

Efektifitas program edukasi pasien, terapi penerimaan komitmen, psiko edukasi keluarga terhadap insight, tanda dan gejala serta kemampuan klien mengontrol perilaku kekerasan = Effectivity of patient education program acceptance commitment therapy family psyc education on patients insight sign and symptoms as well as client s ability to control aggresive behaviour

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Abstrak

Skizofrenia adalah penyakit gangguan jiwa berat yang banyak dirawat di Rumah Sakit. Insight buruk dan perilaku kekerasan adalah tanda dan gejala dominan yang ditemukan pada klien skizofrenia. Penelitian ini bertujuan mengetahui efektifitas program edukasi pasien, terapi penerimaan komitmen, psiko edukasi keluarga terhadap insight, tanda dan gejala serta kemampuan klien mengontrol perilaku kekerasan. Metode penelitian kuantitatif dengan desain quasi experiment pre post test without control group. Responden adalah klien skizofrenia yang mengalami perilaku kekerasan berjumlah 66 orang. Program edukasi pasien, terapi penerimaan komitmen dan psiko edukasi keluarga efektif menaikkan secara bermakna insight klien, menurunkan secara bermakna tanda dan gejala perilaku kekerasan serta meningkatkan secara bermakna kemampuan klien mengontrol perilaku kekerasan (p-value <0,05). Penelitian ini merekomendasikan agar program edukasi pasien, terapi penerimaan komitmen, psiko edukasi keluarga dijadikan tindakan keperawatan terpadu untuk meningkatkan insight klien, menurunkan tanda dan gejala perilaku kekerasan serta meningkatkan kemampuan klien mengontrol perilaku kekerasan.

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Schizophrenia is a severe mental illness that many hospitalized. Insight bad and violent behavior is predominant signs and symptoms found in schizophrenia clients. This study aims to determine the effectiveness of patient education programs, acceptance commitment therapy, family psycho education on patient's insight, signs and symptoms as well as the client's ability to control aggressive behavior. research methods is quantitative with design quasi experimental pre-post test with control group. Respondents are schizophrenic client who experienced aggressive behavior amounted to 66 people. Patient education programs, acceptance commitments therapy and family psycho education effectively increase significantly clients ?insight, significantly reduce the signs and symptoms of aggressive behavior as well as significantly improve the client's ability to control aggressive behavior (p-value <0.05). This study recommends that patient education programs, acceptance commitment therapy, family psycho education nursing used to improve client?s insight, reduce the signs and symptoms of aggressive behavior and to improve the client's ability to control aggressive behavior.