

THE EFFECT OF POSITIVE THINKING THERAPY ON REDUCING ANXIETY IN UNIVERSITY STUDENTS

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ABSTRACT

Anxiety is a condition in which emotions are employed to display an emotional response that is disproportionate to the situation causing fear. This study aims to determine the influence of positive thinking on reducing anxiety among students of psychology at the Raden Fatah State Islamic University. The research method used in this research is quantitative with an experimental approach. Experimental research involves treatment to a research sample and observing the consequences of that treatment on the research subject. The research sample consists of 30 students experiencing anxiety at the Faculty of Psychology, Raden Fatah State Islamic University Palembang.

Introduction

Humans inevitably face challenges in their lives given their social nature. When confronted with problems, humans exhibit a range of reactions, with one such response being anxiety. Anxiety represents an individual's apprehensive emotions stemming from fear when confronting specific situation (Chaplin, 2011). Anxiety is a common occurrence and can even be beneficial when it motivates adaptive behavior to prepare for confronting one's fears. However, anxiety can become problematic if it reaches excessive levels, causes discomfort, disrupts daily life, leads to distress, or prompts avoidance of stressful social situations. For students anxiety can arise due to the piling up of assignments, having to quickly complete their final project and also caused by speaking in public (Antony & Swinson, 2000) ; Durand & Barlow, 2006) .

According to Prawitasari (1998), an individual undergoing anxiety will trigger their sympathetic nervous system, leading to elevated heart rate, palpitations, perspiration, muscle tension, and trembling in the hands or even cold palms and feet. Anxiety is a form of emotional disturbance which is characterized by deep and persistent feelings of fear or worry. (Hawari, 2006) . Anxiety is not an easy thing to recognize and is often referred to as discomfort (Clark, 2006) . Daradjat (2001) explains anxiety as a manifestation of various mixed emotional processes, which occur when people are experiencing feelings of pressure (frustration) and inner conflict (conflict).

Anxiety can be considered normal and even beneficial when it serves as a motivating force, enhancing efforts to achieve improved work outcomes. Conversely, when anxiety becomes excessive, it can become a disruptive factor, diminishing or impeding individual performance (Burgon and

Ruffner, 1978). Positive thinking, as described by Elfiky (2009), is a mindset that places emphasis on positive perspectives and emotions, whether directed towards oneself, others, or the current situation. Positive thinking is also a habit to see everything that is faced or observed from a positive perspective and allows his thoughts to process positively which then influences attitudes and behavior. By thinking positively, individuals will easily solve various problems and tasks they face, and give positive suggestions to themselves when they experience failure and can generate motivation (Seligman, et al, 2005, Hill & Ritt, 2004).

Method

This research is research using experimental method. Experimental research is a study that provides treatment for the sample to be tested. This study used a one-group pretest-posttest design approach to determine reactions after being given treatment. In this study, one group was used as a research sample from a population without a comparison group. This research has two variables, namely:

1. Independent variable (x), namely positive thinking therapy.
2. The dependent variable (y), namely anxiety.

Data collection used an anxiety scale adapted from the Depression Anxiety Stress Scale (Lovibond, 1995) which was used as a pre-test post-test. This scale consists of 42 items, with 4 answer choices in the Likert Scale.

The way of assessing anxiety is to give values by category:

- 0 = Never.
- 1 = Sometimes.
- 2 = Fairly often.
- 3 = Very often.

The data analysis technique used in this study is statistical analysis, namely the t-test analysis. The data analysis technique in this study was t-test analysis, to determine the influence of positive thinking therapy activities on reducing student anxiety or testing differences before and after being given treatment using SPSS Windows version 26. The formula used is as follows:

$$t = \frac{Md}{\frac{\sum X^2 d}{\sqrt{N(N-1)}}$$

Information:

Md = Mean of deviation (d) between posttest and pretest.

Xd = The difference between the deviation and the mean deviation (d-Md).

Df = Or db is N-1.


N = Number of research subjects.

Results and Discussion

In presenting this data, the data obtained by the researcher is data taken as a research sample, namely Psychology students at Raden Fatah State Islamic University Palembang. The hypothesis proposed from this study is as follows: sHa: there is a decrease in anxiety in students of Raden Fatah State Islamic University Palembang after being given positive thinking therapy. Ho: there is no decrease in anxiety in students at Raden Fatah State Islamic University Palembang after being given positive thinking therapy.

Results of Data Analysis

Based on the results of the mathematical analysis of the different t-test (Paired sample t-test) data, it shows that there is a significant influence between the application of positive thinking therapy on reducing anxiety in Psychology students at Raden Fatah State Islamic University Palembang. This can be proven by the existence of a significant difference between the results of initial reflection (before positive thinking therapy) and the results of final reflection (after positive thinking therapy) on the level of anxiety reduction in Psychology students at Raden Fatah State Islamic University Palembang.



| | | N | Correlation | Sig. |
|--------|---|----|-------------|------|
| Pair 1 | Sebelum diberikan perlakuan & Setelah diberikan perlakuan | 30 | ,904 | ,000 |

From the table above, the correlation results were obtained with 30 people as a sample, namely 0.904 with a significant level of 0.000. Because the significant level is less than 0.05, Ha is accepted and Ho is rejected, which means that the application of positive thinking therapy can have an effect on reducing anxiety in Psychology students at Raden Fatah State Islamic University Palembang.

Furthermore, to find out whether there is an influence between two different interventions/treatments, a product moment correlation is carried out. By using a significance level of 0.05, it is said as follows:

- a. The significance value is less than 0.05 then H_a is accepted and H_o is rejected.
- b. The significance value is more than 0.05, so reject H_a and accept H_o .

Paired Samples Test

| | | Paired Differences | | | | | t | df | Sig. (2-tailed) |
|--------|---|--------------------|----------------|-----------------|---|----------|-------|----|-----------------|
| | | Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference | | | | |
| | | | | | Lower | Upper | | | |
| Pair 1 | Sebelum diberikan perlakuan - Setelah diberikan perlakuan | 8,66667 | 5,16175 | ,94240 | 6,73924 | 10,59410 | 9,196 | 29 | ,000 |

After the data has been analyzed, the researcher immediately conducts hypothesis testing to prove the truth that can be accounted for in accordance with scientific principles of the hypothesis proposed by using tcount. Price tcount of 9.196 with a significant value of 0.000. Because the significance level is less than 0.05, H_a is accepted and H_o is rejected, which means that positive thinking therapy has a significant effect on reducing anxiety in Psychology students at Raden Fatah State Islamic University Palembang.

Conclusion

Based on the results of testing and research conducted on the Effect of Positive Thinking Therapy on Reducing Anxiety of Psychology Students class of 2020 at Raden Fatah State Islamic University Palembang, it can be concluded that there is a significant influence in which the results of hypothesis testing indicate that the research hypothesis (H_a) proposed in the study this is accepted, with the result tcount = 9.196 with a significance level of $0.000 < 0.05$. With the results H_o is rejected and H_a is accepted.

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