

# Pengaruh Tindakan Keperawatan Ners dan Spesialis Terhadap Ansietas, Depresi, dan Kemampuan Menerima dan Berkomitmen Pada Pasien Diabetes Melitus = Effects of Generalist and Specialist Nursing Intervention on Anxiety, Depression, and the Ability to Accept and Commit in Diabetes Patient

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## Abstrak

Pendahuluan: </strong>Ansietas dan depresi merupakan masalah kesehatan jiwa yang banyak ditemukan pada pasien diabetes melitus. Ansietas dan depresi yang tidak tertangani dapat mengakibatkan kondisi penyakit semakin memburuk dan menurunkan kualitas hidup. Penelitian ini dilakukan untuk melihat pengaruh tindakan keperawatan ners dan spesialis: terapi penerimaan komitmen dan psikoedukasi keluarga terhadap ansietas, depresi, kemampuan pasien dan keluarga merawat diabetes. <strong>Metode: </strong>Desain penelitian menggunakan <em>quasy</em>-<em>experimental pre-posttest with control group</em>. Kelompok kontrol terdiri 29 pasien DM dan keluarga yang mendapatkan tindakan keperawatan ners saja, sedangkan kelompok intervensi terdiri dari 30 pasien DM dan keluarga yang mendapatkan tindakan keperawatan ners, terapi penerimaan komitmen dan psikoedukasi keluarga. Penelitian dilakukan di poliklinik endokrin-metabolik RSCM, di mana pemberian intervensi dilakukan secara daring dengan 5 – 8 kali pertemuan dalam 30 hari. Analisis data menggunakan uji univariat dan bivariat. <strong>Hasil: </strong>Tindakan keperawatan ners dan spesialis dapat menurunkan ansietas dan depresi secara bermakna, meningkatkan kemampuan menerima dan berkomitmen serta kemampuan keluarga merawat pasien DM secara bermakna. Penurunan ansietas dan depresi, serta peningkatan kemampuan pasien dan keluarga pada kelompok intervensi lebih besar secara bermakna dibandingkan dengan kelompok kontrol. <strong>Kesimpulan: </strong>Tindakan keperawatan ners dan spesialis dapat digunakan untuk mengatasi ansietas dan depresi pada pasien DM. <strong>Rekomendasi: </strong>Tindakan keperawatan ners dapat digunakan sebagai tindakan keperawatan oleh ners generalis untuk mengatasi ansietas dan depresi pasien DM di rumah sakit. Tindakan keperawatan jiwa spesialis: terapi penerimaan komitmen dan psikoedukasi keluarga dapat digunakan oleh ners spesialis keperawatan jiwa untuk mengatasi ansietas dan depresi pada pasien diabetes melitus di rumah sakit<strong>. </strong>

.....Anxiety and depression are mental health problems that are widely found in patients with diabetes mellitus. Untreated anxiety and depression can result in worsening disease conditions and reduce the quality of life. This study was conducted to see the effect of generalist and specialist nursing intervention: acceptance and commitment therapy and family psychoeducation on anxiety, depression, the ability of patients and families to treat diabetes. <strong>Methods:</strong> The study design used quasy-experimental pretest-posttest with control group. The control group consisted of 29 DM patients and their families who received generalist nursing intervention only, while the intervention group consisted of 30 DM patients and their families who received generalist nursing intervention, acceptance and commitment therapy and family psychoeducation. The study was conducted at the endocrine-metabolic outpatient department of Dr. Cipto Mangunkusumo Hospital, where the intervention was administered online with 5-8 meetings in 30 days. Data analysis uses univariate and bivariate tests. <strong>Results:</strong> Generalist and specialist

nursing intervention can significantly reduce anxiety and depression, and significantly improve the ability to accept and commit and the ability of families to care for DM patients. Decreased anxiety and depression, as well as improvements in patient and family abilities in the intervention group were significantly greater than in the control group. **Conclusion:** Generalist and specialist nursing intervention can be used to address anxiety and depression in DM patients. **Recommendation:** Generalist nursing intervention can be used as nursing intervention by nurse generalists to overcome anxiety and depression of DM patients in hospitals. Specialist nursing intervention: acceptance and commitment therapy and family psychoeducation can be used by psychiatric nurse specialist to address anxiety and depression on diabetes mellitus patients in hospital.