

ABSTRAK

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Implementasi *Family Psychoeducation* dalam Meningkatkan Pengetahuan tentang 5 Tugas Kesehatan Keluarga pada Klien dengan Harga Diri Rendah di Desa Nogosari

xiv + 147 halaman + 23 tabel + 2 gambar + 8 lampiran

Abstrak

Latar Belakang: *Significant Other* merupakan orang yang berarti dan dekat secara emosional dan berperan penting dalam keberhasilan perawatan anggota keluarga dengan Harga Diri Rendah (HDR). Namun, keterbatasan pengetahuan mengenai lima tugas kesehatan keluarga dapat menghambat pemberian perawatan yang optimal. *Family Psychoeducation* (FPE) merupakan intervensi keperawatan yang bertujuan meningkatkan pengetahuan pada *Significant Other* agar mampu menjalankan tugas kesehatan keluarga secara tepat. **Tujuan:** Mengimplementasikan *Family Psychoeducation* (FPE) dalam meningkatkan pengetahuan tentang lima tugas kesehatan keluarga pada *Significant Other* dengan anggota keluarga yang mengalami Harga Diri Rendah. **Metode:** Penelitian ini menggunakan desain studi kasus pada tiga *Significant Other* di Wilayah Kerja Puskesmas Nogosari. Intervensi diberikan melalui tiga sesi *Family Psychoeducation* menggunakan metode edukasi, diskusi dan evaluasi pre-test dan post-test. Data dianalisis secara deskriptif berdasarkan tahapan proses keperawatan. **Hasil:** Setelah diberikan *Family Psychoeducation*, seluruh *Significant Other* menunjukkan peningkatan pengetahuan mengenai lima tugas kesehatan keluarga, yaitu mengenal masalah kesehatan, mengambil keputusan yang tepat, merawat anggota keluarga yang sakit, memodifikasi lingkungan, dan memanfaatkan fasilitas pelayanan kesehatan. Peningkatan juga terlihat pada luaran diagnosis Defisit Pengetahuan dan Manajemen Kesehatan Keluarga Tidak Efektif. **Kesimpulan:** *Family Psychoeducation* efektif meningkatkan pengetahuan *significant other* mengenai lima tugas kesehatan keluarga sehingga dapat menjadi intervensi keperawatan komunitas dalam mendukung perawatan anggota keluarga dengan Harga Diri Rendah di rumah.

Keyword: *Family Psychoeducation*; Harga Diri Rendah; *Significant Other*; pengetahuan; Tugas Kesehatan Keluarga Friedman

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Implementation of Family Psychoeducation (FPE) to Improve Knowledge of the 5 Family Health Tasks among Clients with Low Self-Esteem in Nogosari Village

xiv + 147 pages + 23 tables + 2 pictures + 8 attachments

Abstract

Background: Significant others are individuals who are emotionally close to patients and play an important role in the success of caring for family members with Low Self-Esteem (LSE). However, limited knowledge regarding the five family health tasks may hinder the provision of optimal care. Family Psychoeducation (FPE) is a nursing intervention designed to improve the knowledge of significant others, enabling them to perform the family health tasks appropriately. **Objective:** To implement Family Psychoeducation (FPE) to improve knowledge of the five family health tasks among significant others of family members with Low Self-Esteem. **Methods:** This study employed a descriptive case study design involving three significant others in the working area of Nogosari Public Health Center. The intervention was delivered through three sessions of Family Psychoeducation using educational sessions, discussions, and pre-test and post-test evaluations. Data were analyzed descriptively based on the nursing process. **Results:** Following the Family Psychoeducation intervention, all significant others demonstrated improved knowledge of the five family health tasks, including recognizing health problems, making appropriate decisions, providing care for sick family members, modifying the home environment, and utilizing health care services. Improvements were also observed in the nursing outcomes of Knowledge Deficit and Ineffective Family Health Management. **Conclusion:** Family Psychoeducation effectively improved the knowledge of significant others regarding the five family health tasks and may serve as a community nursing intervention to support home-based care for family members with Low Self-Esteem.

Keyword: Family Psychoeducation; Low Self Esteem; Significant Other; Knowledge; Friedman Family Health Tasks