

# Penerapan terapi cognitive behaviour social skills training pada klien halusinasi dan isolasi sosial dengan pendekatan Model Hubungan Interpersonal Peplau di RS Dr Marzoeqi Mahdi Bogor = Application of cognitive behaviour social skills training therapy to client with hallucinations and social isolation disturbance with Interpersonal relationship Peplau Model Approach in RS Dr Marzoeqi Mahdi Bogor

Mohammad Aulia Herdiyana, author

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## Abstrak

Cognitive Behaviour Social Skill Training dirancang untuk meningkatkan fungsi kognitif dan keterampilan sosial pada klien skizofrenia. Meliputi keterampilan mengidentifikasi pikiran dan perilaku negatif, melawan pikiran negatif dengan tanggapan rasional, mengubah perilaku negatif dengan memilih perilaku baru (komunikasi dasar) untuk dilatih, keterampilan komunikasi untuk menjalin persahabatan, dan mengatasi situasi sulit, evaluasi manfaat latihan (McQuaid, 2000; Jumaini, 2009).

Tujuan penulisan karya ilmiah akhir ini adalah diperolehnya gambaran hasil penerapan terapi Cognitive Behaviour Social Skill Training pada klien halusinasi dan isolasi sosial dengan menggunakan pendekatan model hubungan interpersonal Peplau di ruang Yudistira Rumah Sakit dr Marzuki Mahdi Bogor. Penerapan Cognitive Behaviour Social Skill Training dilakukan pada 17 klien di ruang Yudistira mulai 9 September-12 November 2013.

Hasil terapi Cognitive Behaviour Social Skill Training meningkatkan fungsi kognitif dan perilaku sosial serta menurunkan tanda dan gejala pada klien yang mengalami halusinasi dan isolasi sosial. Berdasarkan hasil penelitian perlu direkomendasikan bahwa terapi Cognitive Behaviour Social Skill Training dapat dijadikan standar terapi spesialis keperawatan jiwa yang dapat digunakan pada klien yang mengalami halusinasi dan isolasi sosial.

.....Cognitive Behaviour Social skills training was designed to improve cognitive function, communication and social skills for in schizophrenia clients. Covers the skills to identify negative thoughts and behavior, resist negative thoughts with rational responses, changing negative behavior by choosing a new behavior (basic communication) for training, communication skills to build friendships, and cope with difficult situations, evaluation of the benefits of exercise (McQuaid, 2000; Jumaini, 2009).

Objective this final assignment was to found describing result of Application of cognitive behaviour social skills training therapy management on Social isolation and hallucinations client with interpersonal relationship Peplau Model approach in RS Dr Marzoeqi Mahdi Bogor. Application of cognitive behaviour social skills training therapy was done to 17 clients since 9 September-12 November 2013.

Finding was revealed cognitive behaviour social skills training exactly effective to improves cognitive function and social behavior and reduce the signs and symptoms of hallucinations. Base on this finding, recommended cognitive behaviour social skills training become to specialist standard therapy in psychiatric nursing and may used for hallucinations and social isolation clients.