

**PENGARUH *ACCEPTANCE AND COMMITMENT THERAPY*  
(ACT) TERHADAP KECEMASAN PASIEN STROKE DI  
RUANG ASTER RSUD DR HARYOTO LUMAJANG**

**SKRIPSI**



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**Pengaruh *Acceptance And Commitment Therapy* (ACT) Terhadap Kecemasan Pasien Stroke di Ruang Aster RSUD dr. Haryoto Lumajang**

*The Effect of Acceptance and Commitment Therapy (ACT) on Anxiety in Stroke Patients in the Aster Ward of dr. Haryoto Lumajang Regional Hospital*

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**Abstrak**

**Latar Belakang :** Stroke ialah penyakit vaskular otak yang berpotensi menimbulkan kendala kejiwaan dalam bentuk kecemasan. Kecemasan yang tidak ditangani sanggup merintangai tahapan pemulihan, merosotkan ketaatan pengobatan, dan memengaruhi taraf mutu hidup pasien. Sebuah penanganan nonfarmakologis yang bisa difungsikan guna meredakan kecemasan yakni *Acceptance and Commitment Therapy* (ACT), berupa tindakan psikis yang menuntun seseorang merangkul keadaan yang dirasakan, memacu kelenturan mental, dan bertekad menempuh alur hidup selaras prinsip-prinsip yang dipunyai.

**Tujuan :** Menelaah pengaruh *Acceptance and Commitment Therapy* (ACT) terhadap kecemasan pada pasien stroke.

**Metode :** Studi ini mengaplikasikan skema *pre-experimental* lewat strategi *one group pretest-posttest*. Prosedur penarikan contoh mengandalkan *accidental sampling* dengan kuantitas 20 subjek. Perlakuan *Acceptance and Commitment Therapy* (ACT) dilangsungkan sepanjang 3 kali tatap muka yang mencakup 6 tahapan, berdurasi 15–20 menit di tiap-tiap tahapan. Derajat kecemasan dinilai memanfaatkan instrumen angket *Hospital Anxiety and Depression Scale* (HADS). Pengolahan data dijalankan melalui aplikasi SPSS versi 26 memakai pengujian *Wilcoxon Signed RankTest*.

**Hasil :** Sebelum diberi perlakuan, subjek yang menderita kecemasan skala rendah berjumlah 2 subjek (10%), kecemasan skala moderat sebesar 6 subjek (30%), serta kecemasan skala parah mencapai 12 subjek (60%). Usai disalurkannya perlakuan, subjek pada klasifikasi lazim tercatat 1 subjek (5%), kecemasan skala rendah sejumlah 12 subjek (60%), kecemasan skala moderat sebesar 7 subjek (35%), serta nihil subjek yang menderita kecemasan skala parah (0 subjek; 0%). Luaran pengujian *Wilcoxon Signed Rank Test* memperlihatkan besaran angka  $Z = -3,934$  bertanda  $p\text{-value} = 0,000$  ( $p < 0,05$ ), yang membuktikan bahwasanya *Acceptance and Commitment Therapy* (ACT) berdampak nyata atas reduksi kecemasan bagi pasien stroke.

**Kesimpulan :** *Acceptance and Commitment Therapy (ACT)* efektif mereduksi kecemasan bagi pasien stroke hingga layak disarankan selaku opsi perlakuan nonfarmakologis yang bisa diimplementasikan oleh praktisi kesehatan, utamanya perawat, guna penyaluran tindakan perawatan klinis buat pasien stroke. Studi mendatang disyaratkan mengadopsi kerangka riset yang kian kokoh, menyertakan kuantitas subjek yang kian melimpah serta kian bervariasi, dan menguji ulang kemanjuran *ACT* rentang masa panjang ataupun mengkomparasikannya terhadap tindakan nonfarmakologis berlainan demi didapatkannya temuan empiris yang kian menyeluruh nonfarmakologis lainnya sehingga diperoleh bukti ilmiah yang lebih komprehensif.

**Kata Kunci :** *Acceptance and Commitment Therapy (ACT)*, kecemasan, stroke.

### ***Abstract***

***Background:*** Stroke is a cerebrovascular disease that can cause psychological disorders, particularly anxiety. Unmanaged anxiety may hinder the rehabilitation process, reduce treatment adherence, and negatively affect patients' quality of life. One of the non-pharmacological interventions that can be used to reduce anxiety is *Acceptance and Commitment Therapy (ACT)*, a psychological therapy that helps individuals accept their condition, improve psychological flexibility, and commit to living in accordance with their personal values.

***Objective:*** To analyze the effect of *Acceptance and Commitment Therapy (ACT)* on anxiety among stroke patients.

***Methods:*** This research utilized a pre-experimental framework adopting a single-group pretest-posttest strategy. The sampling procedure relied on accidental sampling, encompassing 20 subjects. The *Acceptance and Commitment Therapy (ACT)* treatment was administered across three encounters comprising six sessions, with every session spanning 15–20 minutes. Anxiety degrees were assessed employing the Hospital Anxiety and Depression Scale (HADS) instrument. Data processing was performed via SPSS version 26 using the Wilcoxon Signed Rank Test.

***Results:*** Prior to the treatment, 2 subjects (10%) exhibited mild anxiety, 6 subjects (30%) exhibited moderate anxiety, and 12 subjects (60%) exhibited severe anxiety. Following the treatment, 1 subject (5%) demonstrated normal anxiety levels, 12 subjects (60%) exhibited mild anxiety, 7 subjects (35%) exhibited moderate anxiety, and zero subjects (0%) exhibited severe anxiety. The Wilcoxon Signed Rank Test produced a Z score of -3.934 with a p-value = 0.000 ( $p < 0.05$ ), demonstrating that *Acceptance and Commitment Therapy (ACT)* exerted a statistically significant influence on diminishing anxiety in stroke patients.

***Conclusion:*** *Acceptance and Commitment Therapy (ACT)* proves effective in lowering anxiety in stroke patients and stands recommended as a non-pharmacological modality for healthcare providers, specifically nurses, when delivering nursing care to stroke patients. Subsequent research is advised to adopt more rigorous methodological frameworks, engage larger as well as more varied

sample groups, assess the long-term efficacy of *ACT*, and contrast *ACT* against alternative non-pharmacological modalities to yield more exhaustive empirical

*evidence.*

**Keywords:** *Acceptance and Commitment Therapy (ACT), anxiety, stroke.*

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