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LAMPIRAN-LAMPIRAN

Hasil Uji Statistik

Crosstabs

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Jenis Kelamin * Kelompok	44	100.0%	0	0.0%	44	100.0%
Status Pernikahan * Kelompok	44	100.0%	0	0.0%	44	100.0%
Pekerjaan * Kelompok	44	100.0%	0	0.0%	44	100.0%
Pendidikan * Kelompok	44	100.0%	0	0.0%	44	100.0%

Jenis Kelamin * Kelompok

Crosstab

			Kelompok		Total
			Kontrol	Perlakuan	
Jenis Kelamin	Perempuan	Count	8	12	20
		% within Kelompok	36.4%	54.5%	45.5%
		% of Total	18.2%	27.3%	45.5%
	Laki-laki	Count	14	10	24
		% within Kelompok	63.6%	45.5%	54.5%
		% of Total	31.8%	22.7%	54.5%
Total		Count	22	22	44
		% within Kelompok	100.0%	100.0%	100.0%
		% of Total	50.0%	50.0%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	1.467 ^a	1	.226		
Continuity Correction ^b	.825	1	.364		
Likelihood Ratio	1.475	1	.225		
Fisher's Exact Test				.364	.182
Linear-by-Linear Association	1.433	1	.231		
N of Valid Cases	44				

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 10.00.

b. Computed only for a 2x2 table

Status Pernikahan * Kelompok

Crosstab

			Kelompok		Total
			Kontrol	Perlakuan	
Status Pernikahan	Menikah	Count	22	22	44
		% within Kelompok	100.0%	100.0%	100.0%
		% of Total	50.0%	50.0%	100.0%
Total		Count	22	22	44
		% within Kelompok	100.0%	100.0%	100.0%
		% of Total	50.0%	50.0%	100.0%

Chi-Square Tests

	Value
Pearson Chi-Square	. ^a
N of Valid Cases	44

a. No statistics are computed because Status Pernikahan is a constant.

Pekerjaan * Kelompok

Crosstab

			Kelompok		Total
			Kontrol	Perlakuan	
Pekerjaan	IRT/Tidak Bekerja	Count	3	5	8
		% within Kelompok	13.6%	22.7%	18.2%
		% of Total	6.8%	11.4%	18.2%
	PNS/Aparatur Negara	Count	4	6	10
		% within Kelompok	18.2%	27.3%	22.7%
		% of Total	9.1%	13.6%	22.7%
	Karyawan Swasta/Non-PNS	Count	4	2	6
		% within Kelompok	18.2%	9.1%	13.6%
		% of Total	9.1%	4.5%	13.6%
	Wiraswasta/Pkerja Informal	Count	7	9	16
		% within Kelompok	31.8%	40.9%	36.4%
		% of Total	15.9%	20.5%	36.4%
	Petani	Count	1	0	1
		% within Kelompok	4.5%	0.0%	2.3%
		% of Total	2.3%	0.0%	2.3%
	Pensiunan	Count	3	0	3
		% within Kelompok	13.6%	0.0%	6.8%
		% of Total	6.8%	0.0%	6.8%
Total	Count	22	22	44	
	% within Kelompok	100.0%	100.0%	100.0%	
	% of Total	50.0%	50.0%	100.0%	

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	5.817 ^a	5	.324
Likelihood Ratio	7.383	5	.194
Linear-by-Linear Association	2.471	1	.116
N of Valid Cases	44		

a. 8 cells (66.7%) have expected count less than 5. The minimum expected count is .50.

Pendidikan * Kelompok

Crosstab

			Kelompok		Total
			Kontrol	Perlakuan	
Pendidikan	Tinggi	Count	10	7	17
		% within Kelompok	45.5%	31.8%	38.6%
		% of Total	22.7%	15.9%	38.6%
	Menengah	Count	8	14	22
		% within Kelompok			
		% of Total			

	Rendah	% within Kelompok	36.4%	63.6%	50.0%
		% of Total	18.2%	31.8%	50.0%
		Count	4	1	5
		% within Kelompok	18.2%	4.5%	11.4%
		% of Total	9.1%	2.3%	11.4%
Total		Count	22	22	44
		% within Kelompok	100.0%	100.0%	100.0%
		% of Total	50.0%	50.0%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	3.966 ^a	2	.138
Likelihood Ratio	4.117	2	.128
Linear-by-Linear Association	.000	1	1.000
N of Valid Cases	44		

a. 2 cells (33.3%) have expected count less than 5. The minimum expected count is 2.50.

