

ANALISIS ASUHAN KEPERAWATAN DENGAN TERAPI RELAKSASI OTOT PROGRESIF TERHADAP STRES AKADEMIK PADA REMAJA

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Abstrak

Remaja yang sedang duduk di bangku sekolah rentan mengalami stres akademik akibat tekanan akademik, ekspektasi sosial, dan ujian-ujian. Kondisi ini berdampak pada kesejahteraan fisik, psikologis, dan performa belajar. Tujuan dari karya ilmiah ini adalah menganalisis penerapan asuhan keperawatan secara komprehensif terhadap stres akademik pada remaja, termasuk intervensi terapi relaksasi otot progresif sebagai upaya nonfarmakologis. Pendekatan yang digunakan adalah studi kasus terhadap dua siswa tingkat akhir SMA dan SMK yang mengalami stres akademik yang tinggi. Tingkat stres diukur menggunakan Skala Stres Belajar Siswa dan telah teruji validitas serta reliabilitasnya. Intervensi dilakukan selama tujuh hari, meliputi tiga sesi SPTK kecemasan (latihan napas dalam, teknik distraksi bercakap-cakap, hipnotis lima jari, dan tadarus Al-Qur'an) serta empat sesi relaksasi otot progresif. Setelah intervensi, tingkat stres akademik klien I menurun dari 164 menjadi 118 yang menunjukkan penurunan stres akademik kategori berat ke sedang, dan klien II dari 147 menjadi 96 yang menunjukkan penurunan stres akademik kategori berat ke ringan. Kedua klien mampu melakukan latihan secara mandiri pada akhir sesi. Asuhan keperawatan komprehensif melalui kombinasi SPTK kecemasan dan relaksasi otot progresif terbukti efektif dalam menurunkan stres akademik.

Kata Kunci : Remaja, Relaksasi Otot Progresif, Stres Akademik.

ANALYSIS OF NURSING CARE WITH PROGRESSIVE MUSCLE RELAXATION THERAPY ON ACADEMIC STRESS IN ADOLESCENTS

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Abstract

Adolescents who are in school are vulnerable to academic stress due to academic pressure, social expectations, and exams. This condition has an impact on physical, psychological well-being, and learning performance. The purpose of this scientific paper is to analyze the application of comprehensive nursing care for academic stress in adolescents, including progressive muscle relaxation therapy intervention as a non-pharmacological effort. The approach used is a case study of two final year high school and vocational high school students who experience high academic stress. Stress levels were measured using the Student Academic Stress Scale which has been tested for validity and reliability. The intervention was carried out over seven days, consisting of three sessions of anxiety-focused nursing interventions (deep breathing exercises, distraction through conversation, five-finger hypnosis technique, and Qur'anic recitation), followed by four sessions of progressive muscle relaxation. After the intervention, client I's academic stress level decreased from 164 to 118 indicating a decrease in academic stress from severe to moderate category, and client II from 147 to 96 indicating a decrease in academic stress from severe to mild category. Both clients were able to perform the exercises independently at the end of the session. Comprehensive nursing care through a combination of anxiety SPTK and progressive muscle relaxation has been proven effective in reducing academic stress.

Keywords : Academic Stress, Adolescent, Progressive Muscle Relaxation.