



***Psychophysiological Impact of Mindfulness Intervention on Stress in Non-Clinical Groups***

**Dampak Psikofisiologis Intervensi Mindfulness Terhadap Stres Pada Kelompok Non-Klinis**

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***Abstract***

*This study aims to see the psychophysiological impact of mindfulness-based interventions, mindfulness of breathing for ten minutes after being induced by social stress using a social stress test (TSST). The research design between subjects in the experimental group was randomly selected to listen to short mindfulness audio directions and apply them. Independent T-test analysis showed that the application of ten minutes of brief mindfulness did not show a significant difference in skin conductance levels between the control ( $M = 1.92$ ,  $SD = 1.14$ ) and experimental groups ( $M = 2.70$ ,  $SD = 2.16$ );  $t(10) = 0.79$ ,  $p = 0.45$*

***Keyword:*** *mindfulness, trier social stress test, skin conductance level, stres*

***Abstrak***

Penelitian ini bertujuan untuk melihat dampak psikofisiologis dari intervensi *mindfulness*, *mindfulness breathing* singkat selama sepuluh menit setelah diinduksi stres sosial menggunakan *trier social stress test* (TSST). Penelitian dengan desain *between subject* pada sebagai kelompok eksperimen dipilih secara acak untuk mendengarkan audio arahan *brief mindfulness* dan menerapkannya. Analisis *Independent T-test* menunjukkan penerapan sepuluh menit *brief mindfulness* tidak menunjukkan perbedaan *normalized skin conductance level* yang signifikan antara kelompok kontrol ( $M = 1.92$ ,  $SD = 1.14$ ) dan eksperimen ( $M = 2.70$ ,  $SD = 2.16$ );  $t(10) = .79$ ,  $p = .45$

***Kata kunci:*** *mindfulness, trier social stress test, skin conductance level, stres*