

### **Abstract**

*Bipolar Disorder is a kind of mood disorder which contains of mania or hypomania episode, depressive episode, or the combination of both. Preliminary study on people with disorder shows that they need some improvement on self-illness management because frequency, intensity, and duration of this bipolar disorder seem to come often and disturbs people's everyday activities. A program called 'Bipolar Beraksi' was designed to improve knowledge and skill to manage bipolar and hoped to lower the frequency, intensity, and duration of its occurrence. This research was conducted on 10 people with bipolar who were divided into two groups, experiment and control. This research employed quasi experiment with non equivalent no-treatment control group time series. It was analyzed by using mixed-ANOVA and qualitative analysis. The result shows that the 'Bipolar Beraksi' program is able to lower people with bipolar mood duration and improves their knowledge as well as management for bipolar disorder.*

*Keywords: 'Bipolar Beraksi', bipolar disorder, people with bipolar, self management.*

### **Abstrak**

Gangguan Bipolar merupakan salah satu gangguan yang masuk ke dalam kelompok gangguan *mood*, di mana didalamnya terdapat episode mania atau hipomania, episode depresi dan episode campuran. Hasil studi awal dengan para ODB menemukan bahwa mereka memerlukan peningkatan manajemen diri terhadap gangguan bipolar dikarenakan frekuensi, intensitas dan durasi kemunculan *mood* bipolar yang tinggi dan mengganggu fungsi sehari-hari. Program 'Bipolar Beraksi' bertujuan meningkatkan pengetahuan dan keterampilan mengelola bipolar sehingga diharapkan akan menurunkan frekuensi, intensitas ataupun durasi *mood* bipolar. Penelitian melibatkan 10 ODB yang dibagi menjadi kelompok eksperimen dan kontrol. Metode penelitian ini memakai eksperimen kuasi dengan rancangan *non equivalent no-treatment control group time series* dan dianalisis menggunakan anova campuran serta analisis secara kualitatif. Hasil penelitian menunjukkan bahwa program 'Bipolar Beraksi' dapat menurunkan durasi *mood* dan meningkatkan pengetahuan serta manajemen gangguan bipolar pada ODB.

Kata kunci: 'Bipolar Beraksi', gangguan bipolar, ODB, manajemen diri.