

Penerapan Terapi Spesialis Keperawatan Jiwa Terapi Suportif pada Klien Hipertensi dengan Ansietas Menggunakan Pendekatan Social Support Theory = Implementation of Mental Health Nursing Therapy: Supportive Therapy on Hypertension Patient with Anxiety Using Social Support Theory

Reni Nuryani, author

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Abstrak

[Hipertensi dapat menyebabkan ansietas yang dapat mempengaruhi kualitas hidup dan beban bagi klien. Ansietas yang berkepanjangan menimbulkan perilaku maladaptif sehingga dapat menyebabkan gangguan jiwa. Tujuan karya ilmiah akhir ini untuk memberikan gambaran tentang penerapan terapi suportif pada klien dengan hipertensi yang mengalami ansietas menggunakan pendekatan Social Support Theory. Terapi suportif diberikan kepada 15 klien hipertensi yang mengalami ansietas. Hasil penerapan terapi suportif ini menunjukkan dapat menurunkan tanda dan gejala ansietas dan meningkatkan kemampuan klien dalam menggunakan sumber dukungan. Terapi suportif direkomendasikan sebagai terapi spesialis keperawatan untuk meningkatkan dukungan sosial dalam mengatasi ansietas.

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