

# Penerapan terapi penghentian pikiran, relaksasi otot progressif, dan psikoedukasi keluarga terhadap klien ansietas dengan pendekatan Model Stress Adaptasi Stuart dan Interpersonal Peplau di Kelurahan Ciwaringin Kota Bogor = Application of therapy thought stopping, progressive muscular relaxation, and family psychoeducation for anxiety clients using Stress Adaptation Model and Interpersonal Peplau in district of Ciwaringin Bogor

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## Abstrak

### [<b>ABSTRAK</b><br>

Ansietas merupakan kondisi atau perasaan yang tidak menentu yang dirasakan seseorang yang dapat disebabkan oleh berbagai faktor diantaranya adanya masalah gangguan fisik Sebagaimana telah dibuktikan bahwa kesehatan umum seseorang mempunyai akibat nyata sebagai predisposisi terhadap ansietas. Ansietas mungkin disertai dengan gangguan fisik dan selanjutnya menurunkan kapasitas seseorang untuk mengatasi stresor. Tujuan karya ilmiah akhir ini untuk memberikan gambaran tentang penerapan terapi penghentian pikiran, relaksasi otot progressif, dan psikoedukasi keluarga dengan pendekatan Model stress adaptasi Stuart dan interpersonal Peplau. Terapi tersebut diberikan kepada klien ansietas sebanyak 16 klien. Hasil penerapan terapi ini menunjukkan dapat menurunkan tanda dan gejala ansietas dan meningkatkan kemampuan klien dalam menggunakan sumber dukungan. Hasil karya ilmiah ini diharapkan Puskesmas dapat melanjutkan terapi penghentian pikiran, relaksasi otot progressif dan psikoedukasi keluarga secara berkesinambungan, meningkatkan dukungan sosial dengan memberdayakan masyarakat.

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Anxiety is a condition or feeling of uncertainty felt by someone who can be caused by various factors, including the problem of physical disorders As has been proved that the person's general health has a real effect as a predisposition to anxiety. Anxiety may be accompanied by physical disruption and further lowers a person's capacity to cope with stressors. This final goal of scientific work to provide an overview of the application of the cessation therapies mind, progressive muscle relaxation, and family psychoeducation model approach stress adaptation and interpersonal Peplau Stuart. The treatment given to the client anxiety as much as 16 clients. Shows the result of applying this therapy can reduce the signs and symptoms of anxiety and improve the ability of the client to use a source of support. Expected results of this scientific work can continue cessation therapy of thought stopping, progressive muscle relaxation and family psychoeducation ongoing basis, increasing social support and empower communities., Anxiety is a condition or feeling of uncertainty felt by someone who can be caused by various factors, including the problem of physical disorders As has been proved that the person's general health has a real effect as a predisposition to anxiety. Anxiety may be accompanied by physical disruption and further lowers a person's capacity to cope with stressors. This final goal of scientific work to provide an overview of the application of the cessation therapies mind, progressive muscle relaxation, and family psychoeducation model approach stress adaptation and interpersonal Peplau Stuart. The treatment given to the client anxiety as much as 16

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