

ABSTRAK

FERRY, 20210100015, 2023, *Pengaruh Praktik Mindful Breathing dan Mindful Sitting Terhadap Siswa SMA Nanyang Zhi Hui Medan*. Tesis. Program Studi Pendidikan Keagamaan Buddha (S2). Sekolah Tinggi Ilmu Agama Buddha Smarattunga, Boyolali. Pembimbing (I) Dr. Kabri, S.Ag., M.Pd., M.Pd.B., (II) Julia Surya, S.Pd.B., M.A., Ph.D.

Stres akademik menjadi tantangan tersendiri dalam dunia Pendidikan. Untuk mengatasi stres akademik yang timbul dalam proses pembelajaran, SMA Nanyang Zhi Hui Medan telah menerapkan praktik napas berkesadaran (*mindful breathing*) dan praktik duduk berkesadaran (*mindful sitting*) selama lebih dari 10 tahun. Permasalahan dalam penelitian ini berdasarkan hasil observasi awal menunjukkan bahwa tidak sedikit siswa SMA Nanyang Zhi Hui masih menunjukkan gejala/gangguan akibat stres akademik. Tujuan penelitian adalah untuk mengetahui pengaruh praktik *mindful breathing* dan *mindful sitting* terhadap stres akademik siswa SMA Nanyang Zhi Hui Medan. Populasi dalam penelitian berjumlah 82 siswa SMA yang telah mengetahui dan mengikuti praktik *mindful breathing* dan *mindful sitting* selama 5 tahun. Dalam mengambil ataupun menentukan besarnya sampel, penulis mengambil keseluruhan 82 orang siswa karena jumlah populasi kurang dari 100 orang. Metode pengumpulan data yaitu kuesioner dan dokumentasi sebagai pendukung.

Metode analisis data yang digunakan adalah statistik inferensial dengan pendekatan kuantitatif dan regresi linier berganda. Setelah merumuskan masalah penelitian dan menetapkan hipotesis, langkah selanjutnya adalah menguji kebenaran hipotesis secara empiris melalui pengumpulan data. Pengumpulan data dilakukan pada populasi yang telah ditetapkan oleh peneliti dengan kuesioner. Data yang telah terkumpul diuji validitas dan reliabilitasnya, yang selanjutnya dianalisis menggunakan metode statistik inferensial. Hasil analisis kemudian disajikan dalam bentuk tabel, tabel distribusi frekuensi, dan grafik. Selanjutnya dilakukan pembahasan dan interpretasi. Terakhir, kesimpulan dibuat berdasarkan data yang terkumpul sebagai jawaban singkat terhadap setiap rumusan masalah yang telah diajukan.

Hasil penelitian menunjukkan bahwa praktik *mindful breathing* memberikan pengaruh terhadap stres akademik siswa SMA Nanyang Zhi Hui Medan sebesar 6.6%, praktik *mindful sitting* memberikan pengaruh terhadap stres akademik siswa SMA Nanyang Zhi Hui Medan sebesar 5.8% dan praktik *mindful breathing* dan *mindful sitting* secara bersama-sama (simultan) memberikan pengaruh terhadap stres akademik siswa SMA Nanyang Zhi Hui Medan sebesar 13.6%, dengan variabel praktik *mindful breathing* memberikan sumbangan efektif sebesar 7.17% sedangkan variabel praktik *mindful sitting* memberikan sumbangan efektif sebesar 6.41%. Berdasarkan hasil penelitian, dapat disimpulkan bahwa praktik *mindful breathing* dan *mindful sitting* menunjukkan

pengaruh yang signifikan terhadap stres akademik siswa SMA Nanyang Zhi Hui. Saran yang dikemukakan adalah praktik *mindful breathing* dan *mindful sitting* perlu lebih ditingkatkan lagi penerapannya oleh siswa baik dari tingkat TK sampai ke SMA, memberikan pemahaman ataupun penjelasan kembali mengenai tujuan praktik *mindful breathing* dan praktik *mindful sitting* kepada para siswa, sehingga penerapannya tidak hanya berhenti di sekolah, namun dapat diteruskan di rumah, serta kepada peneliti lain disarankan agar melakukan penelitian sejenis yang lebih mendalam tentang praktik *mindful breathing* dan *mindful sitting*.

Kata Kunci: *mindful breathing, mindful sitting, stres akademik*

ABSTRACT

FERRY, 20210100015, 2023, *The Effect of Mindful Breathing and Mindful Sitting Practices on Nanyang Zhi Hui High School Students in Medan*. Thesis. Master of Buddhist Education. Smaratungga Buddhist College of Religion, Boyolali. Advisor (I) Dr. Kabri, S.Ag., M.Pd., M.Pd.B., (II) Julia Surya, S.Pd.B., M.A., Ph.D.

Academic stress is a challenge in the world of education. To overcome academic stress that arises in the learning process, Nanyang Zhi Hui High School Students in Medan has implemented mindful breathing and mindful sitting practices for more than 10 years. The problems in this study based on the results of preliminary observations indicate that not a few Nanyang Zhi Hui High School students still show symptoms/disorders due to academic stress. The research objective was to determine the effect of mindful breathing and mindful sitting practices on the academic stress of Nanyang Zhi Hui High School students in Medan. The population in this study was 82 high school students who had known and participated in the practice of mindful breathing and mindful sitting for 5 years. In taking or determining the sample size, the writer took a total of 82 students because the total population was less than 100 people. Data collection methods are questionnaires and documentation as support.

Methods of data analysis using inferential statistics with a quantitative approach and multiple linear regression. After formulating the research problem and establishing the hypothesis, the next step is to test the truth of the hypothesis empirically through data collection. Data collection was carried out on a population that had been determined by the researcher with a questionnaire. The data that has been collected is tested for validity and reliability, which is then analyzed using inferential statistical methods. The results of the analysis are then presented in the form of tables, frequency distribution tables, and graphs. Further discussion and interpretation is carried out. Finally, conclusions are made based on the data collected as a brief answer to each of the

problem formulations that have been proposed.

The results showed that the practice of mindful breathing had an effect on the academic stress of Nanyang Zhi Hui Medan High School students by 6.6%, the practice of mindful sitting had an effect on the academic stress of Nanyang Zhi Hui Medan High School students by 5.8% and the practice of mindful breathing and mindful sitting together (simultaneously) had an effect on the academic stress of Nanyang Zhi Hui Medan High School students by 13.6%, with the variable mindful breathing practice providing an effective contribution of 7.17% while the practice variable mindful sitting providing an effective contribution of 6.41%. Based on the results of the study, it can be concluded that the practice of mindful breathing and mindful sitting has a significant effect on the academic stress of Nanyang Zhi Hui High School students. The suggestions put forward are that the practice of mindful breathing and mindful sitting needs to be further improved in its application by students from kindergarten to high school level, providing understanding or re-explanation regarding the purpose of practicing mindful breathing and mindful sitting practice to students, so that its application does not stop at school, but it can be continued at home, and other researchers are advised to conduct more in-depth similar research on the practice of mindful breathing and mindful sitting.

Keywords: mindful breathing, mindful sitting, academic stress

