

**PENGARUH *COGNITIVE TRANSCENDENCE STRATEGY* PADA
PENDERITA ADIKSI INTERNET TERHADAP REGULASI *AUTONOMIC
NERVOUS SYSTEM* MAHASISWA FAKULTAS KEDOKTERAN
UPN “VETERAN” JAKARTA**

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ABSTRAK

Pendahuluan: Adiksi internet semakin meningkat dan mempengaruhi berbagai kalangan masyarakat, termasuk mahasiswa kedokteran. Fenomena ini dapat berdampak pada regulasi ANS. Berbagai metode terapi adiksi dikembangkan, termasuk pendekatan mindfulness seperti CTS. CTS adalah strategi perubahan perilaku yang memanfaatkan fungsi kognitif dan nilai spiritual. Penelitian ini untuk mengetahui pengaruh CTS terhadap regulasi ANS pada mahasiswa kedokteran yang menderita adiksi internet. **Metode:** Penelitian ini merupakan penelitian kuantitatif eksperimen dengan desain *Quasi Experimental Nonequivalent Control Group Design*. Sampel berjumlah 16 orang melalui teknik *simple random sampling* berdasarkan kriteria inklusi dan eksklusi. Data dianalisis menggunakan uji parametrik *paired sample t-Test*. **Hasil:** 60.1% mahasiswa kedokteran mengalami adiksi internet, dengan 38.4% dalam kategori ringan, 21.4% sedang, dan 0.4% parah. Tingkat regulasi ANS pada responden ditentukan menggunakan HRV *Analyzer*. Kategori ANS *Activity* terdiri dari 37.5% Normal, 25% Good, 12.5% Excellent, dan 25% Poor. Sedangkan kategori ANS *Balance* terdiri dari 37.5% Balanced, 50% Unbalanced, dan 12.5% High Unbalanced. Analisis statistik menunjukkan bahwa terdapat hubungan yang signifikan antara CTS dan regulasi ANS *Activity* dengan nilai *p-value* sebesar 0.036 (<0.05). Namun, tidak ada hubungan signifikan antara CTS dan regulasi ANS *Balance* dengan nilai *p-value* sebesar 0.095 (>0.05). **Kesimpulan:** Penerapan metode CTS memiliki keuntungan dalam memperbaiki adiksi internet dengan membuat perubahan pada regulasi ANS, dilihat dari peningkatan HRV pada individu yang mengalami adiksi.

Kata Kunci : *Adiksi Internet, Autonomic Nervous System, Cognitive Transcenden Strategy*

THE EFFECT OF COGNITIVE TRANSCENDENCE STRATEGY ON INTERNET ADDICTION PATIENTS IN REGULATING THE AUTONOMIC NERVOUS SYSTEM AMONG MEDICAL STUDENTS AT UPN "VETERAN" JAKARTA

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ABSTRACT

Introduction: Internet addiction is increasing and affecting various segments of society, including medical students. This phenomenon can have an impact on ANS regulation. Various addiction therapy methods have been developed, including mindfulness approaches like CTS. CTS is a behavior change strategy that utilizes cognitive function and spiritual values. This study aims to examine the effect of CTS on ANS regulation in medical students suffering from internet addiction. **Methods:** This study is a quantitative experimental research with a Quasi Experimental Nonequivalent Control Group Design. The sample consisted of 16 individuals selected through simple random sampling based on inclusion and exclusion criteria. Data were analyzed using parametric paired sample t-test. **Results:** 60.1% of medical students experienced internet addiction, with 38.4% categorized as mild, 21.4% as moderate, and 0.4% as severe. The level of ANS regulation in respondents was determined using an HRV Analyzer. The ANS Activity category comprised 37.5% normal, 25% good, 12.5% excellent, and 25% poor. Meanwhile, the ANS Balance category consisted of 37.5% balanced, 50% unbalanced, and 12.5% highly unbalanced. Statistical analysis showed a significant relationship between CTS and ANS Activity regulation with a p-value of 0.036 (<0.05). However, there was no significant relationship between CTS and ANS Balance regulation with a p-value of 0.095 (>0.05). **Conclusion:** The application of CTS has benefits in improving internet addiction by bringing about changes in ANS regulation, as indicated by the increased HRV in individuals experiencing addiction.

Keywords : Internet Addiction, Autonomic Nervous System, Cognitive Transcenden Strateg