

# Penerapan media audio-visual dalam pemberian intervensi keperawatan spesialis; assertive training pada klien dengan risiko perilaku kekerasan = Application of audio-visual media in providing specialist nursing interventions; assertive training for clients at risk of violent behavior

Eli Saripah, author

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## Abstrak

Risiko perilaku kekerasan merupakan salah satu masalah yang dialami klien dengan skizofrenia. Tanda dan gejala yang dialami klien dengan risiko perilaku kekerasan salah satunya adalah marah dan merusak lingkungan sekitar, klien dengan risiko perilaku kekerasan membutuhkan latihan assertive training untuk perubahan perilaku yang tujuan utamanya membimbing, melatih serta mendorong seseorang agar berperilaku asertif di berbagai keadaan. Pemberian terapi assertive training selama ini dilakukan oleh perawat spesialis dalam praktik klinik guna peningkatan asuhan keperawatan secara optimal. Keefektifan pemberian assertive training memiliki kekurangan yaitu tidak mudah untuk diingat dan umpan balik dapat di bawah standar karena keterbatasan memori atau pengamatan. Tujuan penulisan karya ilmiah ini untuk menggambarkan manajemen kasus spesialis melalui penerapan media audio-visual dalam pemberian intervensi keperawatan spesialis; assertive training pada klien dengan risiko perilaku kekerasan. Metode yang digunakan adalah case series. Manajemen kasus ini dilakukan pada 6 klien yang mendapatkan tindakan keperawatan ners dan tindakan keperawatan spesialis assertive training. Pengkajian menggunakan instrumen Buss\_Perry Aggression Questionnaire (BPAQ) untuk mengkaji tingkat agresif klien dengan risiko perilaku kekerasan. Hasil analisa kasus menunjukkan perubahan penurunan tingkat agresif klien sebelum dan sesudah diberikan tindakan assertive training dengan penerapan media audio-visual. Tindakan keperawatan spesialis direkomendasikan dilakukan oleh perawat spesialis jiwa dalam membantu klien melakukan latihan assertive training.

.....The risk of violent behavior is one of the problems experienced by clients with schizophrenia. Signs and symptoms experienced by clients at risk of violent behavior, one of which is anger and damage to the surrounding environment, clients at risk of violent behavior require assertive training for behavior change whose main purpose is to guide, train and encourage someone to behave assertively in various circumstances. The provision of assertive training therapy has been carried out by specialist nurses in clinical practice in order to improve nursing care optimally. The effectiveness of giving assertive training has drawbacks, namely it is not easy to remember and feedback can be substandard due to memory or observation limitations. The purpose of writing this scientific paper is to describe specialist case management through the application of audio-visual media in providing specialist nursing interventions; assertive training on clients at risk of violent behavior. The method used is case series. This case management was carried out on 6 clients who received nursing actions from nurses and specialist nursing actions for assertive training. The assessment uses the Buss\_Perry Aggression Questionnaire (BPAQ) instrument to assess the aggressive level of clients at risk of violent behavior. The results of the case analysis showed a change in the decrease in the client's aggressive level before being given action with after being given assertive training. Specialist nursing actions are recommended to be carried out by mental specialist nurses in helping clients carry out assertive training exercises.