

ABSTRAK

PENGARUH *COLORING ART THERAPY* TERHADAP PENURUNAN TINGKAT STRES LANSIA DI PANTI WERDHA JAWA TIMUR

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Pendahuluan: Stres sering dialami lansia, terutama di panti werdha, dan dapat berdampak negatif pada kesehatan. Salah satu terapi nonfarmakologi untuk mengurangi stres adalah *coloring art therapy*, yaitu seni mewarnai yang memberikan efek relaksasi. Penelitian ini bertujuan untuk mengetahui pengaruh *coloring art therapy* terhadap penurunan tingkat stres pada lansia di panti werdha.

Metode : Desain penelitian ini menggunakan *quasi experimental* dengan *pretest posttest with nonequivalent control group design* dengan 20 responden pada masing-masing kelompok yang didapatkan dengan *simple random sampling*. *Coloring art therapy* sebagai variabel independen. Tingkat stres sebagai variabel dependen diukur menggunakan kuisioner PSS-10 (Perceived Stress Scale). Analisa dengan uji *wilcoxon Sign Rank Test* (α 0,05) dan *Mann-Whitney U Test* dengan (α <0,05).

Hasil : Terdapat perbedaan tingkat stres sebelum dan sesudah pada lansia yang diberikan *coloring art therapy* ($p=0,000 < \alpha$ 0,05). Sebelum diberikan intervensi rata-rata tingkat stres 22.65 dan sesudah 15.50. Tidak terdapat perbedaan tingkat stres sebelum dan sesudah pada kelompok kontrol ($p=0,144 > \alpha$ 0,05). Rata-rata tingkat stres sebelum 20.30 dan sebelum 18.35. Terdapat perbedaan pengaruh *coloring art therapy* antara kelompok intervensi dan kelompok kontrol ($p=0,025 < \alpha$ 0.05). Kelompok intervensi memiliki penurunan tingkat stres lebih besar (-7.15) dari pada kelompok kontrol (-1.95).

Kesimpulan : *Coloring art therapy* memberikan pengaruh dalam menurunkan tingkat stres pada lansia melalui efek relaksasi.

Kata Kunci : *Coloring art therapy*, tingkat stres, lansia.

ABSTRACT

THE EFFECT OF COLORING ART THERAPY ON REDUCING STRESS LEVELS IN THE ELDERLY AT PANTI WERDHA EAST JAVA

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Introduction: Stress is commonly experienced by the elderly, especially those living in nursing homes, and it can have a negative impact on health. One non-pharmacological therapy to reduce stress is coloring art therapy, a form of art involving coloring that provides a relaxing effect. This study aims to determine the effect of coloring art therapy on reducing stress levels in elderly individuals living in a nursing home.

Methods: This research employed a quasi-experimental design with a pretest-posttest with nonequivalent control group design. A total of 20 respondents were selected for each group using simple random sampling. Coloring art therapy served as the independent variable, while stress levels were the dependent variable measured using the Perceived Stress Scale (PSS-10). Data were analyzed using the Wilcoxon Signed Rank Test ($\alpha = 0.05$) and the Mann-Whitney U Test ($\alpha < 0.05$).

Results: There was a significant difference in stress levels before and after the intervention in the group that received coloring art therapy ($p = 0.000 < \alpha 0.05$). The average stress level before the intervention was 22.65 and decreased to 15.50 afterward. In the control group, there was no significant difference in stress levels before and after the intervention ($p = 0.144 > \alpha 0.05$), with an average stress level of 20.30 before and 18.35 after. A significant difference in the effect of coloring art therapy was observed between the intervention and control groups ($p = 0.025 < \alpha 0.05$), with the intervention group showing a greater reduction in stress levels (-7.15) compared to the control group (-1.95).

Conclusion:

Coloring art therapy has an effect on reducing stress levels in the elderly through its relaxation benefits

Keywords: *Coloring art therapy, stress levels, elderly.*