

Penerapan assertiveness training dan terapi kelompok suportif menggunakan teori Stres Adaptasi Stuart dan teori Adaptasi Roy di Ruang Dewi Amba, RSMM Bogor = Application of assertiveness training and supportive group therapy using theory of Stress Adaptation of sStuart and theory of Roy's Adaptation as an approach at Dewi Amba, RSMM Bogor

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Abstrak

[ABSTRAK

Perilaku kekerasan merupakan perilaku atau tindakan seseorang ketika tidak mampu mengatasi stressor yang dialaminya, ditunjukkan dengan perilaku aktual berupa kekerasan baik pada diri sendiri, orang lain, maupun lingkungan baik secara verbal maupun non verbal (Stuart, 2013). Tujuan penulisan karya ilmiah akhir ini adalah menggambarkan penerapan assertiveness training dan terapi kelompok suportif menggunakan Teori Stres Adaptasi Stuart dan Teori Adaptasi Roy pada klien risiko perilaku kekerasan di Rumah Sakit Marzoeki Mahdi Bogor. Intervensi keperawatan yang dilakukan adalah assertiveness training pada 6 klien dan kombinasi terapi assertiveness training dan terapi kelompok suportif pada 12 orang klien dalam kurun waktu 16 Februari - 17 April 2015 di ruang Dewi Amba. Hasil pelaksanaan assertiveness training dan terapi kelompok suportif dapat menurunkan tanda dan gejala perilaku kekerasan pada aspek kognitif, afektif, fisiologis, perilaku, dan sosial serta meningkatkan kemampuan adaptif dalam menghadapi peristiwa yang menimbulkan perilaku kekerasan. Rekomendasi penelitian ini adalah assertiveness training dan terapi kelompok suportif dapat dijadikan standar terapi spesialis keperawatan jiwa.

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ABSTRACT

Violent behavior occurs when a person is not capable of responding to stressors. This behavior can be manifested by hurting oneself, others, or environment verbally or non verbally (Stuart, 2013). The purpose of this scientific paper was to report the application of assertiveness training and supportive group therapy utilizing the Stuart's Stress-Adaptation Theory and Roy's Adaptation Theory towards the clients with potential risk violent behavior who were hospitalized at Marzoeki Mahdi Hospital in Bogor. Assertiveness training was conducted to six clients and combination of assertiveness training and supportive group therapy to twelve clients during a period of 16 February ? 17 April 2015 at Dewi Amba Ward. The result of assertiveness training and supportive group therapy depicted that there were decreased signs and symptoms of violent behaviors at all aspects of cognitive, affective, physiological, behavior, and social as well as improvement of ability of clients to be more adaptive in responding to the any stressful situation that can stimuli violent behaviors. It is recommended that assertiveness training and supportive group therapy can be used as a standard of mental healthpsychiatric nursing specialized therapy., Violent behavior occurs when a person is not capable of responding to stressors. This behavior can be manifested by hurting oneself, others, or environment verbally or non verbally (Stuart, 2013). The purpose of this scientific paper was to report the application of assertiveness training and supportive group therapy utilizing the Stuart's Stress-Adaptation Theory and Roy's Adaptation Theory towards the clients with potential risk violent behavior who were

hospitalized at Marzoeki Mahdi Hospital in Bogor. Assertiveness training was conducted to six clients and combination of assertiveness training and supportive group therapy to twelve clients during a period of 16 February – 17 April 2015 at Dewi Amba Ward. The result of assertiveness training and supportive group therapy depicted that there were decreased signs and symptoms of violent behaviors at all aspects of cognitive, affective, physiological, behavior, and social as well as improvement of ability of clients to be more adaptive in responding to the any stressful situation that can stimuli violent behaviors. It is recommended that assertiveness training and supportive group therapy can be used as a standard of mental healthpsychiatric nursing specialized therapy.]