

ABSTRACT

ISMI USWATUN KHASANAH
NIM C2014041
Undergraduate Program of Nursing

Counsellor
1. Wahyuni, SKM, M.Kes, MM.
2. Kanthi Suratih, S.Kep.Ns, M. Kes.

INFLUENCE OF BINAURAL BEATS MUSIC ON THE REDUCTION OF STRESS IN WRITING A THESIS ON NURSING STUDENTS OF STIKES 'AISYIYAH SURAKARTA

ABSTRACT

Background; Every year there are students who suicide due to stress in writing a thesis. The results of the preliminary study conducted by researchers showed that the stress level experienced by students of Stikes 'Aisyiyah Surakarta from 20 respondents, moderate stress was 17 respondents (85%), severe stress was 2 respondents (10%), mild stress was 1 respondent (5%). **Objectives;** To identify the influence of binaural beats music on the reduction of stress in writing a thesis for nursing students of Stikes 'Aisyiyah Surakarta. **Method;** Quasi experimental quantitative analysing using one group pre-test and post-test design. Univariate analysis includes before and after being given binaural beats music. Bivariate analysis using Wilcoxon Sign Ranks Test. **Result;** Based on the results of univariate analysis it is known that the majority of respondents before being given binaural beats music experienced moderate stress as many as 30 respondents (88.2%), majority respondents after given binaural beats music experienced moderate stress as many as 26 respondents (76.5%). The results of bivariate analysis of the Wilcoxon Signed Ranks Test can know the p-value $(0,000) < 0,05$. **Conclusion;** There is influence of binaural beats on the reduction of stress in writing a thesis for nursing students of Stikes 'Aisyiyah Surakarta.

Keywords: binaural beats music, stress, students, thesis.