ABSTRAK

MOHAMAD JUFRI MAHMUD. Pangaruh Terapi Seni Mandala Terhadap Penurunan Kecemasan Pada Pasien Skizofrenia di Wilayah Kerja Puskesmas Limboto Barat. Di Bimbing Oleh NS. Rona Febriyona, M.Kep Sebagai Pembimbing I Dan NS. Firmawati, M.Kep sebagai Pembimbing II.

Gangguan jiwa merupakan masalah serius di seluruh dunia. Tujuan penelitian: menganalisis Pengaruh Terapi Seni Mandala Terhadap Penurunan Kecemasan Pada Pasien Skizofrenia di wilayah Puskesmas Limboto Barat. Desain penelitian: desain penelitian kuantitatif *Quasi-Eksperimen* dengan rancangan *One grup pretest-posttest*. Populasi dalam penelitian ini adalah pasien yang terdiagnosa skizofrenia di puskesmas limboto barat yang tercatat sebanyak 63 orang. Pengambilan sampel secara *purposive sampling* sebanyak 27 orang. Hasil Penelitian: menunjukan bahwa ada pengaruh 100% terapi seni mandala terhadap penurunan kecemasan pada pasien skizofrenia di Wilayah Kerja Puskesmas Limboto Barat. Saran : Hasil penelitian ini bisa menjadi salah satu media pembelajaran, sumber informasi, pertimbangan tentang Pengaruh terapi seni mandala terhadap penurunan kecemasan pada pasien skizofrenia serta menjadi informasi untuk keluarga dan orang tua tentang pengaruh terapi seni mandala untuk penurunan kecemasan

Kata Kunci: Terapi Seni Mandala, Tingkat Kecemasan Pasien Skizofrenia

ABSTRACT

MOHAMAD JUFRI MAHMUD. The Effect of Mandala Art Therapy on Reducing Anxiety in Schizophrenia Patients in the West Limboto Health Center Working Area. At Guided by NS. Rona Febriyona, M.Kep as the first supervisor and NS. Firmawati, M.Kep as Supervisor II.

Mental disorders are a serious problem worldwide. Objectives research: analyzing the effect of Mandala Art Therapy on reducing anxiety in schizophrenic patients in the Limbo Health Center area. Anxiety in Schizophrenia Patients in the West Limboto Health Center area. Research design: Quasi-Experimental quantitative research design with One group pretest-posttest design. The population in this study were patients diagnosed with schizophrenia at the West Limboto Health Center which recorded 63 people. Sampling by purposive sampling as many as 27 people. Research Results: shows that there is a 100% effect of mandala art therapy on anxiety reduction in schizophrenia patients at the Limboto Barat Health Center. mandala art therapy on reducing anxiety in schizophrenia patients in the West Limboto West Limboto Health Center. Suggestion: The results of this study can be one of one of the learning media, sources of information, considerations about the effect of the effect of mandala art therapy on reducing anxiety in schizophrenia patients. as well as being information for families and parents about the effect of mandala art therapy on anxiety reduction in schizophrenia patients. mandala art therapy for anxiety reduction

Keywords: Mandala Art Therapy, Anxiety Level of Schizophrenia Patients