

PENERAPAN TEKNIK AFIRMASI POSITIF UNTUK MENINGKATKAN HARGA DIRI PADA PASIEN HARGA DIRI RENDAH DI PUSKESMAS GAMPING II

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ABSTRAK

Latar Belakang: Harga diri rendah merupakan masalah psikososial yang ditandai dengan pandangan negatif terhadap diri sendiri, perasaan tidak berharga, kurang percaya diri, kontak mata kurang, dan kecenderungan menarik diri. Salah satu intervensi nonfarmakologis yang dapat diterapkan adalah teknik afirmasi positif yang dilakukan melalui pengulangan kalimat positif untuk memperkuat keyakinan dan penilaian positif terhadap diri.

Tujuan: Menerapkan teknik afirmasi positif untuk meningkatkan harga diri pada pasien harga diri rendah di wilayah kerja Puskesmas Gamping II.

Metode: Studi kasus ini menggunakan metode deskriptif dengan pendekatan proses asuhan keperawatan pada dua pasien dengan masalah harga diri rendah kronis. Penerapan terapi afirmasi positif: support diri dilakukan melalui kunjungan rumah selama tiga kali pertemuan pada tanggal 13–16 Agustus 2026. Terapi dikombinasikan dengan latihan relaksasi napas dalam. Data dikumpulkan melalui wawancara, observasi, dan lembar observasi tanda dan gejala harga diri rendah, kemudian dianalisis secara deskriptif kualitatif.

Hasil: Pada pertemuan pertama, kedua pasien masih menunjukkan tanda harga diri rendah berupa rasa malu, tidak percaya diri, afek datar, kontak mata kurang, dan komunikasi terbatas. Pada pertemuan kedua, kedua pasien mulai lebih rileks, kontak mata membaik, serta mampu menulis dan mengucapkan kalimat afirmasi secara mandiri. Pada pertemuan ketiga, Pasien I menunjukkan peningkatan kepercayaan diri, postur lebih tegak, dan mulai berinteraksi dalam kegiatan masyarakat. Pasien II menunjukkan perbaikan konsep diri, emosi lebih stabil, serta memiliki dorongan untuk kembali berinteraksi dengan teman.

Kesimpulan: Penerapan teknik afirmasi positif: support diri selama tiga hari efektif membantu meningkatkan respons harga diri pada kedua pasien.

Kata Kunci: afirmasi positif, harga diri rendah, keperawatan jiwa, support diri

APPLICATION OF POSITIVE AFFIRMATION TECHNIQUES TO IMPROVE SELF-ESTEEM IN PATIENTS WITH LOW SELF-ESTEEM AT GAMPING II PUBLIC HEALTH CENTER

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ABSTRACT

Background: Low self-esteem is a psychosocial problem characterized by negative self-perceptions, feelings of worthlessness, lack of self-confidence, limited eye contact, and a tendency to withdraw from social interactions. One non-pharmacological intervention that can be applied is a positive affirmation technique, which involves repeating positive statements to strengthen positive beliefs and self-evaluation.

Objective: To apply positive affirmation techniques to improve self-esteem in patients with low self-esteem in the working area of Gamping II Public Health Center.

Methods: This case study used a descriptive method with a nursing care process approach involving two patients with chronic low self-esteem. Positive affirmation therapy, in the form of self-support, was implemented through three home visits conducted from August 13–16, 2026. The therapy was combined with deep breathing relaxation exercises. Data were collected through interviews, observations, and an observation sheet assessing signs and symptoms of low self-esteem, and were analyzed using descriptive qualitative methods.

Results: During the first session, both patients continued to demonstrate signs of low self-esteem, including feelings of shame, lack of self-confidence, flat affect, limited eye contact, and restricted communication. During the second session, both patients became more relaxed, showed improved eye contact, and were able to write and verbalize positive affirmation statements independently. During the third session, Patient I demonstrated increased self-confidence, a more upright posture, and began participating in community activities. Patient II showed improved self-concept, more stable emotions, and increased motivation to resume interaction with friends.

Conclusion: The application of positive affirmation techniques as self-support for three days was effective in helping improve self-esteem responses in both patients.

Keywords: positive affirmation, low self-esteem, psychiatric nursing, self-support