Kategori HARS-M0 * Kelompok

Crosstab

			Kelompok		Total
			Kontrol	Perlakuan	
Kategori HARS-M0	Kecemasan ringan	Count	6	0	6
		% within Kelompok	27.3%	0.0%	13.6%
		% of Total	13.6%	0.0%	13.6%
	Kecemasan sedang	Count	16	22	38
		% within Kelompok	72.7%	100.0%	86.4%
		% of Total	36.4%	50.0%	86.4%
Total		Count	22	22	44
		% within Kelompok	100.0%	100.0%	100.0%
		% of Total	50.0%	50.0%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	6.947 ^a	1	.008		
Continuity Correction ^b	4.825	1	.028		
Likelihood Ratio	9.269	1	.002		
Fisher's Exact Test				.021	.011
Linear-by-Linear Association	6.789	1	.009		
N of Valid Cases	44				

a. 2 cells (50.0%) have expected count less than 5. The minimum expected count is 3.00.

b. Computed only for a 2x2 table

Kategori HARS-M8 * Kelompok

Crosstab

			Kelompok		Total
			Kontrol	Perlakuan	
Kategori HARS-M8	Kecemasan ringan	Count	7	22	29
		% within Kelompok	31.8%	100.0%	65.9%
		% of Total	15.9%	50.0%	65.9%
	Kecemasan sedang	Count	15	0	15
		% within Kelompok	68.2%	0.0%	34.1%
		% of Total	34.1%	0.0%	34.1%

Total	Count	22	22	44
	% within Kelompok	100.0%	100.0%	100.0%
	% of Total	50.0%	50.0%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	22.759 ^a	1	.000		
Continuity Correction ^b	19.825	1	.000		
Likelihood Ratio	28.942	1	.000		
Fisher's Exact Test				.000	.000
Linear-by-Linear Association	22.241	1	.000		
N of Valid Cases	44				

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 7.50.

b. Computed only for a 2x2 table

Descriptives

Kelompok = Kontrol

Descriptive Statistics^a

	N	Minimum	Maximum	Mean	Std. Deviation
Usia	22	42.00	64.00	56.2273	6.35409
Valid N (listwise)	22				

a. Kelompok = Kontrol

Kelompok = Perlakuan

Descriptive Statistics^a

	N	Minimum	Maximum	Mean	Std. Deviation
Usia	22	42.00	64.00	53.6818	6.24413
Valid N (listwise)	22				

a. Kelompok = Kasus

NPar Tests

Mann-Whitney Test

Ranks

	Kelompok	N	Mean Rank	Sum of Ranks
Usia	Kontrol	22	25.32	557.00
	Perlakuan	22	19.68	433.00
	Total	44		

Test Statistics^a

	Usia
Mann-Whitney U	180.000
Wilcoxon W	433.000
Z	-1.458
Asymp. Sig. (2-tailed)	.145

a. Grouping Variable: Kelompok

Explore

Kelompok

Case Processing Summary

	Kelompok	Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
HARS-M0	Kontrol	22	100.0%	0	0.0%	22	100.0%
	Perlakuan	22	100.0%	0	0.0%	22	100.0%
HARS-M8	Kontrol	22	100.0%	0	0.0%	22	100.0%
	Perlakuan	22	100.0%	0	0.0%	22	100.0%
GABA-M0	Kontrol	22	100.0%	0	0.0%	22	100.0%
	Perlakuan	22	100.0%	0	0.0%	22	100.0%
GABA-M8	Kontrol	22	100.0%	0	0.0%	22	100.0%
	Perlakuan	22	100.0%	0	0.0%	22	100.0%

Descriptives

	Kelompok		Statistic	Std. Error
HARS-M0	Kontrol	Mean	22.50	.686
		95% Confidence Interval for Mean	Lower Bound 21.07	
			Upper Bound 23.93	
		5% Trimmed Mean	22.66	
		Median	23.00	
		Variance	10.357	
		Std. Deviation	3.218	
		Minimum	16	
		Maximum	26	
		Range	10	
		Interquartile Range	6	
		Skewness	-.519	.491
		Kurtosis	-.812	.953
	Perlakuan	Mean	23.32	.369
		95% Confidence Interval for Mean	Lower Bound 22.55	
			Upper Bound 24.08	
		5% Trimmed Mean	23.25	
		Median	23.00	
		Variance	2.989	
		Std. Deviation	1.729	
		Minimum	21	
		Maximum	27	
		Range	6	
		Interquartile Range	2	
		Skewness	.429	.491
		Kurtosis	-.439	.953
HARS-M8	Kontrol	Mean	20.59	.612
		95% Confidence Interval for Mean	Lower Bound 19.32	
			Upper Bound 21.86	
		5% Trimmed Mean	20.71	
		Median	21.00	
		Variance	8.253	
		Std. Deviation	2.873	

