

**FAMILY NURSING CARE THROUGH
THE IMPLEMENTATION OF FAMILY THERAPY
TO PREVENT RECURRENCE IN SCHIZOPHRENIA PATIENTS AT
KASIHAN II BANTUL HEALTH CENTER**

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ABSTRACT

Background: Schizophrenia is a chronic, serious mental disorder in which there are disturbances in the form of thought processes and flow with symptoms of hallucinations, delusions, decreased motivation, cognitive and uncontrolled behavior. Even though 84.9% of schizophrenia sufferers have received treatment, the relapse rate is very high among them 40-75% is caused by non-compliance with taking medication and low family support. Family therapy is given to the entire family to provide support to people with schizophrenia. The research aims to determine the effectiveness of family therapy in increasing the family's ability to prevent schizophrenia recurrence

Method: Experimental quantitative descriptive research. Family therapy to prevent recurrence of schizophrenia is carried out in the working area of the Kasihan II Bantul Community Health Center. Sampling was 1 family (6 people) including the patient. Primary and secondary data collection through assessment: family, psychosocial and psychiatric status as well as questionnaires. Pre and post test to see changes in family knowledge, attitudes and behavior

Results : Univariate analysis of the frequency distribution of family therapy was the youngest age 15 years, the oldest 67 years, male gender 66.6%, highest education high school 50%, working 66.6%. The results after being given family therapy, the average score increased as follows: Pre Test Knowledge average score 6.94 (fair), first post test 8.11 (good) and second post test 9.29 (very good) . 2. Pre-test attitude average score 7.33 (good), first post test score 8.17 (fair) and second post test 9.25 (very good) 3. Pre test behavior 6 (fair), post first test 8.67 (very good) second post test 9.38 (very good)

Conclusion: Family therapy to prevent schizophrenia recurrence using lecture methods, interactive discussions, brainstorming and question and answer using video media and leaflets can help increase family knowledge, attitudes and behavior in preventing schizophrenia recurrence

Suggestion: Non-parametric tests were carried out to determine the normality of the data, multiple linear regression tests such as correlation tests between knowledge, attitudes and behavior. It is hoped that research will be carried out for broader and deeper targets, especially to look at family behavior in providing support for people with schizophrenia.

Keywords: Schizophrenia, relapse, family therapy, family's knowledge to preventing relapse

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**ASUHAN KEPERAWATAN KELUARGA MELALUI PENERAPAN TERAPI
KELUARGA TERHADAP PENCEGAHAN KEKAMBUIHANN PADA PASIEN
SKIZOFRENIA DI PUSKESMAS KASIHAN II BANTUL**

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INTISARI

Latar Belakang: Skizofrenia adalah gangguan jiwa berat bersifat kronik dimana terdapat gangguan dalam bentuk proses dan alur pikir dengan gejala halusinasi, waham, penurunan motivasi, kognitif dan perilaku yang tidak terkontrol. Meskipun 84,9 % penderita skizofrenia sudah berobat namun tingkat kekambuhannya sangat tinggi antara 40-75% disebabkan tidak patuh minum obat dan rendahnya dukungan keluarga. Terapi keluarga diberikan untuk seluruh keluarga agar memberikan dukungan kepada penderita skizofrenia. Penelitian bertujuan untuk mengetahui efektifitas terapi keluarga dalam meningkatkan kemampuan keluarga dalam pencegahan kekambuhan skizofrenia

Metode: Penelitian diskriptif kuantitatif eksperimental. Terapi Keluarga mencegah kekambuhan Skizofrenia dilakukan di wilayah kerja Puskesmas Kasihan II Bantul. Sampling 1 keluarga (6 orang) termasuk pasien. Pengambilan data primer dan sekunder melalui pengkajian: keluarga, psikososial dan status psikiatri serta kuesioner. Pre dan post test untuk melihat perubahan pengetahuan, sikap dan perilaku keluarga

Hasil : Analisa univariat distribusi frekuensi terapi keluarga adalah usia termuda 15 tahun, tertua 67 tahun, Jenis kelamin laki-laki 66,6%, Pendidikan tertinggi SMA 50%, Bekerja 66,6%. Hasil setelah diberikan terapi keluarga nilai skor rata-rata meningkat dengan rincian : Pre Test Pengetahuan nilai rata-rata 6,94 (cukup), post-test pertama 8,11 (baik) dan post test ke dua 9,29 (sangat baik). 2.Sikap pre-test nilai skor rata-rata 7,33 (baik), post test pertama nilai 8,17 (cukup) dan post test kedua 9,25 (sangat baik) 3.Perilaku pre test 6 (cukup) , post test pertama 8,67 (sangat baik) post test ke dua 9,38 (sangat baik)

Simpulan : Terapi keluarga untuk mencegah kekambuhan skizofrenia dengan metode ceramah, diskusi interaktif, curah pendapat dan tanya jawab menggunakan media video dan leaflet dapat membantu meningkatkan pengetahuan, sikap dan perilaku keluarga dalam mencegah kekambuhan skizofrenia

Saran: Dilakukan uji non parametrik untuk mengetahui normalitas data , uji regresi linier berganda seperti uji korelasi antara pengetahuan, sikap dan perilaku. Diharapkan melakukan penelitian untuk sasaran yang lebih luas dan lebih mendalam terutama untuk melihat perilaku keluarga dalam memberikan dukungan untuk penderita skizofrenia.

Kata kunci : Skizofrenia, kekambuhan, terapi keluarga, pengetahuan keluarga mencegah kekambuhan

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