very low frequency* dari *heart rate variability*. Ensefalogram menunjukkan adanya peningkatan alfa asimetri di area midfrontal pada kelompok perlakuan dibandingkan kelompok kontrol ($p < 0,01$). Selain itu didapatkan pula kecenderungan peningkatan rasio theta/beta dan rasio alfa/beta serta penurunan gelombang theta di area frontal.

Kesimpulan. Ibadat Taize meningkatkan resiliensi stres dan tingkat spiritualitas, serta menurunkan tingkat stres melalui regulasi emosi dan keseimbangan aktivitas otonom.

Kata kunci: Taize, doa, resiliensi, stres, spiritualitas, sistem saraf otonom, elektroensefalografi

ABSTRACT

Background. Young adults face a variety of stressors. Brain maturity that is not yet optimal makes young adults vulnerable to experiencing health problems due to high stress. Stress resilience can be a protective factor for young adults to stay healthy. Resilience can be increased with a spiritual approach. This study aims to identify the influence of Taize prayer on the stress resilience, stress level, and spirituality level of young adults. The study also aims to explore the effect of Taize prayer on the function of the autonomic nervous system, cardiovascular system, and endocrine system, and also the feature of brain waves.

Method. This research study was a controlled quasi-experiment that involved providing Taize prayer intervention to participants for 28 consecutive days. The researchers collected data at regular intervals on the participants' levels of resilience, spirituality level, stress levels, blood pressure, pulse frequency, heart rate variability, cortisol levels, oxytocin levels, and brain waves.

Results. The study was conducted on a sample of 30 respondents, out of which 16 were assigned to the treatment group. The mean age of the respondents in the treatment group was 20.44 years, with a standard deviation of 1.26 years, while in the control group, it was 20 years with a standard deviation of 0.78 years. The study found that the treatment group experienced a significant increase in resilience levels ($p < 0.01$) and spirituality levels ($p = 0.01$), along with a significant decrease in stress levels ($p = 0.03$), cortisol levels ($p < 0.05$), and pulse frequency ($p = 0.04$). The treatment group also showed a tendency to decrease very low-frequency on heart rate variability. The electroencephalogram showed an increase of alpha asymmetry in the mid-frontal area compared to the control group ($p < 0.01$). Additionally, there was a tendency to increase theta/beta ratio and alpha/beta ratio and decrease in theta waves in the frontal region.

Conclusion. Taize prayer can increase resilience, spirituality, and decrease stress levels by regulating emotions and balancing autonomic activities.

Key words: Taize, prayer, resilience, stress, autonomic nervous system, electroencephalography