

Pengaruh terapi kelompok terapeutik lansia dan psikoedukasi keluarga terhadap integritas diri lanjut usia = Effect group therapy therapeutic and self psychoeducation family of integrity in elderly and rw/rw i/xi ward new land district North Bogor

Pase, Muslimah, author

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Abstrak

Tahun 2010 populasi lansia bertambah hingga 10% dari sekitar 13,85 juta jiwa (DitjenRehsos/kemensos, 2012). Setiap individu tidak bisa menghindari penuaan. Terapi Kelompok Terapeutik Lansia (TKT) dan Psikoedukasi Keluarga (PEK) merupakan salah satu sebagai intervensi yang dapat membantu meningkatkan pencapaian Integritas diri lansia.

Penelitian bertujuan mengetahui pengaruh TKT-PEK terhadap integritas diri dan dukungan keluarga lansia di RW I dan RW XI Kelurahan Tanah Baru Kecamatan Bogor Utara. Desain penelitian quasi experimental pre-post test group design. Sampel 79 lansia meliputi 40 klien kelompok TKT dan PEK, 39 klien kelompok TKT. Analisis data dengan t test dan regresi linier ganda.

Hasil penelitian ditemukan ada peningkatan integritas diri lansia secara bermakna pada kelompok yang mendapatkan TKT- PEK dan TKT secara bermakna p value < 0,05. Peningkatan pada kelompok yang mendapat TKT dan PEK lebih tinggi secara bermakna dibandingkan dengan TKT saja (p value < 0,005). Dukungan keluarga berhubungan secara bermakna dengan integritas diri lansia. TKT- PEK direkomendasikan diterapkan sebagai terapi keperawatan lanjutan dalam merawat lansia di komunitas.

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In 2010 the elderly population increases up to 10% of the 13.85 million people (Directorate General of Social Rehabilitation / Ministry of Social Affairs, 2012). The aging process is inevitable, every individual must be able to deal with it. The ability to adapt to changes affecting the integrity of the elderly themselves. Psychotherapy can help seniors achieve personal integrity is TKT-PEK.

This study aims to determine the effect of TKT-PEK the integrity of self and family support elderly in RW I and RW XI New Lands Village North Bogor. Quasiexperimental research design pre-post test design group. Sample amounted to 79 elderly client groups that include 40 TKT-PEK, TKT 39 client groups. Analisia data by Independent Test and multiple linear regression.

The result is no difference between a given integrity TKT-PEK and TKT in his family to be given to the significance of 0.001. There is a significant relationship between family support with integrity elderly. TKT-PEK is the most contributing factor that increases the ability of elderly people to reach self-integrity characteristics of the elderly and other factors. TKT-PEK recommended to be applied as a therapy in advanced nursing care for the elderly in the community.