ABSTRAK

Ate W Ingka. 2024. Pengaruh Ibadah Minggu Terhadap Suasana Hati (*Mood*) Pada Jemaat Gereja GPdI Gloria Dinoyo Malang. Skripsi, Program Studi Keperawatan, Fakultas Ilmu Kesehatan Universitas Tribhuwana Tunggadewi Malang: Pembimbing (1) Errick Endra Cita.,Ns.,M.Kep Pembimbing (2) Arie Jefry Ka'arayeno,M.Kep.,Ns.,Sp.Kep.MB.

Gangguan suasana hati (mood) merupakan suasana hati yang ditandai dengan perasaan sedih berlebihan, murung, tidak bersemangat dan merasa tidak berharga, sehingga perlu mengikuti ibadah minggu untuk meningkatkan *suasana hati (mood).* Tujuan penelitian yaitu untuk mengetahui pengaruh ibadah minggu terhadap suasana hati (*mood*) pada jemaat gereja GPdI Gloria Dinoyo Malang. Desain penelitian menggunakan *Pre Eksperimental* dengan *One-Group Pra-Post Test Design.* Populasi sebanyak 60 jemaat gereja, teknik sampling menggunakan *Consecutive Sampling* dan sampel sebanyak 60 responden. Instrumen yang digunakan yaitu lembar kuesioner Tes FACES. Data dianalisis menggunakan uji *Pairet T-Test.* Hasil penelitian didapatkan sebelum mengikuti ibadah minggu responden mengalami suasana hati (*mood*) dengan rata-rata 5,05 atau cukup bahagia dan sesudah mengikuti ibadah minggu responden mengalami suasana hati (*mood*) dengan rata-rata 6,86 atau paling bahagia. Hasil uji *Pairet T-Test* membuktikan bahwa ada pengaruh ibadah minggu terhadap suasana hati (*mood*) pada jemaat gereja GPdI Gloria Dinoyo Malang (*p value* = 0,000), didapatkan terjadi peningkatan suasana hati (*mood*) sesudah mengikuti ibadah minggu dengan skor 1,81. Peneliti selanjutnya perlu memberikan terapi spiritual seperti ibadah komunitas (komsel) dan pengajian untuk meningkatkan suasana hati (*mood*).

Kata Kunci: Ibadah Minggu, Suasana Hati (Mood).

ABSTRACT

Ate Walu Ingka. 2024. The influence of Sunday worship on mood in GPdI Gloria Dinoyo Malang church congregation. Thesis, Nursing Study Program, Faculty of Health Sciences, University Of Tribhuwana Tunggadewi Malang: Supervisor (1) Errick Endra Cita. Supervisor (2) Arie Jefry Ka'arayeno.

Mood disorders (mood) is a mood characterized by feelings of excessive sadness, moodiness, lack of enthusiasm and feeling worthless, so it is necessary to follow Sunday worship to improve mood (mood). The purpose of the study was to determine the effect of Sunday worship on mood in GPdI Gloria Dinoyo Malang church congregations. The research design used Pre Experimental with One-Group Pre-Post Test Design. The population is 60 church members, sampling techniques using Consecutive Sampling and a sample of 60 respondents. The instrument used is the FACES Test observation sheet. Data were analyzed using the Pairet T-Test. The results of the study were obtained before participating in Sunday worship respondents experienced a mood (mood) with an average of 5.05 or quite happy and after attending Sunday worship respondents experienced a mood (mood) with an average of 6.86 or the happiest. The results of the Pairet T-Test test proved that there was an influence of Sunday worship on mood in GPDI Grolorian Dinoyo Malang church congregations (p value = 0.000), there was an increase in mood after attending Sunday worship with a score of 1.81. Researchers then need to provide spiritual healing such as community worship and recitation to improve mood.

Keywords: *Sunday Service, Mood.*