

Pengaruh Tindakan Keperawatan Generalis, Terapi Kognitif, dan Psikoedukasi Keluarga terhadap Pemulihan Klien Skizofrenia dengan Halusinasi dan Defisit Perawatan Diri = Effects of Nursing Generalist, Cognitive Therapy, and Family Psychoeducation on Schizophrenic Clients with Hallucinations and Self-Care Deficits

Maria Theresia M. Elsina, author

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Abstrak

Pendahuluan: Skizofrenia merupakan gangguan kejiwaan kronis yang ditandai dengan distorsi kognitif dan penarikan sosial. Gejala positif skizofrenia adalah halusinasi, sedangkan gejala negatif skizofrenia adalah defisit perawatan diri. **Metode:** Desain penelitian yang digunakan adalah quasi experimental pre-post test with control group menggunakan teknik purposive sampling yang dianalisis menggunakan univariat dan bivariat. **Hasil:** penelitian ini menunjukkan penurunan tanda dan gejala dan peningkatan kemampuan klien halusinasi dan defisit perawatan diri, serta peningkatan kemampuan pelaku rawat dalam merawat klien dengan halusinasi dan defisit perawatan diri setelah mendapatkan tindakan keperawatan generalis, terapi kognitif dan psikoedukasi keluarga. **Kesimpulan:** Tindakan keperawatan generalis, terapi kognitif dan psikoedukasi keluarga dapat menurunkan tanda dan gejala dan meningkatkan kemampuan klien halusinasi dan defisit perawatan diri, serta meningkatkan kemampuan pelaku rawat dalam merawat klien dengan halusinasi dan defisit perawatan diri. **Rekomendasi:** Tindakan keperawatan generalis, terapi kognitif dan psikoedukasi keluarga direkomendasikan sebagai upaya dalam proses pemulihan klien skizofrenia dengan halusinasi.

.....**Introduction:** Schizophrenia is a psychiatric disorder characterized by cognitive distortion and social withdrawal. Symptoms after schizophrenia are hallucinations, negative symptoms of schizophrenia are self-care deficits. **Methods:** The research design used was a quasi-experimental pre-post test with control group using purposive sampling technique which was analyzed using univariate and bivariate methods. **Results:** This study showed a decrease in signs and symptoms and an increase in the client's ability to hallucinate and self-care deficit, as well as an increase in the ability of caregivers to treat clients with hallucinations and self-care deficits after receiving self-care, cognitive therapy and family psychoeducation. **Conclusion:** Actions involving generalists, cognitive therapy and family psychoeducation can reduce signs and symptoms and improve the client's ability to hallucinate and self-care deficits, as well as improve the ability of caregivers in caring for clients with hallucinations and self-care deficits. **Recommendation:** General treatment measures, cognitive therapy and education family is recommended as an effort in the recovery process of schizophrenic clients with hallucinations.