

ABSTRAK

Latar Belakang: Perundungan (*bullying*) pada anak usia sekolah berdampak serius pada timbulnya ansietas, penarikan diri, dan gangguan somatik yang menghambat fungsi sosial serta akademis. Diperlukan inovasi intervensi non-farmakologis seperti kombinasi restrukturisasi kognitif (*Reframing*) dan stabilisasi emosi sensorik (*Grounding Therapy*). **Tujuan:** Menganalisis asuhan keperawatan jiwa dengan intervensi *Reframing Grounding Therapy* untuk menurunkan tingkat ansietas anak korban perundungan di SDN Suci 05 Jember. **Metode:** Studi kasus deskriptif kontemporer pada agregat kelompok sasaran siswa kelas 3, 4, dan 5 (18 siswa) menggunakan instrumen *SCARED*. Subjek dengan skor kecemasan tertinggi diberikan intervensi *Reframing Grounding Therapy* selama 3–4 sesi (20–30 menit/sesi) di ruangan, lalu dievaluasi melalui *pre-test* dan *post-test*. **Hasil:** Hasil skrining menunjukkan skor ansietas tertinggi didominasi siswa laki-laki karena hambatan ekspresi verbal. Pasca-intervensi, terdapat penurunan gejala klinis ansietas secara signifikan. Klien mampu mengubah sudut pandang negatif menjadi konstruktif dan menguasai teknik manajemen kecemasan mandiri. **Kesimpulan:** *Reframing Grounding Therapy* efektif menurunkan tingkat ansietas anak korban perundungan.

Kata Kunci: Ansietas, *Bullying*, *Reframing Grounding Therapy*, Keperawatan Jiwa, *SCARED*.

ABSTRACT

Background: Bullying in school-aged children severely causes anxiety, social withdrawal, and somatic disorders that impair social and academic functions. Innovative non-pharmacological interventions, such as cognitive restructuring (*Reframing*) combined with sensory emotional stabilization (*Grounding Therapy*), are highly required. **Objective:** To analyze psychiatric nursing care using *Reframing Grounding Therapy* to reduce anxiety levels among child victims of bullying at SDN Suci 05 Jember. **Methods:** A contemporary descriptive case study conducted on an aggregate target group of 18 students from grades 3, 4, and 5 using the *SCARED* instrument. The subject with the highest anxiety score received intensive *Reframing Grounding Therapy* for 3–4 sessions (20–30 minutes/session) in the school clinic, evaluated via *pre-test* and *post-test*. **Results:** Initial screening revealed that the highest anxiety scores were dominated by male students due to verbal expression barriers. Post-intervention showed a significant reduction in anxiety symptoms. The client successfully reframed negative perspectives and mastered independent anxiety management. **Conclusion:** *Reframing Grounding Therapy* is effective in reducing anxiety levels among bullying victims.

Keywords: Anxiety, Bullying, *Reframing Grounding Therapy*, Psychiatric Nursing, *SCARED*.