

Peningkatan komunikasi interpersonal sebagai intervensi unggulan untuk masalah harga diri rendah pada An. K di keluarga Bapak Y, Kelurahan Sukamaju Baru, Kecamatan Tapos, Kota Depok = The improvement of interpersonal communication as the key intervention for low self-esteem problems in An. K, the Family of Mr. Y, Sukamaju Baru, Tapos, Depok

Tridela Muktingrum, author

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Abstrak

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Masa remaja merupakan masa pencarian identitas diri. Melalui pencarian identitas diri tersebut, perhatian dari orang tua sangat dibutuhkan oleh remaja. Perhatian yang kurang dari orang tua cenderung membentuk remaja menjadi pribadi yang pendiam dan tertutup. Salah satu hal yang menjadi penyebab kurangnya perhatian dari orang tua yaitu perceraian orang tua. Remaja dengan orang tua yang bercerai cenderung memiliki konsep diri dan harga diri rendah. Tujuan penulisan ini yaitu untuk menggambarkan asuhan keperawatan keluarga Bapak Y dengan anak remaja yang memiliki harga diri rendah dengan manifestasi utama komunikasi interpersonal yang tidak efektif di Kelurahan Sukamaju Baru, Kecamatan Tapos, Kota Depok. Setelah dilakukan beberapa intervensi keperawatan berupa pelatihan komunikasi interpersonal, An. K yang semula sangat tertutup mampu menceritakan masalahnya dan mampu menginisiasi komunikasi interpersonal dengan keluarga. Keterbukaan yang terbentuk melalui komunikasi interpersonal selanjutnya mampu meningkatkan harga diri pada remaja. Sehingga, keluarga diharapkan mampu mempertahankan komunikasi yang terbuka antara orang tua dengan remaja.

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ABSTRACT

Adolescence is the period where a person is searching for identity. Through the search for their identity, attention of parents is needed by adolescents. Less attention from parents may result in teenagers to become quiet and introverted person. One of the factors that causes a lack of attention from parents is parental divorce. Adolescents who come from divorced parents tend to have a self-concept and low self esteem. The purpose of this paper was to describe nursing care in Mr. Y families with adolescent who have low self esteem with major manifestations of ineffective interpersonal communication in Sukamaju Baru, District Tapos, Depok. After receiving nursing interventions in the form of interpersonal communication training, An. K was able to express the problem and was able to initiate interpersonal communication with family. The openness which was formed through interpersonal communication could result in the improvement self-esteem in adolescent. Thus, the family is expected to maintain open communication between parents and teenagers., Adolescence is the period where a person is searching for identity. Through the search for their identity, attention of parents is needed by adolescents. Less attention from parents may result in teenagers to become quiet and introverted person. One of the factors that causes a lack of attention from parents is parental divorce. Adolescents who come from divorced parents tend to have a self-concept and low self esteem. The purpose of this paper was to describe nursing care in Mr. Y families with adolescent who have low self esteem with major manifestations of ineffective interpersonal communication in Sukamaju Baru,

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