

## THE EFFECT OF GROUNDING TECHNIQUE THERAPY TOWARDS Reducing THE Anxiety LEVEL OF STUDENTS IN THE FINAL LEVEL OF MASTER OF NURSING JENDERAL ACHMAD YANI UNIVERSITY CIMAHI

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### ABSTRACT

**Introduction:** Final Study Experienced by Final Year Students In 2017 to 2018 Suicide Cases Occurred a Result of Unfinished Final Assignment With a Pre-determined Time Limit So Experiencing Severe Anxiety. Grounding Or One Of The Body's Psychotherapists, Enhances Grounding Ground's With The Levels Of Physical And Emotional Support, Or The Ability To Be Grounded. The purpose of this study was to determine the effect of applying technique therapy to grounding anxiety problems in the graduate student environment of a nursing master's degree. **Method** Research Design Using Quasi Experimental / Quasi Experiment With Pretest-Posttest. The sample in this study were 33 respondents. Statistical analysis of pre-test and post-test anxiety used in this study were the marginal and test the test homogeneity Mcnemar. **Research result** Anxiety Rates Before (Pretest) And After (Posttest) Given Grounding Therapy Interventions, The Value of Moderate Anxiety Levels Initially 27.3% (9 people) After being given the intervention, it became 6.1% (2 people), mild anxiety which was originally scored 54, 5% (18 people) after the intervention was given a score of 24.2% (8 people), and for no anxiety the previous value was 18.2% (6 people) to 69.7% (23 people). **Conclusion of Research Results** Reduction in Anxiety Levels Experienced by Nursing Masters Students in Compiling Final Projects Before and After Giving Grounding Technique Therapy. There is a change in the decrease in anxiety levels that are obtained after the intervention is given. Suggestions for Nursing Application of Facilities, Especially Psychosis Therapy in Psychiatric Nursing, so that it cannot only reduce anxiety, but can also be used for other psychotic problems.

**Keywords:** Anxiety, Nursing students, Engineering Grounding

### 1. Introduction

Anxiety or anxiety is a normal condition in life, the experience of anxiety begins in infancy and continues throughout life. Anxiety is part of everyday life, the basic human condition in providing valuable

warnings. Even the capacity to be anxious is necessary for survival. One's experience is known to end with the greatest fear of death. In addition, individuals can grow from anxiety if the individual is able to deal with,



relate to, and learn from creating the anxiety experience itself (Stuart, 2013).

WHO, said anxiety or anxiety in the world, an estimated 3.6% of the global population, women experience anxiety disorders more often than men. For example, in the Americas, 7.7% of the female population suffers from anxiety disorders compared to 3.6% of men. The estimated total who experience anxiety or anxiety disorders in the world today is 264 million people, in 2015 it increased by a total of 14.9% since 2005, as a result of population growth and aging (WHO 2017). 2.5% to 7% in each country have varying prevalence of anxiety disorders. It is estimated that worldwide 284 million people in 2017 experienced anxiety or anxiety disorders, of which around 63% of women experienced anxiety or 179 million women, which is higher than men, which is about 105 million people (Ritchie et al., 2018).

In Indonesia, the prevalence of anxiety or anxiety has increased, in 2020 34 provinces in Indonesia showed that 4,010 self-checking respondents, more than 64.8% of PDSKJI self-checking users experienced psychological problems during the first 5 months of the COVID-19 pandemic in Indonesia. The results of the Indonesian Psychiatric Association / PDSKJI showed that women experienced psychological problems 71% while men 29%. The age range for experiencing psychological problems is in the age 17-29 year group and the age group is more than 60 years. The results also showed that 75% experienced trauma, 65% experienced anxiety or anxiety and 62% experienced depression (PDSKJI, 2020).

Anxiety or anxiety is related to final year students, research conducted by Liviana PH in 2018 showed that from a sample of 68 students, it was found that the results showed group 1 of students who had not had a proposal trial and group 2 who had a proposal trial, obtained a group that had not had a proposal trial. experienced severe anxiety 76.5%, while for the group of students who had the proposal trial experienced moderate anxiety 41.2%. Students experienced an increase in anxiety related to the preparation of the final project, the gender who experienced anxiety was also dominated by women with results for group 1 (64.7%) women and group 2 (82.4%) women (PH et al., 2018).