			Minimum	14	
			Maximum	25	
			Range	11	
			Interquartile Range	4	
			Skewness	-.899	.491
			Kurtosis	.302	.953
	Perlakuan	95% Confidence Interval for Mean	Mean	18.95	.305
			Lower Bound	18.32	
		5% Trimmed Mean	Upper Bound	19.59	
			Mean	19.11	
		Median	Median	19.50	
			Variance	2.045	
		Std. Deviation	Std. Deviation	1.430	
			Minimum	15	
		Maximum	Maximum	20	
			Range	5	
		Interquartile Range	Interquartile Range	2	
			Skewness	-1.524	.491
		Kurtosis	Kurtosis	1.838	.953
			Mean	.10602445	.001252955
	GABA-M0 Kontrol	95% Confidence Interval for Mean	Lower Bound	.10341879	
			Upper Bound	.10863012	
		5% Trimmed Mean	Mean	.10532603	
			Median	.10422100	
		Variance	Variance	.000	
			Std. Deviation	.005876878	
		Minimum	Minimum	.100830	
			Maximum	.124465	
		Range	Range	.023635	
			Interquartile Range	.003935	
		Skewness	Skewness	2.080	.491
			Kurtosis	4.117	.953
	Perlakuan	95% Confidence Interval for Mean	Mean	.10496873	.001192523
			Lower Bound	.10248874	
		5% Trimmed Mean	Upper Bound	.10744871	
			Mean	.10436276	
		Median	Median	.10271700	
			Variance	.000	
		Std. Deviation	Std. Deviation	.005593427	
			Minimum	.100569	
		Maximum	Maximum	.120411	
			Range	.019842	
		Interquartile Range	Interquartile Range	.006216	
			Skewness	1.813	.491
		Kurtosis	Kurtosis	2.546	.953
			Mean	.10672545	.001239304
	GABA-M8 Kontrol	95% Confidence Interval for Mean	Lower Bound	.10414818	
			Upper Bound	.10930273	
		5% Trimmed Mean	Mean	.10638629	
			Median	.10711900	
		Variance	Variance	.000	
			Std. Deviation	.005812851	
		Minimum	Minimum	.100100	
			Maximum	.120047	
		Range	Range	.019947	

Perlakuan	Interquartile Range		.010026	
	Skewness		.404	.491
	Kurtosis		-.823	.953
	Mean		.13152123	.008170503
	95% Confidence Interval for Mean	Lower Bound	.11452974	
		Upper Bound	.14851272	
	5% Trimmed Mean		.12880635	
	Median		.11040500	
	Variance		.001	
	Std. Deviation		.038323056	
	Minimum		.101308	
	Maximum		.211663	
	Range		.110355	
	Interquartile Range		.043269	
	Skewness		1.198	.491
	Kurtosis		-.092	.953

Tests of Normality

	Kelompok	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
HARS-M0	Kontrol	.180	22	.062	.899	22	.028
	Perlakuan	.164	22	.128	.936	22	.162
HARS-M8	Kontrol	.238	22	.002	.915	22	.061
	Perlakuan	.268	22	.000	.759	22	.000
GABA-M0	Kontrol	.262	22	.000	.729	22	.000
	Perlakuan	.334	22	.000	.714	22	.000
GABA-M8	Kontrol	.231	22	.003	.852	22	.004
	Perlakuan	.297	22	.000	.749	22	.000

a. Lilliefors Significance Correction

NPar Tests

Kelompok = Kontrol

Wilcoxon Signed Ranks Test

Ranks^a

		N	Mean Rank	Sum of Ranks
HARS-M8 - HARS-M0	Negative Ranks	18 ^b	9.50	171.00
	Positive Ranks	0 ^c	.00	.00
	Ties	4 ^d		
	Total	22		
GABA-M8 - GABA-M0	Negative Ranks	11 ^e	7.91	87.00
	Positive Ranks	10 ^f	14.40	144.00
	Ties	1 ^g		
	Total	22		

a. Kelompok = Kontrol

b. HARS-M8 < HARS-M0

c. HARS-M8 > HARS-M0

d. HARS-M8 = HARS-M0

e. GABA-M8 < GABA-M0

f. GABA-M8 > GABA-M0

g. GABA-M8 = GABA-M0

Test Statistics^{a,b}

	HARS-M8 - HARS-M0	GABA-M8 - GABA-M0
Z	-3.770 ^c	-.991 ^d
Asymp. Sig. (2-tailed)	.000	.322

a. Kelompok = Kontrol

b. Wilcoxon Signed Ranks Test

c. Based on positive ranks.

d. Based on negative ranks.

Kelompok = Perlakuan**Wilcoxon Signed Ranks Test****Ranks^a**

		N	Mean Rank	Sum of Ranks
HARS-M8 - HARS-M0	Negative Ranks	22 ^b	11.50	253.00
	Positive Ranks	0 ^c	.00	.00
	Ties	0 ^d		
	Total	22		
GABA-M8 - GABA-M0	Negative Ranks	0 ^e	.00	.00
	Positive Ranks	21 ^f	11.00	231.00
	Ties	1 ^g		
	Total	22		

a. Kelompok = Perlakuan

b. HARS-M8 < HARS-M0

c. HARS-M8 > HARS-M0

d. HARS-M8 = HARS-M0

e. GABA-M8 < GABA-M0

f. GABA-M8 > GABA-M0

g. GABA-M8 = GABA-M0

Test Statistics^{a,b}

	HARS-M8 - HARS-M0	GABA-M8 - GABA-M0
Z	-4.143 ^c	-4.015 ^d
Asymp. Sig. (2-tailed)	.000	.000

a. Kelompok = Perlakuan

b. Wilcoxon Signed Ranks Test

c. Based on positive ranks.

d. Based on negative ranks.

