

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER

PROGRAM STUDI D3 KEPERAWATAN

FAKULTAS ILMU KESEHATAN

Karya Tulis Ilmiah

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Implementasi Perawatan Diri Dalam Meningkatkan Kemampuan Personal Hygiene Pada Pasien Skizofrenia Di Wilayah Kerja Puskesmas Jenggawah

x + 53 halaman + 17 tabel + ... lampiran

Abstrak

Latar Belakang: Pasien skizofrenia sering mengabaikan kebersihan diri akibat gejala sekunder penyakitnya. Intervensi perawatan diri sangat penting untuk memulihkan kemandirian dan rutinitas mereka. **Tujuan Penelitian:** Mengetahui keberhasilan implementasi asuhan perawatan diri dalam meningkatkan *personal hygiene* pada pasien skizofrenia di puskesmas jenggawah. **Metode Penelitian:** Penelitian ini menggunakan metode studi kasus deskriptif pada satu pasien dengan defisit perawatan diri. Intervensi dilakukan selama tiga hari berturut-turut melalui pendekatan edukasi, demonstrasi kebersihan diri, dan pelibatan keluarga. **Hasil:** Setelah tiga hari intervensi, tingkat kemandirian pasien meningkat signifikan dari ketergantungan sebagian menjadi mandiri partisipatif. Pasien mulai mampu mandi, berpakaian, dan merapikan diri tanpa harus selalu dipaksa oleh keluarga.

Kata Kunci: Defisit Perawatan Diri, *Personal Hygiene*, Skizofrenia, Keperawatan Jiwa

ABSTRACT

UNIVERSITY MUHAMMADIYAH JEMBER

VOCATIONAL NURSING STUDI PROGRAM

FAKULTY OF HEALTH SCIENCES

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Implementation of Self-Care to Improve Personal Hygiene Capabilities in Schizophrenic Patients at Jenggawah Public Health Center

x + 53 pages + 17 tables + ... appendices

Abstract

Background: Schizophrenia is often accompanied by self-care deficits that worsen the patient's physical and social conditions. The implementation of Clean and Healthy Living Behaviors (PHBS) is crucial to improve the patient's independence in personal hygiene. Objective: This study aims to describe the implementation of nursing interventions in improving personal hygiene capabilities in a schizophrenic patient in the working area of Jenggawah Community Health Center. Methods: A qualitative descriptive study with a case study approach on one schizophrenic patient (Mr. A) experiencing a self-care deficit. The intervention was conducted over three days, including education on the importance of cleanliness, demonstration of bathing, brushing teeth, dressing up, and family support (positive reinforcement). Results: The patient's independence increased from the Partial Dependence category (score 32) on the first day to Participatory Independent (score 43) on the third day. The patient was able to practice bathing and dressing with minimal assistance, and physical complaints (itching) were resolved. Conclusion: The implementation of PHBS using education, demonstration, and family involvement methods is effective in improving the personal hygiene independence of schizophrenic patients.

Keywords: Schizophrenia, Self-Care Deficit, Personal Hygiene, Public Health Center (Puskesmas).