

Pengaruh assertiveness training (AT) terhadap perilaku kekerasan pada klien skizoprenia di RSUD Banyumas = The influence of assertiveness training on violence behaviour of schizophrenia at Banyumas Hospital / Dyah Wahyuningsih

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Abstrak

ABSTRAK

Perilaku kekerasan adalah suatu bentuk perilaku untuk melukai atau mencederai diri sendiri, orang lain, lingkungan secara verbal atau fisik yang sering dijumpai pada Skizoprenia. Perilaku kekerasan adalah alasan masuk utama klien gangguan jiwa dibawa ke Rumah Sakit Umum Daerah Banyumas, dengan prosentase sebanyak 62 kasus (68%). Penelitian bertujuan mengetahui pengaruh Assertiveness Training terhadap perilaku kekerasan pada klien Skizoprenia. Desain penelitian quasi eksperimen pendekatan pre post tes with control group. Sampel penelitian adalah klien Skizoprenia dengan perilaku kekerasan berjumlah 72 yaitu 36 responden mendapatkan terapi generalis dan Assertiveness Training dan 36 responden hanya mendapatkan terapi generalis, diambil secara random sampling Sampel penelitian adalah klien Skizoprenia dengan perilaku kekerasan. Perilaku kekerasan diukur melalui empat respon yaitu respon perilaku, sosial dan fisik yang diukur dengan observasi dan respon kognitif diukur dengan kuisioner. Perbedaan perilaku kekerasan kemudian dianalisis dengan t test. Salah satu terapi yang dapat diberikan pada klien yang mengalami masalah perilaku kekerasan yaitu Assertiveness Training. Assertiveness Training diberikan pada kelompok intervensi dipadu dengan terapi terapi generalis. Terapi ini dilakukan dalam lima sesi dengan metode describing, modelling, role play, feedback dan transferring. Hasil penelitian menunjukkan perilaku kekerasan pada kelompok yang mendapatkan terapi generalis dan Assertiveness Training menurun secara bermakna pada respon perilaku, kognitif, sosial dan fisik (p value < 0,05) dan pada kelompok yang hanya mendapatkan terapi generalis menurun secara bermakna pada respon perilaku, kognitif dan fisik (p value < 0,05). Perilaku kekerasan kelompok yang mendapatkan terapi generalis dan Assertiveness Training menurun lebih rendah secara bermakna dari pada kelompok yang mendapatkan terapi generalis (p value < 0,05). Terapi generalis dan Assertiveness Training terbukti menurunkan perilaku kekerasan pada klien Skizoprenia dan direkomendasikan diterapkan sebagai terapi perawatan dalam merawat klien dengan perilaku kekerasan.

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ABSTRACT

Violence behaviour was a behavioural form that hurt or do irreparable damage himself, someone else, or environment in a verbal or physical manner that found of Schizophrenia frequently. Violence behaviour was the mean reason why client with mental disorder should be admitted to Banyumas Hospital, with the 62 cases (68%). This study aimed to investigate the influence of Assertiveness Training toward violence behaviour of Schizophrenia. This study used Quasy experiment study design with pre and post test approach for intervention and control group. Respondent of this study were 72 Schizophrenia clients with violence behaviour which divided into 2 group using random sampling method. Thirthy six (36) respondents was given Assertiveness Training and 36 respondents was not given Assertiveness Training. Violence

behaviour was measured through four responses namely behavioral, social and physical responses that was measured by observation, meanwhile cognitive respon was measured by using questionnaire. Then differences violence behaviour was analized by using t test One of therapy that can be given to client who suffers from violence behavior was Assertiveness Training. Assertiveness training was a therapy to train someone to perform asertif behaviour. This therapy was conducted for 5 session using describing, modelling, role play, feedback and transferring methods. The study result showed that violence behaviour at the group which given generalist therapy and Assertiveness Training was decreased significantly in behavioral, cognitive, social and physical responses (p value < 0,05). The group which given generalist therapy was decreased significantly in behavioral, cognitive and physical responses (p value < 0,05). Violenece behavior at the group which given generalist therapy and Assertiveness Training was decreased more lower than the group which given generalist therapy (p value < 0,05). This result demonstrated that there was an impact of generalist therapy and Assertiveness Training in decreasing violence behaviour and recommended as nursing therapy used to treat client with violence behaviour .