

# Pengalaman keluarga mencegah kekambuhan pasien dengan riwayat risiko perilaku kekerasan pasca rawat inap RS Jiwa di kota Magelang = Family experience of preventing the patient s recurrence with a history of risk for violence after being treated in Psychiatric Hospital in Magelang

Emi Wuri Wuryaningsih, author

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## Abstrak

Perilaku kekerasan merupakan masalah yang sering muncul pada pasien gangguan jiwa berat termasuk skizofrenia. Alasan keluarga membawa pasien ke RSJ adalah ketidakmampuan mengatasi perilaku kekerasan pasien di rumah. Keluarga berusaha mencegah kekambuhan perilaku kekerasan pasien pasca rawat inap karena perilaku kekerasan menimbulkan beban bagi keluarga. Penelitian ini bertujuan menggambarkan pengalaman keluarga mencegah kekambuhan pasien dengan riwayat risiko perilaku kekerasan pasca rawat inap di RSJ. Penelitian ini menggunakan pendekatan kualitatif fenomenologi deskriptif. Sampel penelitian berjumlah 8 partisipan dengan purposive sampling. Analisis data menggunakan metode Collaizi.

Hasil penelitian yaitu terdapat 8 tema yang menggambarkan pengalaman keluarga tersebut yaitu: 1) pengetahuan keluarga tentang riwayat perilaku kekerasan; 2) kepekaan keluarga terhadap pencetus kekambuhan, 3) cara pengendalian pasien untuk mencegah kekambuhan; 4) kepedulian keluarga sebagai upaya pencegah kekambuhan, 5) beban keluarga, 6) strategi koping keluarga; 7) bentuk dukungan keluarga, 8) kepasrahan dalam menerima kondisi pasien. Perawat jiwa dapat memberikan pendidikan kesehatan pencegahan dan manajemen perilaku kekerasan kepada pasien dan keluarga. Pelatihan perawat tentang terapi suportif sehingga dapat memfasilitasi terapi suportif pada pasien dan keluarga.

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Violence behavior has been the common problem for patients with severe mental illness, including schizophrenia. The reason their family brought them to the psychiatric hospital is their inability to control the patients' violent behavior at home. Their family tried to prevent patients' posthospitalization recurrence because it has been a burden for them. This research was aimed to describe the family experiences in preventing patients' recurrence with risk for violence after being treated in psychiatric hospital. This research used descriptive phenomenology qualitative approach. The research sample was 8 participants taken by purposive sampling method. The data had been analyzed using Collaizi method.

Eight themes were revealed to describe the family experiences: 1) family knowledge of patients' violent behavior history; 2) family sensitivity to trigger violence behavior; 3) the ways of family controlled patient to prevent recurrence; 4) family care as an effort to prevent recurrence; 5) family burden; 6) family coping strategies in preventing recurrence; 7) family support to prevent recurrence; 8) resignation to accept the patients' condition. Nurses can provide mental health preventing education and management of violent behavior to patients and families. Nurse training of supportive therapy to facilitate supportive therapy for patients and families.