

Pengaruh terapi penerimaan komitmen dan psiko edukasi keluarga terhadap penerimaan diri dan ansietas klien stroke di rumah sakit khusus otak = The efectivnes of act and fpe to self accaptance and anxiety stroke client in general hospital

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Abstrak

Stroke memberi dampak psikologis khususnya fase awal yaitu penerimaan diri yang tidak baik dan terjadinya ansietas. Tujuan penelitian ini adalah untuk mengetahui pengaruh terapi penerimaan komitmen terhadap penerimaan diri dan ansietas serta pengaruh terapi psiko edukasi keluarga terhadap kemampuan keluarga. Jenis penelitian kuantitatif dengan desain quasi eksperimental without control group. Jumlah responden 33 orang yang dipilih secara consecutive sampling. Analisis data dalam penelitian ini menggunakan paired t test.

Hasil penelitian menunjukkan pengaruh tindakan keperawatan ners dan ners spesialis: terapi penerimaan komitmen memiliki pengaruh menurunkan tanda dan gejala ansietas secara bermakna ($p\text{-value} < 0.005$) dan peningkatan penerimaan diri secara bermakna ($p\text{-value} < 0.005$). Juga, tindakan keperawatan ners spesialis: psikoeduksi keluarga meningkatkan kemampuan keluarga secara bermakna ($p\text{-value} < 0.005$). Terapi penerimaan komitmen pada klien dan terapi psiko edukasi keluarga direkomendasikan pada klien stroke.

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Stroke psychological impact especially early phase of acceptance of self is not good and the occurrence of anxiety. The purpose of this study was to determine the effect of therapy acceptance commitment to self-acceptance and anxiety as well as the influence of psycho therapy educate families on the ability of the family. Quantitative research with quasiexperimental design without control group. Number of respondents 33 people were selected by consecutive sampling. Analysis of the data in this study using the paired t test. The results showed the effect of the action keperawatan nurses and specialist nurses: acceptance commitment therapy has lowered the influence of the signs and symptoms of anxiety were significantly ($p\text{-value} < 0.005$) and increased self-acceptance was significantly ($p\text{-value} < 0.005$). Also, specialist nurses nursing actions: psikoeduksi families improve the family's ability significantly ($p\text{-value} < 0.005$). Therapy acceptance of a commitment to the client and family education psycho therapy is recommended in stroke clients.