

PENGARUH *COGNITIVE TRANSCENDENCE STRATEGY* TERHADAP STRES PADA MAHASISWA KEDOKTERAN YANG MENDERITA ADIKSI INTERNET

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ABSTRAK

Adiksi internet terus bermunculan di berbagai kalangan masyarakat salah satunya mahasiswa kedokteran yang diakibatkan oleh stres. Saat ini terus dikembangkan metode untuk perbaikan adiksi seperti metode *mindfulness* dalam strategi *Cognitive Transcendence Strategy* (CTS). CTS memanfaatkan nilai spiritual dan fungsi kognitif dalam upaya perubahan perilaku. Tujuan penelitian untuk mengetahui ada tidaknya pengaruh CTS terhadap stres pada penderita adiksi internet. Metode: Penelitian kuantitatif eksperimen yaitu *Quasi Eksperimental Nonequivalent Control Group Design*. Sejumlah 16 orang sampel diperoleh melalui teknik *purposive sampling* serta berdasarkan kriteria inklusi dan eksklusi. Analisis data secara univariat dan bivariat (uji Wilcoxon). Hasil: Adiksi internet terjadi pada 60,1% mahasiswa kedokteran yakni terbanyak kategori ringan (38,4%). Tingkat stres responden berdasarkan indeks stres HRV *analyzer* terbanyak dalam kategori normal (62,5%). Hasil uji Wilcoxon pada indeks stres diperoleh nilai 0,261 ($p>0.05$) sehingga secara statistik CTS tidak berpengaruh terhadap stres. Namun, diperoleh penurunan stres setelah pemberian CTS dan adanya manfaat pengendalian diri dalam penggunaan internet.

Kata kunci: Cognitive Transcendence Strategy, stres, adiksi internet, mahasiswa kedokteran

THE EFFECT OF COGNITIVE TRANSCENDENCE STRATEGY ON STRESS IN MEDICAL STUDENTS SUFFERING FROM INTERNET ADDICTION

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ABSTRACT

Internet addiction continues to emerge in various circles of society, one of which is medical students, which is caused by stress. Currently, methods are being developed to improve addiction such as the mindfulness method in the Cognitive Transcendence Strategy (CTS) strategy. CTS makes use of spiritual values and cognitive functions in behavior change efforts. The purpose of this research is to determine whether there is an influence of CTS on stress in sufferers of internet addiction. Methods: Experimental quantitative research, namely Quasi Experimental Nonequivalent Control Group Design. A total of 16 samples were obtained through purposive sampling technique and based on inclusion and exclusion criteria. Univariate and bivariate data analysis (Wilcoxon test). Results: Internet addiction occurred in 60.1% of medical students, namely in the mild category (38.4%). The stress level of respondents based on the HRV analyzer stress index was mostly in the normal category (62.5%). The results of the Wilcoxon test on the stress index obtained a value of 0.261 ($p > 0.05$) so that statistically CTS has no effect on stress. However, there was a decrease in stress after giving CTS and there were benefits of self-control in using the internet.

Keywords: Cognitive Transcendence Strategy, stress, internet addiction, medical student