

## ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh *mindfulness based cognitive therapy* terhadap penurunan tingkat kecemasan pada ibu hamil. Hipotesis dalam penelitian ini adanya perbedaan tingkat kecemasan (Kelompok eksperimen) yang diberikan perlakuan berupa *Mindfulness Based Cognitive Therapy*, dan (Kelompok kontrol) yang tidak diberikan *Mindfulness Based Cognitive Therapy*, dan adanya perbedaan tingkat kecemasan pada kelompok eksperimen sebelum dan sesudah diberikan *Mindfulness Based Cognitive Therapy*. Hasil penelitian berdasarkan uji *man whitney-U* didapatkan hasil bahwa penurunan kecemasan pada kelompok eksperimen yang diberikan *Mindfulness Based Cognitive Therapy*, dibanding dengan kelompok kontrol yang tidak diberikan *Mindfulness Based Cognitive Therapy* dengan nilai Z sebesar -2.486 ( $p<0,05$ ) dan nilai Asymp sig 0,013 ( $p<0,05$ ). Kemudian berdasarkan hasil uji *wilcoxon rank test*, didapatkan hasil bahwa adanya perbedaan skor kecemasan sebelum dan sesudah pemberian *Mindfulness Based Cognitive Therapy*, dengan nilai Z -2,214 ( $p<0,05$ ), dan nilai Asymp sig ( $p<0,05$ ).

**Kata kunci :** *Mindfulness Based Cognitive Therapy*, Kecemasan

## **ABSTRACT**

This study aims to determine the effect of mindfulness-based cognitive therapy on reducing anxiety levels in pregnant women. The hypothesis in this study is that there are differences in anxiety levels (the experimental group) who are given treatment in the form of Mindfulness Based Cognitive Therapy, and (the control group) are not given Mindfulness Based Cognitive Therapy, and there are differences in anxiety levels in the experimental group before and after being given Mindfulness Based Cognitive Therapy. The results of the study based on the Man Whitney-U test showed that the decrease in anxiety in the experimental group given Mindfulness Based Cognitive Therapy, compared to the control group who was not given Mindfulness Based Cognitive Therapy with a Z value of -2.486 ( $p < 0.05$ ) and an Asymp value. sig 0.013 ( $p < 0.05$ ). Then based on the results of the Wilcoxon rank test, it was found that there was a difference in anxiety scores before and after giving Mindfulness Based Cognitive Therapy, with a Z value of -2.214 ( $p < 0.05$ ), and an Asymp sig value ( $p < 0.05$ ).

**Keywords:** Mindfulness Based Cognitive Therapy, anxiety