

# Pengaruh tindakan keperawatan ners, thought stopping, progressive muscle relaxation, dan acceptance commitment therapy melalui online terhadap penurunan ansietas pada klien tuberkulosis = The Effect of nursing actions, thought stopping, progressive muscle relaxation, and acceptance commitment therapy via online on decreasing anxiety in tuberculosis clients

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## Abstrak

Tuberkulosis (TB) masih merupakan salah satu penyebab utama morbiditas dan mortalitas di seluruh dunia. Tuberkulosis selain menimbulkan masalah kesehatan secara fisik juga menimbulkan masalah sosial dan psikologis. Masalah psikologis paling banyak adalah ansietas. Di negara berpenghasilan rendah dan menengah, ansietas dan depresi tiga kali lebih tinggi pada klien TB dibanding orang tanpa TB. Jika ansietas tidak ditangani dengan tepat menyebabkan kepatuhan yang buruk terhadap pengobatan, memperpanjang lama pengobatan, kekambuhan, bahkan dapat mendapatkan stigma dari masyarakat yang kemudian klien menjadi tidakberdaya, putus asa, depresi bahkan bunuh diri. Tujuan dari karya ilmiah akhir spesialis ini adalah untuk mengetahui pengaruh Tindakan Keperawatan Ners (TKN), Thought Stopping (TS), Progressive Muscles Relaxation (PMR), dan Acceptance Commitment Therapy (ACT) melalui online dalam menurunkan ansietas pada klien TB. Pendekatan dalam karya ilmiah akhir spesialis ini menggunakan case series dengan jumlah responden 8 klien dan dilakukan pengukuran pre post test terhadap ansietas, kepatuhan minum obat, perceived stigma, dan kemampuan klien. Instrumen yang digunakan adalah instrumen Tanda dan Gejala Ansietas FIK UI, Hamilton Anxiety Rating Scale (HARS), Morisky Medication Adherence Scale-8 (MMAS-8) dan Explanatory Model Interview Catague (EMIC). Hasil menunjukkan terdapat perubahan ansietas dan kemampuan klien TB baik setelah mendapat TKN atau kombinasi TKN+TS+PMR, maupun TKN+TS+PMR+ACT. Pemberian TKN, TS, PMR, dan ACT melalui online direkomendasikan sebagai terapi yang dapat menurunkan ansietas dan meningkatkan kemampuan klien TB

.....Tuberculosis (TB) is still one of the leading causes of morbidity and mortality worldwide. Tuberculosis, apart from causing physical health problems, also causes social and psychological problems. Most of the psychological problems are anxiety. In low- and middle-income countries, anxiety and depression are three times higher in TB clients than in people without TB. If anxiety is not handled properly, it causes poor adherence to treatment, prolongs treatment, relapses, and can even get stigma from society, which then leads to helplessness, hopelessness, depression and even suicide. The purpose of this specialist's final scientific work is to determine the effect of Nursing Action (TKN), Thought Stopping (TS), Progressive Muscles Relaxation (PMR), and Acceptance Commitment Therapy (ACT) via online in reducing anxiety in TB clients. The approach in this specialist final scientific paper uses a case series with a number of respondents 8 clients and a pre-post test measurement of anxiety, medication compliance, perceived stigma, and client ability was carried out. The instrument used was the signs and symptoms of anxiety at FIK UI, Hamilton Anxiety Rating Scale (HARS), Morisky Medication Adherence Scale-8 (MMAS-8) and the Explanatory Model Interview Catague (EMIC). The results showed that there were changes in the anxiety and ability of TB clients both after receiving TKN or a combination of TKN + TS + PMR, and TKN + TS + PMR + ACT.

Online provision of TKN, TS, PMR, and ACT is recommended as a therapy that can reduce anxiety and increase the ability of TB clients.