

## Terapi kognitif dan reminiscence terhadap depresi psikotik lansia di Rumah Sakit Jiwa Propinsi Jawa Timur = Cognitive therapy and reminiscence therapy for psychotic depression elderly in Mental Health Hospital of East Java Province

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Abstrak

### **ABSTRAK**

Depresi psikotik merupakan gangguan jiwa pada lansia, 30 - 40% lansia yang dirawat unit psikogeriatri RSJ Lawang Malang dengan depresi psikotik. Penelitian ini bertujuan untuk mengetahui pengaruh terapi kognitif dan terapi reminiscence terhadap penurunan kondisi depresi psikotik, harga diri rendah, ketidakberdayaan, keputusan dan isolasi sosial pada lansia di RSJ Propinsi Jawa Timur. Desain quasi eksperimental pre test ? post test with control group. Responden penelitian lansia depresi psikotik di RSJ Propinsi Jawa Timur. Jumlah responden 60 orang (20 orang terapi kognitif, 20 orang terapi reminiscence dan 20 orang kelompok kontrol) diperoleh dengan cara consecutive sampling. Data dianalisis menggunakan uji anova.

Hasil penelitian menunjukkan bahwa terapi kognitif dan terapi reminiscence menurunkan kondisi depresi psikotik, harga diri rendah, ketidakberdayaan, keputusan dan isolasi sosial secara bermakna ( $p$ -value < 0,05). Terapi kognitif menurunkan kondisi depresi psikotik, ketidakberdayaan dan keputusan lebih besar secara bermakna dibandingkan terapi reminiscence. Terapi reminiscence menurunkan harga diri rendah dan isolasi sosial lebih besar secara bermakna dibandingkan terapi kognitif. Terapi kognitif dan terapi reminiscence direkomendasikan untuk dapat digunakan dalam mengatasi kondisi depresi psikotik, harga diri rendah, ketidakberdayaan, keputusan dan isolasi sosial pada lansia di rumah sakit jiwa.

### **ABSTRACT**

Psychotic depression is a problem mental health in the elderly, 30 ? 40% elderly with psychotic depression in the psychiatric units at RSJ Dr. Radjiman Wediodiningrat Lawang Malang. The purpose of this research is to understand the influence of cognitive therapy and reminiscence therapy take effects on decreasing the state of depression, low self esteem, helplessness, hopelessness, and social isolation of the elderly in Mental Health Hospital of East Java Province. The design of this study was Quasi experimental, pre test ? post test with control group. The respondents for this resarch were the psychotic depressed elderly in Mental Health Hospital of East Java Province, the quantity of the samples were 60 elders selected with consecutive sampling (20 elders was cognitive therapy, 20 elders was reminiscence therapy and 20 elders in control group). The data analyzed using a anova method.

The results showed that cognitive therapy and reminiscence therapy significant decrease on the state of psychotic depression, low self esteem, helplessness, hopelessness and social isolation ( $p$ -value < 0,05). Cognitive Therapy more significant decrease on the state of psychotic depression, helplessness and hopelessness than reminiscence therapy. Reminiscence therapy more significant decrease low self esteem and social isolation than cognitive therapy. Cognitive therapy and reminiscence therapy recommended to decreasing the state of psychotic depression, low self esteem, helplessness, hopelessness and social isolation

of the psychotic elderly in Mental Health Hospital.</i>