

# Pengaruh terapi perilaku kognitif terhadap kemampuan interaksi sosial klien isolasi sosial di RSJ Dr Amino Gondohutomo Semarang = The effect of cognitive behavioral Therapy to the client ability of social interaction with social isolation at RSJ Dr Amino Gondohutomo Semarang

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## Abstrak

Isolasi sosial merupakan suatu keadaan perubahan yang dialami klien skizofrenia. Suatu pengalaman menyendiri dari seseorang dan perasaan segan terhadap orang lain sebagai sesuatu yang negatif. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian terapi perilaku kognitif terhadap kemampuan klien isolasi sosial dalam melakukan interaksi di ruang rawat inap di RSJ Dr Amino gondohutomo Semarang . Desain penelitian quasi experimental pre-post test with without control. Sampel berjumlah 33 orang dengan tehnik pengambilan sampel total sampling . Hasil penelitian menunjukkan ada pengaruh terapi perilaku kognitif terhadap kemampuan interaksi (kognitif, afektif dan perilaku) pada klien isolasi sosial (p value <0.05). Ada peningkatan kemampuan interaksi sosial (kognitif, afektif dan perilaku) setelah dilakukan terapi perilaku kognitif. Terapi perilaku kognitif direkomendasikan diterapkan sebagai terapi keperawatan dalam merawat klien dengan isolasi sosial dengan penurunan kemampuan interaksi social.

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Social isolation is a state of change experienced by clients with schizophrenia. A person's solitude experience and shyness towards others as something negative. This study aimed to determine the effect of cognitive behavioral therapy for social isolation in the client's ability to interact in the hospitalized in the RSJ Dr Amino Gondohutomo Semarang. Quasi-experimental research design pre-post test with without control was used for this study sample consistend of 33 respondents were selected using the with total sampling technique. The results of that study showed that there was no effect of cognitive behavioral therapy on the ability of interaction (cognitive, affective and behavioral) of the client's social isolation (p value <0.05). There was increasing social interaction skills (cognitive, affective and behavioral) after receiving cognitive behavioral therapy. Cognitive behavioral therapy was recommended as a treatment applied to nursing care the clients with social isolation experienced the low ability social interaction skills.