

Pengaruh cognitive therapy dan acceptance and commitment therapy terhadap ansietas, depresi, kemampuan mengubah pikiran negatif dan kemampuan menerima dan berkomitmen pada klien tuberculosis di Kota Depok = Effect of cognitive therapy ct and acceptance and commitment act to pulmonary tuberculosis clients level of anxiety depression ability to change negative thought acceptance and cpmmitment

Henny Kusumawati, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20445553&lokasi=lokal>

Abstrak

Tuberkulosis sering menimbulkan dampak psikologis berupa ansietas dan depresi. Penelitian ini bertujuan mengetahui pengaruh terapi kognitif dan terapi penerimaan-komitmen terhadap ansietas, depresi, kemampuan mengubah pikiran negative dan menerima-berkomitmen klien tuberculosis di Kota Depok. Desain penelitian menggunakan Quasi experimental pre and post test with control group. Subjek penelitian adalah 60 klien tuberculosis yang direkrut secara simple random sampling. Hasil penelitian menunjukkan ada penurunan kondisi ansietas, depresi dan peningkatan kemampuan mengubah pikiran negatif serta kemampuan menerima-berkomitmen lebih besar pada klien yang mendapatkan terapi daripada klien yang tidak mendapatkan terapi. Terapi ini direkomendasikan sebagai terapi keperawatan pada klien yang mengalami ansietas dan depresi.

.....Tuberculosis often psychological impact, mostly are anxiety and depression. This study aims to determine effect of CT and ACT to tuberculosis client anxiety, depression, ability to change negative thoughts, acceptance and commitment. This study applied quasi experimental design of pre and post test with control group. There were 60 clients that were recruited by simple random sampling. Results showed decrease of anxiety and depression level, increased ability to change negative thoughts and increase accept and are committed who have CT and ACT than clients that did not receive therapy. It is recommended as nursing intervention to clients who experience anxiety and depression.