

Pengaruh relaksasi otot progresif dan terapi logo terhadap ansietas narapidana akibat ketidakefektifan pola seksual = The effect of progressive muscle relaxation and logotherapy on prisoners anxiety as the result of ineffective sexual pattern / Ririn Isma Sundari

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Abstrak

[ABSTRAK

Laki-laki dewasa merupakan kelompok narapidana terbanyak yang tinggal di Lapas dan Rutan. Selama menjalani masa hukuman, narapidana laki-laki dewasa yang telah menikah tidak dapat memenuhi kebutuhan seksualnya karena di Lapas dan Rutan tidak disediakan akomodasi untuk pemenuhan kebutuhan tersebut. Seksual merupakan kebutuhan dasar bagi manusia. Tidak adekuatnya pemenuhan kebutuhan dasar termasuk ketidakefektifan pola seksual dapat menyebabkan ansietas. Penelitian ini bertujuan untuk mengetahui pengaruh Relaksasi Otot Progresif dan Terapi Logo terhadap ansietas narapidana akibat ketidakefektifan pola seksual. Desain penelitian quasi eksperimental pre-post test with control group. Sampel penelitian 56 orang narapidana yang mengalami ketidakefektifan pola seksual sedang atau berat, 28 narapidana kelompok yang mendapatkan Relaksasi Otot Progresif dan 28 narapidana yang mendapatkan Relaksasi Otot Progresif dan Terapi Logo. Hasil penelitian ditemukan penurunan ansietas akibat ketidakefektifan pola seksual kelompok narapidana yang mendapatkan Relaksasi Otot Progresif dan Terapi Logo lebih besar dibandingkan kelompok narapidana yang hanya mendapatkan Relaksasi Otot Progresif saja (p value < 0,05). Relaksasi Otot Progresif dan Terapi Logo direkomendasikan sebagai terapi keperawatan lanjutan dalam mengatasi masalah psikososial pada narapidana.

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ABSTRACT

Men are the largest population in prison. During the period of imprisonment, married-men cannot fulfill their sexual need because of unavailable facilities. Sexuality is a human basic need. The inadequate fulfillment of basic needs will cause anxiety. This study aims to obtain the effect of progressive muscle relaxation and Logo therapy on prisoners' anxiety as the result of ineffective sexual pattern.

This study used pre and post-test quasi experimental research design with control group. The samples of this study were 56 prisoners consisted of 28 progressive muscle relaxation prisoners and 28 progressive muscle relaxation and Logo therapy prisoners. The result of this study shows ineffective sexual pattern of prisoners decreased. Based on that analysis result, it can be concluded that prisoners who get progressive muscle relaxation and Logo therapy is bigger than prisoners that only get progressive muscle relaxation (p value < 0,05). Progressive muscle relaxation and Logo therapy are recommended for advanced nursing treatment dealing with prisoner anxiety related to ineffective sexual pattern, Men are the largest population in prison. During the period of imprisonment, married-men cannot fulfill their sexual need because of unavailable facilities. Sexuality is a human basic need. The inadequate fulfillment of basic needs will cause anxiety. This study aims to obtain the effect of progressive muscle relaxation and Logo therapy on prisoners' anxiety as the result of ineffective sexual pattern.

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