

Pengaruh terapi kognitif dan terapi penghentian pikiran terhadap perubahan ansietas, depresi dan kemampuan mengontrol pikiran negatif klien kanker di RS Kanker Dharmais Jakarta = The effect of cognitive therapy and thought stopping therapy on anxiety, depression and the ability to control negative thought in cancer patient at RS Kanker Dharmais Jakarta

Pasaribu, Jesika, author

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Abstrak

Tujuan penelitian untuk mengetahui pengaruh terapi kognitif dan terapi penghentian pikiran terhadap perubahan ansietas dan depresi serta kemampuan mengontrol pikiran pada klien kanker. Metode penelitian quasiexperiment pada 3 kelompok. Data diambil sebelum dan sesudah pemberian intervensi. Sampel penelitian diperoleh secara consecutive sampling, sejumlah 90 responden, masing-masing kelompok terdiri dari 30 responden. Instrumen penelitian menggunakan kuesioner HADS, dan kuesioner kemampuan mengontrol pikiran negatif.

Hasil : terapi kognitif dan terapi penghentian pikiran secara bermakna menurunkan ansietas dan depresi serta meningkatkan kemampuan mengontrol pikiran negatif (p value = 0,000; = 0,005). Terapi kognitif dan terapi penghentian pikiran direkomendasikan sebagai terapi keperawatan lanjutan pada klien penyakit kronik untuk mengatasi masalah ansietas dan depresi.

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The objective of this study was to investigate the effect of cognitive therapy and thought stopping therapy on anxiety, depression and the ability to control negative thought, using HADS and negative thought control questionnaire. The study methods was quasiexperiment with 90 cancer patients, divided into 2 intervention groups and 1 non intervention. Each intervention group has 30 participants. Data was collected pre and post intervention.

Result of this study shown that decreased of anxiety and depression scale and improved the ability to control negative thought (p value = 0,000; = 0,005). This study recommended cognitive therapy, thought stopping therapy as a psychotherapy to overcome anxiety, depression in cancer patients.