

# Assertiveness Training dalam Penurunan Risiko Perilaku Kekerasan pada Pasien Skizoprenia di Pusat Kesehatan Jiwa Nasional Rumah Sakit Jiwa Dr. Marzoeqi Mahdi Bogor : Laporan Kasus = Assertiveness Training in Reducing the Risk of Violent Behavior in Schizophrenia Patients at the National Mental Health Center, Dr. Marzoeqi Mahdi Bogor: Case Report

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## Abstrak

Risiko perilaku kekerasan merupakan keadaan yang berisiko membahayakan melakukan sebuah aksi terhadap suatu perasaan terancam dimana individu mewujudkannya dengan cara melakukan tindakan mengancam, mencederai orang lain, baik secara verbal, secara fisik, emosi, seksual maupun psikologis pada diri sendiri, orang lain serta lingkungan. Tanda dan gejala risiko perilaku kekerasan membutuhkan penatalaksanaan yang sesuai. Tujuan penulisan karya ilmiah akhir ini adalah untuk memberikan gambaran penerapan Penerapan Acceptance Commitment Therapy (ACT) dan Assertiveness Training (AT) pada klien risiko perilaku kekerasan dengan menggunakan pendekatan teori Interpersonal Peplau. Sampel dalam penulisan laporan kasus ini melibatkan 5 klien dengan klien risiko perilaku kekerasan. Klien tersebut diberikan tindakan keperawatan ners oleh perawat generalis dan tindakan keperawatan spesialis berupa tindakan Acceptance Commitment Therapy (CT) dan Assertiveness Training (AT) kemudian pengumpulan data menggunakan instrumen tanda gejala dan kemampuan. Hasil karya ilmiah ini menunjukkan dari setiap pertemuan terjadi penurunan tanda dan gejala serta peningkatan kemampuan klien risiko perilaku kekerasan. Berdasarkan hasil diatas Penerapan Acceptance Commitment Therapy (ACT) dan Assertiveness Training (AT) dapat direkomendasikan dilakukan di rumah sakit jiwa untuk digunakan menurunkan tanda gejala serta meningkatkan kemampuan klien risiko perilaku kekerasan dalam mengatasi masalah yang dihadapi.

..... The risk of violent behavior is a situation that is at risk of endangering taking action against a feeling of being threatened where individuals manifest it by threatening actions, injuring others, either verbally, physically, emotionally, sexually or psychologically to themselves, other people and the environment. Signs and symptoms of risk of violent behavior require appropriate management. The purpose of writing this final scientific work is to provide an overview of the application of Acceptance Commitment Therapy (ACT) and Assertiveness Training (AT) to clients at risk of violent behavior using Peplau's Interpersonal theory approach. The sample in writing this case report involved 5 clients with clients at risk of violent behavior. The client is given nursing actions by generalist nurses and specialist nursing actions in the form of Acceptance Commitment Therapy (CT) and Assertiveness Training (AT) then data collection uses symptoms and abilities instruments. The results of this scientific work show that from each meeting there is a decrease in signs and symptoms and an increase in the client's ability to risk violent behavior. Based on the results above, the application of Acceptance Commitment Therapy (ACT) and Assertiveness Training (AT) can be recommended to be carried out in a mental hospital to be used to reduce symptoms and increase the ability of clients at risk of violent behavior in overcoming the problems they face