

Politeknik Kesehatan Kementerian Kesehatan Bandung
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Penerapan *Brain Gym* Untuk Menurunkan Kecemasan Saat Pembelajaran Daring Pandemi Covid19 Pada Siswa/I Sma Borcess Ashokal Hajar (Boash) Di Kota Bogor, Tahun 2022

xi-81 halaman, V BAB, 3 tabel, 4 gambar.

ABSTRAK

Sejak WHO menyatakan Covid-19 sebagai pandemik global, semua aktivitas yang biasanya dilakukan di luar rumah menjadi wajib dilakukan dari rumah yang tentunya berdampak pada kecemasan semua kalangan termasuk siswa SMA (WHO, 2020). Tujuan penelitian mendapatkan informasi tentang penerapan *brain gym* untuk mereduksi kecemasan selama pembelajaran daring dimasa pandemi Covid-19 pada siswa/i SMA Boash. Jenis penelitian ini adalah studi kasus. Penelitian berlokasi di SMA Boash Kota Bogor. Teknik pengambilan sampel secara purposif, didapat dari guru Bimbingan Konseling, yaitu data siswa/i yang mengalami kecemasan, sebanyak 5 responden. Penerapan *brain gym* dilakukan selama 1 minggu, didapatkan hasil bahwa penerapan efektif dalam menurunkan tingkat kecemasan pada siswa/i SMA Boash, dengan penurunan skor maksimal sebanyak 9 point, dan mengalami peningkatan pengetahuan sebanyak 5 point dan konsentrasi 5 point. Penulis menyarankan responden melanjutkan penerapan, dan mengajak teman yang mengalami kecemasan untuk menerapkan *brain gym*. Bagi Guru Bimbingan & Konseling dapat menerapkan *brain gym* sebagai langkah awal mengatasi kecemasan pada seluruh siswa/i SMA Boash. Bagi Peneliti selanjutnya meneliti lebih dari 1 minggu dan menambahkan intervensi tambahan yaitu distraksi pikiran positif agar perhatian responden tidak teralihkan.

Kata Kunci : kecemasan, Brain Gym, pengetahuan & konsentrasi

Daftar Pustaka : Jumlah Sumber 32 (2010-2021)

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Application of Brain Gym To Reduce The Level of Anxiety of Online Learning During the Covid19 Pandemic In Students / I Boash High School In The City

xi-81 pages, V CHAPTER, 3 tables, 4 figures.

ABSTRACT

Since WHO declared Covid-19 global pandemic, all activities carried at home become mandatory which impact to anxiety peoples, including high school students (WHO, 2020). The purpose study to obtain information about application of brain gym to reduce anxiety levels during e-learning, students of SMA Borcess Ashokal Hajar (Boash). This type of research is a case study, located at Boash High School, Bogor City. Purposive sampling technique, obtained from Guidance Counseling teachers, namely data students who experience anxiety, as 5 respondents. The brain gym application carried out for 1 week, results showed that application effective in reducing anxiety levels in Boash High School students, the maximum score decrease of 9 points, and increase knowledge and concentration 5 points. concluded that the application of brain gym is effective reducing the respondents level of anxiety, with brain gym knowledge and concentration increasing. Researchers suggest that respondents continue the application, and invite friends who experience anxiety to apply brain gym. For Guidance & Counseling Teachers can apply the brain gym as a first step in overcoming anxiety for all Boash High School students. For other researchers, research over week and add additional interventions positive thinking distraction so that respondent's attention is not distracted.

Keywords: anxiety, Brain Gym, knowledge & concentration

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