

ABSTRAK

Diah Restu Ajeng Wulan Febrianingrum

**PENGARUH TERAPI THOUGHT STOPPING TERHADAP TINGKAT
KECEMASAN PASIEN HIGH DEPENDENCY UNIT (HDU) DI RSKB
COLUMBIA ASIA SEMARANG**

xv + 65 Hal + 17 Tabel + 4 Gambar

Latar Belakang:

Kecemasan merupakan salah satu respon psikologis yang sering dialami pasien selama menjalani perawatan di rumah sakit, khususnya di ruang High Dependency Unit (HDU) yang memerlukan perhatian medis lebih intensif. Terapi non-farmakologis seperti *thought stopping* dapat membantu pasien mengurangi kecemasan dengan menghentikan pola pikir negatif. Namun, penelitian terkait efektivitas terapi ini pada pasien HDU masih terbatas.

Metode:

Penelitian ini menggunakan desain *quasi-experiment* dengan rancangan *two group pretest-posttest design*. Sampel berjumlah 30 responden yang dirawat di ruang HDU RSKB Columbia Asia Semarang dan dipilih dengan teknik *purposive sampling*. Instrumen pengukuran kecemasan menggunakan *Zung Self-Rating Anxiety Scale (ZSAS)* yang telah diuji validitas dan reliabilitasnya. Analisis data menggunakan uji Mann-Whitney dengan hasil Mean Rank intervensi 11.70 dan control 19.30. Uji etik sudah dilakukan di UWHS dengan NO 121/EC-LPPM/UWHS/VII-2025

Hasil:

Hasil penelitian menunjukkan adanya perbedaan signifikan tingkat kecemasan antara kelompok intervensi dan kelompok kontrol setelah pemberian terapi *thought stopping* ($p = 0,009$). Kelompok intervensi memiliki tingkat kecemasan lebih rendah dibandingkan kelompok kontrol.

Kesimpulan:

Terapi *thought stopping* terbukti efektif menurunkan tingkat kecemasan pada pasien HDU, ditunjukkan dengan hasil uji hipotesis yang memperoleh nilai p -value 0,009 ($p < 0,05$), sehingga H_a diterima dan H_0 ditolak. Intervensi ini dapat digunakan sebagai pendekatan non-farmakologis dalam asuhan keperawatan untuk mengurangi kecemasan pasien.

Kata Kunci: *thought stopping*, kecemasan, pasien HDU

Daftar Pustaka: 43 (2019–2023)

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ABSTRACT

Diah Restu Ajeng Wulan Febrianingrum

***THE EFFECT OF THOUGHT STOPPING THERAPY ON ANXIETY LEVELS
OF PATIENTS IN THE HIGH DEPENDENCY UNIT (HDU) AT COLUMBIA
ASIA HOSPITAL SEMARANG***

xv + 65 pages + 17 tables + 4 figures

Background:

Anxiety is a common psychological response experienced by patients during hospitalization, especially in the High Dependency Unit (HDU), which requires more intensive medical attention. Non-pharmacological therapy such as thought stopping can help patients reduce anxiety by interrupting negative thought patterns. However, research on the effectiveness of this therapy in HDU patients is still limited.

Methods:

This study used a quasi-experimental design with a two-group pretest-posttest design. The sample consisted of 30 respondents treated in the HDU ward of Columbia Asia Semarang Hospital and were selected using a purposive sampling technique. The anxiety measurement instrument used was the Zung Self-Rating Anxiety Scale (ZSAS), which has been tested for validity and reliability. Data analysis used the Mann-Whitney test with a Mean Rank of 11.70 for intervention and 19.30 for control. Ethical testing has been conducted at UWHS with NO 121/EC-LPPM/UWHS/VII-2025.

Results:

The findings showed a significant difference in anxiety levels between the intervention and control groups after the thought stopping therapy ($p = 0.009$). The intervention group had lower anxiety levels compared to the control group.

Conclusion:

Thought stopping therapy has been shown to be effective in reducing anxiety levels in HDU patients, as demonstrated by the results of the hypothesis test, which obtained a p -value of 0.009 ($p < 0.05$), thus accepting H_a and rejecting H_0 . This intervention can be used as a non-pharmacological approach in nursing care to reduce patient anxiety.

Keywords: thought stopping, anxiety, HDU patients

References: 43 (2019–2023)