NPar Tests**Mann-Whitney Test****Ranks**

	Kelompok	N	Mean Rank	Sum of Ranks
HARS-M0	Kontrol	22	21.43	471.50
	Perlakuan	22	23.57	518.50
	Total	44		
HARS-M8	Kontrol	22	28.14	619.00
	Perlakuan	22	16.86	371.00
	Total	44		
GABA-M0	Kontrol	22	25.45	560.00
	Perlakuan	22	19.55	430.00
	Total	44		
GABA-M8	Kontrol	22	18.50	407.00
	Perlakuan	22	26.50	583.00
	Total	44		

Test Statistics^a

	HARS-M0	HARS-M8	GABA-M0	GABA-M8
Mann-Whitney U	218.500	118.000	177.000	154.000
Wilcoxon W	471.500	371.000	430.000	407.000
Z	-.558	-2.952	-1.526	-2.066
Asymp. Sig. (2-tailed)	.577	.003	.127	.039

a. Grouping Variable: Kelompok

Frequencies

Kelompok = Kontrol

Statistics^a

	Δ HARS (M8-M0)	Δ GABA (M8-M0)
N Valid	22	22
Missing	0	0
Mean	-1.9091	.0007
Std. Deviation	2.13606	.00873
Minimum	-10.00	-.02
Maximum	.00	.01

a. Kelompok = Kontrol

Kelompok = Perlakuan

Statistics^a

	Δ HARS (M8-M0)	Δ GABA (M8-M0)
N Valid	22	22
Missing	0	0
Mean	-4.3636	.0266
Std. Deviation	1.55978	.03714
Minimum	-7.00	.00
Maximum	-1.00	.10

a. Kelompok = Perlakuan

NPar Tests

Mann-Whitney Test

Ranks

	Kelompok	N	Mean Rank	Sum of Ranks
Δ HARS (M8-M0)	Kontrol	22	30.98	681.50
	Perlakuan	22	14.02	308.50
	Total	44		
Δ GABA (M8-M0)	Kontrol	22	16.93	372.50
	Perlakuan	22	28.07	617.50
	Total	44		

Test Statistics^a

	Δ HARS (M8-M0)	Δ GABA (M8-M0)
Mann-Whitney U	55.500	119.500
Wilcoxon W	308.500	372.500
Z	-4.437	-2.876
Asymp. Sig. (2-tailed)	.000	.004

a. Grouping Variable: Kelompok

Nonparametric Correlations

Kelompok = Kontrol

Correlations^a

			HARS-M8	GABA-M8
Spearman's rho	HARS-M8	Correlation Coefficient	1.000	.085
		Sig. (2-tailed)	.	.706
		N	22	22
	GABA-M8	Correlation Coefficient	.085	1.000
		Sig. (2-tailed)	.706	.
		N	22	22

