

PENGARUH LATIHAN ASERTIF DALAM MEMPERPENDEK LAMA PERAWATAN DAN MENURUNKAN GEJALA RESIKO PERILAKU KEKERASAN DI RUANG MAINTENANCE RSUD BANYUMAS

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Abstrak

Latar Belakang: Perilaku kekerasan adalah suatu bentuk sikap, pikiran perilaku baik secara verbal maupun non verbal fisik maupun non fisik yang dapat melukai diri sendiri, orang lain dan maupun lingkungan. Penelitian bertujuan untuk mengetahui pengaruh latihan asertif dalam memperpendek lama perawatan dan menurunkan gejala resiko perilaku kekerasan di ruang maintenance RSUD Banyumas, mengetahui pengaruh latihan asertif dalam memperpendek lama perawatan dan menurunkan gejala resiko perilaku kekerasan.

Metode Penelitian: Metode yang digunakan adalah “*Quasi Eksperiment Pre-Post test With control Group*” dengan perlakuan latihan asertif. Sampel penelitian adalah pasien dengan resiko perilaku kekerasan berjumlah 34 yaitu 17 responden kelompok intervensi dan 17 responden grup kontrol dengan consecutive sampling. Resiko perilaku kekerasan yang digunakan adalah kuesioner data demografi responden, observasi respon perilaku, observasi respon sosial, kuisioner respon kognitif dan observasi respon fisik dalam bentuk *skala likert* untuk menilai validitas dan reliabilitas alat pengumpul data sebelum instrumen digunakan. Perbedaan resiko perilaku kekerasan kemudian dianalisis dengan t test. Salah satu terapi yang dapat diberikan pada klien yang mengalami masalah resiko perilaku kekerasan yaitu latihan asertif.

Hasil Penelitian: Hasil penelitian menunjukkan resiko perilaku kekerasan pada kelompok yang mendapatkan latihan asertif dapat menurun respon perilaku, kognitif, sosial dan fisik ($p \text{ value} < 0,05$). Latihan asertif terbukti menurunkan resiko perilaku kekerasan pada klien resiko perilaku kekerasan dan direkomendasikan diterapkan sebagai terapi perawatan dalam merawat klien dengan resiko perilaku kekerasan.

Kesimpulan: Latihan asertif berpengaruh signifikan menurunkan respon perilaku, sosial, kognitif, dan fisik perilaku kekerasan.

Kata Kunci: *Latihan Asertif, Lama Perawatan, Resiko Perilaku Kekerasan*

**THE EFFECT OF ASSERTIVE TRAINING IN SHORTLY
LONG CARE AND DECREASE SYMPTOMS RISK
OF VIOLENCE BEHAVIOR IN THE ROOM
MAINTENANCE BANYUMAS HOSPITAL**

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Abstract

Background: *Violent behavior is a form of attitude, thought behavior both verbally and non-verbally as well as non-physically that can hurt yourself, others and the environment. The study aims to determine the effect of assertiveness training in shortening the length of treatment and reducing the risk of violent behavior symptoms in the Banyumas Regional Hospital maintenance room, knowing the effect of assertive training in shortening the length of treatment and reducing the risk symptoms of violent behavior.*

Research Methods: *The method used is "Quasi Experiment Pre-Post Test With Control Group" with assertive exercise treatment. The study sample was 34 patients with risk of violent behavior, namely 17 respondents in the intervention group and 17 respondents in the control group with consecutive sampling. Risk of violent behavior used is the respondent demographic data questionnaire, observing behavioral responses, observing social responses, cognitive response questionnaires and observing physical responses in the form of a Likert scale to assess the validity and reliability of data gathering tools before the data is used. Differences in risk of violent behavior are then analyzed by t test. One of the therapies that can be given to clients who experience a risk of violent behavior is assertive training.*

Results: *The results showed the risk of violent behavior in groups that received assertive training can decrease behavioral, cognitive, social and physical responses (p value <0.05). Assertive training is proven to reduce the risk of violent behavior on the client the risk of violent behavior and is recommended to be applied as treatment therapy in treating clients with risk of violent behavior.*

Conclusion: *Assertive exercise has a significant effect in reducing behavioral, social, cognitive, and physical responses to violent behavior.*

Keywords: *Assertive Training, Duration of Treatment, Risk of Violence Behavior*