

# Pengaruh Cognitive Therapy CT dan Social Skill Training SST pada Klien Risiko Bunuh Diri dengan Pendekatan Model Stress Adaptasi Stuart = The Impact of Cognitive Therapy CT and Social Skill Training SST in Suicide Risk Clients with Stuart's Stress Adaptation Model Approach

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## Abstrak

Perilaku bunuh diri merupakan penyebab kematian utama pada klien skizofrenia yang mengakibatkan kesedihan dan kerugian yang tidak terukur terhadap individu, keluarga dan masyarakat. Tindakan keperawatan ners, Cognitive Therapy dan Sosial Skill Training diberikan pada klien bertujuan untuk menurunkan tanda gejala risiko percobaan bunuh diri, meningkatkan harga diri klien, mampu mengontrol emosi dan perilaku, memanfaatkan system pendukung yang ada, mampu mengendalikan keinginan untuk mencederai diri sendiri serta meningkatkan kemampuan klien dalam bersosialisasi dengan orang lain. Tindakan keperawatan diberikan kepada 10 klien risiko bunuh diri 5 klien mendapatkan tindakan keperawatan Ners generalis dan Ners Spesialis Cognitive therapy dan 5 klien mendapatkan tindakan keperawatan ners generalis, ners spesialis cognitive therapy dan social skill training dengan menggunakan pendekatan model stres adaptasi stuart. Hasil yang didapatkan adalah terjadi penurunan tanda gejala risiko bunuh diri pada aspek kognitif, afektif, fisiologis, perilaku dan sosial, terjadi peningkatan harga diri klien dan kemampuan klien dalam bersosialisasi dengan orang lain, dan tindakan keperawatan ners generalis, ners spesialis cognitive therapy dan social skill training mempunyai pengaruh yang lebih baik dari pada klien yang hanya mendapatkan pemberian tindakan keperawatan Ners generalis dan Ners Spesialis Cognitive therapy. Hasil penanganan kasus ini merekomendasikan pentingnya tindakan keperawatan ners generalis, ners spesialis cognitive therapy dan social skill training dan melakukan pengawasan evaluasi stressor yang muncul serta perlunya kolaborasi dengan tim medis dalam pemberian antidepresan.

.....Suicidal behavior is the leading cause of death in schizophrenic clients resulting in grief of suffering, and unmeasured harm to individuals, families and communities. Nursing intervention and Cognitive Therapy and Social Skill Training SST are given to clients aimed at reducing the risk symptom signs of attempted suicide, increasing client self esteem, being able to control emotions and behavior, utilizing existing support systems, self injury and improve the ability of clients in socializing with others. Nursing Intervention, CT and SST were given to 5 clients of risk suicide 5 clients received Ners generalist action and Ners Specialist Cognitive therapy and 5 clients received ners generalist treatment, cognitive therapy ners specialist and social skill training by using the stuart stress adaptation model approach. The finding indicated decrease in signs of suicide risk symptoms on the aspects of cognitive, affective, physiological, behavioral and social aspects, increasing client self esteem and the ability of clients in socializing with others and ners generalist actions, specialist cognitive therapy and social skills training has a better effect than the clients who only get nursing treatment Generalist Ners and Ners Specialist Cognitive therapy. The results of this case recommend the importance of generalist nursing actions, specialist cognitive therapy and social skills training and monitoring evaluating the emerging stressors as well as the need for collaboration with the medical team in the administration of antidepressants