a. Kelompok = Kontrol

Kelompok = Perlakuan

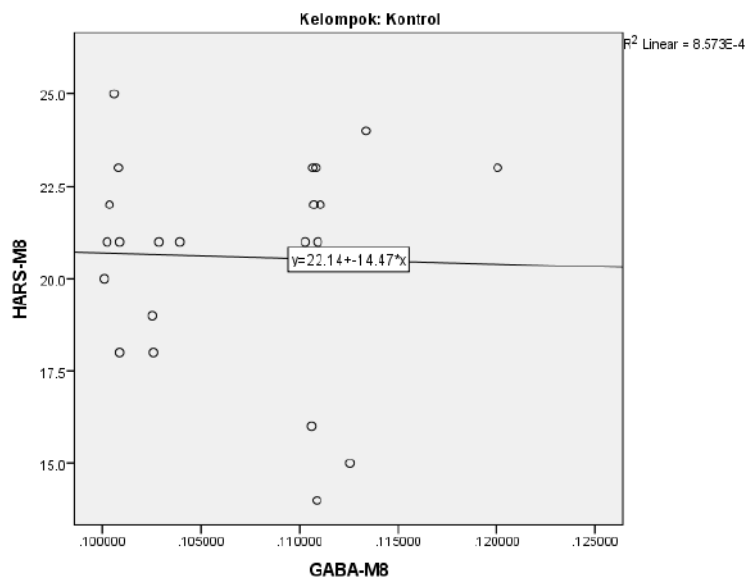
Correlations^a

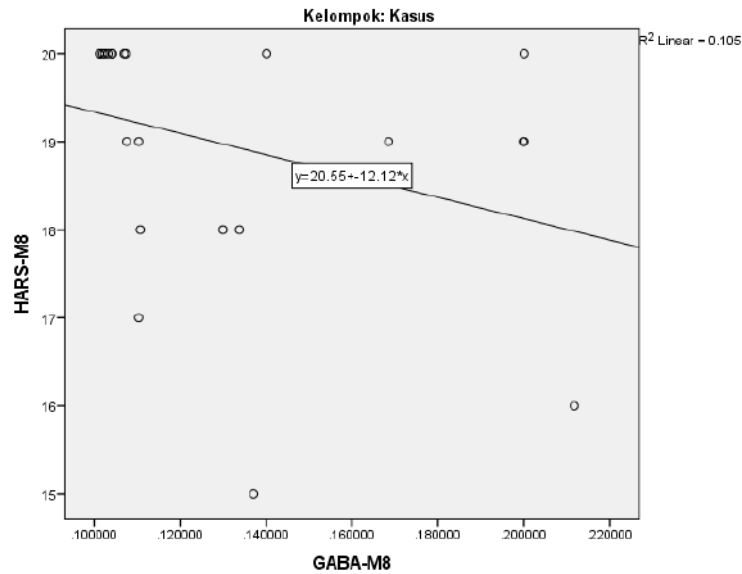
			HARS-M8	GABA-M8
Spearman's rho	HARS-M8	Correlation Coefficient	1.000	-.598**
		Sig. (2-tailed)	.	.003
		N	22	22
	GABA-M8	Correlation Coefficient	-.598**	1.000
		Sig. (2-tailed)	.003	.
		N	22	22

**. Correlation is significant at the 0.01 level (2-tailed).

a. Kelompok = Kasus

Graph





Master Data

SAMPel KONTROL																
No	Kode Sampel Kontrol		RS/No RM	Nama Pasien	Jenis Kelamin	Alamat	Usia	Status Menikah	Pekerjaan	Pendidikan	Skor Kecemasan (HARS)				GABA	
	PRE	POST									Minggu 0	Interpretasi	Minggu 8	Interpretasi	Minggu 0	Minggu 8
1	WKA.1	WKB.1	PTRSWWS	Ny. HS	Perempuan	Makassar	55	Menikah	IRT	SMA	23	kecemasan sedang	22	kecemasan sedang	0.104512	0.102565
2	WKA.2	WKB.2	PTRSWWS	Tn. MS	Laki-laki	Makassar	57	Menikah	PNS	S2	22	kecemasan sedang	21	kecemasan sedang	0.103244	0.100882
3	WKA.3	WKB.3	PTRSWWS	Tn. H	Laki-laki	Makassar	60	Menikah	Pedagang	SMA	19	kecemasan ringan	18	kecemasan ringan	0.10277	0.1013389
4	WKA.4	WKB.4	PTRSWWS	Ny. Sd	Perempuan	Sulawesi	59	Menikah	Wiraswasta	SD	20	kecemasan ringan	20	kecemasan ringan	0.116575	0.100621
5	WKA.5	WKB.5	PTRSWWS	Ny. Iis	Perempuan	Selayar	47	Menikah	Karyawan Swasta	DB	24	kecemasan sedang	23	kecemasan sedang	0.109104	0.100047
6	WKA.6	WKB.6	PTRSWWS	Tn. DH	Laki-laki	Kelapa	59	Menikah	Karyawan Swasta	SMA	26	kecemasan sedang	25	kecemasan sedang	0.104724	0.102612
7	WKA.7	WKB.7	PTRSWWS	Tn. SY	Laki-laki	Makassar	64	Menikah	Pensiunan	SI	26	kecemasan sedang	23	kecemasan sedang	0.101301	0.10093
8	WKA.8	WKB.8	PTRSWWS	Ny. Rm	Perempuan	Makassar	58	Menikah	IRT	SMA	16	kecemasan ringan	15	kecemasan ringan	0.101458	0.100725
9	WKA.9	WKB.9	PTRSWWS	Tn. Ikl	Laki-laki	Gowa	52	Menikah	PNS	SI	18	kecemasan ringan	18	kecemasan ringan	0.124465	0.100882
10	WKA.10	WKB.10	PTRSWWS	Tn. MNK	Laki-laki	Makassar	55	Menikah	Wiraswasta	SI	21	kecemasan sedang	21	kecemasan sedang	0.105148	0.10393
11	WKA.11	WKB.11	PTRSWWS	Tn. Al	Laki-laki	Senggang	62	Menikah	PNS	SI	23	kecemasan sedang	22	kecemasan sedang	0.102297	0.100372
12	WKA.12	WKB.12	PTRSWWS	Tn. BP	Laki-laki	Makassar	63	Menikah	Pensiunan	SI	22	kecemasan sedang	21	kecemasan sedang	0.102177	0.100934
13	WKA.13	WKB.13	PTRSWWS	Tn. SB	Laki-laki	Makassar	60	Menikah	Wiraswasta	SD	23	kecemasan sedang	21	kecemasan sedang	0.102717	0.100256
14	WKA.14	WKB.14	PTRSWWS	Tn. Mtr	Laki-laki	Makassar	56	Menikah	Sopir	SMA	24	kecemasan sedang	23	kecemasan sedang	0.103193	0.100673
15	WKA.15	WKB.15	PTRSWWS	Tn. AA	Laki-laki	Makassar	59	Menikah	Pedagang	SMA	24	kecemasan sedang	22	kecemasan sedang	0.104936	0.101066
16	WKA.16	WKB.16	PTRSWWS	Tn. TK	Laki-laki	Enrekang	59	Menikah	Petani	SD	19	kecemasan ringan	19	kecemasan ringan	0.106852	0.10256
17	WKA.17	WKB.17	PTRSWWS	Ny. NJ	Perempuan	Makassar	55	Menikah	IRT	SD	26	kecemasan sedang	24	kecemasan sedang	0.102875	0.100010
18	WKA.18	WKB.18	PTRSWWS	Ny. Hj. Sri	Perempuan	Wajo	64	Menikah	Pensiunan	SMP	26	kecemasan sedang	23	kecemasan sedang	0.10063	0.10093
19	WKA.19	WKB.19	PTRSWWS	Ny. Yr	Laki-laki	Makassar	45	Menikah	Karyawan Swasta	SMA	22	kecemasan sedang	21	kecemasan sedang	0.105573	0.100308
20	WKA.20	WKB.20	PTRSWWS	Ny. ES	Perempuan	Parepare	61	Menikah	Wiraswasta	DB	23	kecemasan sedang	21	kecemasan sedang	0.106638	0.102875
21	WKA.21	WKB.21	PTRSWWS	Ny. Em	Perempuan	Makassar	42	Menikah	Karyawan Swasta	SI	17	kecemasan ringan	14	kecemasan ringan	0.103244	0.100882
22	WKA.22	WKB.22	PTRSWWS	Tn. SG	Laki-laki	Gowa	45	Menikah	PNS	SI	18	kecemasan ringan	16	kecemasan ringan	0.116575	0.100621

