

# Pengaruh terapi generalis dan logoterapi individu terhadap respon ketidakberdayaan klien diabetes mellitus di Rumah Sakit Provinsi Sulawesi Utara = Effect of generalist therapy and individual logotherapy on the response of helplessness of diabetes mellitus clients at the Hospital of North Sulawesi Province

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## Abstrak

Ketidakberdayaan dimanifestasikan melalui respon verbal, emosional, partisipasi dalam aktivitas sehari-hari dan tanggung jawab dalam diri. Tujuan Penelitian ini untuk mengetahui pengaruh terapi generalis dan logoterapi individu terhadap respon ketidakberdayaan klien DM di Rumah Sakit Provinsi Sulawesi Utara. Metode penelitian adalah quasi experiment dengan desain pre-post test with control group. Sampel penelitian diperoleh secara purposive sampling dengan jumlah 70 responden terdiri dari 35 responden untuk kelompok intervensi dan 35 responden untuk kelompok kontrol.

Hasil penelitian didapatkan bahwa respon ketidakberdayaan klien DM menurun secara signifikan pada kelompok intervensi dan kelompok kontrol setelah diberikan terapi generalis dan logoterapi individu ( $p$ -value = 0,00 ;  $< 0,05$ ). Terapi generalis dan logoterapi individu terbukti menurunkan respon ketidakberdayaan pada klien DM dan direkomendasikan untuk diterapkan sebagai terapi perawatan dalam merawat klien DM dengan respon ketidakberdayaan.

.....Diabetes Mellitus included chronic disease that caused of the problems of powerlessness. The powerlessness is manifestation verbal and emotional respons, participation in activities of daily living and involvement in learning about care responsibilities. This aim of this study was to investigate the influence of individual logotherapy and general therapy upon the powerlessness response of the DM in the Hospital of North Sulawesi Province. The research method was quasi experimental pre-post test with control group. The data was gathered at before and after giving the individual logotherapy and general therapy to the clients with DM of the problems of powerlessness. The amount of samples were 70 respondents which were 35 respondents of intervention group and 35 respondents of control group. The difference of the powerlessness response is the analyzed with t-test.

The result of this study showed that the powerlessness response of DM given the general therapy and individual logotherapy significantly decreases to intervention group ( $p$ -value  $< 0,05$ ) compared to the group which is not treated with the individual logotherapy. The general therapy and individual logotherapy are proven to be able to decrease the powerlessness response upon the DM clients and are recommended to be applied as a nurturing therapy in looking after the DM clients with powerlessness response.