Anxiety is often found in final year students, different coping strategies greatly contribute to the level of anxiety experienced by students to increase student life satisfaction, in helping to overcome anxiety, stress, and depression experienced. Students should understand some effective coping strategies that can reduce anxiety (Win & Ho, 2016).

Anxiety or anxiety with the application of psychotherapy therapy methods, where in psychotherapy using five-finger hypnosis, it reduces anxiety levels, in the study it was also obtained before and after the application of psychotherapy therapy, the results showed that there was a decrease in anxiety levels after psychotherapy (Syukri, 2019).

The application of psychotherapy with the right implementation and time, effectively reduces the level of anxiety or anxiety in individuals who experience anxiety, and with the provision of simple and applicable materials, can help individuals

perform exercises independently (ADK Sari & Subandi, 2015).

Grounding or Earthing is a psychotherapy method to reduce anxiety, and for all people. The concept of grounding or earthing is when a person is physically, mentally and emotionally well-centered and balanced (de Tord & Bräuninger, 2015).

Grounding or grounding one of the body's psychotherapists, enhances grounding by revealing the nature of the psycho-physical presence, here and now in relation to the ground's level of physical and emotional support, or ability to be grounded, (stepping feet on the ground) (Chevalier et al., 2019). Increasing grounding with structured interventions in depression, post-traumatic conditions, and for disorders somatoform can be used widely among clinical body psychotherapy and movement therapists (Shuper Engelhard et al., 2021). Interventions for grounding help improve individual functioning, emotion regulation and emotional awareness (Chevalier et al., 2019).

The concept of grounding as it is now seen, there are six aspects that are important in levels such as verticality (contact with the ground), contact with one's physical, capacity to hold emotions, and release of energy to the ground. It also includes other equally important aspects, such as being able to understand ourselves, to connect and relate to others including therapists (Clauer, 2011). The contribution of therapy was grounding also found to be a large decrease in anxiety, depression and an increase in the ability to regulate anger intensity in clients with disorders somatoform compared to clients who participated in physical exercise

classes (Nickel et al., 2006 in (Shuper Engelhard et al., 2021).

Research in engaging clients with who suffer abuse, symptoms, somatic anxiety, depression and the experience of mental emotional disorder reported after physical intervention to strengthen the grounding, obtained the use of the grounding is done for emotional therapy and in accordance with the emotional content that appears on the client (Shuper Engelhard et al., 2021).

Based on this, this study aims to determine the effect of applying technique therapy grounding on anxiety problems in the graduate student environment of the nursing master's.

## 2. Methods

### **Degree. Anxiety Reduction before and after being given Grounding Technique Therapy**

In this research design, namely u Quasy Experimental, the researcher uses a pretest-posttest where in the process of collecting data before and after the intervention is given. In a study, quasi-experimental respondents were treated the same, in this study respondent sat the pretest were tested/measured using the HARS instrument, the grounding knowledge instrument and ability, grounding after which an intervention or therapy behavior was carried out grounding, then after being given treatment or intervention a posttest was conducted using the HARS instrument, the knowledge instrument. Grounding and ability to see the results obtained by researchers from respondents.

This study aims to determine the effect of applying technique therapy grounding on reducing anxiety levels in final year students

of master of nursing at Jenderal Achmad Yan University, Cimahi, West Java Province.

### Data Analysis

Univariate analysis in this study was used by researchers to determine each student's characteristics, based on variables descriptively using a frequency distribution. Characteristics of respondents consist of age, gender, place of residence, occupation, ethnicity, and marital status, anxiety before and after, knowledge of grounding before and after, and ability to grounding therapy.

Bivariate Analysis This study uses the Paired Sample T-Test test (paired sample t-test) is carried out on two samples with the same subject but experiencing two different measurements, to determine the differences or changes before (pre) and after the intervention (post) provide interventions, to analyze data from pre-test and post-test with a sample of 33 respondents to the provisions of  $H_a$  accepted if the Sig. (2-tailed) < (0.05). After the Paired Sample T-Test test, the data is then performed the Marginal Homogeneity test and the MacNemar test. Marginal homogeneity test to see any difference in anxiety between before therapy and after therapy grounding, is used for the data category multinominal more than 2x2,  $H_0$  is rejected if the value Asymp. Sig. (2-tailed) p value < (0.05) and MacNemar test to analyze knowledge of therapy grounding before being given grounding therapy material and after being given therapy grounding material with categorical data 2x2, with an error rate of Exact Sig. (2-tailed) < (0.05)  $H_0$  rejected.

