

# Pengaruh problem-solving therapy dan assertiveness training terhadap pencegahan kekambuhan pada remaja penyalahguna napza = The effectiveness of problem-solving therapy and assertiveness training for relapse prevention among adolescents substances abuse

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## Abstrak

Remaja penyalahguna Napza berisiko tinggi kambuh ketika menghadapi masalah atau berada pada situasi berisiko setelah rehabilitasi. Problem-solving therapy dan assertiveness training merupakan tindakan keperawatan yang diharapkan mampu meningkatkan kemampuan penyelesaian masalah dan kemampuan menolak ajakan irasional, sehingga risiko kekambuhan pada remaja penyalahguna Napza menurun.

Penelitian ini bertujuan untuk mengetahui pengaruh problem-solving therapy dan assertiveness training terhadap kemampuan penyelesaian masalah, kemampuan menolak ajakan irasional dan risiko kekambuhan pada remaja penyalahguna Napza yang mengikuti rehabilitasi.

Desain penelitian yang digunakan adalah quasi experimental pre-posttest without control. Jumlah sampel 30 remaja dengan metode consecutive sampling. Responden mendapatkan tindakan keperawatan ners, problem-solving therapy dan assertiveness training. Instrument yang digunakan adalah Advanced Warning Relapse Scale Revised (AWARE), Social Problem Solving Inventory revised (SPSI-R) dan Drug Avoidance Self-Efficacy Scale (DASES). Analisis data menggunakan independent T-test, paired T-test, repeated ANOVA dan Pearson.

Hasil penelitian menunjukkan tindakan keperawatan ners tidak dapat meningkatkan kemampuan penyelesaian masalah dan menurunkan risiko kekambuhan, tetapi mampu meningkatkan kemampuan menolak ajakan irasional. Tindakan keperawatan ners yang dikombinasikan dengan problem-solving therapy dan assertiveness training mampu meningkatkan kemampuan penyelesaian masalah dan kemampuan menolak ajakan irasional serta menurunkan risiko kekambuhan. Hubungan kemampuan penyelesaian masalah dan kemampuan menolak ajakan dengan risiko kekambuhan tidak signifikan. Perawat ners dapat memberikan tindakan keperawatan ners koping individu tidak efektif dan perawat ners spesialis dapat mengkombinasikan tindakan keperawatan ners dengan problem-solving therapy dan assertiveness training untuk semakin meningkatkan kemampuan remaja penyalahguna Napza dan menurunkan risiko kekambuhan.

.....Adolescent substance abusers has a high risk of relapse when facing problems or are in a risky situation after rehabilitation. Problem-solving therapy and assertiveness training are nursing interventions that are expected to be able to improve the ability to solve problems and the ability to reject irrational requests, so that the risk of relapse in adolescent substance abusers decreases. This study aims to determine the effect of problem-solving therapy and assertiveness training on the ability to solve problems, the ability to reject irrational requests and the risk of relapse in adolescent substance abusers who follows rehabilitation.

The research design used was quasi-experimental pre-posttest without control. The size of the samples is 30 adolescents with the consecutive sampling method. Respondents received a nursing intervention, problem-solving therapy and assertiveness training. The instrument used was the Advanced Warning Relapse Scale-Revised (AWARE), Social Problem Solving Revised Inventory (SPSI-R) and Drug Avoidance Self-Efficacy

Scale (DASES). Data analysis using independent T-test, paired T-test, repeated ANOVA and Pearson. The results showed nursing interventions could not improve their ability to solve problems and reduce the risk of relapse, but were able to increase the ability to reject irrational requests. The nursing intervention combined with problem-solving therapy and assertiveness training can improve the ability to solve problems and the ability to reject irrational requests and reduce the risk of relapse. The nurses can provide nursing intervention for ineffective individual coping and mental health nurse specialists can combine that nursing intervention with problem-solving therapy and assertiveness training to further improve the abilities of adolescent substances abuser and reduce the risk of relapse.