

INTISARI

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Selain terapi medis RSJD Surakarta juga menerapkan psikoterapi diantaranya terapi kelompok. Pelaksanaan terapi kelompok dilakukan di unit rehabilitasi dengan petugas yang khusus menanganinya. Hasil penelitian yang pernah dilakukan Adriani, dkk (2003) di RSJD Surakarta menunjukkan bahwa pasien yang mengikuti program terapi kelompok tidak mengalami perkembangan yang bermakna ke arah kesembuhan.

Penelitian ini bermaksud untuk memperoleh informasi tentang pelaksanaan terapi kelompok di RSJD Surakarta, faktor pendukung serta faktor penghambatnya. Metode yang digunakan adalah kombinasi antara kuantitatif dan kualitatif. Pengumpulan data menggunakan strategi triangulasi yang dilakukan selama 1 (satu) bulan. Subyek penelitian adalah seluruh petugas pelaksana terapi kelompok sebanyak 10 orang dan sampling secara random dari 55 pasien yang menjadi peserta terapi kelompok dari tanggal 14 Juni sampai dengan 14 Juli 2004 di RSJD Surakarta. Analisis utama dilakukan dengan mendeskripsikan data secara kualitatif yang berfokus pada penuturan responden tentang terapi kelompok.

Dari hasil analisis data penelitian diketahui bahwa terapi kelompok dilaksanakan secara rutin dan terprogram. Dari 10 pegawai, baru 2 yang mengikuti pelatihan tentang terapi kelompok. Pasien peserta terapi kelompok dikenakan jasa pelaksanaan sesuai dengan ruangan tempat perawatannya. Selama penelitian diketahui bahwa semua peserta terapi kelompok adalah pasien yang baru masuk RSJ, seleksi yang dilakukan oleh petugas kurang ketat, sehingga pasien belum mampu mengikuti kegiatan secara maksimal, bahkan terjadi *drop out* atau pasien keluar dari group terapi. Terapis juga belum mempersiapkan diri secara optimal, pelaksanaan terapi masih terkesan rutinitas. Supervisi dan evaluasi dari pimpinan belum optimal. Sarana dan prasarana kegiatan terapi kelompok disediakan oleh RSJ. Secara teknis pelaksanaan sudah sesuai dengan juknis pelaksanaan terapi kelompok di RSJ. Keberadaan petugas khusus, penyediaan sarana dan prasarana serta dukungan dari kepala unit rehabilitasi menjadi faktor pendukung program terapi kelompok, sedangkan faktor penghambatnya adalah sebagian besar petugas (80%) belum memenuhi kriteria sebagai terapis dan belum mengikuti pelatihan terapi kelompok, pelaksanaan seleksi yang kurang ketat, pelaksanaan terapi tampak lebih bersifat rutinitas, supervisi belum optimal dan rendahnya insentif jasa pelayanan kepada petugas.

Kata Kunci : Terapi kelompok, Evaluasi pelaksanaan

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ABSTRACT

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Besides medical therapy, RSJD Surakarta also applies psychotherapy included in group therapy. The implementation of in group therapy is conducted in a rehabilitation unit with some specifically assigned officials. The research result conducted by Adriani at al (2001) in RSDJ Surakarta shows that the patients joining the program did not improve toward the recovery. This research is aimed at collecting some information about the implementation of in group therapy in RSJD Surakarta, they are the proponent and the inhibiting factors. The method applied is a combination of quantitative and qualitative method. The data were collected with triangulation strategy conducted in one month. The samples of the research are 10 officials of in group therapy and 55 patients who were taken randomly. This research was conducted during 14 June to 14 July 2004 in RSJD Surakarta. The main analysis was conducted by describing the data qualitatively focused on the result of the interview with the respondents.

From the data analysis, it is found out that the in group therapy was conducted continuously and well programmed. Among the 10 officials, only two of them were given training of in group therapy. The patients of in group therapy were given the treatment based on the their therapy room. During the research, it was found out that those who joined the therapy were the new patients in RSJD Surakarta. The selection of the patients was not strict enough so the patients were not able to join the entire program. Some of the patients even quit from the program. The therapists were not well trained as well. The implementation of the therapy was only a routine and there was not much supervision and evaluation from the program leader. The facilities and infrastructure of the program were provided by RSJD Surakarta. Technically, the program had followed the official procedure. The therapists and the facilities are the main proponent factors in this therapy. Meanwhile, the inhibiting factor is that most of the therapist (80%) are not the standard one and most of them have not join the in group training program. The selection of the patients was not strict and the therapy seems to be only a routine. The supervision from the leader program was not sufficient and the incentive accepted by the officials was not enough.

Key Words : Group therapy, Evaluation program.

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