

# Thought stopping, acceptance and commitment therapy (ACT) dan psikoedukasi keluarga sebagai upaya mengontrol ansietas dan meningkatkan kepatuhan pengobatan klien hipertensi = Thought stopping, acceptance and commitment therapy (ACT) and family psychoeducation as an efforts to control ansietas and improve medication adherence hypertension clients

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## Abstrak

Prevalensi hipertensi di Dunia maupun Indonesia semakin tinggi. Semakin banyak jumlah penyakit kronis yang dimiliki seseorang, maka risiko mengalami gangguan mental emosional semakin tinggi. Klien yang menderita satu penyakit kronis beresiko 2,6 kali lebih besar untuk mengalami gangguan mental emosional. Hipertensi tidak hanya berdampak pada fisik melainkan juga memunculkan dampak psikologis pada klien, dan dampak psikologis yang paling banyak terjadi adalah ansietas. Tujuan penelitian ini adalah untuk mengetahui pengaruh terapi penghentian pikiran (TS), Acceptance and Commitment Therapy (ACT) dan psikoedukasi keluarga (FPE) terhadap ansietas dan kepatuhan pengobatan. Desain penelitian menggunakan operational research. Tiga puluh tujuh klien hipertensi yang mengalami ansietas diberikan tindakan keperawatan Ners dan terapi penghentian pikiran, Acceptance and Commitment Therapy (ACT) dan psikoedukasi keluarga. Instrumen yang digunakan adalah instrumen tanda gejala ansietas FIK UI, Self Reporting Questionnaire (SRQ), Hamilton Anxiety Rating Scale, dan Morisky Medication Adherence Scale-8. Semua instrumen telah terbukti valid dan reliabel. Hasil menunjukkan terdapat penurunan rata-rata tekanan darah dan ansietas yang signifikan setelah diberikan kombinasi tindakan keperawatan ners, terapi penghentian pikiran, Acceptance and Commitment Therapy dan psikoedukasi keluarga (p value <0,05) sementara kepatuhan pengobatan dan kemampuan klien serta keluarga mengalami peningkatan yang signifikan (p value <0,05) baik setelah mendapat kombinasi TKN+FPE atau TKN+FPE+TS maupun TKN+FPE+TS+ACT. Tindakan keperawatan Ners dan terapi penghentian pikiran, Acceptance and Commitment Therapy (ACT) dan psikoedukasi keluarga direkomendasikan sebagai terapi yang dapat menurunkan ansietas dan meningkatkan kepatuhan pengobatan pada klien hipertensi.

.....The prevalence of hypertension in the World and Indonesia is getting higher. The more the number of chronic diseases a person has, the higher the risk of experiencing emotional mental disorders. Clients who suffer from a chronic illness are 2.6 times more at risk of experiencing mental emotional disorders.

Hypertension not only affects the physical but also raises a psychological impact on the client, and the most psychological impact occurs is anxiety. The purpose of this study was to determine the effect of thought stopping therapy (TS), Acceptance and Commitment Therapy (ACT) and family psychoeducation (FPE) on anxiety and medication adherence. The research design uses operational research. Thirty-seven hypertensive clients with anxiety were given nursing care and thought stopping therapy, Acceptance and Commitment Therapy (ACT) and family psychoeducation. The instruments used were FIK UI anxiety symptoms, Self Reporting Questionnaire (SRQ), Hamilton Anxiety Rating Scale, and Morisky Medication Adherence Scale-8. All instruments have been proven valid and reliable. The results showed that there was a significant decrease in average blood pressure and anxiety after a combination of nurses' nursing care, thought stopping

therapy, Acceptance and Commitment Therapy and family psychoeducation (p value <0.05) while treatment adherence and the ability of clients and families increased significantly significant (p value <0.05) both after receiving a combination of TKN + FPE or TKN + FPE + TS or TKN + FPE + TS + ACT. Nursing actions and thought stopping therapy, Acceptance and Commitment Therapy (ACT) and family psychoeducation are recommended as therapies that can reduce anxiety and improve medication adherence to hypertensive clients.