### 3. Results

Results of the description of the characteristics of respondents based on age, gender, occupation, place of residence, ethnicity, marital status, pre/post anxiety, pre/post knowledge, and complete grounding ability of respondents can be seen in table 1 & table 2 below.

**Table 1: Characteristics of Respondents Based on Age, Gender, Place of Residence, Occupation, and Respondent's Tribe**

| No     | Characteristics of Respondents | n  | %    |
|--------|--------------------------------|----|------|
| 1      | <b>Age</b>                     |    |      |
|        | Early Adult (19-40 Years)      | 20 | 61.1 |
|        | BoardAdult (41- 60 years)      | 13 | 39.4 |
| 2      | <b>Gender</b>                  |    |      |
|        | Male                           | 12 | 36.4 |
|        | Female                         | 21 | 63.6 |
| 3      | <b>Residence</b>               |    |      |
|        | Rented / Boarding              | 11 | 33.3 |
|        | Own home                       | 22 | 66.6 |
| 4      | <b>Work</b>                    |    |      |
|        | Working                        | 33 | 100  |
|        | Not working                    | 0  | 0    |
| 5      | <b>Tribe</b>                   |    |      |
|        | Sundanese                      | 16 | 48.5 |
|        | Javanese                       | 5  | 15.2 |
|        | Malay                          | 2  | 6.1  |
|        | Papua                          | 6  | 18.2 |
|        | Bugis                          | 1  | 3    |
|        | Batak                          | 2  | 6.1  |
| Manado | 1                              | 3  |      |

**Table 2: Characteristics of Respondents Based on Marital Status, Anxiety Levels Pre/Post, Pre/Post Grounding Knowledge, Respondents Grounding Ability**

| No | Characteristics of Respondents                  | n  | %    |
|----|---|----|------|
| 6  | <b>Marital Status</b>                           |    |      |
|    | Married   | 23 | 69.7 |
|    | Not Married                                     | 10 | 30.3 |
| 7  | <b>Pre-Test Anxiety Level</b>                   |    |      |
|    | No Anxiety                                      | 6  | 18.2 |
|    | Mild Anxiety                                    | 18 | 54.5 |
|    | Moderate Anxiety                                | 9  | 27.3 |
| 8  | <b>Post Test Anxiety Level</b>                  |    |      |
|    | No Anxiety                                      | 23 | 69.7 |
|    | Mild Anxiety                                    | 18 | 24.2 |
|    | Moderate Anxiety                                | 2  | 6.1  |
| 9  | <b>Knowledge of Pre-Grounding Therapy</b>       |    |      |
|    | Highest Score (>70%)                            | 20 | 60.6 |
|    | Lowest Score (<70%)                             | 13 | 39.4 |
| 10 | <b>Knowledge of Post-Test Grounding Therapy</b> |    |      |
|    | Highest Score (>70%)                            | 31 | 93.9 |
|    | Lowest Score (<70%)                             | 2  | 6.1  |
| 11 | <b>Grounding Therapy Ability</b>                |    |      |
|    | Unable to Perform                               | 2  | 6.1  |
|    | Able to do half                                 | 5  | 15.2 |
|    | Able to do more than half                       | 15 | 45.5 |
|    | Able to do                                      | 11 | 33.3 |

