

The Mindfulness Meditation Effect on Anxiety in nursing Students level II of nursing study Program STIKes Santa Elisabeth Medan 2022

Mestiana Br. Karo, Ance Siallagan, Bina Borta Pandiangan

Department of Medical Laboratory Technology, STIKes Santa Elisabeth Medan, Jl. Bunga Terompet No. 118 Sempakata, Medan, Indonesia

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ABSTRACT

Mindfulness meditation is an intervention with mindfulness and mind exercises that aims to relax the mind, increase concentration, and find joy and joy. Mindfulness meditation can reduce anxiety. Anxiety is a psychological and physiological state that is disturbed, due to excessive feelings of a stressor that appears, so that it can cause cognitive, somatic, emotional and behavioral discomfort accompanied by symptoms such as feelings of sadness, emptiness, hopelessness, guilt, worthlessness, irritability, restlessness, loss of interest in activities even though they are pleasurable. This study aims to identify the Mindfulness Meditation Effect on Anxiety in nursing Students level II of nursing study Program STIKes Santa Elisabeth Medan 2022. This research method uses a one group pretest-posttest design. The sampling technique was purposive sampling with a total of 47 respondents. The results of the statistical test showed that there was an effect of mindfulness meditation on anxiety in sophomore students at the Santa Elisabeth Medical School Study Program, Medan in 2022 with the results of the Wilcoxon sign rank test, obtained p value = 0.001. Mindfulness meditation as an alternative to dealing with anxiety in students can reduce students' anxiety levels thereby increasing concentration and relaxing the mind. Further researchers are advised to conduct research on mindfulness meditation with the duration and frequency of the intervention extended by 2-3 cycles to make it more optimal.

E-mail : susterpande@gmail.com

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1. Introduction

Mental health is very thing play a role important for man same like health physical in general , because healthy mental state no free from condition health good physique . If someone's mental healthy then _ aspect another life in herself will work by more effective and efficient (Buanasari & Bidjuni, 2018) . Moment this problem mental health like disturbance soul already Becomes very problem _ are you serious in the world that is faced by every one individual _ that is worry (Rahmadani, N., & Mirani, 2021)

According to American Psychological Association (APA), anxiety is emotions that arise when individual under stress, characterized by feelings tense , worried , and accompanied response physique like heart ticking tight and rising pressure blood (Laksmi et al., 2021) .

According to Jimenez et al (2018) , anxiety and fear is response emotional to something moderate threat felt , originating from in yourself and can cause Fright as well as threat from outside self that gives rise to worry as well as harmful someone . Worry is feeling fear , worry , anxiety , vague fear , and their source no can be identified by the individual the so that could cause problem in relationship , break up school , distraction ability work and tendencies for kill self (Kebede et al., 2019) .

Based on the initial survey against 24 students D3 Nursing study program level one , got that the data is not worried as much as 8.30% (2 people), anxiety light as much as 29.16% (7 people), anxiety currently as much as 16.66% (4 people), anxiety heavy as much as 37.50% (9

people), and anxiety heavy once (panic) as much as 8.30% (2 people).

According to Candrawati et al (2020), mindfulness meditation is meditation awareness aimed at individuals experiencing worry capable practice awareness and control her anxiety as well as make student aware will condition this- here (here and now) without give assessment (judgment). Mindfulness meditation is good way for purify thought for operate morality life. (Waney et al., 2020).

According to Huberty et al (2019), mindfulness meditation is approach practical in reduce stress on students because mindfulness meditation have potency for increase attention or level concentration student. Sephton et al., (2007) think that mindfulness meditation is attractive non-pharmacological therapies and safe and effective interventions given to children who experience stress and disorders anxiety, because meditation mindfulness meditation shows existence change neuroplastic in limbic and structure area related brain with regulation emotions, attention, and awareness self.

According to Jeffrey M Greeson PhD Ms (2009), argues that mindfulness meditation capable create well-being based on awareness great emotional, understanding, acceptance, and ability for repair state or atmosphere a heart that doesn't fun. This thing in line with research conducted by Baer et al., 2008, Feldman et al., 2007. While according to Jennifer that mindfulness meditation could lower anxiety and reduce getting worse mental health consequences pandemic. Green et al., (2021)

2. Method

The research design used in This research is pre-experimental, where the author will study one group and provide intervention during the study. Research design this no have control group for compared with group experimental. one type design pre experimental is one-group pretest – posttest design is a design study where before conducted intervention, pre-test was carried out, then after treatment conducted return measurement for knowing consequence from treatment to identify the influence of mindfulness meditation on students level two in Nursing Study program of STIKes Santa Elisabeth Medan.

Population in study this is subject (human or client) that is student level two in Nursing Study Program STIKes Santa Elisabeth Medan totaled 93 people. The sampling technique in this research proposal is the purposive sampling technique student level two in prodi nurse STIKes Santa Elisabeth Medan who experienced worry light and medium totaling 47 people.

3. Results and Analysis

TABLE 1

DISTRIBUTION FREQUENCY CHARACTERISTICS BASED ON DEMOGRAPHIC DATA STUDENT LEVEL II IN PRODI NURSE STIKES SANTA ELISABETH MEDAN 2022

Characteristics	F	%
Age		
18	1	2.1
19	25	53.2
20	16	34.0
21	5	10.6
Total	47	100

Based on table 5.1 shows that of 47 respondents aged at most is 19 years old as many as 25 respondents (53.2%), and the least is 18 years old 1 respondent (2.1%).

TABLE 2.

