

# Penerapan terapi social skill training dan family psychoeducation terhadap diagnosis isolasi sosial dengan pendekatan teori stress adaptasi stuart dan model sistem neuman di Ruang Arimbi RSMM Bogor tahun 2013 = Social skill application training and family phsycoeducation therapy toward social isolation diagnosis with approximation stuart adaptation stress model and neuman model system at Arimbi Room RSMM Bogor 2013

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## Abstrak

Isolasi sosial merupakan masalah keperawatan di ruang Arimbi RS. Marzoeki Mahdi Bogor dengan jumlah terbanyak (62,5 %) dari 48 klien yang dirawat. Berdasarkan penelitian yang dilakukan Renidayati, Keliat dan Sabri (2008) ditemukan tentang keefektifan terapi yang dapat digunakan untuk mengatasi masalah isolasi sosial klien yaitu terapi Social Skill training untuk meningkatkan ketrampilan sosialisasi Klien. Penelitian yang dilakukan Wiyati, Hamid dan Gayatri (2009) tentang efektifitas terapi Family Psychoeducation didapatkan hasil pada keluarga ada peningkatan kemampuan afektif dan psikomotor sehingga meningkatkan dukungan keluarga.

Penulisan karya ilmiah ini bertujuan untuk memberikan gambaran penerapan terapi Social Skill Training dan Family Psychoeducation pada klien isolasi sosial dengan menggunakan pendekatan model Stress Adaptasi Stuart dan Model Sistem Neuman. Metode yang digunakan adalah study serial kasus. Tindakan diberikan pada 30 pasien isolasi sosial, 16 pasien mendapatkan terapi Social Skill training saja, 14 klien yang lain mendapatkan terapi Social Skill training dan family psychoeducation.

Hasil terapi menunjukkan penurunan gejala isolasi sosial dan peningkatan kemampuan ketrampilan sosial lebih banyak pada pasien yang mendapatkan terapi social skill training dan terapi Family Psychoeducation dibandingkan dengan pasien isolasi sosial yang hanya mendapatkan terapi social Skill training.

Rekomendasi dari karya ilmiah ini adalah terapi social skill training dan terapi Family Psychoeducation dapat menjadi standar terapi spesialis pada klien isolasi sosial.

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Social isolation was a problem nursing in Arimbi room, Marzoeki Mahdi Hospital Bogor with the highest number of cases (62.5%) of the number were 48 client treated. Based on research conducted Renidayati, Keliat and Sabri (2008) found about the effectiveness of therapies that can be used to solve problems of social isolation that therapy clients Social Skill training to improve socialization skills Client. Research conducted Wiyati, Hamid and Gayatri (2009) Family Psychoeducation about the effectiveness of therapy in the family that showed no increase in affective and psychomotor skills that improve family support.

Writing scientific papers were intended to provide an overview of the application of therapy Social Skill Training and Family Psychoeducation on the client used by the social isolation model approach Stuart Stress Adaptation and Neuman Systems Model. The method used case series study. The sampling method used was purposive sampling. The Action given the therapy Social skills training and therapy were 30 patients Family Psychoeducation social isolation. 16 patients received therapy Social Skill training course, 14 other clients who get Social Skill training therapy and family Psychoeducation.

Results of the therapy showed a reduction in symptoms of social isolation and increase social skills more ability in patients receiving therapy and social skills training Family Psychoeducation therapy compared with patients who only receive social isolation social therapy Skill training. Recommendation of this paper is therapeutic social skills training and therapy Family Psychoeducation may become standard therapy specialist in social isolation clients.