

Penerapan Terapi Keperawatan Jiwa Spesialis Cognitive Therapy dan Acceptance And Commitment Therapy terhadap Klien dengan Harga Diri Rendah Kronik dan Ketidakpatuhan Psikofarmaka Menggunakan Pendekatan Teori Transendensi = Application of Specialist Mental Health Nursing Therapy Cognitive Therapy and Acceptance and Commitment Therapy for Clients with Chronic Low Self-Esteem and Non-Adherence to Psychopharmacology Using the Self-Transcendence Theory Approach

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Abstrak

Pendahuluan: Tingginya prevalensi harga diri rendah kronik dan ketidakpatuhan terhadap pengobatan psikofarmaka pada klien dengan gangguan jiwa dapat menghambat proses penyembuhan dan kualitas hidup mereka. Terapi keperawatan jiwa spesialis diharapkan dapat memberikan pendekatan yang holistik dan efektif untuk mengatasi masalah ini melalui peningkatan kesadaran diri, penerimaan diri, dan pengembangan makna hidup. Penelitian ini bertujuan untuk menguji efektivitas penerapan terapi keperawatan jiwa spesialis, yaitu Cognitive Therapy (CT) dan Acceptance and Commitment Therapy (ACT), dalam meningkatkan harga diri dan kepatuhan psikofarmaka pada klien menggunakan pendekatan teori transendensi diri Reed.

Metode: Penelitian ini menggunakan desain eksperimental dengan pendekatan kuantitatif case series dengan desain riset operasional. Sampel penelitian dengan purposive sampling yang terdiri 20 klien dengan dibagi dalam 2 kelompok intervensi yaitu kelompok 1 yang mendapatkan CT dan ACT serta kelompok 2 yang mendapatkan CT. Data dikumpulkan melalui form keperawatan jiwa lanjut/scanning, instrumen tanda gejala dan kemampuan HDRK serta instrumen MMAS-8.

Hasil: Penelitian menunjukkan bahwa intervensi CT dan ACT secara signifikan meningkatkan harga diri dan kepatuhan psikofarmaka pada klien. Peningkatan ini dikaitkan dengan elemen-elemen utama dari teori transendensi diri yang meliputi input: kerentanan psikologis yaitu klien skizofrenia dengan HDRK dan ketidakpatuhan psikofarmaka, proses: points of interventions: terapi keperawatan jiwa spesialis CT dan ACT dan faktor personal dan kontekstual dan output transendensi diri serta outcome kualitas hidup dengan ditandai penurunan tanda gejala HDRK, peningkatan kemampuan klien dalam mengatasi HDRK dan peningkatan nilai kepatuhan psikofarmaka.

Kesimpulan: Penelitian ini menyimpulkan bahwa penerapan terapi keperawatan jiwa spesialis dengan pendekatan teori transendensi diri efektif dalam mengatasi masalah harga diri rendah kronik dan ketidakpatuhan psikofarmaka pada klien dengan gangguan jiwa. Implementasi terapi ini direkomendasikan sebagai bagian dari intervensi holistik dalam praktik keperawatan jiwa untuk meningkatkan pemulihan dan kualitas hidup klien.

.....Introduction: The high prevalence of chronic low self-esteem and non-adherence to psychopharmacological treatment among clients with mental disorders can hinder their recovery process and quality of life. Specialist psychiatric nursing therapy is expected to provide a holistic and effective approach to addressing these issues by enhancing self awareness, self-acceptance, and the development of life. This

study aims to examine the effectiveness of specialist psychiatric nursing therapies, namely Cognitive Therapy (CT) and Acceptance and Commitment Therapy (ACT), in improving self-esteem and psychopharmacological adherence in schizophrenic clients using the Reed self-transcendence theory approach.

Methods: This study employs an experimental design with a quantitative case series approach using operational research design. The sample using purposive sampling which consists of 20 clients divided into two intervention groups: Group 1, which receives both CT and ACT, and Group 2, which receives only CT. Data were collected using advanced psychiatric nursing forms/scanning, symptom and ability instruments, and the Morisky Medication Adherence Scale (MMAS-8).

Results: The study demonstrates that CT and ACT interventions significantly improve self-esteem and psychopharmacological adherence in clients. This improvement is associated with key elements of the self-transcendence theory, which include input: psychological vulnerability, specifically clients with schizophrenia who have chronic low self-esteem and non-adherence to psychopharmacology; process: points of intervention such as specialist mental health nursing therapies, CT and ACT, as well as personal and contextual factors; and output: self-transcendence with outcome: quality of life, marked by a reduction in chronic low self-esteem symptoms, an increase in the client's ability to cope with chronic low self-esteem, and improved adherence to psychopharmacology.

Conclusion: This study concludes that the application of specialist psychiatric nursing therapies with a self-transcendence theory approach is effective in addressing chronic low self-esteem and psychopharmacological non-adherence in clients with mental disorders. The implementation of these therapies is recommended as part of holistic interventions in psychiatric nursing practice to enhance clients' recovery and quality of life.