

Influence of the abilities in controlling violence behavior to the length of stay of schizophrenic clients in Bogor mental hospital, Indonesia

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Abstrak

Tujuan: Klien yang dirawat di rumah sakit jiwa di Indonesia mempunyai rerata lama hari rawat yang tinggi yaitu 54 hari, dan yang paling lama dirawat adalah klien dengan diagnosa skizofrenia. Data rumah sakit jiwa pusat Bogor 2001, menunjukkan rerata lama hari rawat adalah 115 hari dan untuk klien perilaku kekerasan 42 hari. Penelitian ini bertujuan mengurangi lama hari rawat klien skizofrenia dengan perilaku kekerasan dengan meningkatkan kemampuan klien mencegah perilaku kekerasan. Metoda: Metoda penelitian yang digunakan adalah kuasi eksperimen dengan disain multipel seri ganda. Penelitian dilakukan di RSJP Bogor, dengan 152 responden (75 orang kelompok intervensi dan 77 orang kelompok non intervensi). Pendidikan diberikan kepada kelompok intervensi tentang cara mencegah perilaku kekerasan. Hasil: Dari hasil penelitian ditemukan bahwa rerata lama hari rawat klien kelompok intervensi adalah 23 hari dan kelompok non intervensi 40 hari. Klien kelompok intervensi yang mempunyai kemampuan mandiri 86,6% dan kemampuan dengan bantuan 13,4% dalam mencegah perilaku kekerasan. Klien kelompok non intervensi semuanya tidak mempunyai kemampuan mengendalikan perilaku kekerasan. Klien dengan kemampuan mandiri dalam mencegah perilaku kekerasan mempunyai lama hari rawat yang lebih pendek secara bermakna dibandingkan dengan klien yang tidak mempunyai kemampuan (p -value 0.025). Kesimpulan: Disimpulkan, pendidikan kesehatan tentang cara mencegah perilaku kekerasan dapat meningkatkan kemampuan klien dan selanjutnya memperpendek lama hari rawat secara bermakna.

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Abstract

Aim: In average, the length of hospital stay in mental hospitals in Indonesia is 54 days, the longest of which occur on schizophrenic clients. In Bogor Mental Hospital, the average length of stay is 115 days. Those with schizophrenic and violence behavior have 42 days length of stay. The purpose of this study was to reduce length of stay for schizophrenic clients by enhancing their abilities to control violence behavior. Methods: This is a quasi experimental study with multiple series design. Study was conducted in Bogor Mental Hospital with 152 respondents (75 intervention and 77 non intervention). Training was given to the intervention group about the ways how to control violence behavior. Results: The results of this study showed that the average length of stay in the hospital for the clients in intervention group was 23 days and non intervention group was 40 days. There were 86.6% of clients in intervention group that independently (without assistance) could control their behavior, whereas 13.4 % still need assistant. All clients in non intervention group had no abilities to control their violence behavior. Clients who were independent in controlling violence behavior had significantly shorter length of stay compared to non independent clients ($p < 0.05$). Conclusion: Hence, the training control violence behavior can increase the abilities of the clients in controlling their violence behavior and resulting in shorter length of stay in hospital.