

ABSTRAK

ANALISIS PERBEDAAN KEMAMPUAN KELUARGA DALAM MEMOTIVASI ODGJ DENGAN METODE WAWANCARA MOTIVASI KELUARGA DI WILAYAH KERJA UPTD PUSKESMAS BABAKAN SARI

Keluarga mempunyai peran penting dalam merawat orang dengan gangguan jiwa (ODGJ). Kurangnya komunikasi dan pengobatan berdampak negatif terhadap perilaku ODGJ dan penyembuhannya. Intervensi wawancara motivasi merupakan upaya memperkuat motivasi dan komitmen untuk berubah. Penelitian ini bertujuan untuk menganalisis perbedaan kemampuan keluarga dalam memotivasi ODGJ dengan metode wawancara motivasi keluarga di wilayah kerja UPTD Puskesmas Babakan Sari.

Rancangan penelitian ini menggunakan *quasi experiment pre-posttest with control group*. Populasi penelitian ini yaitu keluarga ODGJ yang tercatat di laporan jiwa Dinas Kesehatan Kota Bandung bertempat di UPTD Puskesmas Babakan Sari periode Januari-Desember 2022 (n=137). Pengambilan sampel menggunakan *Proportionate Stratified Random Sampling* (n=62). Alat ukur motivasi keluarga menggunakan instrumen FMI.

Hasil uji *paired t-test* menunjukkan selisih nilai rata-rata 31.17 dengan *p-value* 0.000 pada kelompok perlakuan. Pada kelompok kontrol memperoleh selisih nilai rata-rata -0.35 dengan *p-value* 0.716. Terdapat perbedaan yang signifikan antara kedua kelompok setelah diberikan intervensi wawancara motivasi untuk menilai kemampuan keluarga dalam memotivasi ODGJ, dengan hasil *Independent T-Test* memperoleh nilai *p-value* 0.000. Perbedaan ini karena kelompok perlakuan dilakukan kunjungan rumah dengan pendekatan keluarga selama 4 pekan.

Terdapat perbedaan pemberian wawancara motivasi keluarga terhadap kemampuan keluarga dalam memotivasi ODGJ di wilayah kerja UPTD Puskesmas Babakan Sari. Diharapkan informasi dalam penelitian ini dapat menjadi suatu bentuk media pendukung dalam meningkatkan motivasi ODGJ yang dapat diterapkan di pelayanan kesehatan dasar dengan pengupayaan penatalaksanaan masalah kesehatan jiwa di komunitas. Kemudian perawat komunitas dapat memberikan informasi dan motivasi secara berkelanjutan kepada keluarga yang datang ke pelayanan kesehatan primer.

Kata Kunci: ODGJ, Kemampuan Keluarga, Wawancara Motivasi

ABSTRACT

ANALYSIS OF THE DIFFERENCES IN FAMILY'S ABILITY TO MOTIVATE PEOPLE WITH SEVERAL MENTAL ILLNESS THROUGH FAMILY MOTIVATIONAL INTERVIEW METHOD AT THE PUBLIC HEALTH CENTER OF BABAKAN SARI

Families have an important role in caring for people with mental disorders (ODGJ). Lack of communication and treatment has a negative impact on the behavior of ODGJ and their health outcomes. Motivational interview interventions include efforts to strengthen one's motivation and commitment to change. This study aims to analyzing of the differences in family's ability to motivate people with several mental illness through family motivational interview method at the Public Health Center of Babakan Sari.

The design of this study is a quasi-experimental. The population in this study were families with several mental illness who were recorded in the mental report of the Bandung City Health Service at the Public Health Center of Babakan Sari for the January-December 2022 period (N=137). Sampling using Proportionate Stratified Random Sampling (n = 62). The results of measuring family motivation used the FMI instrument.

The results of paired t-test show the difference in the mean value of 31.17 with a p-value of 0.000 in the treatment group. In the control group, the difference in average value is -0.35 with a p-value of 0.716. There was a significant difference between the two groups after being given a motivational interview intervention to assess the family's ability to motivate SMI, with the results of the Independent T-Test obtaining a p-value of 0.000. This difference was because the treatment group underwent home visits with a family approach for 4 weeks.

There is an influence of giving family motivational interviews on the family's ability to motivate SMI in the working Public Health Center of Babakan Sari. It is hoped that the information in this research can become a form of supporting media in increasing the motivation of SMI which can be applied in basic health services by seeking the management of mental health problems in the community. Then community nurses can provide information and motivation on an ongoing basis to families who come to primary health services.

Keywords: *Family Actions, Motivational Interview, SMI*