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Ni Putu Ayu Melianita Saraswati

PENGARUH *HEALTHY MIND OF PERSONAL EMOTIONAL FREEDOM TECHNIQUE (HOPE)* TERHADAP STRES PASIEN STROKE ISKEMIK DI RSUD JENDRAL AHMAD YANI METRO LAMPUNG TAHUN 2025

Xvii + 91 halaman, 12 tabel, 5 gambar dan 17 lampiran

ABSTRAK

Menurut data dari *World Health Organization (WHO)* (2021), stres merupakan salah satu faktor risiko utama yang mempengaruhi kesehatan mental dan fisik pasien stroke. Di Indonesia, prevalensi stroke meningkat setiap tahun, dan stres yang dialami pasien stroke dapat memperberat proses pemulihan serta meningkatkan risiko komplikasi. Di Indonesia, stroke menjadi penyebab utama kecacatan dan kematian, yakni sebesar 11,2% dari total kecacatan dan 18,5% dari total kematian (Kemenkes, 2024). Menurut data Survei Kesehatan Indonesia tahun 2023, prevalensi stroke berdasarkan diagnosis dokter pada penduduk umur ≥ 15 tahun Provinsi Lampung mencapai 7,9% setara dengan 21.021 jiwa (KEMENKES, 2023). Penelitian ini bertujuan untuk mengetahui pengaruh terapi *Healthy Mind of Personal Emotional Freedom Technique (HOPE)* terhadap penurunan tingkat stres pada pasien stroke iskemik di RSUD Jendral Ahmad Yani Metro Tahun 2025. Penelitian ini merupakan penelitian kuantitatif dengan desain pre-eksperiment yaitu one group pre-test post-test. Sampel berjumlah 39 responden yang diambil menggunakan teknik purposive sampling. Tingkat stres diukur menggunakan instrumen PSS-10 sebelum dan sesudah intervensi terapi HOPE selama 2 minggu, kemudian dianalisis menggunakan uji statistik Wilcoxon Signed Rank Test. Hasil penelitian menunjukkan bahwa rata-rata skor stres sebelum terapi adalah 17,36 dan setelah terapi menurun menjadi 13,15. Uji statistik menunjukkan nilai p-value sebesar 0,001, yang berarti terdapat pengaruh signifikan dari penerapan terapi HOPE terhadap penurunan tingkat stres pasien stroke. Penelitian ini dapat dijadikan sebagai intervensi nonfarmakologis rutin untuk meningkatkan kesejahteraan psikologis pasien stroke dan mendukung keberhasilan proses pemulihan di fasilitas kesehatan. Kesimpulannya adalah terapi *Healthy Mind of Personal Emotional Freedom Technique (HOPE)* dapat menurunkan stres pasien stroke iskemik di RSUD Jendral Ahmad Yani Metro Lampung serta karakteristik seperti umur, jenis kelamin, pekerjaan, penyakit penyerta stroke, status pendidikan, dan lama menderita stroke mempengaruhi tingkat stres pasien stroke iskemik di RSUD Jendral Ahmad Yani Metro Lampung.

Kata Kunci : *Healthy Mind of Personal Emotional Freedom Technique (HOPE)*, Stroke Iskemik, Stres, Kesehatan Mental
Daftar Pustaka : 33 (2016-2024)

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Ni Putu Ayu Melianita Saraswati

***THE EFFECT OF HEALTHY MIND TECHNIQUE OF PERSONAL
EMOTIONAL FREEDOM (HOPE) ON THE STRESS OF ISCHEMIC
STROKE PATIENTS AT RSUD JENDRAL AHMAD YANI METRO
LAMPUNG IN 2025***

Xvii + 91 Pages, 12 Tables, 5 images, 17 attachments

ABSTRACT

According to data from World Health Organization (WHO) (2021), stress is a major factor affecting the mental and physical health of stroke patients. In Indonesia, the prevalence of stroke is increasing every year, and the stress experienced by stroke patients can slow down the recovery process and increase the risk of complications. In Indonesia, stroke is the leading cause of disability and death, accounting for 11.2% of total disability and 18.5% of total death (MOH, 2024). According to data from the Indonesian Health Survey in 2023, the prevalence of stroke based on doctor's diagnosis in the population aged ≥ 15 years in Lampung Province reached 7.9%, equivalent to 21,021 people (KEMENKES, 2023). This study aims to determine the effect of Healthy Mind of Personal Emotional Freedom Technique (HOPE) therapy on reducing stress levels in ischemic stroke patients in the working area of Jendral Ahmad Yani Metro Hospital in 2025. This research is a quantitative study with a pre-experiment design, namely one group pre-test post-test. The sample amounted to 39 respondents who were taken using purposive sampling technique. Stress levels were measured using the PSS-10 instrument before and after the HOPE therapy intervention for two weeks, then the data were analyzed with the Wilcoxon Signed Rank Test statistical test. The results showed that the average stress score of patients before therapy was 17.36 and after therapy decreased to 13.15. The statistical test showed a p-value of 0.001, which indicates there is a significant effect of the application of HOPE therapy on reducing the stress level of stroke patients. Hopefully, the results of this study can be used as a routine nonpharmacological intervention to improve the psychological well-being of stroke patients and support the success of the rehabilitation process in health facilities. The conclusion is that Healthy Mind of Personal Emotional Freedom Technique (HOPE) therapy can reduce the stress of ischemic stroke patients at Jendral Ahmad Yani Metro Lampung Hospital and characteristics such as age, gender, occupation, stroke comorbidities, educational status, and length of stroke affect the stress level of ischemic stroke patients at Jendral Ahmad Yani Metro Lampung Hospital.

*Keywords : Healthy Mind of Personal Emotional Freedom Technique (HOPE),
Ischemic Stroke, Stres, Mental Health*

Reference : 33 (2016-2024)