ABSTRACT

The Effect of Guided Imagery Therapy to Stress Degree of Final Year College Student for Finishing Skripsi

Quasy Experimental

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Stress is defined as an emotional or physical tension that originated from any events or thoughts that trigger a person to feel frustrated, angry, or nervous. Students are the most vulnerable groups to undergo homeostatic imbalance due to stress from academic life. The purpose of this study was to examine the influence of guided imagery to stress degree of final year college student for finishing skripsi.

Quasy experimental pre-post control group design was used in this research. Guided imagery was done by respondent during four weeks, two times a week. Total sample was 35 final year college students, divided into 17 for control group and 18 for the treatment group. The sampling method used was purposive sampling based on the inclusion criteria. The dependent variable was stress degree and guided imagery was the independent variable. Data were analyzed using Wilcoxon signed rank test and Mann whitney U test significance level 0.05.

Wilcoxon test results for the treatment group showed \( p = 0.001 \), in control group revealed \( p = 0.008 \), while the Mann whitney test revealed \( p = 0.095 \). It means there is not difference between control group and treatment group significantly.

It is concluded that guided imagery is not effective in reducing stress degree of final year college student for finishing skripsi. The mechanism of the changes is made by gave relaxation and positive affirmation of final year college student that they could do their skripsi and built their motivation. The results of this study can be used as an alternative method of health promotion.

Keywords: guided imagery, stress, final year college student, skripsi