

ABSTRAK

**PENATALAKSANAAN TERAPI AFIRMASI POSITIF DAN *BUTTERFLY HUG* PADA MAHASISWA TINGKAT AKHIR PRODI D3
KEPERAWATAN POLTEKKES KEMENKES KUPANG YANG
MENGALAMI KECEMASAN DALAM PENYUSUNAN TUGAS AKHIR**

Mahasiswa tingkat akhir program studi keperawatan kerap mengalami tekanan psikologis dalam penyusunan tugas akhir yang memicu kecemasan akademik dan berdampak negatif pada performa serta kesejahteraan mental. Penelitian ini bertujuan mengevaluasi efektivitas terapi afirmasi positif dan teknik butterfly hug dalam menurunkan kecemasan pada mahasiswa tingkat akhir Prodi D3 Keperawatan Poltekkes Kemenkes Kupang. Penelitian menggunakan desain mixed method dengan model sequential explanatory, melibatkan lima responden yang dipilih secara purposive berdasarkan tingkat kecemasan ringan hingga sedang (GAD-7). Intervensi diberikan selama enam hari. Hasil uji paired t-test menunjukkan penurunan signifikan kecemasan antara pre-test (rerata 9,0) dan post-test (rerata 5,4) dengan nilai $p = 0,004$. Analisis kualitatif mengungkapkan perbaikan bermakna pada aspek afektif, kognitif, fisiologis, dan perilaku. Disimpulkan bahwa kombinasi afirmasi positif dan butterfly hug efektif sebagai intervensi nonfarmakologis yang sederhana, murah, dan dapat dilakukan mandiri. Intervensi ini berpotensi diintegrasikan dalam program pendampingan psikososial di institusi pendidikan kesehatan.

Kata Kunci: Kecemasan Akademik; Afirmasi Positif; *Butterfly Hug*; Mahasiswa Keperawatan; Intervensi Nonfarmakologis.

ABSTRACT

**IMPLEMENTATION OF POSITIVE AFFIRMATION THERAPY AND
BUTTERFLY HUG IN FINAL-YEAR STUDENTS OF THE D3 NURSING
STUDY PROGRAM AT THE KUPANG MINISTRY OF HEALTH
POLYTECHNIC EXPERIENCED ANXIETY DURING THEIR FINAL
ASSIGNMENTS**

Final-year nursing students often experience psychological stress while preparing their final assignments, which triggers academic anxiety and negatively impacts their performance and mental well-being. This study aimed to evaluate the effectiveness of positive affirmation therapy and the butterfly hug technique in reducing anxiety in final-year students of the D3 Nursing Study Program at the Kupang Ministry of Health Polytechnic. The study used a mixed methods design with a sequential explanatory model, involving five respondents purposively selected based on their mild to moderate anxiety levels (GAD-7). The intervention was administered for six days. The results of the paired t-test showed a significant reduction in anxiety between the pre-test (mean 9.0) and post-test (mean 5.4) with a p-value of 0.004. Qualitative analysis revealed significant improvements in affective, cognitive, physiological, and behavioral aspects. It was concluded that the combination of positive affirmations and the butterfly hug is effective as a simple, inexpensive, and self-administered non-pharmacological intervention. This intervention has the potential to be integrated into psychosocial support programs in health education institutions.

Keywords: Academic Anxiety; Positive Affirmations; Butterfly Hug; Nursing Students; Non-pharmacological Intervention.