

Penerapan terapi spesialis keperawatan jiwa kelompok terapeutik remaja, latihan asertif, dan psikoedukasi keluarga untuk perkembangan identitas diri remaja menggunakan pendekatan teori Stuart dan King di RW 01 dan RW 09 Kelurahan Ciwaringin = Application of adolescence therapeutic group therapy, assertiveness training therapy, and family psychoeducation to adolescence development with Stuart and King model at RW 01 dan 09 CIwaringin Village

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Abstrak

Usia remaja sangat labil dalam proses pencarian identitas diri. Hambatan dalam pencapaian identitas diri dapat menimbulkan perilaku menyimpang. Tujuan penulisan yaitu menggambarkan hasil pelaksanaan Terapi Kelompok Terapeutik, Latihan Asertif dan Psikoedukasi Keluarga terhadap peningkatan perkembangan remaja. Terapi Kelompok Terapeutik adalah terapi spesialis keperawatan jiwa yang membantu mengembangkan potensi dan meningkatkan kualitas antar anggota kelompok untuk mengatasi masalah kesehatan. Namun dengan karakteristik dan masalah anggota yang berbeda diperlukan terapi tambahan sesuai dengan masalah yang dihadapi oleh remaja. Remaja dengan kesulitan bersikap asertif diberikan tambahan terapi Latihan Asertif serta diberikan Psikoedukasi keluarga pada keluarga remaja. Evaluasi menunjukkan terjadi peningkatan aspek dan tugas perkembangan remaja. Analisa dilakukan dengan menggunakan pendekatan model Stuart dan King. Rekomendasi laporan ini dapat dijadikan standar terapi spesialis keperawatan jiwa dan disosialisasikan pada tatanan pelayanan kesehatan jiwa komunitas.

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During adolescent age, the teenagers are struggling for their self identity. The obstacle of teenagers to gain their self identity to some extent can be manifested through their deviant behaviors. The purpose of this scientific paper was to explore the result of Therapeutic Group Therapy, Assertiveness Training, and Family Psycho Education to improve adolescence growth and development. Therapeutic Group Therapy was mental health-psychiatric nursing specialization treatment with the purpose to assist the adolescence to develop their potential capacity and to improve the quality of group members to deal with their health problems. However, the different characteristics and problems of each group member required additional therapy which was appropriate with the problems they were facing. Teenagers with a difficulty of being assertive were given Assertiveness Training and Family Psychoeducation for their family. The results of these interventions showed the improvement particularl on diferrent aspects and developmental task of teenagers. Stuart and King Model were used for writing this scientific paper, and it was recommended that this report would be utilized as a standard of mental health-psychiatric nursing specialized treatment and to be socialized at all community mental health care settings.