SAMPel PERLAKUAN																
No	Kode Sampel Kontrol		RS/No RM	Nama Pasien	Jenis Kelamin	Alamat	Usia	Status Menikah	Pekerjaan	Pendidikan	Skor Kecemasan				GABA	
	PRE	POST									Minggu 0	Interpretasi	Minggu 8	Interpretasi	Minggu 0	Minggu 8
1	WPA.1	WPB.1	PJT RSWs	Tn. NA	Perempuan	Makassar	39	Menikah	Dosen	SI	24	kecemasan sedang	20	kecemasan ringan	0.100569	0.101308
2	WPA.2	WPB.2	PJT RSWs	Tn. Der	Laki-laki	Parepare	56	Menikah	Sopir	SMA	26	kecemasan sedang	20	kecemasan ringan	0.101196	0.100995
3	WPA.3	WPB.3	PJT RSWs	Tn. Tar	Laki-laki	Buru	33	Menikah	Karyawan Honorer	SMA	26	kecemasan sedang	19	kecemasan ringan	0.101196	0.1009787
4	WPA.4	WPB.4	PJT RSWs	Ny. SA	Perempuan	Majene	37	Menikah	PNS	SI	22	kecemasan sedang	18	kecemasan ringan	0.102507	0.104194
5	WPA.5	WPB.5	PJT RSWs	Ny. Nj	Perempuan	Gowa	49	Menikah	IRT	SMA	23	kecemasan sedang	19	kecemasan ringan	0.101405	0.107012
6	WPA.6	WPB.6	PJT RSWs	Ny. Rm	Perempuan	Makassar	60	Menikah	PNS	S2	21	kecemasan sedang	17	kecemasan ringan	0.100778	0.102034
7	WPA.7	WPB.7	PJT RSWs	Tn. MA	Laki-laki	Bone	56	Menikah	Wiraswasta	SMA	25	kecemasan sedang	20	kecemasan ringan	0.120411	0.123824
8	WPA.8	WPB.8	PJT RSWs	Tn. MDN	Laki-laki	Makassar	56	Menikah	Buruh Harian Lepas	SMP	25	kecemasan sedang	20	kecemasan ringan	0.107119	0.110772
9	WPA.9	WPB.9	PJT RSWs	Tn. Rmd	Laki-laki	Majene	50	Menikah	Wiraswasta	SMP	24	kecemasan sedang	20	kecemasan ringan	0.102717	0.110405
10	WPA.10	WPB.10	PJT RSWs	Tn. Amr	Laki-laki	Gowa	51	Menikah	Wiraswasta	SMA	21	kecemasan sedang	18	kecemasan ringan	0.100100	0.100995
11	WPA.11	WPB.11	PJT RSWs	Ny. Ey	Perempuan	Makassar	39	Menikah	IRT	SMP	22	kecemasan sedang	18	kecemasan ringan	0.129031	0.121663
12	WPA.12	WPB.12	PJT RSWs	Ny. Met	Perempuan	Pangkep	57	Menikah	IRT	SMA	23	kecemasan sedang	19	kecemasan ringan	0.100725	0.107061
13	WPA.13	WPB.13	PJT RSWs	Ny. Yr	Perempuan	Makassar	41	Menikah	Wiraswasta	SMA	23	kecemasan sedang	20	kecemasan ringan	0.100204	0.104300
14	WPA.14	WPB.14	PJT RSWs	Ny. Hms	Perempuan	Makassar	55	Menikah	IRT	SD	21	kecemasan sedang	20	kecemasan ringan	0.100308	0.100308
15	WPA.15	WPB.15	PJT RSWs	Tn. Tmr	Laki-laki	Manuju	61	Menikah	PNS	SI	27	kecemasan sedang	20	kecemasan ringan	0.100673	0.140138
16	WPA.16	WPB.16	PJT RSWs	Tn. Lk	Laki-laki	Makassar	47	Menikah	Teknisi	SMA	22	kecemasan sedang	20	kecemasan ringan	0.100517	0.107387
17	WPA.17	WPB.17	PJT RSWs	Tn. AH	Laki-laki	Makassar	49	Menikah	Wiraswasta	SMA	23	kecemasan sedang	19	kecemasan ringan	0.103455	0.168491
18	WPA.18	WPB.18	PJT RSWs	Tn. M.Sy	Laki-laki	Maros	34	Menikah	Karyawan Swasta	SI	23	kecemasan sedang	20	kecemasan ringan	0.100308	0.102507
19	WPA.19	WPB.19	PJT RSWs	Ny. NJH	Perempuan	Makassar	39	Menikah	Wiraswasta	SMA	23	kecemasan sedang	16	kecemasan ringan	0.108298	0.137098
20	WPA.20	WPB.20	PJT RSWs	Ny. Jmr	Perempuan	Gowa	38	Menikah	IRT	SMP	21	kecemasan sedang	15	kecemasan ringan	0.100882	0.101248
21	WPA.21	WPB.21	PJT RSWs	Ny. SK	Perempuan	Makassar	32	Menikah	PNS	SI	24	kecemasan sedang	20	kecemasan ringan	0.101196	0.100995
22	WPA.22	WPB.22	PJT RSWs	Ny. AR	Perempuan	Makassar	34	Menikah	PNS	SI	24	kecemasan sedang	19	kecemasan ringan	0.102717	0.110405