Based on Table 1 and Table 2 above, it shows that the characteristics of the respondents are mostly in Early Adult Age (19-40 years) which is 61.1% or as many as 20 respondents, Adult age (41-50 years) as many as 39.4% or as many as 13 respondents. Characteristics of respondent gender Most of them are female, namely 63.6% or as many as 21 respondents, while a small proportion are male with 36.4% or as many as 12 respondents. Characteristics of respondents Most of the respondents live in their own homes with a value of 66.7% or as

many as 22 respondents, while a small number of respondents live in rented houses/boarding houses with a value of 33.3% or as many as 11 respondents. Characteristics of job respondents obtained. Most of them all work by 100% or as many as 33 respondents. Characteristics of Ethnic Respondents Most of them have Sundanese ethnicity with 48.5% or as many as 16 respondents, followed by Papuan tribes with 18.2% or as many as 6 respondents, and the last ethnic Javanese with 15.2% or as many as 5 respondents. While a small part of the respondent's ethnicity is the Malay tribe of 6.1% or as many as 2 respondents, the Batak tribe of 6.1% or as many as 2 respondents, and also for the Bugis tribe of 3.0% or as many as 1 respondent, as well as the Manado tribe. by 3.0% or as much as 1 respondent. Characteristics of respondents with marital status showed that most of the respondents with marital status were married with 69.7% or as many as 23 respondents, and a small proportion with unmarried marital status amounted to 30.3% or as many as 10 respondents. Characteristics of respondents with anxiety levels before being given the intervention found that most of the respondents experienced mild anxiety by 54.5% or as many as 18 respondents, then some respondents experienced moderate anxiety by 27.3% or as many as 9 respondents. While a small proportion of respondents were not anxious by 18.2% or as many as 6 respondents, and the level of anxiety after the intervention was obtained, the majority of respondents experienced no anxiety by 69.7% or as many as 20 respondents, then some respondents experienced mild anxiety by 24.2 % or as

many as 18 respondents. Meanwhile, a small proportion of respondents with moderate anxiety were 6.1% or as many as 2 respondents. Characteristics of respondents with knowledge of grounding therapy before being given an intervention, it was found that most of the respondents experienced the highest level of knowledge (>70%) of 60.6% or as many as 20 respondents, then a small number of respondents got the lowest score (<60%) of 39, 4% or as many as 13 respondents and knowledge of grounding therapy after being given the intervention, it was found that most of the respondents experienced the highest level of knowledge (>70%) of 93.9% or as many as 31 respondents, then a few respondents got the lowest score (<60%) by 6.1% or as many as 2 respondents. Characteristics of respondents after being given grounding therapy intervention, obtained grounding therapy ability of respondents. Most of the respondents were able to do more than half, namely 45.5% or as many as 15 respondents, then respondents were able to do as much as 33.3% or as many as 11 respondents, then respondents able to do half by 15.2% or as many as 5 respondents, while a small part experienced being unable to do by 6.1% or as many as 2 respondents.

Bivariate analysis was used to measure and test the direction of the researcher's hypothesis about the effect of reducing anxiety with technique therapy *grounding* on students before being given therapeutic intervention and after being given therapeutic intervention.

### Students' Anxiety Levels and Knowledge of Grounding Therapy Before Grounding Therapy Intervention and After Grounding Therapy Intervention.

The results of the student's anxiety level test and knowledge of grounding therapy before and after the intervention can be seen in full table 3 below.

**Table 3. Students Anxiety Level and Knowledge Grounding Therapy Before and After Intervention.**

| Variable                   | Mean | SD    | SE    | P Value | N  |
|----------------------------|------|-------|-------|---------|----|
| <b>Anxiety</b>             |      |       |       |         |    |
| Pre Test                   | 1.09 | 0,678 | 0.118 | 0.000   | 33 |
| Post Test                  | 0.36 | 0.603 | 0.105 |         |    |
| <b>Grounding Knowledge</b> |      |       |       |         |    |
| Pre Test                   | 1.39 | 0,496 | 0.86  | 0,001   | 33 |
| Post Test                  | 1,06 | 0,242 | 0,42  |         |    |

Based on table 3 above, it shows that respondents were carried out *Paired Sample T-Test* on samples. Pretest-Posttest student anxiety level and Pretest-Posttest grounding therapy knowledge with a sample of 33 respondents obtained *Paired Sample T-Test* test value with anxiety level *Sig. (2-tailed) / (p value)* of  $(0.000) < (0.05)$  then  $H_0$  is rejected and  $H_{a\text{is}}$  accepted, it can be said that there is a change in the decrease in anxiety levels before and after being given grounding technique therapy to final year students, and the *Paired Sample T-Test* with knowledge of grounding therapy *Sig. (2-tailed) / (p value)* of  $(0.001) < (0.05)$  then  $H_0$  is rejected and  $H_{a\text{is}}$  accepted, it can be said that there is an increase in knowledge of grounding therapy before and after being given grounding technique therapy to final year students.

