

ABSTRAK

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EFFECT OF GIVING AN ICE BREAKING THERAPY IN THE FORM OF MOTION AND SONG TO DECREASE THE STRESS LEVELS IN STUDENTS WHO HAVE A FULL DAY SCHOOL IN SMA NEGERI 1 SURAKARTA

ABSTRAK

Background of the study: Indonesia has a new education system, that is Full Day School Day School. The implementation of the Full Day School provides a strong foundation for students so it can develop their interests, talents, and increase students' intelligence in all aspects. Full Day School activities cause students to be stressed. There is one of the ways to reduce stress is having an Ice Breaking therapy in the form effect of motion and song. **Objectives :** To analyze the effect of Ice Breaking in the form of motion and song on the reduction of stress levels in students who have a Full Day School in SMA Negeri 1 Surakarta. **Methods :** Quantitative analytical research experiments with the research design of Pre-Test, Post-Test, and One Group Design. The processing data technique is purposive sampling with the samples of 40 respondents, and the research instruments are using the PSS (Perceived Stress Scale) questionnaire. **Results:** The results of statistical tests on respondents showed $P\text{value } 0,000 < 0,05$, thus indicating that there was an effect of giving an Ice Breaking therapy in the form of motion and song to decrease the stress levels in students who have a Full Day School. **Conclusion:** There is an effects of having an Ice Breaking therapy in the form of motion and song to reduce stress levels in students who have a Full Day School in SMA Negeri 1 Surakarta.

Word Lock : Ice Breaking, Stress Levels, Full Day School.