

Penerapan Intervensi Keperawatan untuk Penghentian Pikiran, Penerimaan dan Terapi Komitmen dan Psikoedukasi Keluarga pada Penurunan Kecemasan dengan Pendekatan Konsep Stuart dan Swanson di Rumah Sakit Umum Kota Bogor = Application of Nursing Intervention for Mind Cessation, Acceptance and Commitment Therapy and Family Psychoeducation on Decreased Anxiety with Stuart and Swanson Concept Approach at Bogor City General Hospital

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Abstrak

Klien dengan penyakit kanker cenderung mengalami masalah psikososial salah satunya ansietas yang berdampak terhadap kesehatan mental. Karya ilmiah akhir ini bertujuan untuk mengetahui penerapan terapi penghentian pikiran, terapi penerimaan dan komitmen serta psikoedukasi keluarga terhadap respon penurunan tanda dan gejala ansietas dengan pendekatan teori Stuart dan Swanson. Responden berjumlah 30 klien dengan diagnosa medis kanker, 15 klien diberikan intervensi keperawatan berupa tindakan keperawatan ners generalis ditambah terapi penghentian pikiran dan terapi psikoedukasi keluarga serta 15 klien diberikan Intervensi keperawatan berupa terapi ners generalis, terapi penghentian pikiran, terapi penerimaan dan komitmen serta terapi psikoedukasi keluarga. Analisis dilakukan terhadap respon tanda dan gejala ansietas serta kemampuan klien dan keluarga sebelum dan sesudah dilakukan tindakan keperawatan. Hasil penerapan Intervensi keperawatan ners generalis dan ners spesialis penghentian pikiran, terapi penerimaan dan komitmen dan psikoedukasi keluarga menurunkan tanda dan gejala ansietas secara bermakna pada semua respon, terdapat perbedaan signifikan pada penurunan tanda dan gejala respon kognitif pada intervensi keperawatan ners generalis, terapi penghentian pikiran, terapi penerimaan dan komitmen dan psikoedukasi keluarga.

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Clients with cancer tend to experience psychosocial problems, one of which is anxiety that has an impact on mental health. This latest scientific paper aims to determine the application of mind cessation therapy, acceptance and commitment therapy as well as family psychoeducation to the response to decreased signs and symptoms of anxiety with the theoretical approach of Stuart and Swanson. The respondents were 30 clients with a medical diagnosis of cancer, 15 clients were given nursing interventions in the form of generalist nurse nursing actions plus mind cessation therapy and family psychoeducational therapy and 15 clients were given nursing interventions in the form of generalist nurse therapy, mind cessation therapy, acceptance and commitment therapy and family psychoeducation therapy. Analysis was carried out on the response of signs and symptoms of anxiety as well as the ability of clients and families before and after nursing treatment. The results of the implementation of nursing interventions for generalist nurses and nurses with cessation of thoughts, acceptance and commitment therapy and family psychoeducation significantly decreased signs and symptoms of anxiety in all responses, there was a significant difference in the decrease in signs and symptoms of cognitive response in nursing interventions for generalist nurses, mind cessation therapy, acceptance and commitment therapy and family psychoeducation.