

Pengaruh acceptance and commitment therapy dan pendidikan kesehatan kepatuhan minum obat terhadap gejala kemampuan berkomitmen pada pengobatan dan kepatuhan klien skizofrenia di Rumah Sakit Jiwa daerah Provinsi Sumatera Utara Medan = The effects of acceptance and commitment therapy and the health education adherence to symptoms ability to accept and commit to treatment and compliance in schizophrenia Clients Regional Mental Hospital in Medan North Sumatra

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Abstrak

Masalah keperawatan skizofrenia yang paling banyak ditemukan adalah risiko perilaku kekerasan, halusinasi dan harga diri rendah. Ditemukan 55% klien risiko perilaku kekerasan, halusinasi dan harga diri rendah yang mengalami kekambuhan dan tidak patuh minum obat.

Penelitian ini bertujuan untuk mengetahui pangaruh Acceptance and Commitment Therapy dan Pendidikan Kesehatan kepatuhan minum obat terhadap gejala, kemampuan menerima dan berkomitmen pada pengobatan dan kepatuhan klien skizofrenia di Rumah Sakit Jiwa Daerah Provinsi Sumatera Utara Medan. Desain penelitian ini quasi eksperimental pre testpost test with control group. Tehnik pengambilan sampel ini adalah purposive sampling, dimana sampel penelitian ini 90 orang klien skizofrenia, 30 kelompok intervensi yang diberikan Acceptance and Commitment Therapy dan pendidikan kesehatan kepatuhan minum obat, 30 kelompok intervensi yang diberikan Acceptance and Commitment Therapy dan 30 kelompok kontrol.

Hasil penelitian ini ditemukan penurunan gejala risiko perilaku kekerasan, halusinasi dan harga diri rendah serta peningkatan kemampuan menerima dan berkomitmen pada pengobatan dan kepatuhan klien skizofrenia yang mendapatkan Acceptance and Commitment Therapy dan pendidikan kesehatan kepatuhan minum obat lebih besar secara bermakna dibandingkan kelompok yang hanya mendapatkan Acceptance and Commitment Therapy ($pvalue < 0.05$). Acceptance and Commitment Therapy dan pendidikan kesehatan kepatuhan minum obat direkomendasikan sebagai terapi keperawatan dan pendukung terapi keperawatan lanjutan dalam merawat klien skizofrenia dengan risiko perilaku kekerasan, halusinasi dan harga diri rendah.Schizophrenia nursing problems most commonly found is the risk of violent behavior, hallucinations, and low self esteem. Found 55% of client risk violent behavior, hallucinations, and low self-esteem who have a relapse and medication adherence.

This study aims to obtain the effects Acceptance and Commitment Therapy and Health Education adherence to symptoms, ability to accept and commit to treatment and compliance in schizophrenia clients Mental Hospital of Medan, North Sumatra. This research design quasi-experimental pre-test post-test with control group. This sampling technique was purposive sampling, where the sample is 90 clients with schizophrenia, 30 the intervention group were given Acceptance and Commitment Therapy and medication adherence health education, intervention group were given 30 Acceptance and Commitment Therapy and 30 control group.

Results of this study found a reduction in symptoms risk of violent behavior, hallucinations, and low self-

esteem and increased ability to accept and commit to the treatment of schizophrenia and compliance client who gets Acceptance and Commitment Therapy and health education medication adherence was significantly greater than the group that only get Acceptance and commitment Therapy (pvalue <0.05). Acceptance and Commitment Therapy and medication adherence health education recommended as a therapeutic nursing and therapy support advanced nursing care for clients in the risk of schizophrenia with violent behavior, hallucinations, and low self esteem.