

# Perubahan Tanda Gejala dan Kemampuan pada Pasien Gastritis dengan Ketidakefektifan Koping Individu Setelah Pemberian Terapi Suportif dengan Pendekatan Peplau: A Case Report = Changes in Symptoms and Abilities in Gastritis Patients with Individual Coping Ineffectiveness After Providing Supportive Therapy with Peplau's Approach: A Case Report

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## Abstrak

Gastritis merupakan penyakit yang disebabkan oleh infeksi *Helicobacter Pylori*, pola makan tidak teratur, kebiasaan hidup yang buruk, stimulasi makanan, dan stres yang berlebihan. Masalah psikososial yang sering menyertai gastritis adalah ansietas dan ketidakefektifan koping individu. Kedua masalah ini perlu mendapatkan intervensi keperawatan, salah satunya dengan terapi suportif. Tujuan karya ilmiah ini untuk memberikan gambaran penerapan terapi suportif pada 20 klien gastritis dengan masalah ansietas dan ketidakefektifan koping individu berbasis komunitas menggunakan pendekatan Teori Interpersonal Peplau. Terapi suportif diberikan kepada 3 kelompok klien dewasa (setiap kelompok terdiri dari 6-7 individu). Intervensi diberikan sebanyak 4 pertemuan dari mulai 30 Maret sampai 28 April dengan rata-rata pertemuan 45-60 menit. Hasil pengukuran pre dan post menunjukkan pemberian terapi suportif pada klien gastritis dengan pendekatan Teori Interpersonal Peplau dapat menurunkan tanda dan gejala koping individu khususnya pada tanda gejala afektif 95%. Perubahan afektif terjadi dikarenakan selama proses terapi suportif klien diberi kesempatan yang sama untuk mengungkapkan perasaan dan pengalaman yang dialami, serta bisa saling sharing dan diskusi yang terdapat pada fase eksploitasi. Terapi suportif direkomendasikan dilakukan oleh perawat spesialis jiwa untuk meningkatkan koping individu klien gastritis dan Teori Peplau sebagai peningkatan dalam proses interpersonal yang terapeutik dalam keperawatan jiwa. *Method: The design of this study was a pre-post test analysis. The subjects are children aged 6-10 years who had been diagnosed as GSA by a pediatric neurology consultant and attended the Anakku Clinic Check My Child (CMC) Kayu Putih, Anakku Clinic BSD Serpong, Pondok Pinang, Depok, Bekasi, as well as Anakku Pulomas School within period of April until June 2023. The sampling method was consecutive sampling method. It required total of 33 subjects for 80% power, 5% significance level, 1 point of effect size along with pre-estimated 20% drop out. Firstly, we formulated an animation video-modeling of bathing activity along with its checklist evaluation instrument. The checklist consisted of 20 sequences shown in video-modeling of bathing. Subjects were mandated to watch the video-modeling minimum once a day for duration of 4 weeks. Subjects with the video exposure less than 75% were excluded from the analysis. The evaluation was conducted by adding 1 point for each sequence activity performed by ASD child, without any verbal instructions nor motoric prompts. Pre-test score is the sum of the bathing activity checklist before subject was exposed with the video-modeling, meanwhile the post-test score was taken after 4 weeks intervention period of video-modeling. Result: Among 35 subjects attended in the beginning of the study, only 29 children (82.8%) completed the study for 4 weeks. Most of the subjects (94.2%) were aged 6-8 years with a male and female ratio of 5:1. Median score of ASD childrens' bathing activity before and after the video-modeling exposure is 3 (0-10) and 6 (1-17), on a scale of 20. The pre- and post-test difference is*

statistically significant which gives result of 3 point of difference (-4–13), on a scale of 20. Conclusion: There is a statistically significant difference between the sequence imitation skills of bathing activity in ASD children before and after using video-modeling. Further research is needed to determine the clinical significance of this value.

..... Gastritis is a disease caused by Helicobacter Pylori infection, irregular diet, poor living habits, food stimulation, and excessive stress. Psychosocial problems that often accompany gastritis are anxiety and individual coping ineffectiveness. Both of these problems need to get nursing interventions, one of which is with supportive therapy. The purpose of this scientific work is to provide an overview of the application of supportive therapy in 20 gastritis clients with community-based individual coping problems and ineffectiveness using Peplau's Interpersonal Theory approach. Supportive therapy was provided to 3 groups of adult clients (each group consisted of 6-7 individuals). The intervention was given as many as 4 meetings from March 30 to April 28 with an average meeting of 45-60 minutes. The results of pre and post measurements show that the provision of supportive therapy to gastritis clients with Peplau's interpersonal theory approach can reduce the signs and symptoms of individual coping, especially in the sign of affective symptoms 95%. Affective changes occur because during the supportive therapy process clients are given the same opportunity to express feelings and experiences experienced, and can share and discuss each other contained in the exploitation phase. Supportive therapy is recommended by psychiatric nurses to improve individual coping of gastritis clients and Peplau's theory as an improvement in the therapeutic interpersonal process in psychiatric nursing.