

Pengaruh Social Skills Training Terhadap Perubahan Tanda Gejala dan Kemampuan Sosialisasi pada Pasien Skizofrenia dengan Masalah Keperawatan Isolasi Sosial = The Effect of Social Skills Training on Changes in Signs and Symptoms And Socialization Ability in Schizophrenia Patients with Problems Social Isolation Nursing

Sriyk H, author

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Abstrak

Isolasi sosial merupakan gejala negatif skizofrenia yang ditandai dengan defisiensi berpikir, persepsi, afek tidak wajar atau tumpul dan perilaku sosial baik penurunan atau ketidakmampuan berkomunikasi serta mengalami kesukaran dalam melakukan aktivitas sehari-hari. Tujuan penelitian untuk mengetahui pengaruh Social skills training terhadap perubahan tanda gejala dan kemampuan sosialisasi pada pasien skizofrenia dengan masalah keperawatan isolasi sosial. Desain penelitian quasi experimental pre-post test with control group. Pengambilan sampel dengan teknik purposive sampling. Kriteria sampel adalah pasien skizofrenia dengan masalah keperawatan isolasi sosial, laki-laki dan perempuan, dapat membaca dan menulis, dirawat di ruang rawat inap stabilisasi psikiatri RSJ Dr H Marzoeeki Mahdi Bogor berjumlah 98 responden yang terdiri dari kelompok intervensi 49 responden dan kelompok kontrol 49 responden. Pengumpulan data menggunakan kuesioner dan observasi. Analisis data yaitu univariat dan bivariat dengan uji parametrik. Hasil penelitian menunjukkan karakteristik responden terbanyak laki-laki, usia dewasa muda, SLTP, tidak bekerja, belum menikah, lama rawat 4 tahun, terapi psikofarmaka atipikal. Ada perubahan tanda gejala dan kemampuan sosialisasi sebelum dan sesudah diberikan tindakan keperawatan pada kelompok intervensi dan kelompok kontrol (p value $< 0,05$). Ada perbedaan tanda gejala dan kemampuan sosialisasi setelah mendapat tindakan keperawatan pada kelompok intervensi dan kelompok kontrol (p value $< 0,05$). Tidak ada hubungan antara umur, pendidikan, pekerjaan, status perkawinan, lama sakit dan terapi psikofarmaka dengan tanda gejala dan kemampuan sosialisasi (p value $> 0,05$), namun ada hubungan jenis kelamin dengan tanda gejala isolasi sosial (p value $< 0,05$) tetapi tidak ada hubungan dengan kemampuan sosialisasi (p value $> 0,05$) Tindakan keperawatan generalis dan social skills training direkomendasikan sebagai upaya penurunan tanda gejala dan kemampuan sosialisasi pada pasien skizofrenia dengan masalah keperawatan isolasi sosial.

.....Social isolation is a negative symptom of schizophrenia which is characterized by deficiencies in thinking, perception, unnatural or blunted affect and decreased social behavior or communication as well as experiencing difficulty in carrying out daily activities. The aim of the research was to determine the effect of social skills training on changes in signs and socialization abilities in schizophrenia patients with social isolation treatment problems. Pre-post test quasi-experimental research design with a control group. Sampling was taken using a purposive sampling technique. The sample criteria were schizophrenic patients with social isolation treatment problems, male and female, able to read and write, treated in the psychiatric stabilization inpatient ward of RSJ Dr H Marzoeeki Mahdi Bogor totaling 98 respondents consisting of the intervention group 49 respondents and the control group 49 respondents. Data collection uses questionnaires and observations. Data analysis is univariate and bivariate with parametric tests. The research results showed that the characteristics of the respondents were mostly male, young adults, junior high school, not

working, not married, length of stay 4 years, atypical psychopharmaceutical therapy. There were changes in signs and symptoms and socialization abilities before and after being given a dangerous action in the intervention group and control group (p value < 0.05). There were differences in signs of symptoms and socialization abilities after receiving cessation measures in the intervention group and the control group (p value < 0.05). There is no relationship between age, education, employment, marital status, length of illness and psychopharmaceutical therapy with signs of symptoms and socialization abilities (p value > 0.05), but there is a relationship between gender and signs of symptoms of social isolation (p value < 0.05) but there is no relationship with socialization abilities (p value > 0.05). Generalist killing measures and social skills training are recommended as efforts to reduce signs of symptoms and socialization abilities in schizophrenia patients with social isolation protection problems.