

Pengaruh terapi kelompok suportif terhadap sikap dan penolakan keluarga dengan anggota keluarga gangguan jiwa skizofrenia di Kabupaten Bantul = The influence of supportive therapy toward family attitude and family rejection with mental illness family member at Bantul District / Kellyana Irawati

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Abstrak

ABSTRAK

Sikap negatif dan penolakan keluarga terhadap anggota keluarga dengan gangguan jiwa meningkatkan kejadian kekambuhan pada pasien gangguan jiwa. Penelitian bertujuan untuk mengetahui pengaruh terapi suportif terhadap sikap dan penolakan keluarga dengan anggota keluarga gangguan jiwa skizofrenia. Penelitian ini menggunakan desain quasi experiment pre post with control group dengan pengambilan sampel menggunakan teknik Cluster Sampling. Jumlah sampel dalam penelitian ini adalah 51 keluarga yang mendapat terapi suportif dan 45 keluarga yang tidak mendapat terapi suportif. Penelitian menggunakan instrument family attitude scale dan acceptance and rejection scale. Hasil penelitian menunjukkan bahwa kelompok yang mendapat terapi suportif terdapat perubahan bermakna pada sikap negatif dan penolakan setelah diberikan terapi kelompok suportif ($p\text{-value} \leq 0,05$). Pada kelompok yang mendapat terapi suportif sikap negatif dan penolakan menurun lebih besar secara bermakna dibandingkan dengan kelompok yang tidak mendapat terapi suportif ($p\text{-value} \leq 0,05$). Saran dari penelitian ini adalah mengaplikasikan terapi kelompok suportif diranah komunitas dan keluarga.

ABSTRACT

Family negative attitudes and family rejection against family members with mental illness increased the incidence of recurrence in patients with mental disorder. The study aimed to determine the effect of supportive therapy on family attitudes and family rejection of family members with mental disorder schizofrenia. This study used a pre-post design quasi experiment with control group with sampling using cluster sampling. The numbers of sample in this study were 51 family with mental illness family member for the intervention group and 45 family with mental illness family member to the control group. This research used the instrument family attitude scale and family rejection scale. The result of this study showed that the group who received supportive therapy has significantly changes in the negative attitude and family rejection after supportive group therapy ($p\text{-value} < = 0,05$). The group who received supportive therapy had a greater significantly decreased of a family attitude and family rejection compared with those who were not received supportive therapy ($p\text{-value} < = 0.05$). The suggestion of this research is to apply supportive group therapy and family communities.