

## Penerapan terapi penerimaan dan komitmen pada harga diri rendah kronis = Application of acceptance and commitment therapy for chronic low self esteem

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### Abstrak

Terapi penerimaan dan komitmen (TPK) sering digunakan untuk mengatasi masalah gangguan jiwa. TPK meningkatkan fleksibilitas psikologis individu agar mampu menerima pengalaman masalah lalu yang tidak menyenangkan dan membangun komitmen perilaku baru yang lebih baik. TPK dapat menjadi pilihan dalam mengatasi masalah harga diri rendah kronis (HDRK).

Tujuan karya ilmiah ini adalah menjelaskan penerapan TPK pada klien HDRK di rumah sakit jiwa daerah Jawa Barat. Sebanyak 25 klien HDRK mendapatkan TPK dengan jumlah 4 sesi.

Hasilnya menunjukkan bahwa tanda gejala kognitif turun 92,16%; tanda gejala afektif turun 85,31%; tanda gejala fisiologis turun 89,23%; tanda gejala perilaku turun 88,41%; tanda gejala sosial turun 85,96%; kemampuan penerimaan dan berkomitmen meningkat 66,00%.

Penerapan TPK direkomendasikan sebagai terapi spesialis keperawatan untuk klien HDRK. TPK 4 sesi ini juga perlu diuji keefektifannya melalui riset dan pengaruhnya pada diagnosis keperawatan lain.

.....Acceptance and commitment therapy (ACT) is often used to solve the mental health problem. ACT increasing the individual psychological flexibility to enable him to receive unpleasant experiences and problems and build commitment to new and better behaviors. ACT can be one of solutions to resolve chronic low self-esteem.

The purpose of this study was to explain the application of ACT in chronic low self-esteem to hospitalized clients at Mental Hospital in West Java. Twenty-five clients with chronic low self-esteem received 4 sessions of ACT.

The results were cognitive signs and symptoms decreased 92,16%; affective signs and symptoms decreased 85,31%; physiological signs and symptoms decreased 89,23%; behavior signs and symptoms decreased 88,41%; social signs and symptoms decreased 85,96%; and the patient's ability to accept and commit increased up to 66,00%.

It is recommended that ACT is implemented as nursing specialized therapy to chronic low self-esteem clients. Four sessions of ACT also need to be tested for its effectiveness through research and its effect in other nursing diagnosis.