

Pengaruh terapi penerimaan dan komitmen (TPK) dan program edukasi pasien (PEP) terhadap insight dan efikasi diri klien c di RSJ Prof. DR Soeroyo Magelang = Effect of acceptance and commitment therapy and patient education program on schizophrenia clients insight and self efficacy at patient wards of Prof. DR. Soeroyo Mental Hospital Magelang

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Abstrak

Insight buruk dimiliki 80% klien skizofrenia dan efikasi dirinya rendah. Insight buruk menurunkan efikasi diri. Penelitian bertujuan mengetahui pengaruh Terapi Penerimaan dan Komitmen (TPK) dan Program Edukasi Pasien (PEP) terhadap insight dan efikasi diri klien skizofrenia di RSJ Prof. Dr. Soeroyo Magelang. Desain quasi experimental pre-post test with control group. Sampel 147 diambil dengan teknik simple random sampling. Analisis data dengan Kruskal Wallis Test dan Regresi Linear Ganda.

Hasil: Insight dan efikasi diri klien skizofrenia yang mendapatkan TPK-PEP meningkat secara bermakna dan lebih tinggi secara bermakna dari klien yang mendapatkan TPK. TPK-PEP meningkatkan insight sebesar 8,741 poin dan efikasi diri 11,522 poin. TPK-PEP direkomendasikan sebagai terapi keperawatan utama dalam merawat klien skizofrenia dengan insight buruk dan efikasi diri rendah.

.....Impaired insight and low self-efficacy are common in schizophrenic clients. Bad insight exacerbates self stigma and lowers self-efficacy. This study aimed to determine effect of ACT-PEP on insight and self-efficacy of schizophrenic clients at Prof. Dr. Soeroyo Magelang Hospital. This was a quasiexperimental research, using pre-post test with control group. A number of 147 samples were recruited using simple random sampling technique, divided into 3 groups of ACT-PEP, ACT only and control. Data were analyzed using Kruskal Wallis Test and Linear Regression.

Result: insight and self-efficacy of schizophrenia clients who get ACT-PEP was significantly increased and significantly higher than the clients were getting ACT. ACT-PEP increased insight by 8.741 points and increased self-efficacy by 11.522 points. ACT-PEP is recommended as primary therapy in nursing care for clients schizophrenia with poor insight and low self-efficacy.