

## Pengalaman perawat kesehatan jiwa dalam merawat klien gangguan jiwa dengan COVID-19 di rumah sakit jiwa di Jakarta = Mental health nurses's experience in caring for mental disorder clients with COVID-19 in mental hospital in Jakarta

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### Abstrak

Klien gangguan jiwa merupakan salah satu dari kelompok rentan terdampak pandemi COVID-19. Kasus terkonfirmasi yang semakin banyak berdampak terhadap peningkatan jumlah klien gangguan jiwa dengan COVID-19, khususnya yang menjalani perawatan di rumah sakit jiwa rujukan. Tujuan penelitian ini untuk mendapatkan pemahaman mendalam tentang makna merawat klien gangguan jiwa dengan COVID-19. Penelitian ini menggunakan desain kualitatif dengan pendekatan fenomenologi deskriptif. Partisipan penelitian adalah perawat kesehatan jiwa sebanyak 15 orang, yang didapatkan dengan teknik purposive sampling. Metode pengumpulan data dengan wawancara mendalam menggunakan pertanyaan semi terstruktur. Hasil wawancara dalam bentuk transkrip dianalisis dengan menggunakan teknik Colaizzi. Hasil penelitian menghasilkan lima tema yaitu pengalaman positif selama merawat klien gangguan jiwa dengan COVID-19, tantangan pemberian asuhan keperawatan klien gangguan jiwa dengan COVID-19, pengalaman fisik dan psikologis yang tidak menyenangkan, kesulitan fasilitas pendukung untuk stabilisasi masalah fisik, dan harapan perawat kesehatan jiwa dalam merawat klien gangguan jiwa dengan COVID-19. Penelitian ini merekomendasikan agar perawat kesehatan jiwa mempersiapkan diri secara fisik dan psikologis sebelum bertugas, meningkatkan kompetensinya terutama dalam perawatan masalah fisik klien gangguan jiwa dengan COVID-19.

.....Clients with mental disorders are one of the vulnerable groups affected by the COVID-19 pandemic. The increasing number of confirmed cases has an impact on the increase in the number of clients with mental disorders with COVID-19, especially those undergoing treatment at a referral mental hospital. The purpose of this study was to gain an in-depth understanding of the meaning of caring for clients with mental disorders with COVID-19. This study uses a qualitative design with a descriptive phenomenological approach. The research participants were 15 mental health nurses, which were obtained by purposive sampling technique. Methods of collecting data with in-depth interviews using semi-structured questions. The results of the interviews in the form of transcripts were analyzed using the Colaizzi technique. The results of the study produced five themes, namely positive experiences while caring for clients with mental disorders with COVID-19, challenges in providing nursing care for clients with mental disorders with COVID-19, unpleasant physical and psychological experiences, difficulties with supporting facilities for stabilizing physical problems, and expectations of mental health nurses in treating clients with mental disorders with COVID-19. This study recommends that mental health nurses to prepare physically and psychologically before serving, increase their competence, especially in treating physical problems for clients with mental disorders and COVID-19.