

Efektivitas acceptance and commitment therapy terhadap penurunan gejala depresi pada ibu rumah tangga yang terinfeksi HIV/AIDS = Effectiveness of acceptance and commitment therapy for reducing depressive symptoms in housewives with HIV/AIDS

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Abstrak

[ABSTRAK

Tesis ini disusun untuk mengetahui efektivitas Acceptance and Commitment Therapy dalam menurunkan gejala depresi pada ibu rumah tangga yang terinfeksi HIV/AIDS. HIV/AIDS memberikan dampak fisik dan psikososial sehingga menimbulkan stres yang berujung pada depresi. Penelitian ini menggunakan one group pretest-posttest design dan purposive sampling. Selama intervensi, terdapat lima orang yang berpartisipasi dalam enam sesi terapi. Hasil penelitian menunjukkan bahwa Acceptance and Commitment Therapy dapat menurunkan gejala depresi pada ibu rumah yang terinfeksi HIV/AIDS. Hal ini selaras dengan pengembangan penerimaan terhadap penyakit maupun dampak penyakitnya, dan komitmen untuk melakukan tindakan yang mendukung kesehatan, maupun tindakan sesuai nilai.

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ABSTRACT

The purpose of this research is to investigate the effectiveness of Acceptance and Commitment Therapy (ACT) in reducing depression symptoms in housewives with HIV/AIDS. HIV/AIDS has physical and psychosocial impact that causing stress and depression at the end. This research using one group pretest-posttest design and purposive sampling method. During the intervention, five participants participated in six session of the therapy. The result indicates that ACT effective in reducing depression symptoms in housewives with HIV/AIDS. It is supported by the development of acceptance to the illness and its impact, and commitment to the action that support their health and the action of their value.

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