Grounding Exercises

Using Your Senses

In this exercise, you will be using all your senses to “ground” and get back to the present moment.



1. Start by sitting comfortably and closing your eyes. Take a couple of deep breaths in through your nose and out through your mouth.
2. Open your eyes, look around you and name out loud:
 - 5 things you can **see** (*it can be items inside the room or outside through the window*).
 - 4 things you can **feel** (*this can be parts of your own body or the furniture in the room, notice the texture*).
 - 3 things you can **hear** (*the sound can be coming from inside the room or out. It is surprising the sounds that go unnoticed until we are paying purposeful attention or quiet the mind*).
 - 2 things you can **smell** (*hopefully it is enjoyable to smell*).
 - 1 thing you can **taste** (*you can carry with you a small morsel of food for this part of the exercise*).



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Tamalanrea, Makassar 90245
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e-mail: office@unhas.ac.id
Laman: www.unhas.ac.id

Lampiran 5

SURAT PERSETUJUAN

Yang bertanda tangan di bawah ini :

Nama : Dr. Saidah Syamsuddin, dr., Sp.K.J., Subsp.B.P. (K)
NIP : 197001142001122001
Jabatan : Ketua Program Studi Spesialis Kedokteran Jiwa
Fakultas Kedokteran Universitas Hasanuddin

Sebagai atasan langsung dari :

Nama : dr. Aloysius Willyanus Larope
NIM : C065221005

Menyatakan menyetujui bila yang bersangkutan mengadakan penelitian dengan judul :

**"Pengaruh Pemberian Grounding Therapy terhadap Skor Kecemasan dan Kadar
Gamma-Aminobutyric Acid (GABA) Pada Pasien Acute Coronary Syndrome"**

Makassar, 24 Maret 2025
Ketua Program Studi Spesialis Kedokteran Jiwa
Fakultas Kedokteran



Dr. Saidah Syamsuddin, dr., Sp.K.J., Subs.B.P. (K)
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RSPTN UNIVERSITAS HASANUDDIN
RSUP Dr. WAHIDIN SUDIROHUSODO MAKASSAR
Sekretariat : Lantai 2 Gedung Laboratorium Terpadu
JL. PERINTIS KEMERDEKAAN KAMPUS TAMALANREA KM.10 MAKASSAR 90245.
Contact Person: dr. Agussalim Bukhari., MMed, PhD, SpGK TELP. 081241850858, 0411 5780103, Fax : 0411-581431



REKOMENDASI PERSETUJUAN ETIK

Nomor : 426/UN4.6.4.5.31/ PP36/ 2025

Tanggal: 23 Juni 2025

Dengan ini Menyatakan bahwa Protokol dan Dokumen yang Berhubungan Dengan Protokol berikut ini telah mendapatkan Persetujuan Etik :

