

# Penerapan cognitive behaviour therapy dan assertive training pada klien risiko perilaku kekerasan dengan menggunakan pendekatan model stuart dan adaptasi roy di Ruang Gatot Kaca RS Dr H Marzoeki Mahdi Bogor = Application of cognitive behaviour therapy and assertive training for violent behavior clients by using the approach of roy adaptation model and stuart model at Marzoeki Mahdi Hospital Bogor

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## Abstrak

Perilaku kekerasan merupakan respon maladaptif dari marah. Respon Maladaptif yang muncul dari marah dapat mengancam dan membahayakan diri sendiri, keluarga dan lingkungan masyarakat sehingga mereka memerlukan pengobatan dan perawatan dirumah sakit. Tujuan penulisan karya ilmiah akhir ini adalah menggambarkan penerapan terapi cognitive behaviour therapy dan assertive training dengan pendekatan Model Adaptasi Roy pada klien risiko perilaku kekerasan di Rumah Sakit Marzoeki Mahdi Bogor.

Intervensi keperawatan yang dilakukan adalah cognitive behaviour therapy dan assertive training pada 8 orang dan assertive training pada 10 orang klien dalam kurun waktu 17 Februari - 18 April 2014 di Ruang Gatot Kaca RSMM Bogor.

Hasil pelaksanaan cognitive behaviour therapy dan assertive training dapat menurunkan tanda dan gejala perilaku kekerasan pada aspek kognitif, afektif, fisiologis, perilaku dan sosial dan peningkatan kemampuan koping adaptif dalam menghadapi peristiwa yang menimbulkan perilaku kekerasan. Berdasarkan hasil diatas rekomendasi penulisan ini adalah terapi cognitive behaviour therapy dan assertive training pada klien risiko perilaku kekerasan dapat dijadikan standar terapi spesialis keperawatan jiwa.

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Violence behavior is a maladaptive response of anger. Maladaptive Response that occur in anger can menca and endanger ownself, family and society enviroment so they need treatment and medication in hospital.

The aim of this Study is to describe the application of Cognitive Behavior Therapy and assertive training by using Roy Adaptation Model to client risk of violent behavior at Marzoeki Mahdi Hospital. in Bogor.

Nursing interventions was cognitive behavior therapy and assertive training on 8 people and assertive training to 10 clients during 17 February to 18 April 2014 at Gatot Kaca Room RSMM in Bogor.

The results of the implementation of assertive training and cognitive behavior therapy may reduce signs and symptoms of violence behavior in cognitive, affective, physiological, behavioral and social and increase in adaptive coping skills to face of events that raises violence behavior. Based on the result above,

recommendation from this paper is Cognitive Behavior Therapy and Assertive Training can be used as standard therapy of psychiatric nursing specialist to client with risk of violence behavior Key Word: Risk of Violence Behavior.