

INTISARI

Latar Belakang: Stres dapat terjadi pada mahasiswa keperawatan, dan berdampak pada kesejahteraan mahasiswa. *Mindfulness-based interventions* (MBIs) menjadi salah satu inovasi dalam manajemen stres, namun bukti efektivitasnya di Indonesia masih sangat terbatas.

Tujuan: Mengetahui pengaruh (MBIs) terhadap penurunan skor stres pada mahasiswa Program Studi Ilmu Keperawatan Universitas Gadjah Mada.

Metode: Penelitian ini merupakan penelitian kuasi eksperimental dengan kelompok kontrol dilakukan pada 54 mahasiswa keperawatan FK-KMK UGM. *Pre-test* dan *post-test* dilakukan sebelum dan setelah intervensi MBIs dilakukan. MBIs dilakukan secara *online* menggunakan program *Finding Peace in a Frantic World* melalui platform *Zoom Meeting* sebanyak empat sesi pertemuan. Tingkat stres diukur menggunakan *Perceived Stress Scale* (PSS-10). Data dianalisis menggunakan *paired t-test* dan *independent t-test*.

Hasil: Sebelum intervensi rata-rata skor stres pada kelompok intervensi sebesar $20,6 \pm 4,3$, dan kelompok kontrol sebesar $19,2 \pm 3,7$ (berada dalam kategori stres sedang). Setelah intervensi, rata-rata skor stres kelompok intervensi menurun menjadi $12,3 \pm 6,2$ (kategori stres ringan). Pada kelompok kontrol, rata-rata skor stres juga mengalami penurunan menjadi $17,3 \pm 4,2$ (kategori sedang). Hasil uji *paired t-test* menunjukkan perbedaan skor stres yang bermakna pada kelompok intervensi ($p < 0,001$) dan kelompok kontrol ($p = 0,015$). Hasil uji *independent t-test* terhadap selisih skor antara kelompok intervensi dan kontrol menunjukkan perbedaan yang signifikan ($p < 0,001$), dengan nilai ukuran efek Cohen's *d* sebesar 1,154, yang menunjukkan pengaruh intervensi tergolong besar.

Simpulan: MBIs efektif dalam menurunkan stres pada mahasiswa Keperawatan.

Keywords: Kesehatan mental, keperawatan, mahasiswa, *mindfulness-based intervention*, stres mahasiswa

ABSTRACT

Background: Stress can occur in nursing students and affect their well-being. Mindfulness-based interventions (MBIs) are one innovation in stress management, but evidence of their effectiveness in Indonesia is still very limited.

Objective: To determine the effect of MBIs on stress scores among nursing students at Gadjah Mada University.

Methods: This study was a quasi-experimental study with a control group conducted on 54 nursing students at FK-KMK UGM. Pre-test and post-test were conducted before and after the MBIs intervention. MBIs were conducted online using the program Finding Peace in a Frantic World through the Zoom Meeting platform in four sessions. Stress levels were measured using the Perceived Stress Scale (PSS-10). Data were analyzed using paired t-tests and independent t-tests.

Results: Before the intervention, the average stress score in the intervention group was 20.6 ± 4.3 , and in the control group was 19.2 ± 3.7 (in the moderate stress category). After the intervention, the average stress score in the intervention group decreased to 12.3 ± 6.2 (mild stress category). In the control group, the average stress score also decreased to 17.3 ± 4.2 (moderate category). The results of the paired t-test showed a significant difference in stress scores between the intervention group ($p < 0.001$) and the control group ($p = 0.015$). The results of the independent t-test on the difference in scores between the intervention and control groups showed a significant difference ($p < 0.001$), with a Cohen's d effect size of 1.154, indicating that the intervention had a large effect.

Conclusion: MBIs are effective in reducing stress among nursing students.

Keywords: Mental health, nursing, students, mindfulness-based intervention, student stress