

# Model adaptasi psikologis keperawatan jiwa bagi perawat survivor yang mengalami post traumatic Stress syndrome pasca bencana gempa bumi (studi kasus di Kabupaten Tasikmalaya) = Psychiatric nursing psychological adaptation model for nurse survivor experiencing post traumatic stress syndrome after earthquake (Case Studyin Tasikmalaya District)

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## Abstrak

Disertasi ini membahas tentang Model Adaptasi Psikologis Keperawatan Jiwa bagi Perawat Survivor yang Mengalami Post Traumatic Stress Syndrome (PTSS) Pasca Bencana Gempa Bumi di Kabupaten Tasikmalaya. Penelitian ini menggunakan operational research, yang terdiri dari 3 tahap: 1) tahap I: identifikasi masalah melalui wawancara mendalam; 2) tahap 2: pengembangan model merupakan hasil integrasi tahap I, studi literatur dan seminar pakar; dan 3) tahap 3: validasi model yaitu ujicoba model. Hasil penelitian didapatkan: 1) tahap I terdapat 5 tema; 2) tahap II dihasilkan model adaptasi psikologis keperawatan jiwa bagi perawat survivor, alat uji model yaitu modul penanganan PTSS dan instrumen pengukuran kemampuan perawat survivor; dan 3) tahap III terdapat peningkatan kemampuan perawat survivor yang meliputi analisis kesadaran diri, komunikasi, mekanisme coping, dan motivasi intrinsik setelah mendapatkan intervensi penanganan PTSS.

Rekomendasi: 1) modul ini dapat digunakan bagi perawat survivor baik yang mengalami PTSS maupun tidak serta dapat digunakan untuk menolong diri sendiri dan orang lain; 2) model adaptasi psikologis Keperawatan Jiwa bagi perawat survivor bisa digunakan untuk dasar pengembangan teori Keperawatan aspek budaya dan spiritual; 3) model dan modul perlu dijadikan acuan bagi organisasi profesi perawat guna penyusunan standar dan position statement perlindungan perawat kepada pemerintah; 4) modul ini bisa digunakan lembaga swadaya masyarakat, asosiasi, institusi pelayanan kesehatan dan organisasi lainnya untuk melakukan pelatihan, workshop, seminar dan lainnya; dan 5) penelitian lanjut dengan metodologi kualitatif (aspek budaya dan spiritual) dan kuantitatif (quasi experimental pre-post test with control group).

.....This dissertation was concerned about the Psychiatric Nursing Psychological Adaptation Model for Nurse Survivor Experiencing Post Traumatic Stress Syndrome After Earthquake in Tasikmalaya District. This study utilized the operational research consisted of 3 (three) phases: 1) first phase: identification of problems through in-depth interview; second phase: development of model based on integration of base line data generated from the first phase of this research, literature study and the expert seminar; and third phase: validation of model by trying out the model.

The results of the first phase of this study revealed 5 themes; second phase was found the psychiatric nursing psychological adaptation model for nurse survivor, tried out instrument of model, module for the use of tried out model in handling PTSS and instrument used to measure the capacity of nurse survivor, and; third phase has shown the improvement of nurse survivor capability covering the self-awareness analysis, communication or interaction, coping mechanisms, and intrinsic motivation after receiving the PTSS treatment intervention.

Recommendations: 1) This module could be used for either nurse survivor having experience on PTSS or not

having experience on PTSS, as well as for helping themselves and others, 2)the psychiatric nursing psychological adaptation model for nurse survivor could be utilized as the basis for nursing theory development focusing on cultural and spiritual aspect; 3) model and module need to be developed as a reference for nursing professional association to establish the standards; 4) this module can be used by non-governmental organizations, associations, health care institutions and other organizations for training, workshops, seminars and other and; 5) further qualitative research on cultural and spiritual aspects and quantitative methodologies (quasi experimental pre-post test with control group) were recommended.