

Penerapan terapi keperawatan jiwa individu dan kelompok untuk ansietas pada klien hipertensi dengan menggunakan pendekatan keperawatan transkultural di kota Bogor = Application of therapy mental nursing individual and group for anxiety in hypertension clients using transcultural nursing approach in Bogor

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Abstrak

[ABSTRAK

Klien hipertensi berisiko mengalami ansietas yang dapat mempengaruhi kualitas hidup klien. Penanganan fisik saja pada klien hipertensi tidaklah cukup, karena ansietas dengan hipertensi saling mempengaruhi. Tujuan karya ilmiah akhir ini untuk memberikan gambaran tentang penerapan terapi keperawatan jiwa individu (terapi generalis dan terapi PMR) dan terapi kelompok (terapi suportif dan SHG) pada klien ansietas dengan hipertensi menggunakan pendekatan keperawatan transkultural. Tindakan keperawatan jiwa individu dan kelompok diberikan kepada klien ansietas dengan hipertensi sebanyak 16 klien. Hasil penerapan tindakan keperawatan jiwa individu adalah menurunkan tanda dan gejala ansietas rata-rata sebanyak 5 orang dan membuat klien memiliki rata-rata 24 kemampuan sedangkan hasil penerapan tindakan keperawatan jiwa individu dan kelompok adalah menurunkan tanda dan gejala ansietas rata-rata sebanyak 3 orang dan membuat klien memiliki rata-rata 34 kemampuan. Penelitian ini merekomendasikan agar pihak puskesmas dapat melanjutkan tindakan keperawatan individu dan kelompok secara berkesinambungan.

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ABSTRACT

Clients hypertension at risk of anxiety that can affect the quality of life of clients. Physical handling of the client hypertension is not enough, because anxiety and hypertension affect each other. This final goal of scientific work to provide an overview of the application of the individual soul nursing therapy (therapy and therapy generalist PMR) and group therapy (supportive therapy and SHG) on the client anxiety and hypertension approach transcultural nursing. Nursing action of individual and group life given to the client anxiety and hypertension as many as 16 clients. The results of the implementation of nursing actions of the individual soul is to lower the signs and symptoms of anxiety an average of 5 people and makes the client has an average of 24 capabilities, while the results of the implementation of nursing actions of individual and group life is to lower the signs and symptoms of anxiety mean average as many as three people and making the client has an average of 34 capabilities. This study recommends that the clinic can continue nursing actions of individuals and groups on an ongoing basis., Clients hypertension at risk of anxiety that can affect the quality of life of clients. Physical handling of the client hypertension is not enough, because anxiety and hypertension affect each other. This final goal of scientific work to provide an overview of the application of the individual soul nursing therapy (therapy and therapy generalist PMR) and group therapy (supportive therapy and SHG) on the client anxiety and hypertension approach transcultural nursing. Nursing action of individual and group life given to the client anxiety and hypertension as many as 16 clients. The results of the implementation of nursing actions of the individual soul is to lower the signs and symptoms of anxiety an average of 5 people and makes the client has an average of 24 capabilities, while

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