No Protokol	UH25050342	No Sponsor	
Peneliti Utama	dr. Aloysius Willyanus Larope	Sponsor	
Judul Peneliti	Pengaruh Grounding Therapy Terhadap Skor Kecemasan dan Kadar Gamma-Aminobutyric Acid (GABA) Pada Pasien Acute Coronary Syndrome		
No Versi Protokol	2	Tanggal Versi	19 Juni 2025
No Versi PSP	2	Tanggal Versi	19 Juni 2025
Tempat Penelitian	RSUP dr. Wahidin Sudirohusodo Makassar		
Jenis Review	☐ Exempted ☐ Expedited ☒ Fullboard Tanggal 11 Juni 2025	Masa Berlaku 23 Juni 2025 sampai 23 Juni 2026	Frekuensi review lanjutan
Ketua KEP Universitas Hasanuddin	Prof. dr. Muh Nasrum Massi, PhD, SpMK, Subsp. Bakt(K)	Tanda tangan	
Sekretaris KEP Universitas Hasanuddin	dr. Firdaus Hamid, PhD, SpMK(K)	Tanda tangan	

Kewajiban Peneliti Utama:

- Menyerahkan Amandemen Protokol untuk persetujuan sebelum di implementasikan
- Menyerahkan Laporan SAE ke Komisi Etik dalam 24 jam dan dilengkapi dalam 7 hari dan Laporan SUSAR dalam 72 jam setelah Peneliti Utama menerima laporan
- Menyerahkan Laporan Kemajuan (progress report) setiap 6 bulan untuk penelitian resiko tinggi dan setiap setahun untuk penelitian resiko rendah
- Menyerahkan laporan akhir setelah Penelitian berakhir
- Melaporkan penyimpangan dari protokol yang disetujui (protocol deviation / violation)
- Mematuhi semua peraturan yang ditentukan

	ADMINISTRASI	FORMULIR 2
	Nomor : 624/11/FR2/2025	Tanggal : 19 November 2025
SURAT KETERANGAN SELESAI PENGAMBILAN DATA/ ANALISA BAHAN HAYATI		

Dengan hormat,

Dengan ini menerangkan bahwa peneliti/mahasiswa berikut ini :

Nama : Aloysius Willyanus Larope
 NIM : C065221005
 Institusi : Dept. Ilmu Kedokteran Jiwa (Psikiatri) Fakultas Kedokteran UNHAS
 Judul Penelitian : **Pengaruh Grounding Therapy Terhadap Skor Kecemasan Dan Kadar Gamma-Aminobutyric Acid (Gaba) Pada Pasien Acute Coronary Syndrome.**

Telah selesai melakukan pengambilan data/ analisa bahan hayati :

Pada tanggal : 16 Juli s.d 19 November 2025
 Jenis subjek : $\pm$ 32 Sampel manusia
 Jenis data : Data Primer

Dengan staf pendamping/pembimbing :

Nama : Syafri S., AMAK
 Konsultan : -

Surat keterangan ini juga merupakan penjelasan bahwa peneliti/mahasiswa diatas tidak mempunyai sangkutan lagi pada unit/laboratorium kami.

Demikian surat ini dibuat untuk dipergunakan sebagaimana mestinya.

Pendamping/Pembimbing

Syafri S., AMAK
 NIP

Mengetahui,
 Kepala Laboratorium,

dr. Rusdina Bte Ladiu, Ph.D
 NIP 198108302012122002



Nomor : DP.04.03/D.XIX.2.3.1/0157/2025
Hal : Pengantar Izin Penelitian

15 Juli 2025

Yth.
Kepala Instalasi Pusat Jantung Terpadu

Berdasarkan Surat Izin Penelitian Nomor : DP.04.03/D.XIX.2/11247/2025 tertanggal 15 Juli 2025, dengan ini kami hadapkan Mahasiswa sbb :

Nama : dr. Aloysius Willyanus Larope
NIM : C065221005
Prog. Pend. : PPDS Kedokteran Jiwa
No. HP : 08114565566
Judul : Pengaruh Grounding Therapy Terhadap Skor Kecemasan dan Kadar GammaAminobutyric Acid (GABA) Pada Pasien Acute Coronary Syndrome
Jangka Waktu : 15 Juli s.d 15 Oktober 2025
Pembimbing Internal: dr. Indrawati Suhuyanli, M.Kes, Sp.KJ, Subsp. P.K.(K)
No. Hp : -

Agar dapat difasilitasi dan dibantu proses pengambilan data sesuai subyek/metode dan metode yang telah disepakati. Pemantauan pelaksanaan penelitian adalah kewenangan Kepala Instalasi/Sub Instalasi sebagai Pengawas Penelitian. Jika terdapat penyimpangan dalam proses penelitian yang berdampak pada mutu pelayanan dan keselamatan pasien, Kepala Instalasi/Sub Instalasi sebagai Pengawas Penelitian dapat menghentikan sementara penelitian, dan dilaporkan ke Tim Kerja Penelitian untuk diproses lebih lanjut.

a.n Manager Penelitian,
Asisten Manager Riset dan Publikasi



dr. Andi Pratiwi, Sp.M., M.Kes
NIP. 198511222010012032

