

ABSTRAK

Fitriani (2023). *Penerapan Terapi Okupasi: Berkebun Cabai Pada Pasien Harga Diri Rendah Diwilayah Kerja Rumah Sakit Jiwa Tampan Pekanbaru*. Laporan Tugas Akhir, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau Pembimbing (I) Ns. Rusherina, S.Pd, M.Kes, (II) Ns. Usraleli, S.Kep, M. Kep.

Harga diri rendah adalah perasaan tidak berharga, tidak berarti, dan rendah diri yang berkepanjangan akibat evaluasi negatif terhadap diri sendiri dan kemampuan diri. Data ruangan Indragiri RSJ Tampan Provinsi Riau, di dapatkan jumlah pasien dengan masalah gangguan konsep diri: harga diri rendah sebanyak 21 orang (29%). Pada studi kasus ini bertujuan untuk menganalisis tingkat gejala harga diri rendah setelah dilakukan penerapan terapi okupasi: berkebun cabai pada pasien harga diri rendah. Metode yang digunakan studi kasus ini adalah melakukan wawancara dan observasi kepada 2 orang klien di ruang Indragiri. Pelaksanaan dilakukan pada tanggal 07 April sampai 14 April 2023 Dilakukan selama 6 kali pertemuan. Berdasarkan hasil identifikasi tanda dan gejala harga diri rendah didapatkan bahwa diperoleh ada beberapa kesamaan dan perbedaan tanda dan gejala harga diri rendah pada Ny.Z dan Ny.R. Dan didapatkan perubahan tanda dan gejala antara kedua subjek, pada Ny.Z didapatkan perubahan seperti bicara pelan, menunduk sudah tidak ditunjukkan. Sedangkan Ny.R didapatkan malas berkegiatan sudah tidak ditunjukkan.

Kata kunci : Harga Diri Rendah, Penerapan Terapi Okupasi: Berkebun Cabai

ABSTRACT

Fitriani (2023). *Application of Occupational Therapy: Chili Gardening in Low Self-Esteem Patients in the Working Area of Handsome Mental Hospital Pekanbaru*. Final Project Report, DIII Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau Supervisor (I) Ns. Rusherina, S.Pd, M.Kes, (II) Ns. Usraleli, S.Kep, M. Kep.

Low self-esteem is a prolonged feeling of worthlessness, insignificance, and inferiority due to negative evaluations of oneself and one's abilities. Data from the Indragiri room of RSJ Tampan Riau Province, found the number of patients with problems with self-concept disorders: low self-esteem as many as 21 people (29%). This case study aims to analyze the level of symptoms of low self-esteem after the application of occupational therapy: chili gardening in low self-esteem patients. The method used by this case study is to conduct interviews and observations with 2 clients in the Indragiri room. The implementation will be carried out from April 7 to April 14, 2023 for 6 meetings. Based on the results of identifying signs and symptoms of low self-esteem, it was found that there were several similarities and differences in signs and symptoms of low self-esteem in Mrs.Z and Mrs.R. And there were changes in signs and symptoms between the two subjects, in Mrs.Z found changes such as talking softly, looking down was not shown. Meanwhile, Mrs.R was found to be lazy to do activities was not shown.

Keywords: Low Self-Esteem, Application of Occupational Therapy:Chili Gardening