

# Penerapan terapi perilaku spesialis keperawatan jiwa pada klien halusinasi dan risiko perilaku kekerasan menggunakan pendekatan teori Johnson dan teori Lewin = Application of behavior therapy for hallucination and violent risked behavior using Johnson's theory and Lewin's theory

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## Abstrak

### [<b>ABSTRAK</b><br>

Alasan klien gangguan jiwa masuk rumah sakit karena adanya perilaku nyata yang maladaptif, seperti mencederai diri sendiri, orang lain atau lingkungan, sehingga membutuhkan perawatan segera, yaitu dengan mengontrol perilaku klien yang mengganggu. Terapi perilaku merupakan terapi yang digunakan untuk memodifikasi perilaku maladaptif. Tujuan penulisan karya ilmiah ini adalah untuk mengetahui penerapan terapi perilaku pada klien halusinasi dan risiko perilaku kekerasan. Analisa ini dilakukan pada 10 klien yang mendapatkan terapi perilaku dengan diagnosa keperawatan halusinasi dan risiko perilaku kekerasan. Hasil analisa menunjukkan ada perubahan tanda gejala serta kemampuan antara sebelum dan sesudah diberikan terapi perilaku. Terapi perilaku dapat dilakukan bukan hanya pada klien defisit perawatan diri, namun pada setiap klien yang mempunyai perilaku maladaptif, baik halusinasi, perilaku kekerasan atau perilaku lain. Terapi perilaku tepat digunakan bagi klien di ruang akut yang memperlihatkan perilaku maladaptif.

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### <b>ABSTRACT</b><br>

Clients with mental disorder usually admitted to the hospital because of their maladaptive behavior, such as hurting themselves, other people or destroying environment. This condition need immediate treatment by controlling client's disruptive behaviors. Behavior therapy is a therapy used to modify maladaptive behavior becomes adaptive. The purpose of this study was to determine the application of behavior therapy for hallucination and violent risked behavior clients. The analysis of this paper consisted of 10 clients with hallucination and violent risked behavior who were the subjects of behavior therapy. The results showed that there were alteration of signs and symptoms, and ability of clients. Behavior therapy can be used not only for clients with self care deficit but also for clients with hallucinations and violent risked behavior. Behavior therapy appropriately used for acute inpatients with maladaptive behavior. Clients with mental disorder usually admitted to the hospital because of their maladaptive behavior, such as hurting themselves, other people or destroying environment. This condition need immediate treatment by controlling client's disruptive behaviors. Behavior therapy is a therapy used to modify maladaptive behavior becomes adaptive. The purpose of this study was to determine the application of behavior therapy for hallucination and violent risked behavior clients. The analysis of this paper consisted of 10 clients with hallucination and violent risked behavior who were the subjects of behavior therapy. The results showed that there were alteration of signs and symptoms, and ability of clients. Behavior therapy can be used not only for clients with self care deficit but also for clients with hallucinations and violent risked behavior. Behavior therapy appropriately used for acute inpatients with maladaptive behavior. Clients with mental disorder usually admitted to the hospital because of their maladaptive behavior, such as hurting themselves, other people or destroying

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