

Analisis pengaruh tahapan perubahan perilaku dan faktor motivasi klien terhadap penyelesaian program rehabilitasi rawat jalan sesuai kebutuhan klien di Klinik IPWL lingkup BNN = Effects analysis of behavior change stages and client motivation factors for outpatient rehabilitation program completion according to client's needs at IPWL Clinic scope of BNN

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Abstrak

Penelitian ini bertujuan untuk menganalisa tahapan perubahan perilaku dan faktor motivasi klien mengikuti program rehabilitasi rawat jalan serta menilai pengaruhnya dengan penyelesaian program rehabilitasi sesuai dengan rencana terapinya di Klinik IPWL Lingkup BNN di Jakarta. Penelitian ini menggunakan The Transtheoretical Model tentang tahapan perubahan perilaku (Stage of Change) dan teori Health Promotion Model tentang motivasi yang dipengaruhi oleh faktor intrinsik salah satunya keyakinan dan faktor ekstrinsik yaitu pengaruh dari orang lain, faktor lingkungan dan faktor penghargaan. Motivasi dapat mempengaruhi seseorang untuk berperilaku dalam mencapai tujuan yang diharapkan. Dilihat juga tahapan perubahan perilaku klien ketika pertama datang untuk mengikuti program rehabilitasi rawat jalan melalui penilaian URICA. Penelitian ini menggunakan pendekatan campuran (mixed methods). Lokasi penelitian di Klinik IPWL Lingkup BNN di Jakarta. Data dikumpulkan melalui pengisian kuisioner yang akan dianalisis melalui uji regresi linier berganda dan wawancara sebagai data pendukung. Hasil penelitian adalah adanya pengaruh yang signifikan antara tahapan perubahan perilaku dan faktor penghargaan yang merupakan faktor dominan terhadap penyelesaian terapi rehabilitasi, tidak adanya pengaruh secara signifikan dari faktor keyakinan, lingkungan, pengaruh orang lain serta Metode dan program layanan terhadap penyelesaian terapi rehabilitasi.

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This study to analyze the behavior change stages and motivational factors of clients participating in outpatient rehabilitation programs and assess their effects by completing rehabilitation programs in accordance with their planned treatment at the IPWL Clinic in the scope of BNN in Jakarta. This study use Transtheoretical Model for stages of change and the Health Promotion Model theory of motivation which is influenced by intrinsic factors such as extrinsic beliefs and factors, like influence of others, environmental factors and reward factors. Motivation can influence someone to achieve the expected goals. It was also seen in behavior change stages of clients when they first came to attend an outpatient rehabilitation program through URICA's assessment. This study used mixed methods approach. Research locations at the IPWL Clinic Scope of BNN in Jakarta. Data was collected through filling out questionnaires then to be analyzed through multiple linear regression tests and interview as supporting data. The results of the study were that there was a significant influence between the stages of behavior change and reward factors which were the dominant factors in completing rehabilitation therapy, there was no significant influence of factors of beliefs, environment, influence of other people and methods and service programs on completion of rehabilitation therapy.