

Penerapan Asuhan Keperawatan pada Klien Dewasa Muda dengan Diagnosis Harga Diri Rendah Situasional Menggunakan Pendekatan Stuart dan Model Adaptasi Roy di RW 02 Kelurahan Sukadamai Kecamatan Tanah Sareal = Application of Nursing Care to Client Young Adults with Situasional Low Self Esteem Diagnosis Using Stuart and Adaptation Roy Theory at RW 02 Kelurahan Sukadamai Kecamatan Tanah Sareal

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Abstrak

[Harga diri rendah situasional adalah penilaian diri yang negatif yang muncul pada kondisi tertentu akibat adanya stressor. stressor pekerjaan dapat memberikan dampak psikologis bagi klien dewasa muda. Tidak bekerja merupakan stimulus fokal yang menimbulkan perilaku tidak efektif yaitu perilaku harga diri rendah situasional. Harga diri rendah situasional perlu ditangani dengan memberikan latihan asertif diantaranya dengan Assertiveness training (AT) yang dikombinasikan dengan pemberian Terapi Kelompok Terapeutik (TKT). Kerangka yang digunakan adalah Model Stres Adaptasi Stuart dan Model Adaptasi Roy. Aplikasi TKT dan AT dapat menstabilisasi mekanisme koping yang adaptif dan memodifikasi perilaku maladaptif menjadi perilaku adaptif. Analisa dilakukan pada 12 klien. Hasil analisa menunjukkan bahwa penurunan tanda dan gejala harga diri rendah situasional yang dimediasi atau difasilitasi oleh peningkatan kemampuan melakukan stimulasi tahap perkembangan dewasa muda dan peningkatan kemampuan asertif. Saran dari Karya Ilmiah Akhir ini adalah untuk meningkatkan dukungan sosial diperlukan klien dewasa muda yang tidak bekerja, baik dari teman, keluarga maupun perawat CMHN untuk menstabilisasi perilaku adaptif yang sudah dipelajari.

.....Situational low self esteem is a negative self-assessment that appear in certain circumstances caused by the stressor. job stressors can provide psychological impact for all the adult client. Job less is the focal stimulus that causes ineffective behaviors like situational behaviors of low self esteem. Situational low self esteem need to maintain with Assertiveness Training (AT) such as AT combined with Therapeutic Group Therapy (TKT). Stress Adaptation Model Stuart and Roy used as a framework in this study. Applications of AT and TKT can stabilize adaptive coping mechanisms and modify maladaptive behaviors become adaptive behavior. 12 client joined in this study. The analysis showed that the reduction in signs and symptoms of situational low self esteem situasional mediated or facilitated by an increase in the ability to stimulated the young adult development of and assertive capacity. This study suggest to improve sosial support to young adult klien who are job less. They need support from friend, family and CMHN caregiver. Nursing to Stabilize the adaptive behavior which learned by clients., Situational low self esteem is a negative self-assessment that

appear in certain circumstances caused by the stressor. Job stressors can provide psychological impact for all the adult client. Job loss is the focal stimulus that causes ineffective behaviors like situational behaviors of low self esteem. Situational low self esteem need to maintain with Assertiveness Training (AT) such as AT combined with Therapeutic Group Therapy (TKT). Stress Adaptation Model Stuart and Roy used as a framework in this study. Applications of AT and TKT can stabilize adaptive coping mechanisms and modify maladaptive behaviors become adaptive behavior. 12 client joined in this study. The analysis showed that the reduction in signs and symptoms of situational low self esteem situational mediated or facilitated by an increase in the ability to stimulate the young adult development of and assertive capacity. This study suggest to improve social support to young adult client who are job less. They need support from friend, family and CMHN caregiver. Nursing to Stabilize the adaptive behavior which learned by clients.]