

PENGARUH VIDEO *POSITIF SELF TALK* TERHADAP *PSYCOLOGICAL WELL-BEING* PADA ANAK THALASEMIA MAYOR USIA SEKOLAH DI RSUD WELAS ASIH

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ABSTRAK

Thalasemia mayor adalah kelainan genetik kronis yang berdampak pada fisik dan psikologis anak, termasuk rendahnya kepercayaan diri dan harapan hidup. Teknik *positif self talk* dapat membantu meningkatkan *psychological well-being*. Penelitian ini bertujuan untuk mengetahui pengaruh video *positif self talk* terhadap *psychological well-being* pada anak thalasemia mayor usia sekolah di RSUD Welas Asih. Desain penelitian ini *pre-eksperimental* dengan pendekatan *one-group pretest-posttest design*. Sampel penelitian ini berjumlah 18 anak usia 7–12 tahun yang dipilih melalui *purposive sampling*. Instrumen yang digunakan adalah *The Children's Worlds Psychological Well-Being Scale*, dan analisis data menggunakan uji Wilcoxon. Hasil penelitian ini menunjukkan adanya perbedaan signifikan antara skor *psychological well-being* sebelum dan setelah intervensi, dengan nilai signifikansi $p < 0.05$. Pemberian video *positif self talk* terbukti efektif meningkatkan *psychological well-being* anak thalasemia mayor. Intervensi ini membantu anak dalam membangun citra diri yang lebih positif, meningkatkan rasa percaya diri, serta memperkuat kemampuan mereka dalam menghadapi kondisi kronis yang dialami. Intervensi ini dapat diterapkan oleh perawat sebagai strategi non-farmakologis untuk mendukung aspek psikologis anak dengan penyakit kronis seperti thalasemia.

Kata Kunci: Anak usia sekolah, *positif self talk*, *psychological well-being* thalasemia, video.

***THE EFFECT OF POSITIVE SELF-TALK VIDEO ON PSYCHOLOGICAL
WELL-BEING IN SCHOOL-AGED CHILDREN WITH THALASSEMIA
MAJOR AT RSUD WELAS ASIH***

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ABSTRACT

Thalassemia major is a chronic genetic disorder that affects both the physical and psychological well-being of children, including low self-confidence and diminished hope for the future. Positive self-talk techniques can help improve psychological well-being. This study aimed to determine the effect of a positive self-talk video on the psychological well-being of school-aged children with thalassemia major at RSUD Welas Asih. This research used a pre-experimental design with a one-group pretest-posttest approach. The sample consisted of 18 children aged 7–12 years selected through purposive sampling. The instrument used was The Children's Worlds Psychological Well-Being Scale, and data were analyzed using the Wilcoxon test. The results showed a significant difference in psychological well-being scores before and after the intervention, with a significance value of $p < 0.05$. The use of positive self-talk videos was proven effective in improving the psychological well-being of children with thalassemia major. This intervention helped children build a more positive self-image, increase self-confidence, and strengthen their ability to cope with chronic conditions. This intervention can be applied by nurses as a non-pharmacological strategy to support the psychological aspects of children with chronic illnesses such as thalassemia.

Keywords: *Positif self talk, psychological well-being, school-aged children, thalassemia, video.*