

# Pengaruh Terapi Penerimaan dan Komitmen (TPK) Terhadap Penerimaan Keluarga dengan Anak Tunagrahita di Kota Metro Lampung = The Influence Of Acceptance And Commitment Therapy (ACT) On Family's Acceptance To The Mental Retardation Child At Metro Lampung

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## Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh Terapi Penerimaan dan Komitmen (TPK) Terhadap Penerimaan Keluarga dengan Anak Tunagrahita. Desain yang digunakan dalam penelitian ini yaitu <em>quasi experimental pre-post test with control group</em>. Sampel 56 diambil dengan teknik <em>purposive</em><em> sampling</em> pada keluarga dengan anak retardasi mental yang mengalami masalah psikososial dalam merawat anaknya. Analisis data dengan <em>Independent t-test</em> dan <em>Paired t-test</em>. Hasil penelitian menemukan bahwa penerimaan keluarga dengan anak tunagrahita meningkat secara bermakna setelah mendapat TPK. TPK direkomendasikan sebagai terapi keperawatan utama dalam meningkatkan penerimaan keluarga dengan anak tunagrahita.

.....The aim of this study was to determine the influence of ACT on family's acceptance to the mental retardation child. This was a quasi-experimental research, using pre-post test with control group. A number of 56 samples were recruited using purposive sampling technique in family having mental retardation child that experiences psychosocial problem in caring the child. Samples are divided into 2 groups of control and intervention group. Data were analyzed using Independent t-test and Paired t-test. The results showed that the acceptance in family with mental retardation child who get ACT was significantly increased. ACT is recommended as primary therapy in nursing care to increase level of acceptance in family with mental retardation child.