

**APPLICATION OF SELF-CARE INDEPENDENCE TRAINING
IN PATIENTS TN.BA AND TN.J WITH SOCIAL ISOLATION
AT WISMA SADEWA RSJ GRHASIA YOGYAKARTA**

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ABSTRACT

Background: *Self-care deficit is a common nursing problem in patients with mental disorders. Nurses have traditionally provided continuous motivation to patients, but this approach is considered inadequate to restore patient independence. Therefore, interventions in the form of self-care independence training are necessary.*

Objective: *To understand the nursing care process with a focus on implementing self-care independence training for socially isolated patients who experience self-care deficit problems at Wisma Sadewa RSJ Grhasia Yogyakarta*

Methods: *This case study involves the implementation of the nursing care process on two patients with the same nursing diagnosis, who received identical interventions, in order to analyze the differences in patients responses.*

Results: *The case study revealed an increase in the level of self-care independence of both patients before and after the intervention. There were differences in the changes in response between the two patients, which were influenced by several factors, including education level, family upbringing, willingness and awareness to change, as well as self-motivation.*

Conclusion: *The implementation of self-care independence training has an impact on the level of self-care independence in socially isolated patients with self-care deficit problems.*

Keywords: *social isolation, self-care deficit, self-care independence training*

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**PENERAPAN LATIHAN KEMANDIRIAN PERAWATAN DIRI
PADA PASIEN TN.BA DAN TN.J DENGAN ISOLASI SOSIAL
DI WISMA SADEWA RSJ GRHASIA YOGYAKARTA**

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ABSTRAK

Latar Belakang: Masalah keperawatan defisit perawatan diri selalu menjadi penyertapada pasien dengan gangguan jiwa. Tindakan yang selama ini dilakukan oleh perawat hanya berupa pemberian motivasi secara terus menerus, hal ini dinilai belum bisa mengembalikan kemandirian pasien, sehingga diperlukan intervensi berupa latihan kemandirian perawatan diri. **Tujuan:** Mengetahui proses asuhan keperawatan dengan fokus penerapan latihan kemandirian perawatan diri terhadap pasien isolasi sosial yang mengalami masalah defisit perawatan diri di Wisma Sadewa RSJ Grhasia Yogyakarta. **Metode:** Studi kasus ini adalah pelaksanaan proses asuhan keperawatan dengan dua pasien yang memiliki diagnosa keperawatan yang sama, pemberian intervensi sama, agar dapat menganalisis perbedaan respon kedua pasien. **Hasil:** Hasil studi kasus menunjukkan peningkatan tingkat kemandirian kedua pasien dari sebelum diberikan intervensi dengan sesudah diberikan intervensi. Terdapat perbedaan perubahan respon antara kedua pasien hal ini dipengaruhi oleh beberapa faktor, antara lain tingkat pendidikan, pola asuh keluarga, kemauan serta kesadaran untuk berubah, serta motivasi diri. **Kesimpulan:** Terdapat pengaruh penerapan latihan kemandirian perawatan diri terhadap tingkat kemandirian perawatan diri pasien isolasi sosial dengan masalah defisit perawatan diri

Kata Kunci: isolasi sosial, defisit perawatan diri, latihan kemandirian perawatan diri

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