

ABSTRAK

Dewi Safitri

PENGARUH ART THERAPY (JIGSAW PUZZLE) TERHADAP TINGKAT STRES ANAK KELAS 6 DI SDN PERAK UTARA 3/60 SURABAYA

xiv + 61 Halaman + 12 Tabel + 16 Lampiran

Stres bisa dialami oleh anak usia sekolah, terutama saat menghadapi ujian. Salah satu pendekatan non farmakologis yang dapat membantu mengurangi stres adalah terapi seni, seperti bermain puzzle. Penelitian ini bertujuan untuk mengetahui apakah art therapy menggunakan jigsaw puzzle dapat menurunkan tingkat stres pada siswa kelas 6 di SDN Perak Utara 3/60 Surabaya. Penelitian menerapkan pendekatan pre-eksperimental menggunakan desain satu kelompok dengan pre-test dan post-test. Dari total 51 siswa, sebanyak 46 siswa dipilih secara acak sebagai sampel. Tingkat stres diukur menggunakan kuesioner DASS-21 yang sudah disesuaikan untuk anak-anak. Setelah diberikan satu kali sesi terapi puzzle, hasilnya menunjukkan penurunan stres yang signifikan berdasarkan uji Wilcoxon ($p < 0,05$). Dengan demikian, terapi seni menggunakan jigsaw puzzle terbukti efektif membantu menurunkan stres anak sekolah dasar, dan dapat digunakan sebagai salah satu pilihan intervensi keperawatan non-farmakologis.

Kata Kunci: *Art therapy, jigsaw puzzle, tingkat stress.*

Daftar Bacaan :

ABSTRACT

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THE EFFECT OF ART THERAPY (JIGSAW PUZZLE) ON THE STRESS LEVEL OF 6TH GRADE STUDENTS AT SDN PERAK UTARA 3/60 SURABAYA"

xiv+61 Pages+ 12 Tables+16 Appendices

Stress can be experienced by school-aged children, especially when facing exams. One non-pharmacological approach that can help reduce stress is art therapy, such as playing with puzzles. This study aimed to determine whether art therapy using jigsaw puzzles could reduce stress levels in 6th-grade students at SDN Perak Utara 3/60 Surabaya. The research employed a pre-experimental approach with a one-group pre-test and post-test design. Out of a total of 51 students, 46 were randomly selected as the sample. Stress levels were measured using the DASS-21 questionnaire adapted for school-aged children. After a single session of jigsaw puzzle therapy, the results showed a significant reduction in stress levels based on the Wilcoxon Signed-Rank Test ($p < 0.05$). Therefore, art therapy using jigsaw puzzles has proven to be effective in reducing stress among elementary school children and can be considered a viable non-pharmacological nursing intervention.

Keywords: *art therapy, jigsaw puzzle, stress level*

References :