

ABSTRAK

Psikotik adalah gangguan mental berat yang menyebabkan rendahnya fungsi dasar sehari-hari yang berakibat penurunan kemandirian aktivitas harian. Pada orang dengan gangguan psikotik, terdapat perilaku makan tidur yang buruk (72%), kesulitan menyelesaikan tugas (72%), penurunan memelihara diri meliputi mandi berpakaian (64%). Kemandirian aktivitas harian adalah keterampilan dasar merawat tubuh untuk mempertahankan fungsi kehidupan, sehingga meningkatnya kualitas hidup. Pelatihan bantu diri membantu orang dengan gangguan psikotik memperoleh dukungan berupa strategi memberikan panduan hidup secara suportif, untuk meningkatkan kemandirian aktivitas harian. Tujuan: (1) Mengetahui pengaruh pelatihan bantu diri terhadap peningkatan kemandirian aktivitas harian pada kelompok eksperimen; (2) Mengetahui apakah tingkat kemandirian aktivitas harian pada kelompok eksperimen lebih tinggi setelah diberikan perlakuan, dari pada tingkat kemandirian aktivitas harian kelompok kontrol yang tidak diberi perlakuan. Metode penelitian: Subjek berjumlah 6 orang dengan gangguan psikotik berdasarkan observasi, wawancara, alat ukur PANSS, berdasarkan instrumen *Katz Index* memiliki kategori kemandirian aktivitas harian sedang dan ketergantungan total, dan bersikap kooperatif. Subjek dikelompokkan pada kelompok eksperimen dan kontrol dengan *random assignment*. Desain penelitian adalah desain eksperimen ulang. Teknik analisis data *Visual inspection*, *Wilcoxon signed ranks*, dan Kualitatif. *Visual inspection* adalah analisis data melalui grafik untuk melihat perubahan perilaku setelah intervensi. *Wilcoxon signed ranks* adalah tes statistik untuk kelompok non-parametrik. Kualitatif mengamati perubahan perilaku setelah diberikan perlakuan. Hasil: *Wilcoxon signed ranks* diperoleh *posttest* $Z=1.414$ dengan $p=0.157 > 0.050$, *follow up* $Z=1.000$ dengan $p=0.317 > 0.050$ artinya tidak ada pengaruh pelatihan bantu diri terhadap peningkatan kemandirian aktivitas harian pada kelompok eksperimen. Namun berdasarkan *Visual inspection* adanya peningkatan mean setelah diberikan pelatihan bantu diri, *pretest* $\bar{X}= 4$, *posttest* $\bar{X}= 4.67$, dan *follow up* $\bar{X}= 5$. Artinya ada pengaruh pelatihan bantu diri terhadap peningkatan kemandirian aktivitas harian pada kelompok eksperimen setelah diberi pelatihan bantu diri. *Follow up* menunjukkan tingkat kemandirian aktivitas harian kelompok eksperimen yang diberi perlakuan lebih tinggi dengan $\bar{X}= 5$ dibandingkan kelompok kontrol yang tidak diberi perlakuan dengan $\bar{X}= 3$. Hasil kualitatif menunjukkan bahwa kelompok eksperimen mengalami peningkatan perilaku kemandirian aktivitas harian khususnya pada keterampilan mengerjakan pekerjaan rumah atau mobilitas, setelah diberikan pelatihan bantu diri.

Kata kunci: Bantu Diri, Kemandirian Aktivitas Harian

ABSTRACT

Psychotic is a severe mental disorder that causes low basic daily functions which results in a decrease in independence of daily activities. In people with psychotic disorders, there is poor eating behavior (72%), difficulty completing tasks (72%), decreased self-care including bathing in clothes (64%). The independence of daily activities is the basic skill of caring for the body to maintain life functions, thus increasing the quality of life. Self-help training helps people with psychotic disorders obtain support in the form of strategies to provide supportive life guidance, to increase the independence of daily activities. Objectives: (1) Determine the effect of self-help training on increasing daily activity independence in the experimental group; (2) Knowing whether the level of independence of daily activity in the experimental group is higher after being given treatment, than the level of independence of daily activity of the control group that is not treated. Research methods: Subjects numbered 6 people with psychotic disorders based on observation, interviews, measuring instrument PANSS, based on the Katz Index instrument have the category of independence of daily activities and total dependence, and being cooperative. Subjects were grouped in the experimental and control groups by random assignment. The research design is a re-experiment design. Visual inspection data analysis techniques, Wilcoxon signed ranks, and Qualitative. Visual inspection is the analysis of data through graphs to see changes in behavior after an intervention. Wilcoxon signed ranks are statistical tests for non-parametric groups. Qualitative observing changes in behavior after being given treatment. Results: Wilcoxon signed ranks obtained posttest $Z = 1,414$ with $p = 0.157 > 0.050$, follow-up $Z = 1,000$ with $p = 317 > 0.050$ means that there was no effect of self-help training on increasing the independence of daily activities in the experimental group. However, based on Visual inspection, there was an increase in the mean after being given self-help training, pretest = 4, posttest = 4.67, and follow-up = 5. This means that there was an effect of self-help training on increasing the independence of daily activities in the experimental group after being given self-help training. Follow-up shows the level of independence of the daily activity of the experimental group that was given higher treatment with = 5 compared to the control group that was not treated with = 3. The qualitative results showed that the experimental group experienced an increase in the independence behavior of the daily activity especially in the skills of doing homework or mobility, after self help training was given.

Keywords: *Self-help, Independence of daily activities*