

Aplikasi analisis transaksional dasar untuk pendidikan profesi psikiatri dan penyelesaian masalah relasi orangtua anak = Application of basic transactional analysis for psychiatrist profession education and the solution of parents child relationship problems

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Abstrak

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Latar Belakang: Masalah relasi orangtua-anak dapat berdampak fatal, tapi sering dipelekan. Penanganannya mencakup psikofarmaka dan psikoterapi, khususnya analisis transaksional (AT). Penelitian ini bertujuan untuk mendapatkan data kebutuhan pelatihan aplikasi AT, sebagai dasar pembuatan modul aplikasi AT tingkat dasar (AATD) yang valid dan reliabel. Penelitian juga bertujuan mendapatkan model pelatihan efektif meningkatkan pengetahuan dan keterampilan AATD untuk penyelesaian masalah relasi orangtua-anak, menggunakan pendekatan pendidikan berbasis kompetensi agar dapat menghasilkan luaran psikiater yang kompeten.

Metode: Disain studi adalah mixed methods, terdiri atas: (a) penelitian potong-lintang analisis kebutuhan pelatihan aplikasi AT melalui survai kepada 54 psikiater dan 53 calon psikiater di Indonesia yang terpilih secara acak; (b) pembuatan modul AATD; (c) uji validitas dan reliabilitas modul AATD; (d) penelitian kuasi eksperimental keefektifan model pelatihan untuk pencapaian kompetensi AATD pada dua kelompok residen psikiatri; (e) studi kasus implementasi AATD untuk penyelesaian masalah relasi orangtua-anak, yang dilakukan masing-masing 2 orang dari kedua kelompok tersebut.

Hasil: Seluruh subjek (total 107) menyatakan membutuhkan modul pelatihan AT.

Penilaian modul AATD adalah valid dengan rerata nilai di atas 90 (kategori baik sekali).

Penilaian reliabilitas menggunakan Bland-Altman Plot menunjukkan semua penilaian berada dalam rentang batas judgment agreement ($SB \pm 1,96$). Pada kelompok latih didapatkan perbedaan bermakna peningkatan pengetahuan AATD (RR=2,54; IK 95 % 1,12-5,75; $p < 0,001$), dan peningkatan keterampilan AATD (RR 4,37; IK 95 % 1,81-10,54; $p < 0,001$) dibandingkan dengan kelompok baca. Implementasi AATD pada penyelesaian masalah relasi orangtua-anak menunjukkan cukup efektif dengan rentang hasil perbaikan dari social control sampai pada tahap transference cure.

Simpulan dan Saran: Modul AT dan pelatihannya dibutuhkan oleh psikiater dan calon psikiater. Modul AATD valid, reliabel, dan efektif untuk penyelesaian masalah relasi orangtua-anak. Model perlakuan latih lebih efektif secara bermakna meningkatkan kompetensi pengetahuan dan ketrampilan AATD. Pengembangan modul aplikasi AT tingkat lanjut diperlukan untuk penanganan kasus yang lebih kompleks;

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ABSTRACT

Background: The parent-child relationship problems can cause fatal effects if they

were not managed properly. Managements of parent-child relationship problems require pharmacotherapy and psychotherapy, also transactional analysis (TA). The aims of this study are to obtain data on the training needs of TA applications, which are used as the basis for the application of basic transactional analysis (ABTA) which is valid and reliable, also capturing the effective training model to improve the knowledge and skills of ABTA, as well as evaluating its effectiveness in managing the parent-child relationship problems. The module approach is competency-based on education in order to produce psychiatrists who are competent in providing optimal health care.

Method: The design of this study was a mixed methods, comprising: (a) cross-sectional study of needs training analysis for the TA application by survey on 54 psychiatrists and 53 psychiatrist candidates in Indonesia which were chosen randomly; (b) ABTA module making along with the tools; (c) validity and reliability test of ABTA module; (d) quasiexperimental study about the effectivity of training module in order to achieve the ABTA competency in two groups of psychiatric candidates; (e) case studies of ABTA implementation in managing the parent-child relationship problems.

Result: The whole subjects (total 107) declared the needs of ABTA training modules; demonstrated the validity of the ABTA module was valid, with a mean value of all is the above 90 (excellent value category) and reliability assessment judgment using the Bland-Altman Plot indicates that all within the range limits of agreement (± 1.96 SD). In the training group, a significant difference about the improvement of TA knowledge was found (RR=2.54; 95 % CI: 1.12-5.75; $p < 0.001$), and the improvement of ABTA skill (RR=4.37; 95 % CI: 1.81-10.54; $p < 0.001$) compared with the reading group. The implementation of ABTA indicated that the use of ABTA module was effective enough, with the results of improvements ranging from the social control to the transference cure stage.

Conclusion and Recommendation: The TA module and its training is needed by both psychiatrists and psychiatrist candidates. The ABTA module is valid, reliable, and effective in managing the parents-child relationship problems. ABTA training module is more effective and significant to improve the knowledge and skills competency of ABTA. Development of advanced application module TA is necessary in managing more complex cases.

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