

ABSTRAK

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Karya Ilmiah Akhir, Juli 2026

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Implementasi Perawatan Diri Berdasarkan Teori Interpersonal Peplau Pada Pasien Skizofrenia Di Wilayah Puskesmas Nogosari
xvii + 112 halaman + 9 tabel + 1 gambar + 6 lampiran

Pendahuluan: Defisit perawatan diri merupakan salah satu masalah keperawatan yang sering dialami pasien skizofrenia sehingga menyebabkan ketidakmampuan dalam memenuhi kebutuhan kebersihan diri secara mandiri. Implementasi perawatan diri berdasarkan Teori Interpersonal Peplau merupakan intervensi keperawatan yang menekankan hubungan terapeutik untuk meningkatkan kemampuan perawatan diri pasien. Metode: Penelitian ini menggunakan desain deskriptif dengan pendekatan studi kasus pada tiga pasien skizofrenia dengan defisit perawatan diri di wilayah kerja Puskesmas Nogosari. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, studi dokumentasi. Implementasi diberikan selama enam hari menggunakan Strategi Pelaksanaan (SP) defisit perawatan diri berdasarkan Teori Interpersonal Peplau dan dengan melibatkan keluarga sebagai pendamping. Hasil: menunjukkan bahwa setelah implementasi, ketiga pasien mengalami peningkatan kemampuan perawatan diri sesuai tingkat kemandiriannya. Klien 1 mencapai fase resolusi, sedangkan klien 2 dan klien 3 mencapai fase resolusi sebagian serta masih memerlukan dukungan keluarga. Implementasi perawatan diri berdasarkan Teori Interpersonal Peplau efektif meningkatkan kemampuan dan kemandirian pasien skizofrenia dalam memenuhi kebutuhan perawatan diri. Kesimpulan Implementasi perawatan diri berdasarkan Teori Interpersonal Peplau efektif membantu meningkatkan kemampuan dan kemandirian pasien skizofrenia dalam memenuhi kebutuhan perawatan diri serta memperkuat peran keluarga dalam mempertahankan keberlanjutan latihan di rumah.

Kata Kunci: Skizofrenia, Defisit Perawatan Diri, Teori Interpersonal Peplau, Perawatan Diri.

Daftar Pustaka : 87 (2020–2026)

ABSTRACT

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KIA, July 2026

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Implementation of Self-Care Based on Peplau's Interpersonal Theory in Patients with Schizophrenia at the Nogosari Community Health Center

xvii + 112 pages + 9 tables + 1 figure + 6 appendices

Abstract

Introduction: Self-care deficit is one of the most common nursing problems experienced by patients with schizophrenia, resulting in an inability to perform personal hygiene independently. The implementation of self-care based on Peplau's Interpersonal Theory is a nursing intervention that emphasizes a therapeutic nurse-patient relationship to improve patients' self-care abilities. **Methods:** This study employed a descriptive case study design involving three patients with schizophrenia who experienced self-care deficits in the working area of Nogosari Community Health Center. The intervention consisted of self-care implementation based on Peplau's Interpersonal Theory for six days. Data were collected through interviews, observations, and physical examinations. **Results:** Initial assessments indicated that all three patients had poor self-care abilities. Following the intervention, all patients demonstrated improved self-care performance, as evidenced by increased independence in bathing, better personal hygiene, and enhanced motivation throughout the therapeutic relationship. **Conclusion:** The implementation of self-care based on Peplau's Interpersonal Theory was effective in improving self-care abilities among patients with schizophrenia and self-care deficits. This intervention can be applied as one of the nursing strategies in mental health care.

Keywords: Schizophrenia, Self-Care Deficit, Peplau's Interpersonal Theory, Self-Care.

References: 87 (2020–2026)