

Penerapan terapi generalis dan spesialis (penghentian pikiran, relaksasi otot progresif, psikoedukasi keluarga) pada klien ansietas dengan penyakit fisik di rumah sakit umum = Application of generalists and specialists therapy (thought stopping, progressive muscle relaxation, and family psycho education) for clients anxiety with physical illness in public hospital

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Abstrak

[ABSTRAK
 Ansietas klien yang dirawat di rumah sakit karena penyakit fisik ditandai dengan rasa tidak nyaman, sedih, gelisah, khawatir. Karya ilmiah ini bertujuan untuk melaporkan penerapan terapi generalis dan terapi spesialis (penghentian pikiran, relaksasi otot progresif, psikoedukasi keluarga) terhadap tanda dan gejala klien ansietas dengan penyakit fisik. Karya ilmiah ini menggunakan pendekatan konsep "Caring" Swanson dan model stres adaptasi Stuart terhadap 90 klien yang dirawat di rumah sakit umum. Penerapan terapi generalis dan spesialis (penghentian pikiran dan psikoedukasi keluarga) menurunkan respons kognitif, afektif, dan sosial (n=34). Penerapan terapi generalis dan spesialis (relaksasi otot progresif dan psikoedukasi keluarga) menurunkan respons afektif, fisiologis, dan perilaku (n=11). Penerapan terapi generalis dan spesialis (penghentian pikiran, relaksasi otot progresif, dan psikoedukasi keluarga) menurunkan respons kognitif, afektif, fisiologis, perilaku, dan sosial (n=45). Kombinasi terapi generalis dan spesialis (penghentian pikiran, relaksasi otot progresif, dan psikoedukasi keluarga) direkomendasikan untuk diberikan pada klien ansietas dengan penyakit fisik di rumah sakit umum.ABSTRACT The Anxiety occurs on a client who admitted to hospital because of physical illness with discomfort, sadness, anxiety, worry. The Purpose of this scientific writing was to report the results of the application of generalist and specialists therapy (Thought Stopping, progressive muscle relaxation, and family psycho education) in order to reduce signs and symptoms for clients anxiety with physical illness. This scientific writing used the concept of the "Caring" Swanson and stress adaptation model of Stuart to 90 clients with anxiety were treated in a public hospital. The application of generalist and specialists therapy (Thought Stopping and family psycho education) have reduce cognitive, affective, and social respons of clients anxiety (n =34). The application of generalist and specialists therapy (Progressive muscle relaxation and family psycho education) have reduce affective, physiological, and behavioral respons of clients anxiety (n =11). The application of generalist and specialists therapy (Thought Stopping, progressive muscle relaxation, and family psycho education) have reduce cognitive, affective, physiological, behavioral, and social respons of clients anxiety (n =45). The combination generalist and specialists therapy (Thought Stopping, progressive muscle relaxation, and family psycho education) were recommended to be given for the client anxiety with physical illness in a public hospital. , The Anxiety occurs on a client who admitted to hospital because of physical illness with discomfort, sadness, anxiety, worry. The Purpose of this scientific writing was to report the results of the application of generalist and specialists therapy (Thought Stopping, progressive muscle relaxation, and family psycho education) in order to reduce signs and symptoms for clients anxiety with physical illness. This scientific writing used the concept of the "Caring" Swanson and stress adaptation model of Stuart to 90 clients with anxiety were treated in a public hospital. The application

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