

**THE EFFECT OF ISLAMIC SPIRITUAL MINDFULNESS THERAPY ON ANXIETY OF FINAL YEAR NURSING STUDENTS AT UNIVERSITAS 'AISYIYAH SURAKARTA**

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**ABSTRACT**

**Background;** Final year students when compiling a thesis will face more pressure than students in general. Students who cannot adapt to this pressure, students will experience anxiety. WHO data exhibition that the population of young adults has reached 150 million people and 57% of the total population is likely to suffer due to the workload during education. Based on these conditions, there is a need for management to overcome anxiety by providing interventions Islamic spiritual mindfulness therapy. **Aims;** To determine the effect of Islamic spiritual mindfulness therapy on reducing anxiety in final year nursing students at 'Aisyiyah University Surakarta. **Method;** The type of this research is Quasi Experiment with Pre and Post Test Without Control design. The sample study were final year nursing students at Aisyiyah University Surakarta, totaling 30 respondents. The sampling technique used purposive sampling. The instrument Islamic spiritual mindfulness therapy observation sheet made such as an attendance list and a questionnaire for anxiety levels using the Hamilton Anxiety Rating Scale (HARS). Data analysis used Paired Samples T-test analysis technique. **Results;** The results of the bivariate Paired Samples T-test proved was a difference in the level of anxiety in final year nursing students before and after being given Islamic spiritual mindfulness therapy as evidenced by a significant number (P Value 0.000). **Conclusion;** There is an effect of Islamic spiritual mindfulness therapy on reducing anxiety in final year nursing students at 'Aisyiyah University Surakarta.

**Keywords:** Therapy Mindfulness Spiritual Islam, Anxiety, Final year students,