

Efektivitas rational emotive behaviour therapy berdasarkan profile multimodal therapy pada klien skizofrenia dengan masalah keperawatan perilaku kekerasan dan halusinasi di rumah sakit jiwa

Retno Yuli Hastuti, author

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Abstrak

Penelitian ini bertujuan mengetahui efektivitas rational emotive behavior therapy (REBT) berdasarkan profile multimodal therapy terhadap kemampuan klien dan perubahan gejala perilaku kekerasan dan halusinasi di RS Jiwa. Desain penelitian quasi eksperimental dengan jumlah sampel 56 responden. 28 responden memiliki Profile Multimodal Therapy untuk mendapatkan REBT sebagai kelompok intervensi, 28 responden sebagai kelompok non intervensi. Hasil penelitian ditemukan penurunan gejala perilaku kekerasan dan halusinasi lebih besar daripada yang tidak mendapatkan REBT berdasarkan profile multimodal therapy ($p \text{ value} < 0.05$). Kemampuan kognitif, afektif dan perilaku klien yang mendapatkan REBT berdasarkan profile multimodal therapy meningkat secara bermakna ($p < 0.05$) Hasil penelitian ini efektif meningkatkan kemampuan klien kognitif, afektif dan perilaku hingga 57% dan penurunan gejala perilaku kekerasan 48%, penurunan gejala halusinasi 47%,. Profile multimodal therapy direkomendasikan sebagai screening klien yang akan diberikan terapi spesialis dalam hal ini khususnya rational emotive behavior therapy.

.....This study aims to determine the effectiveness of rational emotive behavior therapy (REBT) profile of multimodal therapy based on the client's ability and changes in symptoms violent behavior and hallucinations in Psychiatric Hospital. Quasi-experimental research design with a number of 56 respondents. 28 respondents had to get a Profile Multimodal Therapy REBT therapy as the intervention group, 28 respondents as a group of non intervention. The research found a decrease symptoms of violent behavior and hallucinations bigger than not getting REBT based profile of multimodal therapy ($p < 0.05$). Cognitive, affective and behavioral clients who get REBT based profile of multimodal therapy increased significantly ($p < 0.05$). Results clients experience a effectively improve cognitive, affective and behavioral to 57 % and reduction in symptoms of violent behavior 48%, reduction in symptoms of hallucinations 47%. Profile multimodal therapy is recommended as screening client will be given specialist treatment in this particular rational emotive behavior therapy