

ABSTRACT

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**THE INFLUENCE OF ART THERAPY TO REDUCE
ANXIETY IN CLASS IX STUDENTS IN FACING
NATIONAL EXAMINATIONS IN
SMP NEGERI 1 BAKI**

ABSTRACT

Background: National Exam (UN) is a measure of the achievement of graduates competitions on certain subjects nationally. The exams make students become stressed and anxious before a national exam. The student's anxiety during the exam is a feeling of fear when failure. The way to decrease with Art therapy is the therapeutic technique of using art media to explore feelings and reduce anxiety. **Objective:** To know the influence of art therapy on the anxiety decline of class IX students who face National Exam (UN) in SMP Negeri 1 Baki. **Method:** A quantitative research type of experimental analytic with statistic data processing pre-post test, research draft Quasy experiment with Pre Test Post Test Design, sample number 30 respondents, research instrument questionnaire. **Result:** The anxiety level of the weight of the category before given art therapy is as much as 10 respondents or (33%), after being given art therapy the category of severe anxiety decreased to 5 respondents (17%), and there is a difference before and after given art Therapy. It is known from the significant value of the influence of Art Therapy to reduce the anxiety of the class IX students in the face of National Exam (UN) in SMP Negeri 1 Baki. **Conclusion:** Before given art therapy students experience severe anxiety, after given art teraphy anxiety level students decline as well as there is a difference before and after administered art therapy.

Keywords: *National Exam, Anxiety, Art Teraphy.*