LEVEL OF PRE - INTERVENTION ANXIETY MINDFULNESS MEDITATION FOR LEVEL II STUDENTS IN THE NURSING STUDY PROGRAM STIKES SANTA ELISABETH MEDAN 2022

Category	Frequency	%
Worried light	37	78.7
Worried currently	10	21.3
Total	47	100.0

Based on table 5.2 shows that before conducted intervention mindfulness meditation to 47 respondents anxious data obtained the most is worried light a number of 37 respondents (78.7%), and at least is worried currently a total of 10 respondents (21.3%).

TABLE 3.

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POST - INTERVENTION ANXIETY LEVELS MINDFULNESS MEDITATION FOR SOPHOMORE STUDENTS IN THE NURSING STUDY PROGRAM SANTA ELISABETH MEDAN STICKS 2022

Category	Frequency	%
Not there is worried	1	2.1
Worried light	46	97.9
Total	47	100.0

Based on table 5.3 shows that after conducted intervention mindfulness meditation to 47 respondents anxious data obtained the most is worried light a total of 46 respondents (97.9%), and at least is no there is worried a number of 1 respondent (2.1%).

TABLE 4.

EFFECT MINDFULNESS MEDITATION TO ANXIETY IN LEVEL II STUDENTS OF THE NURSING STUDY PROGRAM SANTA ELISABETH MEDAN 2022

	Post Intervention
Z	-5,874 ^b
asymp . Sig. (2-tailed)	.000

From table 4. shows that Wilcoxon Sign Rank Test statistical test results obtained P value = 0.001 (p < 0.05) which means there is influence mindfulness meditation to level worry student level two in Nursing Study program of STIKes Santa Elisabeth Medan in 2022 until hypothesis accepted .

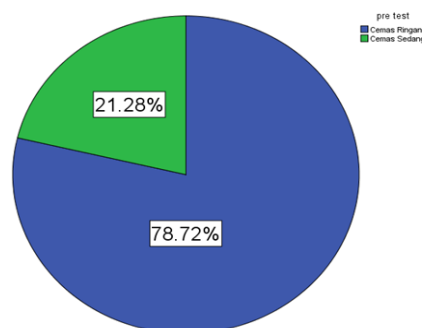


Figure 1. Distribution Respondent Based on Pre - Intervention Anxiety Level Mindfulness Meditation for Level II Students in the Nursing Study Program STIKes Santa Elisabeth Medan 2022

Based on figure 1 show that before conducted intervention mindfulness meditation to 47 respondents anxious data obtained the most is worried light a number of 37 respondents (78.7%), and at least is worried currently a total of 10 respondents (21.3%). According to assumption researcher factors that cause anxiety in students level two among other factors psychology , factor family , and factors development of the times. Factor psychology covers thoughts negative that is not capable controlled , feeling guilty over the past , disappointments that haven't been capable accepted , as well worries will aspirations and future . Factor family among other things less relationship good Among children and parents , as a result from parental infidelity , problem economy family and problems parental health . Factor the development of the times also causes problem anxiety in students like study by online in need internet network , while a number of the place stay student no could internet access , delivery Duty by on line through application modern with limit predetermined time . If no sent in accordance specified time so will influence score task , other than that student no capable adapt with study factors the could cause anxiety in students . Students who experience worry good light nor currently be marked with difficult concentrate , no can rest , restless and easy cry , wake up at night day , feeling fickle along day , often interesting breath , wake up at night day , and no could sleep rest well .

Assumption the supported by Hidayati & Nurwanah (2019) , which says that anxiety in students could occur because in life daily many demands that must be completed by students like

complete many kinds of must -do task sent with specified time (via gmail , google classroom), complete profession home , reports , papers , assignments group , as well as the exam that routine faced by students . Whereas according to Adriansyah et al., (2015) Thing the occur because worry sourced from threat integrity biology which includes disturbance to needs base eating , drinking , warmth , and threats to safety self like no find integrity self .

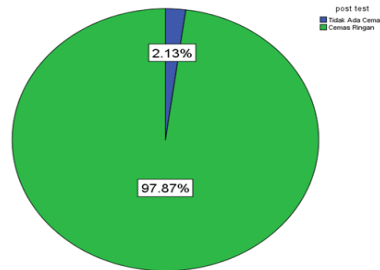


Figure 2. Distribution Respondent Based on Anxiety Level Post Intervention Mindfulness Meditation for Level II Students in the Nursing Study Program STIKes Santa Elisabeth Medan 2022

Based on diagram 5.2. show that after conducted intervention mindfulness meditation to 47 respondents anxious data obtained the most is worried light a total of 46 respondents (97.87%), and at least is no there is worried 1 respondent (2.31%). Researcher assume that anxiety in students decrease because with gift mindfulness meditation in technique interesting breath somebody could Becomes more relax and calm , with realize breathing , then somebody present here and when this as well as no bound with ongoing problems faced . Likewise with technique realize sensation body , because with focus to sensation body , mind become source of stress can diverted . so that when somebody relax and calm , can lower moderate anxiety _ experienced . Besides that comfortable and clean environment , as well as there are soft instruments moment meditate , can help student for resolve her anxiety .

Assumption this in line with Ningsih et al (2018) , who say that Mindfulness meditation could make student Becomes more focus , realize every the conditions faced with sincere without give evaluation or judgment on something circumstances that occur and can lower level worry even stress levels in students

4. Conclusion

Based on study the influence of mindfulness meditation to anxiety in Level II students in Nursing Study program of STIKes Santa Elisabeth Medan in 2022 can be concluded that there is influence mindfulness meditation on drop level anxiety in students level II in Nursing Study program STIKes Santa Elisabeth Medan. Research results this expected could Becomes Evidence based practice on technique resolve worry with mindfulness meditation . Besides it can also used as ingredient Theory in eye studying nursing which discuss related draft anxiety as well as in activity campus ministry .

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