

Pengaruh relaksasi otot progresif terhadap tingkat stres keluarga dalam merawat klien gangguan jiwa berat di poli jiwa RSUD Dr. H. Soewondo Kendal = Effect of progressive muscle relaxation to the level of family stress in caring for clients of mental disorders in poli jiwa RSUD Dr. H. Soewondo Kendal

Livana Ph, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20390052&lokasi=lokal>

Abstrak

[ABSTRAK

Gangguan jiwa merupakan penyakit tidak menular yang menjadi masalah kesehatan masyarakat, baik didunia maupun di Indonesia. Jumlah gangguan jiwa di Kabupaten Kendal meningkat sehingga meningkatnya stres pada keluarga. Penelitian bertujuan untuk mengidentifikasi pengaruh relaksasi otot progresif terhadap tingkat stres keluarga dalam merawat klien gangguan jiwa berat di Poli Jiwa RSUD Dr. H. Soewondo Kendal. Desain penelitian quasi eksperimen prepost test with control group dengan 96 sampel secara purposive sampling, 48 yang mendapat terapi dan 48 kelompok yang tidak mendapat terapi.. Hasil penelitian ada perbedaan yang bermakna antara tingkat stres responden pada kelompok yang mendapat dan yang tidak mendapat terapi relaksasi otot progresif (P Value= 0,001). Rekomendasi penelitian ini bahwa terapi relaksasi otot progresif sebaiknya diberikan pada keluarga klien gangguan jiwa yang merupakan care giver utama sebagai upaya mengatasi tingkat stres keluarga dalam merawat klien gangguan jiwa

<hr>

ABSTRACT

Mental disorders are not contagious disease that is public health problem, both in the world and in Indonesia. In kendal the number of mental disorders increase so increasing the level of family stress. The purpose of this study to identify the effect of progressive muscle relaxation on the level of family stress in caring for clients of mental disorders in Poli Jiwa RSUD Dr. H. Soewondo Kendal. Quasi experiments research design pre-post test with control group with 96 sampels by purposive sampling ,48 groups received therapy and 48 groups did not receive therapy. The results showed that a progressive muscle relaxation exercise significant difference between the stress levels in the group who received and did not receive therapy (P Value= 0.001). Recommendations of this research that progressive muscle relaxation therapy should be given to families who are clients of mental disorders as a primary care giver stress levels of families cope with caring for clients in mental disorders.;Mental disorders are not contagious disease that is public health problem, both in the world and in Indonesia. In kendal the number of mental disorders increase so

increasing the level of family stress. The purpose of this study to identify the effect of progressive muscle relaxation on the level of family stress in caring for clients of mental disorders in Poli Jiwa RSUD Dr. H. Soewondo Kendal. Quasi experiments research design pre-post test with control group with 96 sampels by purposive sampling ,48 groups received therapy and 48 groups did not receive therapy. The results showed that a progressive muscle relaxation exercise significant difference between the stress levels in the group who received and did not receive therapy (P Value= 0.001). Recommendations of this research that progressive muscle relaxation therapy should be given to families who are clients of mental disorders as a primary care giver stress levels of families cope with caring for clients in mental disorders., Mental disorders are not contagious disease that is public health problem, both in the world and in Indonesia. In kendal the number of mental disorders increase so increasing the level of family stress. The purpose of this study to identify the effect of progressive muscle relaxation on the level of family stress in caring for clients of mental disorders in Poli Jiwa RSUD Dr. H. Soewondo Kendal. Quasi experiments research design pre-post test with control group with 96 sampels by purposive sampling ,48 groups received therapy and 48 groups did not receive therapy. The results showed that a progressive muscle relaxation exercise significant difference between the stress levels in the group who received and did not receive therapy (P Value= 0.001). Recommendations of this research that progressive muscle relaxation therapy should be given to families who are clients of mental disorders as a primary care giver stress levels of families cope with caring for clients in mental disorders.]