### The Effect of Grounding Technique Therapy on Reducing Student Anxiety Levels Before and After Grounding Technique Therapy.

The results of the effect of decreasing student anxiety levels before and after grounding therapy can be seen in table 4 below:

**Table 4. The Effect of Grounding Technique Therapy on Reducing Student Anxiety Levels Before and After Grounding Technique Therapy.**

| Data                  | Asym. Sig | $\alpha$ | Specification              |
|-----------------------|-----------|----------|----------------------------|
| <b>Anxiety</b>        |           |          | Change                     |
| TestPre and Post Test | 0,000     | 0.05     | Decrease Anxiety Existence |

Based on table 4 above, shows respondents Marginal homogeneity test performed on a sample decrease in anxiety level of students pretest-posttest with a sample of 33 respondents Marginal homogeneity test values obtained with a reduction in the level of Asym anxiety. *Sig. (2-tailed)* of (0.000) < (0.05) then  $H_0$  is rejected and  $H_a$  is accepted, it can be said that there is a change in the decrease in anxiety levels before and after being given grounding technique therapy to final year students.

### Knowledge of Grounding Therapy Before and After Giving Grounding Technique Therapy

The results of grounding therapy knowledge before and after the complete intervention can be seen in table 5 below

**Table 5. Knowledge of Grounding Therapy Before and After Giving Grounding Technique Therapy**

| Pre-Test Knowledge    | Post-Test Knowledge   |                      | Total N | P-value Intervention |
|-----------------------|-----------------------|----------------------|---------|----------------------|
|                       | Highest Score (> 70%) | Lowest Score (< 60%) |         |                      |
| Highest Score (> 70%) | 19                    | 1                    | 33      | 0.003                |
| Lowest Score (< 60%)  | 12                    | 1                    |         |                      |
| Total                 | 33.                   |                      |         |                      |

Based on table 5 above, it shows that respondents were subjected to the MacNemar Test on the Pretest-Posttest Grounding Therapy Knowledge sample with a sample of 33 respondents, obtained the MacNemar Test value with Exact grounding therapy knowledge. *Sig. (2-tailed) / (p Value)* intervention is (0.003) < (0.05) then  $H_0$  is rejected and  $H_a$  is accepted, it can be said that there is a change in Knowledge of Grounding Therapy before and after being given grounding technique therapy to final year students.

## 4. Discussion

### a. Overview of Anxiety Level Reduction Before Grounding Technique Therapy Intervention and After Grounding Technique Therapy Intervention.

The results showed that the 33 respondents whose anxiety level was measured before (pretest) and after (Posttest) obtained indigo (pretest) moderate anxiety level of 27.3% (9 people), mild anxiety 54.5% (18 people), not 18.2% anxiety (6 people), and (posttest) moderate anxiety level 6.1% (2 people), mild anxiety 24.2% (8 people), no anxiety 69.7% (23 people).

The results of the research conducted showed the effect of decreasing anxiety before and after being given grounding technique therapy. Research conducted by Skeeter Win, & Robert Ho (2016), shows that different coping strategies greatly contribute to the level of anxiety experienced by students to increase student life satisfaction, in helping to overcome anxiety, *stress*, and depression experienced. Students should understand some effective coping strategies that can reduce anxiety. In line with the research, Subandi et al, (2015) the application of psychotherapy with the right implementation and time, effectively reduces the level of anxiety or anxiety in individuals who experience anxiety, and by providing simple and applicable materials, can help individuals perform exercises independently.

Based on this, the results of the study which were associated with previous studies showed that there was a change in the level of anxiety that occurred after the grounding technique therapeutic intervention was given.

