

**TERAPI *BRIEF MINDFULNESS-BASED STRESS REDUCTION* (MBSR)
UNTUK MENURUNKAN *PSYCHOLOGICAL DISTRESS* PADA INDIVIDU
DEWASA AWAL PENDERITA *GERD***

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ABSTRAK

Individu dewasa awal rentan mengalami distress psikologis yang mayoritas disebabkan oleh tuntutan di lingkungan sosial, keluarga dan pekerjaan. Kondisi distress digambarkan dengan perubahan kondisi emosional dan ketidakmampuan mengatasi masalah. Penelitian terdahulu menyatakan perubahan kondisi emosional akan berpengaruh terhadap kondisi fisiologis. Pada penelitian ini, kondisi fisiologis yang menjadi fokus yakni *gastroesophageal reflux disease* (GERD). Individu yang sebelumnya menderita GERD, rentan mengalami kekambuhan ketika berada pada kondisi distress. Mengatasi kondisi ini maka terapi *Brief Mindfulness-Based Stress Reduction* (MBSR) diberikan dengan tujuan untuk menurunkan distress psikologis pada individu dewasa awal yang menderita *gastroesophageal reflux disease* (GERD). Metode penelitian yang digunakan yakni kuantitatif dan kualitatif baik pada saat asesmen, intervensi dan *follow-up*. Penelitian ini menggunakan desain eksperimen *one group pre-test post-test* untuk melihat dampak terapi terhadap penurunan distress psikologis. Terapi diberikan secara *brief* selama empat pertemuan dengan masing-masing pertemuan terdiri dari dua sesi. Hasil intervensi menunjukkan bahwa ditemukan penurunan skor distress disertai dengan peningkatan keterampilan *mindfulness*. Salah satu faktor yang mendukung hasil ini yakni adanya komitmen dan niat partisipan selama mengikuti intervensi dan mengerjakan tugas rumah. Penelitian selanjutnya diharapkan dapat mengembangkan teknik MBSR untuk mengatasi permasalahan psikologis lainnya pada penderita GERD.

Kata kunci: distress psikologis, GERD, *mindfulness based-stress reduction*

**BRIEF MINDFULNESS-BASED STRESS REDUCTION (MBSR) THERAPY
TO REDUCE PSYCHOLOGICAL DISTRESS IN EARLY ADULT
INDIVIDUALS WITH GERD**

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ABSTRACT

Early adulthood are vulnerable to experiencing psychological distress, the majority of which is caused by demands in the social, family and work environment. Distress conditions are described by changes in emotional conditions and the inability to overcome problems. Previous research states that changes in emotional conditions will affect physiological conditions. In this study, the physiological condition that is focused is gastroesophageal reflux disease (GERD). Individuals who previously suffered from GERD are susceptible to experiencing a recurrence when they are in a state of distress. To overcome this condition, Brief Mindfulness-Based Stress Reduction (MBSR) therapy is given with the aim of reducing psychological distress in early adult individuals who suffer from gastroesophageal reflux disease (GERD). The research methods used are quantitative and qualitative both during assessment, intervention, and follow-up. This research used a one group pre-test post-test experimental design to see the impact of therapy on reducing psychological distress. Therapy is given briefly over four meetings with each meeting consisting of two sessions. The results of the intervention showed that a decrease in distress scores was found accompanied by an increase in mindfulness skills. One factor that supports this result are participant's commitment and intention while participating in the intervention and doing homework. It is hoped that future research can develop the MBSR technique to overcome other psychological problems in GERD sufferers.

Key words: GERD, mindfulness based-stress reduction, psychological distress