

## ABSTRAK

**Hendro Priyono, 2015.** *Pengaruh Terapi Aktivitas Kelompok Model Psikodrama terhadap Perubahan Tingkat Kecemasan Lansia di Panti Sosial Tresna Werdha Ilomata Kota Gorontalo.* Skripsi, Jurusan Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. **Pembimbing I Hj. Dian Saraswati, S.Pd, M.Kes dan Pembimbing II Rhein Djunaid, S.Kep.,Ns.,M.Kes.**

Psikodrama adalah mendramatisasikan konflik-konflik batin, sehingga individu dapat merasa sedikit lega. Kecemasan adalah perasaan takut yang tidak jelas dan tidak didukung oleh situasi. Tujuan penelitian adalah mengetahui pengaruh Terapi Aktivitas Kelompok model psikodrama terhadap perubahan tingkat kecemasan lansia di PSTW Ilomata Kota Gorontalo.

Rancangan penelitian *pra-eksperimental*, menggunakan metode pendekatan *One-Group Pra-Post Test Design*. Populasi berjumlah 35 lansia. Teknik sampling yang digunakan dalam penelitian ini adalah *Purposive Sampling*, didapatkan 10 lansia sebagai sampel. Instrument yang digunakan yaitu kuesioner Taylor Manifest Anxiety Scale. Analisa data menggunakan uji statistik *Wilcoxon*. Hasil penelitian menunjukkan tingkat kecemasan lansia sebelum dilakukan Terapi Aktivitas Kelompok model psikodrama didapatkan sebanyak 100% yang mengalami kecemasan dan tingkat kecemasan lansia sesudah dilakukan Terapi Aktivitas Kelompok model psikodrama terdapat 80% yang tidak mengalami kecemasan dan 20% yang mengalami kecemasan dengan nilai *p* value 0,005  $\alpha$  (<0,05), terdapat pengaruh yang signifikan Terapi Aktivitas Kelompok model psikodrama terhadap perubahan tingkat kecemasan lansia di PSTW Ilomata Kota Gorontalo. Kesimpulan penelitian ini menunjukkan terdapat pengaruh Terapi Aktivitas Kelompok model psikodrama terhadap perubahan tingkat kecemasan lansia di PSTW Ilomata Kota Gorontalo. Disarankan kepada PSTW Ilomata Kota Gorontalo untuk menerapkan Terapi Aktivitas Kelompok model psikodrama sebagai bahan pengetahuan untuk meningkatkan kualitas pelayanan lansia dan program baru untuk mengatasi kecemasan lansia.

**Kata Kunci : Lansia, Psikodrama, Kecemasan**  
**Daftar Pustaka : 36 referensi (2005-2014)**

## ABSTRACT

**Hendro Priyono, 2015.** The Influence of Psychodrama Model of Group Activity Therapy toward the Alteration of Level of Anxiety to the Elderly People at Tresna Werdha Ilomata Senior House of Gorontalo City. Skripsi, Nursing Department, Faculty of Health Science and Sports, State University of Gorontalo. The principal supervisor was **Hj. Dian Saraswati, S.Pd, M.Kes**, and Co-supervisor was **Rhein Djunaid, S.Kep., Ns., M.Kes**.

Psychodrama is dramatizing the psychological conflicts, in order to make the person feel a bit relieved. Anxiety is an unclear fear and is not supported by the situation. The objective of this research was to find out the influence of psychodrama model of group activity toward the alteration of anxiety level at elderly people in Ilomata Senior House of Gorontalo City.

This research was a pre-experimental design with one group pretest and posttest design. The population of this research was 35 elderly people and 10 samples were taken using the purposive sampling method. The instrument used to measure the level of anxiety in this research was Taylor Manifest Anxiety Scale questionnaire, and the data were analyzed using the Wilcoxon test. The research findings showed that from 100% of the samples that experienced anxiety, following the administration of the psychodrama model of group activity therapy, 80% of the respondents reported that they do not experienced anxiety and 20% of the respondents reported that they still experienced anxiety. The p value was .005 with  $\alpha (<.05)$ . There was significant influence of psychodrama model of group activity therapy toward the alteration of level of anxiety experienced by the elderly people at Ilomata Senior House of Gorontalo City. The conclusion of this research was that the psychodrama model of group activity therapy can be utilized to alter the level of anxiety experienced by the elderly people at Ilomata Senior House of Gorontalo City. It is recommended to the nurses and administrators at the Ilomata Senior House to implement the psychodrama model of group activity therapy as knowledge to improve the quality of service provided to the elderly people and as the new program to overcome the anxiety at elderly people.

**Keywords: Elderly People, Psychodrama, Anxiety**

**References: 36 (2005-2014)**

