

## ABSTRAK

### TERAPI *SELF HEALING* MENGGUNAKAN METODE *EXPRESSIVE WRITING THERAPY* UNTUK MENGATASI STRESS PADA PENDERITA HIPERTENSI DI RS TK IV DKT KEDIRI

Oleh:

Vivian Rambu Maya Lende  
NIM : 2111B0055

Hubungan antara stres dengan hipertensi diduga terjadi melalui aktivitas saraf simpatis yang dapat meningkatkan tekanan darah secara bertahap. Tujuan dari penelitian ini yaitu untuk mengetahui pengaruh terapi self healing dengan menggunakan metode expressive writing therapy untuk mengatasi stres pada penderita hipertensi.

Desain penelitian merupakan jenis penelitian kuantitatif dengan metode penelitian eksperimen dengan studi korelasional (Correlation Study). Variabel independent adalah terapi self healing dengan menggunakan metode expressive writing therapy sedangkan variabel dependent yaitu stres pada penderita hipertensi. Populasinya adalah pasien hipertensi di RS T IV DKT Kota Kediri, sampel 52 responden dengan teknik purposive. Teknik pengambilan data menggunakan kuesioner.

Hasil penelitian diperoleh bahwa sebelum diberikan terapi self healing menggunakan metode expressive writing therapy sebagian besar responden mengalami tingkat stres sedang yaitu 39 responden (75,0%) dan setelah diberikan terapi self healing menggunakan metode expressive writing therapy hampir seluruh responden mengalami tingkat stres ringan yaitu 43 responden (82,7%).

Berdasarkan analisis data menggunakan uji wilcoxon untuk menganalisis diperoleh nilai sig (2-tailed) atau pvalue = 0,000 dan taraf kesalahan atau  $\alpha = 0,05$ , jadi  $p < \alpha$ ,  $0,000 < 0,05$  sehingga H1 diterima, artinya ada pengaruh terapi *self healing* dengan menggunakan metode *expressive writing therapy* terhadap tekanan darah pasien hipertensi di RS TK IV DKT Kediri.

Seseorang melakukan terapi *self healing* dengan menggunakan metode *expressive writing therapy* bisa merasakan pelepasan emosi ataupun amarah melalui tulisan, selain itu juga bisa meningkatkan pengalaman baru individu.

**Kata kunci :** *Expressive Writing Therapy*, Hipertensi, Stres, Terapi *Self Healing*

## **ABSTRACT**

### ***EFFECT OF SELF-HEALING THERAPY USING THE EXPRESSIVE WRITING THERAPY METHOD TO OVERCOME STRESS IN HYPERTENSION PATIENTS AT RS TK IV DKT KEDIRI***

**By:**

**Vivian Rambu Maya Lende**

**NIM: 2111B0055**

*Hypertension was a condition where a chronic condition is characterized by increased blood pressure on the walls of the arteries. The relationship between stress and hypertension was thought to occur through sympathetic nerve activity which can increase blood pressure gradually. The purpose of this study was to determine the effect of self-healing therapy using the expressive writing therapy method to overcome stress in hypertension patients.*

*The research design was a type of quantitative research with an experimental research method with a correlational study (Correlation Study). The independent variable is self-healing therapy used the expressive writing therapy method while the dependent variable was stress in hypertension patients. The population was hypertension patients at RS T IV DKT Kediri City, a sample of 52 respondents with a purposive technique. The data collection technique used a questionnaire. The results of the study showed that before being given self-healing therapy used the expressive writing therapy method, most respondents experienced moderate stress levels, namely 39 respondents (75.0%) and after being given self-healing therapy used the expressive writing therapy method, almost all respondents experienced mild stress levels, namely 43 respondents (82.7%).*

*Based on data analysis used the Wilcoxon test to analyze the sig value (2-tailed) or pvalue = 0.000 and the error rate or = 0.05, so  $p < 0.000 < 0.05$  so that  $H_1$  is accepted, meaning that there was an effect of self-healing therapy used the expressive writing therapy method on blood pressure in hypertensive patients at RS TK IV DKT Kediri.*

*Someone who does self-healing therapy using the expressive writing therapy method can feel the release of emotions or anger through writing, besides that it can also increase the individual's new experience.*

**Keywords: *Expressive Writing Therapy, Hypertension Stress, Self Healing Therapy***