

## ABSTRACT

### THE EFFECT OF THOUGHT STOPPING THERAPY ON ANXIETY LEVEL AND CONTROL ABILITY NEGATIVE MIND IN HYPERTENSION PATIENTS

By :

AZMIL MUFIDAH

Hypertensive patients have experienced the impact, this condition causes mental conflicts so that patients feel anxious and negative thoughts arise as a result of the stimulus that is perceived as something unpleasant. If not treated immediately, this condition will endanger the patient. The purpose of this study was to determine the effect of *thought stopping therapy* on anxiety levels and the ability to control negative thoughts of hypertension sufferers in Karangtanjung village. The design of this research is *pre post test eksperiment*. Determination of the sample using total sampling and in accordance with the criteria as many as 9 people. Based on the results of the *Wilcoxon Signed Rank Test* and the *MC Nemar Test*, the results were both *P Value <*, meaning that there is an effect of *thought stopping therapy* on the level of anxiety and the ability to control negative thoughts of hypertension sufferers in Karangtanjung village. Another finding in this study is that there are still respondents who do not experience improvement, this is due to the difference in the number of times the therapy is carried out. This is supported by Agustarika's research, that consistent application of therapy affects the ability to eliminate disturbing negative thoughts. therapy is *Thought stopping* done by saying "stop" when negative thoughts arise, this repetition process is a learning process to change individual thoughts accompanied by supportive behavior. The more often you apply therapy, the anxiety and ability to control negative thoughts will improve.

**Keywords: Hypertension, Thought Stopping, Anxiety, Ability to Control Negative Thoughts**

## ABSTRAK

### PENGARUH THOUGHT STOPPING THERAPY TERHADAP TINGKAT KECEMASAN DAN KEMAMPUAN MENGONTROL PIKIRAN NEGATIF PADA PENDERITA HIPERTENSI

By :

AZMIL MUFIDAH

Pasien hipertensi pernah merasakan dampak yang terjadi, kondisi ini menimbulkan konflik mental sehingga pasien merasa cemas dan timbul pikiran negatif sebagai akibat terhadap stimulus yang dipersepsikan sebagai sesuatu yang tidak menyenangkan. Jika tidak segera ditangani, kondisi tersebut akan membahayakan pasien. Tujuan penelitian ini untuk mengetahui pengaruh *thought stopping therapy* terhadap tingkat kecemasan dan kemampuan mengontrol pikiran negatif penderita hipertensi di desa Karangtanjung. Desain penelitian ini yaitu pre test post test eksmerimen. Penetapan sampel menggunakan total sampling dan yang sesuai dengan kriteria sebanyak 9 orang. Berdasarkan hasil uji *Wilcoxon Signed Rank Test* dan *MC Nemar Test* didapatkan hasil keduanya  $P Value < \alpha$ , artinya ada pengaruh *thought stopping therapy* terhadap tingkat kecemasan dan kemampuan mengontrol pikiran negatif penderita hipertensi di desa Karangtanjung. Temuan lain pada penelitian ini adalah masih ada responden yang tidak mengalami perbaikan, hal ini dikarenakan perbedaan berapa kali terapi dilakukan. Hal ini didukung penelitian milik Agustarika, bahwa konsisten penerapan terapi berpengaruh terhadap kemampuan mengeliminasi pikiran negatif yang mengganggu. Terapi *thought stopping* dilakukan dengan mengatakan “stop” saat pikiran negatif muncul, proses pengulangan berkali kali ini merupakan proses belajar mengubah pikiran individu disertai dengan perilaku yang mendukung. Semakin sering menerapkan terapi, maka kecemasan dan kemampuan mengontrol pikiran negatif akan semakin membaik.

**Kata Kunci : Hipertensi, *Thought Stopping Therapy*, Kecemasan, Kemampuan Mengontrol Pikiran Negatif**