

Aplikasi terapi spesialis keperawatan jiwa pada pasien harga diri rendah kronis dengan pendekatan model stress adaptasi Stuart di ruang arimbi RSMM Bogor = Application of specialists nursing therapy at the patient with chronic low selfesteem through modeling approaches the Stuart stress adaptation in arimbi RS. Dr. H. Mahdi Marzoeki Bogor

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Abstrak

Harga diri rendah kronis merupakan salah satu diagnosis keperawatan yang sering ditemukan di rumah sakit jiwa. Prosentase pasien harga diri rendah kronis di ruang Arimbi periode Februari-April 2012 mencapai 90.4% dari jumlah total pasien. Jumlah pasien dengan diagnosis utama harga diri rendah kronis yang dikelola penulis sebanyak 22 orang.

Tujuan penulisan karya ilmiah akhir ini adalah menguraikan aplikasi terapi spesialis keperawatan jiwa terhadap pasien harga diri rendah kronis melalui pendekatan model Stress Adaptasi Stuart. Metode yang digunakan dalam penulisan ini adalah studi serial kasus dengan kombinasi tujuh paket terapi.

Hasil aplikasi terapi spesialis keperawatan jiwa ini menunjukkan adanya penurunan tanda dan gejala, peningkatan kemampuan pasien, serta peningkatan kemampuan keluarga dalam merawat pasien harga diri rendah kronis. Efektifitas terapi menunjukan bahwa kombinasi terapi individu (terapi kognitif perilaku dan logoterapi), terapi kelompok (terapi suportif kelompok) dan terapi keluarga (psikoedukasi keluarga) efektif menurunkan gejala, meningkatkan kemampuan pasien dan meningkatkan kemampuan keluarga dalam merawat pasien harga diri rendah kronis.

Rekomendasi : kombinasi terapi individu, terapi kelompok dan terapi keluarga sangat tepat diberikan pada pasien gangguan jiwa khususnya pasien harga diri rendah kronis dan diperlukan penelitian lebih lanjut.

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The prevalence of mental disorders each year has increased significantly. Based on the Health Research Association in 2007 showed that the incidence of severe mental disorder in Indonesia of 4.6 %. Statistical data show that the mental health directorate of mental patients is the largest of schizophrenia by 70% (Dep.Kes, 2003). The results of several studies have shown some good therapy generalists and specialists give significant results to reduce chronic low self-esteem such as cognitive therapy, cognitive behavioral therapy, and family psikoeducation logotherapy.

The purpose of this final scientific work is to describe the soul of nursing specialist therapy applications for patients of chronic low self-esteem through modeling approaches Stuart Stress Adaptation. Therapy applications specialist mental nursing was conducted on 22 patients of chronic low self-esteem in the Arimbi RSMM Bogor.

The results of therapy applications of this spirit of nursing specialists showed a decrease in the signs and symptoms, improvement in the patient's ability to cope with chronic low self-esteem, and increase the ability of families in caring for patients of chronic low self-esteem. Effectiveness of therapy showed that the combination of individual therapy (cognitive behavioral therapy and logotherapy), group therapy (supportive group therapy) and family therapy (family psikoedukation) effectively reduce symptoms of chronic low selfesteem, improve the patient's ability to overcome chronic low self-esteem and improve the

ability of families in care for patients of chronic low self-esteem.

Recommendation: The combination of individual therapy, group therapy and family therapy is appropriate given the patient's mental disorders, especially patients with chronic low self-esteem.