

**PENERAPAN *EVIDANCE BASED NURSING (EBN)* TERAPI  
*SELF HEALING* MELALUI METODE *MINDFULNESS  
MEDITATION THERAPY* DALAM MENGATASI KECEMASAN  
PERAWAT DI RUANG MERAK RSJ DR. SOEHARTO  
HEERDJAN JAKARTA**

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**Abstrak**

Ketidakseimbangan beban kerja perawat merupakan suatu permasalahan yang sangat sering muncul di suatu Rumah Sakit dan kerap kali menyebabkan timbulnya kecemasan pada tenaga keperawatan. Ditemukan data bahwa dari 8 orang perawat yang bertugas di ruang Merak RSJ Dr. Soeharto Heerdjan, sebanyak 2 orang perawat (25%) di dalam kategori kecemasan berat, dan 1 orang perawat (12,5%) di dalam kategori kecemasan sangat berat, didasari oleh temuan data tersebut, maka penulis bertujuan untuk melakukan manajemen kecemasan kerja bagi perawat dengan menerapkan teknik relaksasi terapi self healing melalui metode mindfulness meditation therapy. Studi kasus ini diawali dengan melakukan pre test menggunakan Kuesioner Hamilton Anxiety Rating Scale (HARS), setelah data kecemasan perawat terkumpul, penulis selanjutnya melakukan implementasi dari rencana keperawatan yang telah dibuat. Terapi diberikan selama 15-20 menit dengan melakukan terapi self healing melalui metode mindfulness meditation therapy. Terapi ini dilakukan empat hari berturut-turut dan selanjutnya dilakukan post test menggunakan kuesioner yang sama untuk mengetahui gambaran kecemasan pada perawat setelah diberikan terapi. Hasil post test menunjukkan adanya penurunan tingkat kecemasan perawat setelah diberikan terapi. Penulis berharap Rumah Sakit dapat mengatasi masalah kecemasan pada perawat dengan menggunakan Evidence Based Nursing seperti terapi self healing melalui metode mindfulness meditation therapy.

**Kata Kunci :** Kecemasan, mindfulness meditation therapy, perawat, terapi self healing

**APPLICATION OF EVIDANCE BASED NURSING (EBN) SELF  
HEALING THERAPY THROUGH MINDFULLNESS  
MEDITATION THERAPY METHOD IN OVERCOMING  
NURSE ANXIETY IN THE MERAK ROOM RSJ  
DR.SOEHARTO HEERDJAN JAKARTA**

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**Abstract**

Imbalance in the workload of nurses is a problem that very often appears in a hospital and often causes anxiety for nursing staff. Data found that of the 8 nurses on duty in the Merak room of RSJ Dr. Suharto Heerdjan, as many as 2 nurses (25%) in the severe anxiety category, and 1 nurse (12.5%) in the very severe anxiety category, based on these data findings, the authors aim to carry out work anxiety management for nurses by applying self-healing relaxation therapy techniques through the mindfulness meditation therapy method. This case study begins with a pre test using the Hamilton Anxiety Rating Scale (HARS) Questionnaire, after the nurse's anxiety data was collected, the writer then carried out the implementation of the nursing plan that had been made. Therapy is given for 15-20 minutes by doing self-healing therapy through the mindfulness meditation therapy method. This therapy was carried out four days in a row and then a post test was carried out using the same questionnaire to determine the description of anxiety in nurses after being given therapy. The results of the post test showed that there was a decrease in the anxiety level of the nurses after being given therapy. The author hopes that hospitals can overcome anxiety problems in nurses by using Evidence-Based Nursing such as self-healing therapy through the mindfulness meditation therapy method.

**Keywords :** Anxiety, mindfulness meditation therapy, nurse, self healing therapy