

## Peningkatan harga diri pada klien gagal ginjal kronik melalui cognitive behavior therapy (CBT)

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### Abstrak

Penelitian ini bertujuan untuk menguraikan tentang pengaruh Cognitif Behavior Therapy (CBT) terhadap perubahan harga diri klien Gagal Ginjal Kronik (GGK) di unit hemodialisa RS H Jakarta. Penelitian dilakukan menggunakan pendekatan kuantitatif, dengan metode quasi eksperimen pre-post test without control group. Penelitian dilakukan terhadap 27 responden (klien GGK) yang sedang menjalani hemodialisis. Hasil penelitian menunjukkan bahwa terdapat perubahan harga diri baik dari aspek kognitif maupun perilaku yang signifikan sesudah dilakukan intervensi CBT ( $p=0,000$ ;  $\alpha=0,05$ ).

Rekomendasi hasil penelitian CBT dijadikan salah satu terapi spesialis bagi klien GGK di unit hemodialisa pada khususnya dan klien yang mengalami gangguan psikososial pada umumnya.

*The aims of this study is to describe the effects of cognitive Behavior Therapy (CBT) to changes in self-esteem of patients with Chronic Kidney Disease (CKD) in hemodialysis units H Hospital Jakarta. The study was conducted using a quantitative approach, with the method quasi experimental pre-post test without control group. The study was conducted on 27 respondents (CKD patients) who are undergoing hemodialysis. The results showed that there were changes in self-esteem in terms of both cognitive and behavioral intervention that significantly after CBT ( $p=0,000$ ;  $\alpha=0,05$ ). Recommended studies of CBT is can be as one specialist treatments for patients CKD in Haemodialysis Unit particularly and in patients with psychosocial disturbances in generally.*