

Penerapan modifikasi perilaku: program self control untuk meningkatkan self efficacy aktivitas harian pada pasien pasca stroke = Applied behavioral modification: program self control to increase self efficacy daily activity on post stroke patients / Hana Talitha Rahma

Hana Talitha Rahma, author

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Abstrak

ABSTRAK

Pasien pasca stroke saat kembali ke rumah, mereka mengalami masa transisi untuk mengembangkan fungsi fisik dalam aktivitas harian, kemandirian dalam fungsi sehari-hari dan kembali ke kehidupan komunitas. Mereka dihadapkan dengan hambatan kognitif, dependensi, kehilangan identitas, isolasi, kepercayaan diri, dan ketakutan akan kematian. Seluruh isu ini melibatkan persepsi seseorang mengenai self efficacy dalam aktivitas harian mereka. Self efficacy yang rendah dalam aktivitas harian dapat meningkatkan stres dan resiko depresi. Pasien pasca stroke perlu memegang kendali dan mengembangkan kemampuan dalam mengatur self control untuk adaptasi kondisi pasca stroke. Program self control merupakan salah satu penerapan modifikasi perilaku, yang dimana pasien pasca stroke diminta untuk memantau aktivitas harian, melakukan evaluasi, serta memberikan konsekuensi yang mengikuti kemunculan aktivitas harian secara mandiri. Desain penelitian ini termasuk dalam one group pretest-posttest design (before and after) yang diawali dengan pretest dan asesmen awal. Sebagai hasilnya pemberian 6 sesi program self control dapat meningkatkan self efficacy aktivitas harian pada partisipan, dimana secara kuantitatif terjadi peningkatan skor DLSES. Selain itu partisipan juga mengalami peningkatan dalam aktivitas harian. Partisipan merasa yakin akan kemampuan serta potensi yang dimiliki untuk menjalankan aktivitas harian. Partisipan mampu menetapkan tujuan, merencanakan aktivitas harian, serta solusi dalam menghadapi hambatan terkait kondisi pasca stroke. Untuk memperkuat komitmen dalam mempertahankan aktivitas harian diperlukan intervensi lanjutan berupa terapi keluarga atau support group.

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ABSTRACT

When post-stroke patients come back to their homes, they endure a transition phase for developing their physical function in daily activities, independence in everyday function and returning to their community lives. They are faced with cognitive boundary, dependency, identity loss, isolation, self-trust, and fear of death. All of these issues involve other people's perception about self-efficacy in their daily activities. Low self-efficacy in daily activities can increase both stress and risk of depression. Post-stroke patients need to hold control and develop their ability in adjusting self-control to adapt post-stroke condition. Self-control program is one of the applications behavior modification, in which post-stroke patients are asked to observe daily activities, evaluate, and give consequences which follows the emergence of independent daily activities. With the one group pretest-posttest design (before and after) in which it starts with a pretest and early assessment. As a result, giving six session of self-control program may improve self-efficacy in the daily activities of the participants, in which quantitatively there is an increase in DLSES score. Other than that, participants also experience an increase in daily activities. Participants feel assured with the ability and potential they have to do daily activities. Participants are able to establish a goal, plan daily activities, and

give solution in facing obstacle related to post-stroke condition. To strengthen the commitment in maintaining daily activities, they need further intervention in the form of family therapy or support group.;