Abstract

THE INFLUENCE OF COGNITIVE THERAPY AND BEHAVIOR ON SELF-CARE ABILITY IN SCHIZOPHRENIA CLIENTS WITH SELF-CARE DEFICIT at RSJD DR. AMINO GONDOHUTOMO

Experimental Quasy-Experimental Study at RSJD Dr. Amino Gondohutomo Central Java Province

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Introduction: Self-care deficit is one of the behavior of schizophrenic clients where a person experiences an interruption or obstacle in performing or completing daily activities. The purpose of this study was to determine the effect of cognitive and behavioral therapy on the improvement of self-care capability.

Method: The design of this study used quasy-experimental, with purposive random sampling technique. The population of this study amounted to 35 respondents and obtained a sample of 30 respondents determined by inclusion criteria. Independent variables are cognitive and behavioral therapy and the dependent variable is the ability in self-care. The analysis used the Wilcoxon Signed Rank Test and Mann Whitney test. Results: The results showed an increase in self-care in the cognitive and behavioral groups significantly (p=0.05). Based on the results of the analysis it can be concluded that cognitive and behavioral therapy can improve self-care capabilities in clients with self-care deficits.

Conclusion: Client self-care deficit with cognitive and behavioral therapy with an in-depth approach can improve the ability of self-care. therefore it is expected to be used as a standard therapy for clients self-deficit care, especially schizophrenia and need to do further research on cognitive therapy and behavior on other mental nursing diagnoses.

Keywords: cognitive and behavioral therapy, self-care, schizophrenia, self-care deficit