

# **PENERAPAN *MANTRAM REPETITION PROGRAM (MRP)* DALAM PENGENDALIAN STRES KERJA PERAWAT**

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## **Abstrak**

Stres merupakan fakta yang pasti terjadi pada setiap individu. Stres merupakan respon dari suatu individu terhadap perubahan yang dialami serta bersifat mengancam. Hasil kuesioner mengenai stres kerja perawat menunjukkan bahwa sebanyak 50% (3 orang) perawat masuk ke dalam kategori tingkat stres berat dan sebanyak 50% (3 orang) ringan. Maka dengan demikian penulis bertujuan untuk menerapkan *Mantram Repetition Program (MRP)* dalam pengendalian stres kerja perawat. Diawali dengan studi kasus yaitu dengan melakukan penyebaran kuesioner *Expanded Nurses Stress Scale (ENSS)*, dan mewawancarai kepala ruangan beserta perawat. Berdasarkan hasil kuesioner *Expanded Nurses Stress Scale (ENSS)* peneliti mengimplementasikan *Mantram Repetition Program (MRP)* kepada 3 perawat yang masuk ke dalam kategori stres kerja berat. Intervensi dilakukan selama 3 hari dalam kurun waktu 2 minggu. Setelah dilakukan intervensi perawat mengisi kuesioner *post-test* yang menunjukkan bahwa sebanyak 66,7% (2 perawat) masuk ke dalam kategori stres ringan dan sebanyak 33,3% (1 perawat) masuk ke dalam kategori stres berat sehingga dengan hasil tersebut bahwa terdapat penurunan tingkat stres kerja perawat setelah dilakukan intervensi. Penulis berharap perawat bisa mengimplementasikan penerapan *Mantram Repetition Program (MRP)* dalam pengendalian stres kerja perawat.

**Kata Kunci:** Manajemen Stres, *Mantram Repetition Program (MRP)*, Stres Kerja Perawat

# **IMPLEMENTATION MANTRAM REPETITION PROGRAM (MRP) IN CONTROLLING WORK STRES OF NURSES**

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## **Abstract**

Stress is a fact that must occur in every individual. Stress is the response of an individual to changes experienced and is threatening. The results of the questionnaire regarding nurses' work stress showed that as many as 50% (3 people) of nurses fell into the category of severe stress levels and as many as 50% (3 people) were mild. Thus, the author aims to apply the Mantram Repetition Program (MRP) in controlling nurses' work stress. Starting with a case study, namely by distributing the Expanded Nurses Stress Scale (ENSS) questionnaire, and interviewing the head of the room and nurses. Based on the results of the Expanded Nurses Stress Scale (ENSS) questionnaire, researchers implemented the Mantram Repetition Program (MRP) to 3 nurses who fell into the category of severe work stress. The intervention was carried out for 3 days within a period of 2 weeks. After the intervention, nurses filled out a post-test questionnaire which showed that as many as 66.7% (2 nurses) fell into the mild stress category and as many as 33.3% (1 nurse) fell into the severe stress category so that with these results that there was a decrease in the level of work stress of nurses after the intervention. The author hopes that nurses can implement the application of Mantram Repetition Program (MRP) in controlling nurses' work stress.

**Keyword:** Stress Management, Mantram Repetition Program (MRP), Work Stres  
Of Nurses