

Pengaruh self help group terhadap kemampuan keluarga dalam merawat klien gangguan jiwa di kelurahan Sindangbarang Bogor = The influence of self help group to family ability in taking care client with mental illness in District of Sindangbarang, Bogor / Tantri Widyarti Utami

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Abstrak

ABSTRAK

Gangguan jiwa dialami oleh 81 jiwa dari 13764 jiwa penduduk dikelurahan Sindangbarang Bogor, pelayanan kesehatan jiwa masyarakat melalui puskesmas belum berjalan dan belum adanya kelompok swabantu (self help group) klien dan keluarga. Penelitian ini berjudul pengaruh self help group terhadap kemampuan keluarga dalam merawat klien gangguan jiwa di kelurahan Sindangbarang Bogor. Tujuan penelitian ini adalah memperoleh pengaruh self help group terhadap kemampuan keluarga dalam merawat klien gangguan jiwa. Desain yang digunakan dalam penelitian ini adalah "Quasi experimental pre-post test without control group" dengan intervensi self help group. Cara pengambilan sampel adalah purposive sampling dengan sampel sebanyak 18 keluarga . Self help group dilakukan pada tiga kelompok; kelompok I diberikan self help group dengan enam kali pertemuan (empat kali bimbingan dan dua kali mandiri), kelompok II diberikan self help group dengan enam kali pertemuan (dua kali bimbingan dan empat kali mandiri) dan kelompok III diberikan self help group dengan tiga kali pertemuan tanpa dibimbing. Kemampuan kognitif dan psikomotor keluarga diukur dengan menggunakan kuesioner dan dianalisis menggunakan statistik. Hasil penelitian menunjukkan peningkatan kemampuan kognitif dan psikomotor keluarga dalam merawat klien gangguan jiwa secara bermakna. Kemampuan kelompok yang mendapatkan self help group dan dibimbing dua kali meningkat lebih tinggi secara bermakna dibandingkan dengan yang dibimbing empat kali dan tanpa bimbingan. Direkomendasikan membentuk dan melaksanakan self help group bagi keluarga yang memiliki anggota keluarga dengan gangguan jiwa.

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ABSTRACT

Mental illness experienced by 81 people among 13.764 inhabitants in District of Sindangbarang, Bogor At the same time, a serving for psychology health program by Centre of Community Health is not run well, and self help group for client and his/her family was not exist. The title of this research is The Influence of Self Help Group to Family Ability in Taking Care Client with Mental illness in District of Sindangbarang, Bogor.

The research was aimed to get a comprehensive picture about the influence of self help group to family ability in taking care client with Mental illness. Design of the research

was using “quasi experimental pre-post test without control group” by using self help group intervention. A sample consist of 18 families was chosen by using purposive sampling. Self Help Group treatment was divided into 3 groups as follows: Group I (6 times meeting consists of 4 times assisting and 2 times self helping); Group II (6 times meeting consists of 2 times assisting and 4 times self helping) and Group III (3 times self helping meeting and none assisting).

The family’s cognitive ability and psychomotor ability are valued by using cognitive ability and psychomotor ability questioner, and then the results of questioners are analyzed by using statistic method. The research showed a significant increase in family’s cognitive ability and psychomotor ability in taking care client with mental illness. The abilities of the group that treated by self help group with 2 times assisting were increase highly and significantly compare to the group with 4 times assisting and the group without assisting. It is recommended to form and to conduct self help group to families who have client with mental illness.