

# Pengaruh acceptance and commitment therapy dan family psychoeducation terhadap kemampuan menerima dan berkomitmen dalam mengatasi kondisi depresi dan ansietas pasien HIV/AIDS = The influence acceptance and commitment therapy and family psychoeducation to ability accept and commit and also overcome the condition depression and anxiety of patient HIV/AIDS in Cipto Mangunkusumo Hospital Jakarta

Silitonga, Riris Ocktryna, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20350406&lokasi=lokal>

---

## Abstrak

Pasien HIV/AIDS mengalami kondisi depresi dan ansietas sebesar 20-40%, kondisi ini disebabkan karena penyakit yang dideritanya sehingga mempengaruhi dalam menerima dan menjalankan pengobatan serta perawatan. Tujuan penelitian mengetahui pengaruh Acceptance and Commitment Therapy dan Family Psychoeducation terhadap kemampuan menerima dan berkomitmen dalam mengatasi kondisi depresi dan ansietas pada pasien HIV/AIDS di RS Cipto Mangunkusumo Jakarta. Desain: Quasi Eksperimen Pre-Post test With control Group” dengan intervensi Acceptance Commitment Therapy (ACT) dan Family Psychoeducation (FPE) sampel 60 pasien HIV/AIDS, dengan cara Consecutive Sampling, 30 pasien mendapat ACT dan FPE dan 30 ACT. Hasil: pasien yang mendapat ACT dan FPE secara bermakna menurunkan kondisi depresi dan ansietas lebih besar dibanding hanya ACT. Pasien yang mendapatkan ACT dan FPE meningkat kemampuan menerima dan berkomitmen secara bermakna menurunkan kondisi depresi lebih besar dibandingkan dengan hanya ACT. Rekomendasi penggunaan ACT dan FPE sebagai psikoterapi untuk menurunkan kondisi depresi dan ansietas pasien HIV/AIDS

.....HIV / AIDS patients experience depression and anxiety at 20-40%, this condition is due to her illness that affect the treatment received and the running and maintenance. Aim determine the influence of Acceptance and commitement Therapy and Family psychoeducation on the ability to accept and commit and overcome depression and anxiety in patients with HIV/AIDS in Cipto Mangunkusumo hospital. Design: Quasi Experiments With Pre-post test control group "with the intervention Acceptance Commitment Therapy (ACT) and Family psychoeducation (FPE) samples of 60 patients with HIV/AIDS, with Consecutive Sampling, 30 patients received ACT & FPE and 30 received only ACT. Results: The patients were given ACT and FPE significantly reduced depression and anxiety conditions are also bigger than just ACT. Patients who received ACT and FPE obtained increased ability to accept and commit significantly reduced depression greater than the ACT. Recommended use of ACT and FPE as psychotherapy for depression and anxiety reduce HIV/AIDS patients.