

Efektifitas terapi musik dan rational emotive cognitif behavior therapy (RECBT) terhadap tanda gejala dan kemampuan mengontrol perilaku kekerasan = Effectiveness of music therapy and rational emotive cognitive behaviour therapy to sign and symptom and ability to control violent behaviour

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Abstrak

Angka perilaku kekerasan cukup tinggi pada klien gangguan jiwa yang dirawat di rumah sakit jiwa. Dampak perilaku kekerasan dapat berakibat mencederai orang lain. Penelitian ini bertujuan mengetahui efektivitas Terapi Musik dan rational emotive cognitive behaviour therapy (RECBT) terhadap perubahan tanda gejala dan kemampuan klien mengontrol perilaku kekerasan. Desain penelitian quasi eksperimental, jumlah sampel 64 responden dengan purposive sampling. Hasil penelitian menunjukkan penurunan tanda gejala perilaku kekerasan dan peningkatan kemampuan mengontrol perilaku kekerasan lebih besar pada kelompok yang mendapatkan terapi daripada yang tidak mendapatkan. Terapi Musik dan RECBT direkomendasikan sebagai terapi keperawatan pada klien perilaku kekerasan.

.....Prevalence of violence is highly occur in mental disorders clients at psychiatric hospitals. The impact is injure to others. This research aims to examine the effectiveness of music therapy and RECBT to sign and symptom and ability to control violent behaviour. Quasi-experimental research design with a sample of 64 respondents. The study found a decrease symptoms of violent behaviour, ability to control violent behavior include relaxation, change negative thinking, irrational belief, and negative behavior have increased significantly than the clients that did not receiving therapy. Music therapy and RECBT is recommended as a therapeutic nursing at the client?s violent behaviour.