

Penerapan Acceptance Commitment Therapy dan Family Psychoeducation pada Gangguan Citra Tubuh Pasien Kanker Kolorektal dengan Pendekatan Teori Chronic Sorrow = Application of Acceptance Commitment Therapy and Family Psychoeducation in Body Image Disorders of Colorectal Cancer Patients with a Chronic Sorrow Theory Approach.

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Abstrak

Latar Belakang: Kanker kolorektal merupakan salah satu penyakit kanker tertinggi di Indonesia. Fokus perawatan selama ini lebih banyak tentang cara merawat stoma. Namun masalah psikososial gangguan citra tubuh yang melekat pada pasien sering diabaikan. Tujuan penulisan karya ilmiah ini untuk memberikan gambaran penerapan acceptance commitment therapy dan family psychoeducation pada gangguan citra tubuh pasien kanker kolorektal dengan pendekatan teori chronic sorrow. Metode yang digunakan yaitu laporan kasus hasil asuhan keperawatan jiwa spesialisik yang dilakukan pada 31 orang pasien dan 31 orang caregiver. Intervensi dilakukan selama 2 siklus kemoterapi rawat inap masing – masing 5 hari rawat dengan rata – rata pertemuan 45 – 60 menit. Hasil pengukuran pre dan post menunjukkan penurunan tanda gejala gangguan citra tubuh. Perubahan tanda gejala paling dominan yaitu aspek kognitif, aspek fisiologis dan aspek sosial. Dampak lain yang dihasilkan yaitu meningkatnya dukungan keluarga dan kualitas hidup pasien. Intervensi ini dapat diaplikasikan pada gangguan citra tubuh pada pasien kanker kolorektal.

.....Colorectal cancer is one of the highest cancers in Indonesia. The focus of treatment so far is more about how to treat stomas. However, psychosocial problems of body image disorders inherent in patients are often overlooked. The purpose of writing this scientific paper is to provide an overview of the application of acceptance commitment therapy and family psychoeducation in body image disorders of colorectal cancer patients with a chronic sorrow theory approach. The method used was a case report of specialist psychiatric nursing care results carried out on 31 patients and 31 caregivers. The intervention was performed during two cycles of inpatient chemotherapy of 5 days each with an average meeting of 45 – 60 minutes. The results of pre and post-measurements showed a decrease in symptoms of body image disorders. The most dominant changes in symptom signs are cognitive, physiological, and social. Another impact that resulted was an increase in family support and patients' quality of life. This intervention can be applied to body image disorders in colorectal cancer patients.