#### **b. Overview Gender by Decreasing Rate Anxiety Before Intervention Therapy Mechanical Grounding and After done Intervention Therapy Mechanical Grounding**

The results showed that the 33 respondents who performed the measurement level of anxiety before (pretest) and after (posttest) given therapeutic intervention grounding with each sex Male as many as 12 respondents, and female as many as 21 respondents. The results showed that the anxiety level

(pretest) for women was 18 respondents with moderate anxiety 6 and 12 mild, and for men there were 9 respondents with moderate anxiety 3 and mild 6. and for (posttest) women, totaled 6 respondents with moderate anxiety. 5 and mild 1, and for men there were 4 respondents with moderate anxiety 1 and mild 3. And the rest were not anxious (pretest) 6 respondents and (posttest) 23 respondents.

The results of the research conducted there are differences in gender with a decrease in anxiety levels pretest and posttest grounding technique therapy. The results of this study can occur because there are more female respondents than male sex, and for female gender, the results of the level of anxiety are higher than men, due to various factors, including women are much more able to feel anxiety than men. -man. According to Kars (2014) the prevalence of anxiety in women is higher than in men. This is in line with research conducted by Liviana et al (2018) that students experienced increased anxiety related to the preparation of the final project, the gender who experienced anxiety was also dominated by women with results for group 1 (64.7%) women and group 2. (82.4%) women.

Based on this, the results of the study which were associated with previous studies found that there was an increase in female sex with a decrease in anxiety levels before and after being given grounding technique therapy interventions.



**c. Description of Knowledge of Grounding Technique Therapy Respondents before being given grounding technique therapy intervention and after being given grounding technique therapeutic intervention**

The results showed that 33 respondents who measured knowledge of grounding technique therapy before (pretest) was given the intervention obtained the highest score (>70%) of 60,6% or as many as 20 respondents and after (posttest) obtained a value of 93.9% or as many as 31 respondents, while the lowest value (<60%) was obtained with a value before (pretest) of 39.4% or as many as 13 respondents and after (posttest) obtained a value of 6.1% or as many as 2 respondents. MacNemar test results with knowledge of Exact grounding therapy. *Sig. (2-tailed)* of  $(0.003^b) < (0.05)$ ,

The results of this study can occur because knowledge and information about grounding technique therapy is very minimal in the community, especially in the research environment. This happens because this grounding technique therapy is not often used in Indonesia, especially for final year students, and in the knowledge of grounding technique therapy, not many people understand about grounding technique psychotherapy therapy. This is in accordance with the submissions by the research of Nickel et al.,. This method *grounding states* that important life experiences are maintained not only in the mind, but also in body posture, movement and breathing, in addition that physical, mental and emotional processes are interrelated. In contrast to gymnastic

exercises, analysis is *bioenergy* directed at a person's emotional needs and their expression in the body. Miller (2010) says that thus increasing *grounding* is a fundamental goal in this therapeutic approach.

Based on this, the results of the study which were associated with previous research showed that there was a significant knowledge of grounding technique therapy before and after the intervention was given.

**d. Description of Respondents' Grounding Technique Therapy Ability**

The results showed that 33 respondents who measured the Grounding Technique Therapy Ability showed that they were able to do more than half get a score of 45.5% or as many as 15 respondents could carry out grounding therapy by doing more than half, while for able to do it fully got a score of 33.3% or as many as 11 respondents, and those who were only able to do half with a value of 15.2% or as many as 5 respondents, and those who were unable to do it with a value of 6.1% or as many as 2 respondents, it means that there is the ability of grounding technique therapy in the implementation of the intervention.

This can happen to the respondent because this therapy is new to the respondent, and also in its application, the individual's ability to carry out grounding therapy also affects the success rate in reducing anxiety, habitual factors in the application of therapy can affect the outcome of anxiety itself. This is in line with Chevalier et al's (2019) research on grounding therapy, where grounding is a body psychotherapist, enhancing *grounding*

by revealing the nature of psycho-physical presence, here and now in relation to the level of ground physical and emotional support, or the ability to be grounded, (sets foot on the ground). This is also conveyed by Helfaer (2011) where the practice of *grounding* is based on the harmony of energy with the earth with the intermediary between the legs, pelvis and head. This stability allows individuals to achieve emotional stability. This is also in line with the research of Nickel et al., (2006) where the contribution of therapy *grounding* also found a large decrease in anxiety, depression and an increase in the ability to regulate anger intensity in clients with disorders *somatoform* compared to clients who participated in physical exercise classes.

