

**Penerapan acceptance and commitment therapy dan cognitive behavior social skills training menggunakan pendekatan model adaptasi Roy dan model tidal pada klien harga diri rendah kronis dan isolasi sosial =
Application of acceptance and commitment therapy cognitive behavior social skills training with approach Roy adaptation model and tidal model in client chronic low self esteem and social isolation**

Abdul Jalil, examiner

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Abstrak

Klien gangguan jiwa cenderung tidak produktif dan berpenghasilan mempengaruhi stigma sehingga menyebabkan Harga Diri Rendah (HDR) dan isolasi sosial. Klien memerlukan pemulihan jangka panjang, yang dipersulit insight buruk.

Tujuan: menjelaskan penerapan Acceptance and Commitment Therapy (ACT), Cognitive Behavior Social Skills Training (CBSST) menggunakan pendekatan Model Adaptasi Roy (MAR) dan Model Tidal. MAR sebagai kerangka utama dan Teori Model Tidal pada proses kontrol koping. Analisis dilakukan pada 32 klien ACT+CBSST, dan 22 klien CBSST.

Hasil: ACT+CBSST memperbaiki insight dan meningkatkan keterampilan sosial, perilaku adaptif meningkatkan penurunan tanda gejala HDR kronis dan isolasi sosial.

Saran: kombinasi ACT+CBSST pilihan pada awal program pemulihan.

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Clients of mental disorders tend to be non- productive and non-income that affect stigma the impact Low Self-Esteem (LSE) and social isolation. The client required a long-term recovery, which compounded a poor insight.

Objective: explained the application of Acceptance and Commitment Therapy (ACT), Cognitive Behavior Social Skills Training (CBSST) by using the approaches of Roy Adaptation Model (RAM) and the Tidal Model. RAM as the main framework and the Tidal Model Theory as coping control process. Analysis was performed on 32 ACT + CBSST clients, and 22 CBSST client.

Results: ACT improved insight and increased social skills, improved adaptive behavior and decreased in signs and symptoms of chronic LSE and social isolation.

Recommendation: the combination of ACT + CBSST choice at the beginning of the recovery program.