ABSTRACT

THE INFLUENCE OF FAMILY PSYCHOEDUCATION TO SELF-AWARENESS FAMILY IN CARING FOR FAMILY MEMBERS WHO HAVE MENTAL DISORDER

QUASI EXPERIMENTAL STUDY IN PUSKESMAS MOJO, KEDIRI REGENCY

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Introduction: Psychiatric or mental disorder is also called the deviation from the ideal state of mental health or can be interpreted as an absence or lack of in terms of mental health. Phenomena that occur there are still many families who abandoned family members who experience the disorder. This occurs because the family embarrassment, stress, and burdened has family members who have psychiatric experienced. Treatment and care are constantly certainly can have an impact on family life, for example the issue of the economic, psychology, and social family. One of the interventions that can be given to lowering the psychological burden is the giving of family psychoeducation therapy. The purpose of this study was to identify the influence of family psychoeducation to self-awareness family in caring for family members who have mental disorder.

Methods: This study used quasi experimental pre and post test control group design by using non-probability sampling purposive sampling that obtained 20 patients treatment group and 20 patients control group. Data was collected by a questionnaire. Results: Data were analysed by Wilcoxon Signed Rank Tests and Mann-Whitney Tests. Wilcoxon Tests results showed p = 0.000 (p≤0.05), means that family psychoeducation affect the increased self-awareness family in caring for family members who have experienced psychiatric. Mann-Whitney Tests results showed p = 0.000 (p≤0.05), means there were significant difference in granting psychoeducation against the treatment and control group. Discussion: It can be conclude that good self-awareness family will affect the improvement of quality of caring to client and decrease the number of recurrences of client.

Keywords: family psychoeducation, self-awareness family, mental disorder