Based on this, the results of the study which were associated with previous studies found that there was an influence on the therapeutic ability of the grounding technique.

**e. The Effect of Grounding Technique Therapy on Reducing Anxiety Levels Before Grounding Technique Therapy Intervention and After Grounding Technique Therapy Intervention.**

The results showed that 33 respondents who measured the Effect of Grounding Technique Therapy on Anxiety Reduction Before the grounding therapy intervention and after the grounding therapy intervention were carried out, it was found that there was a change in the decrease in anxiety levels obtained after the intervention, which of those who experienced moderate anxiety previously amounted to 9 respondents to 2 respondents, the previous mild anxiety

amounted to 18 respondents to 8 respondents, and a decrease in the level of non-anxiety anxiety from the previous 6 respondents to 2 respondents. The results of the Marginal Homogeneity test were obtained with the results of the Asym value. *Sig. (2-tailed)* of  $(0.000) < (0.05)$ , the

results of this study can occur due to the knowledge and ability of grounding technique therapy to decrease anxiety levels in student respondents, this is due to increased therapeutic knowledge related to grounding technique therapy before and after therapeutic intervention and the ability to properly implement grounding technique therapy, which resulted in a change in the decrease in anxiety levels after the implementation of grounding technique therapy. This is in line with the research conducted by Shuper Engelhard et al (2021) where in a study conducted involving clients who suffered from abuse, symptoms *somatic*, anxiety, depression and experiences of mental emotional disorders reported after physical intervention to strengthen *grounding*, it was found that the use of *grounding* was carried out. during emotional therapy and according to the emotional content that emerges from the client. It is also mentioned by Chevalier et al., (2019) which stated that interventions *grounding* help improve individual functioning, emotion regulation and emotional awareness.

Based on this, the results of the study which were associated with previous studies found that there was an effect of grounding technique therapy on reducing anxiety levels.



## 5. Conclusions

Based on the results of research and discussion on the effect of technique therapy grounding on decreasing anxiety levels of final-level nursing master students at Jenderal Achmad Yani University, Cimahi are as follows:

1. The decrease in anxiety levels experienced by nursing master students in the preparation of the final project before and after giving grounding technique therapy was obtained the results of 33 respondents. Anxiety Levels before (pretest) and after (Posttest) were given grounding therapy intervention, it was found that the value of moderate anxiety level was initially 27.3% (9 people) after being given the intervention it was 6.1% (2 people), Mild anxiety which was originally obtained a value of 54.5% (18 people) after being given intervention obtained a value of 24.2% (8 people), and to not worry the previous with a value of 18.2% (6 people) to 69.7% (23 people). So it can be said that there is a decrease in the level of anxiety before and after grounding technique therapy.
  2. Knowledge of grounding technique therapy before and after the application of grounding technique therapy methods in nursing master students obtained the results of grounding technique therapy knowledge from 33 respondents grounding technique therapy knowledge before (pretest) given intervention obtained with the highest value (>70%) by 60.6% or as many as 20 respondents and after (posttest) obtained a value of 93.9% or as many as 31 respondents, while with the lowest value (<60%)
- obtained with The pretest value of 39.4% or as many as 13 respondents and after (posttest) obtained a score of 6.1% or as many as 2 respondents. MacNemar test results with knowledge of Exact grounding therapy. Sig. (2-tailed) by (0.003b) < (0.05). So it can be said that there is a change in knowledge of grounding technique therapy before and after the application of grounding technique therapy inventions.
3. The effect of grounding technique therapy on the decrease in anxiety levels before grounding technique therapy interventions and after grounding technique therapy in the final level of nursing master's school obtained the result that there was a decrease in the level of anxiety obtained after being given intervention, where from the previous moderate anxiety amounted to 9 respondents to 2 respondents, the previous mild anxiety amounted to 18 respondents to 8 respondents, and the decrease in the level of anxiety did not anxiety from the previous 6 respondents to 2 respondents. Marginal Homogeneity test results are obtained with the results of Asym values. Sig. (2-tailed) by (0.000) < (0.05). So it can be said that the influence of grounding technique therapy on the decrease in the level of anxiety of nursing master students before and after being given grounding technique therapy.

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