

Penerapan terapi spesialis keperawatan jiwa social skills training dan cognitive behavior therapy pada klien dengan isolasi sosial melalui pendekatan model hubungan interpersonal Hildegard E. Peplau di RS. Dr. H. Marzoeki Mahdi Bogor = Application specialist mental nursing therapy social skills training and cognitive behavior therapy on clients with social isolation interpersonal relations model approach Hildegard E. Peplau in Hospital Dr. Mahdi Marzoeki Bogor

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Abstrak

Isolasi sosial adalah salah satu gejala negatif dari skizofrenia (Stuart, 2009) yang paling banyak ditemukan di ruang Bratasena. Isolasi sosial dapat diartikan sebagai keadaan seorang individu yang mengalami penurunan atau bahkan sama sekali tidak mampu berinteraksi dengan orang lain disekitarnya, mungkin merasa ditolak, tidak diterima, kesepian, dan tidak mampu membina hubungan yang berarti dengan orang lain (Keliat, dkk, 2011). Social skills training merupakan salah satu pendekatan psikoedukasional untuk memperbaiki kekurangan pada beberapa kemampuan interpersonal dalam berinteraksi dengan orang lain (Stuart & Laraia, 2005). Cognitive behavior therapy merupakan salah satu bentuk psikoterapi yang didasarkan pada teori bahwa tanda dan gejala fisiologis berhubungan dengan interaksi antara pikiran, perilaku dan emosi (Pedneault, 2008).

Tujuan penulisan karya ilmiah akhir ini adalah menggambarkan penerapan terapi social skills training dan cognitive behavior therapy pada klien isolasi sosial dengan pendekatan Model Hubungan Interpersonal Peplau. Penerapan social skills training dilakukan pada 26 klien dan cognitive behavior therapy dilakukan pada 15 orang klien di ruang Bratasena pada kurun waktu 20 Pebruari - 20 April 2012.

Hasil terapi Social skills training sangat efektif pada 26 klien isolasi sosial dengan menunjukkan peningkatan dalam berkomunikasi, baik secara verbal maupun non verbal. Terapi Cognitive behavior therapy juga menunjukkan efektifitasnya dimana sebanyak 15 klien mampu menunjukkan kemampuan mengubah pikiran otomatis yang negatif terhadap diri, orang lain, dan lingkungannya. Berdasarkan hasil di atas perlu direkomendasikan bahwa social skills training dan cognitive behavior therapy dapat dijadikan standar terapi spesialis keperawatan jiwa dan perlu disosialisasikan pada seluruh tatanan pelayanan kesehatan.

.....Social isolation is one of the negative symptoms of skizofrenia (Stuart, 2009) is most commonly found in the Bratasena. Social isolation can be interpreted as the state of an individual who had a reduction or even not at all able to interact with others around them, may feel rejected, not accepted, lonely, and unable to establish meaningful relationships with others (Keliat, et al, 2011). Social skills training is one approach psikoedukasional to correct deficiencies in some interpersonal skills in interacting with others (Stuart & Laraia, 2005). Cognitive behavior therapy is a form of psychotherapy that is based on the theory that the physiological signs and symptoms associated with the interaction between thoughts, behaviors and emotions (Pedneault, 2008).

Purpose of this final scientific work is to describe the application of social skills training therapy and cognitive behavior therapy in client's social isolation with Peplau Interpersonal Relations Model approach. Application of social skills training carried out at 26 clients and cognitive behavior therapy performed on 15

clients in the Bratasena during the period 20 February - 20 April 2012.

Social skills training outcomes are very effective in social isolation with 26 clients showed an increase in communication, both verbal and non verbal. Cognitive therapy behavior therapy also showed its effectiveness in which as many as 15 clients were able to demonstrate the ability to change negative automatic thoughts to yourself, others and the environment. Based on the above results need to be recommended that social skills training and cognitive behavior therapy can be used as standard therapy nursing specialists need to be socialized to whole structure of health services.