

# Pengaruh terapi kelompok terapeutik terhadap kemampuan adaptasi dan memberikan stimulasi janin pada ibu hamil di kelurahan Balumbang Jaya Bogor = Effect of therapeutic group therapy on pregnant on ability to adaptation and stimulate the fetus in Kelurahan Balumbang Jaya Bogor 2010

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## Abstrak

Pelayanan kesehatan jiwa masyarakat bagi ibu hamil belum berkembang pada aspek psikososial. Penelitian ini bertujuan untuk mengetahui pengaruh terapi kelompok terapeutik terhadap kemampuan adaptasi dan stimulasi janin pada ibu hamil. Desain yang digunakan adalah?Quasi experimental pre-post test with control group?, dengan sampel 52 orang ibu hamil yang terbagi menjadi 2 yaitu 26 kelompok intervensi dan 26 kelompok kontrol.

Hasil penelitian menunjukkan peningkatan kemampuan adaptasi dan stimulasi janin lebih tinggi secara bermakna pada kelompok ibu hamil yang mendapat terapi kelompok terapeutik ( $p\text{-value} < 0,05$ ). Terapi kelompok terapeutik bila dilaksanakan secara konsisten berpeluang meningkatkan kemampuan adaptasi emosi sebesar 48,1%, adaptasi sosial 28,5% dan stimulasi janin 34,5%. Terapi ini direkomendasikan dilakukan pada tatanan pelayanan kesehatan masyarakat sebagai bentuk pelayanan kesehatan jiwa pada ibu hamil.

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Community mental health service with public health care but hasn't promoted yet for the health group of pregnancy. This research discusses the therapeutic effect of group therapy in pregnant women on the ability of adaptation and stimulate the fetus. This research is quantitative design ?Quasi-experimental pre ? post with control group.Sampling in this study with a purposive sample of 52 pregnant women. Therapeutic group therapy aims to develop empathy among fellow members of the group in which group members provide each other to form a reinforcement of adaptive behavior.

Results showed an increase adaptability adaptable and pregnant women in fetal stimulation significantly ( $p\text{-value} < 0.05$ ). Increased capacity was significantly higher in the group of pregnant women who received therapy compared with therapeutic groups who do not receive the therapeutic group therapy ( $p\text{-value} < 0.05$ ). Therapeutic group therapy is recommended to be done in order of community-based healthvservices as a form of mental health services for pregnant women.