

ABSTRACT

THE EFFECT OF SPIRITUAL EMOTIONAL TRANSCENDENCE CARE (SET CARE) ON LEVEL OF STRESS IN PATIENT WITH PULMONARY TUBERCULOSIS

The Quasy experimental research in Puskesmas Perak Timur Surabaya

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Tuberculosis is one of infectious disease which can affect almost every organ of the body. Patients with Pulmonary Tuberculosis often show fear of treatment, death, drug side effects, disease transmission to others, job losses, and even stress. Patients who have high emotional for long periods of time also have different level of stress which influenced by several factors. SET Care is a relaxation technique which can be used as an alternative choice to nursing complementary. SET Care is a technique from spiritual emotional merging of SEFT with nursing theory approach to self-transcendence.

The purpose of this research to analyzed the effect of *Spiritual Emotional Transcendence Care* (SET Care) on level of stress in patient with Pulmonary Tuberculosis.

This research used quasy experimental (pre-post test design). The sample was chosen using non-probability sampling with 20 total respondents. Samples were taken from those who suitable with inclusion criteria. The independent variable was *Spiritual Emotional Transcendence Care* (SET Care) and the dependent variable was stress level. Data were collected using structured questionnaire and respondent observation. Data were then analyzed by Wilcoxon Signed Rank Test and Mann Whitney with significance $p \leq 0,05$.

Result showed that the level of stress in treatment group has significance level ($p=0,004$) and control group has no significance level ($p=0,655$). Mann whitney post test showed a significance level ($p=0,000$).

It can be concluded that *Spiritual Emotional Transcendence Care* (SET Care) can decrease level of stress. Further researcher are expected to use more respondents and cortisol level to obtain more accurate result.

Keywords: Spiritual Emotional Transcendence Care (SET Care), Stress, Patient with Pulmonary Tuberculosis