

# Pengaruh terapi thought stopping terhadap ansietas klien dengan gangguan fisik di RSUD Kabupaten Sorong = The influence of thought stopping therapy to the client anxiety who suffer physical illness in Sorong General Hospital / Butet Agustarika

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## Abstrak

### **ABSTRAK**

Prevalensi gangguan mental emosional di Propinsi Papua Barat sebesar 13,2%, diantaranya adalah ansietas. Asuhan keperawatan jiwa bagi klien gangguan fisik yang mengalami ansietas belum berjalan optimal, 75% klien dengan gangguan fisik yang dirawat di RSUD Kabupaten Sorong mengalami ansietas. Tujuan penelitian untuk mengetahui pengaruh terapi thought stopping terhadap ansietas klien dengan gangguan fisik di RSUD Kabupaten Sorong. Desain yang digunakan "Quasi experimental pre-post test with control group". Penetapan sampel dengan random permutasi sebanyak 86 klien. Ansietas klien diukur menggunakan kuesioner dan lembar observasi, dianalisis menggunakan distribusi frekuensi, independent-t test, paired-t test dan regresi linier ganda. Terapi Thought Stopping dilakukan dengan melatih klien memutuskan pikiran yang mengganggu dengan mengatakan "stop" yang dilakukan dalam tiga sesi selama 3-5 hari untuk setiap klien. Hasil penelitian menunjukkan adanya penurunan ansietas secara bermakna pada klien yang mendapatkan terapi Thought Stopping ( $p\text{-value} < 0,05$ ) yang meliputi respon fisiologis, kognitif, perilaku dan emosi. Pada perempuan penurunan ansietas lebih tinggi secara bermakna dibandingkan pada pria. Klien yang mendapatkan terapi Thought Stopping mengalami penurunan ansietas lebih tinggi secara bermakna dibandingkan klien yang tidak mendapatkan terapi. Hal ini didukung oleh hasil penelitian Dombeck yang menyatakan bahwa tindakan konfrontasi terhadap pikiran yang mengganggu dalam terapi Thought Stopping sangat membantu secara nyata menurunkan ansietas. Terapi Thought Stopping dapat dilakukan di rumah sakit umum untuk mengurangi ansietas klien. Untuk itu perlu dikembangkan CLPN (Consultant Psychiatric Liaison Nursing) di rumah sakit umum agar terapi Thought Stopping dapat dijalankan untuk mengatasi ansietas klien dengan gangguan fisik.

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### **ABSTRACT**

Prevalence of psychiatric mood disorders in West Papua 13,2%, that several of them had anxiety. Psychiatric nursing care to the client with the psysical and psyco-social illness was not implemented optionally. 75% client with physical illness in Sorong general hospital had anxiety. The research aim was gathering data of the effect of thought stopping therapy to the client anxiety who suffer physical illness in Sorong general hospital. The design was "Quasi experimental pre-post-test with control group". The sample determine by permutation random, they were 86 clients. The anxiety was measure by questioner and observation sheet and analized by frequency distribution, independent t test, paired t test and multiple regression linear. In thought stopping therapy, the anxiety client interrupted their negative or stressor thought and say "stop". They followed this therapy in three session. The result showed that the client anxiety reduced significantly ( $p\text{ value} < 0,05$ ) that include physical, cognitive, behavior and emotion response. The female client have anxiety decrease higher than the male client. Intervention group was more reduced than

control group significantly. That similar with Dombeck research that confrontation act to stress mind in thought stopping therapy can help for reduced anxiety. Thought stopping therapy can implemented in general hospital to reduced anxiety. Recommended for increased psychiatric nursing care for suffer psysical client that anxiety with build CLPN (Consultan Liaison Psychiatric Nursing) in general hospital.