

**.ANGER MANAGEMENT BERBASIS SPIRITUAL DALAM
MENINGKATKAN REGULASI EMOSI CAREGIVER KLIEN
SKIZOFRENIA: A SYSTEMATIC REVIEW**

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ABSTRAK

Latar Belakang: *Caregiver* klien skizofrenia dihadapkan pada berbagai persoalan yang ditimbulkan oleh tingkah laku abnormal klien skizofrenia sehingga dapat memicu stres. Stres yang dialami *caregiver* klien skizofrenia ditunjukkan dengan menurunnya pengendalian emosi marah yang berdampak pada perawatan terhadap klien skizofrenia.

Metode: Sumber artikel yang digunakan didapat dari pencarian melalui *database Scopus, Science Direct* dan *Proquest*. Pencarian artikel dibatasi mulai tahun 2015 sampai dengan tahun 2020. Setelah artikel didapatkan, kemudian dilakukan telaah artikel sampai tahap pembuatan *systematic review*.

Hasil: *Systematic review* menghasilkan 25 dari 98 pilihan artikel yang dapat digunakan dalam menemukan strategi *anger management* berbasis *spiritual* untuk meningkatkan kemampuan *caregiver* dalam mengendalikan emosi marah. Terdapat 12 studi *quasi-experimental*, 9 studi *randomized controlled trial*, dan 4 studi *experimental*. Hasil yang ditemukan bahwa intervensi *anger management* berbasis *spiritual* dilakukan dengan cara memberikan edukasi pada *caregiver* mengenai konsep kemarahan dan strategi pengelolaan kemarahan dengan berfokus pada nilai-nilai *spiritual* karena intervensi ini dinilai praktis, sederhana dan lebih hemat sehingga *caregiver* bisa menerapkan untuk meningkatkan regulasi emosi selama merawat klien skizofrenia di rumah.

Kesimpulan: Strategi *anger management* berbasis *spiritual* dapat meningkatkan regulasi emosi *caregiver* klien skizofrenia sehingga *caregiver* memiliki pengaturan emosi yang positif dalam kehidupan sehari-hari khususnya selama merawat klien skizofrenia hal ini akan berdampak baik pada proses *recovery* klien skizofrenia.

Implikasi : Kami rekomendasikan strategi *anger management* berbasis *spiritual* untuk diterapkan oleh para tenaga kesehatan di komunitas sebagai intervensi untuk meningkatkan kemampuan *caregiver* dalam meningkatkan regulasi emosi.

Kata Kunci: *Anger management, Spiritual care, regulasi emosi, Caregiver, Skizofrenia*

**ANGER MANAGEMENT BASED SPIRITUALITY IN IMPROVING THE
REGULATION OF CAREGIVER EMOTION CLIENT SKIZOFRENIA: A
SYSTEMATIC REVIEW**

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ABSTRACT

Background: Schizophrenic client caregivers are faced with various problems caused by the abnormal behavior of schizophrenic clients that can trigger stress. The stress experienced by the schizophrenic client caregiver is indicated by the decrease in anger control which has an impact on the treatment of schizophrenic clients.

Methods: The sources of the articles used were obtained from searches through the Scopus database, Science Direct, and Proquest. The search for articles is limited from 2016 to 2020. After the articles are obtained, they are then reviewed until the stage of making a systematic review.

Results: Systematic review resulted in 25 out of 98 selected articles that can be used to find spiritual-based anger management strategies to improve the caregiver's ability to control anger emotions. There were 12 quasi-experimental studies, 9 randomized controlled trial studies, and 4 experimental studies. The results found that spiritual-based anger management interventions are carried out by providing caregiver education about the concept of anger and anger management strategies by focusing on spiritual values because this intervention is considered practical, simple, and more economical so that the caregiver can apply it to improve emotional regulation while caring for clients. schizophrenia at home.

Conclusion: A spiritual-based anger management strategy can improve the emotional regulation of the schizophrenic client caregiver so that the caregiver has a positive emotional regulation in everyday life, especially while caring for schizophrenic clients, this will have a good impact on the recovery process for schizophrenic clients.

Implication: We recommend a spiritual-based anger management strategy to be applied by health workers in the community as an intervention to improve the caregiver's ability to improve emotional regulation.

Keywords: Anger management, Spiritual care, emotional regulation, Caregiver, Schizophrenia