

Pengaruh Terapi Progressive Muscle Relaxation, Acceptance Commitment Therapy, dan Psikoedukasi Keluarga terhadap Ansietas dan Ketidakefektifan Manajemen Kesehatan Klien Hipertensi = The Effect of Progressive Muscle Relaxation Therapy, Acceptance Commitment Therapy, and Family Psychoeducation on Anxiety and Ineffective Health Management for Hypertension Clients

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Abstrak

Ansietas sering ditemukan pada klien hipertensi akibat kekhawatiran kesehatan dan masa depannya. Selain itu, kegagalan berkomitmen untuk mengurangi faktor risiko dan rejimen pengobatan dalam kehidupan sehari-hari menjadi indikator klinis dengan nilai sensitif paling tinggi pada hipertensi. Karya tulis ilmiah ini bertujuan untuk mengetahui pengaruh tindakan keperawatan, progressive muscle relaxation, acceptance commitment therapy, dan psikoedukasi keluarga terhadap ansietas dan ketidakefektifan manajemen kesehatan klien hipertensi. Pemberian terapi progressive muscle relaxation, acceptance commitment therapy, dan psikoedukasi keluarga dapat menurunkan tanda dan gejala ansietas dan ketidakefektifan manajemen kesehatan secara bermakna pada klien hipertensi. Pemberian paket 3 terapi yaitu terapi progressive muscle relaxation, acceptance commitment therapy, dan psikoedukasi keluarga diketahui mampu menurunkan tanda dan gejala ansietas dan ketidakefektifan manajemen kesehatan lebih tinggi dibanding jika hanya diberikan satu terapi saja atau 2 terapi saja. Sehingga, terapi kombinasi 3 terapi lebih direkomendasikan dalam mengatasi ansietas dan ketidakefektifan manajemen kesehatan pada klien hipertensi.

..... Anxiety is often found in hypertension clients due to worries about their health and future. In addition, failure to commit to reducing risk factors and treatment regimens in daily life is a clinical indicator with the highest sensitive value in hypertension. This scientific paper aims to determine the effect of nursing actions, progressive muscle relaxation, acceptance commitment therapy, and family psychoeducation on anxiety and ineffective health management of hypertensive clients. Provision of progressive muscle relaxation therapy, acceptance commitment therapy, and family psychoeducation can significantly reduce signs and symptoms of anxiety and ineffective health management in hypertensive clients. Giving a package of 3 therapies, namely progressive muscle relaxation therapy, acceptance commitment therapy, and family psychoeducation is known to be able to reduce signs and symptoms of anxiety and ineffective health management higher than if only given one therapy or only 2 therapies. Thus, combination therapy of 3 therapies is more recommended in overcoming anxiety and ineffective health management in hypertensive clients.