

ABSTRAK

Sri Nurhayati Manabung, 2015. *Pengaruh Terapi Tertawa Terhadap Penurunan Tingkat Stres Pada Mahasiswa Yang Sedang Menyusun Skripsi Di Program Studi Ilmu Keperawatan Universitas Negeri Gorontalo*. Skripsi, Jurusan Ilmu Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo, Pembimbing I dr. Edwina R. Monayo, M.Biomed, dan Pembimbing II Vik Salamanja, S.Kep, Ns, M.Kes.

Skripsi merupakan tugas akhir bagi mahasiswa di Perguruan Tinggi, skripsi dilakukan secara mandiri dan berisi sumbangan bagi perkembangan ilmu pengetahuan dan teknologi dibidang Keperawatan. Bagi beberapa mahasiswa skripsi dapat menjadi beban yang berat dan dapat membuat mahasiswa menjadi stres. Penelitian ini bertujuan untuk mengetahui pengaruh terapi tertawa terhadap penurunan tingkat stress pada mahasiswa yang sedang menyusun skripsi di Program Studi Ilmu Keperawatan Universitas Negeri Gorontalo.

Penelitian ini dilakukan dengan metode *quasi eksperimen pre-test dan post-test design* dengan sampel 18 orang responden. Pengambilan sampel dilakukan secara *purposive sampling*. Hasil penelitian sebelum diberikan terapi tertawa didapatkan mahasiswa yang mengalami stress sedang 77,8% dan yang mengalami stress berat 22,2%, sedangkan setelah diberikan terapi tertawa didapatkan mayoritas responden mengalami stress ringan yaitu 72,2%, dan yang mengalami stres sedang 27,8%.

Berdasarkan hasil penelitian dapat disimpulkan bahwa ada pengaruh terapi tertawa terhadap penurunan tingkat stress pada mahasiswa yang sedang menyusun skripsi di Program Studi Ilmu Keperawatan Universitas Negeri Gorontalo dengan nilai signifikan p value yaitu 0,000 ($<0,05$). Hasil dari penelitian ini diharapkan dapat menjadi sarana untuk mengungkapkan segala perasaan, meningkatkan motivasi dan semangat, kemampuan berkomunikasi dan bersosialisasi melalui terapi tertawa.

Kata Kunci : Terapi Tertawa, Stres, Mahasiswa, Skripsi
Daftar Pustaka : 36 (2004-2015)

ABSTRACT

Sri Nurhayati Manabung. 2015. The Influence of Laughter Therapy toward the Decrease of the Stress Level on Students that currently Writing their Skripsi at the Study Program of Nursing of State University of Gorontalo. Skripsi. Nursing Department, Faculty of Health Sciences and Sports, State University of Gorontalo. The principal supervisor was dr. Edwina R. Monayo, M. Biomed, and Co-supervisor was Vik Salamanja, S. Kep., Ns., M. Kes.

Skripsi is a final paper for the students of University, skripsi is written independently by the students and is their contribution toward the development of knowledge and technology in nursing. Some students consider skripsi as burden and could cause stress. This research was aimed at investigating the influence of laughter therapy to reduce the stress level of the students that currently are writing the skripsi at the study program of nursing of Gorontalo State University.

This research was conducted using the quasi experiment of pre-test and post-test design with 18 respondents. The samples were taken using purposive sampling method. Before the therapy was administered, 77.8% of the respondents said that they experienced moderate stress, and 22.2% experienced acute stress. Following the laugh therapy administration, it was found that the majority of the respondents (72.2%) experienced only mild level of stress and 27.8% experienced moderate stress.

Based on this research that the laughter therapy could influence the lower the stress level of the students that are currently writing their skripsi at study program of nursing of State University of Gorontalo, meanwhile, the significant value of $p=.000$ ($<.05$). These research findings were expected to be able to make the students/subject of the therapy to express their emotion, improve their spirit and motivation, improve their ability to communicate and socialize through the laughter therapy.

Keywords : Laughter Therapy, Stress, Students, Skripsi
References : 36 (2004-2015)

