

### **ABSTRAK**

Pasien pascastroke mengalami distress pascatrauma sehingga tidak mampu bangkit dari trauma, sulit mengembangkan *Post-Traumatic Growth* (PTG), cenderung mengabaikan proses perawatan yang seharusnya ditaati, dan menghambat proses rehabilitasinya. Program “Pasien PANDAI” dirancang sebagai sebuah program integratif yang menggabungkan proses penerimaan, *mindfulness*, proses berkomitmen, dan mendorong adanya perubahan perilaku pasien. Penelitian ini bertujuan untuk melihat apakah penerapan “Program Pasien PANDAI” mampu meningkatkan PTG pada pasien pascastroke. Metode penelitian yang digunakan yaitu *one group pretest-posttest with double pretest design*. Proses penelitian dilakukan di wilayah Terban dan Condong Catur, DIY dengan melibatkan 4 pasien pascastroke yang memiliki PTG sedang dan berusia 50-65 tahun sebagai subjek. Data dianalisis dengan menggunakan *One-Way ANOVA* dan analisis deskriptif. Hasil penelitian menunjukkan bahwa Program “Pasien PANDAI” dapat meningkatkan PTG pada pasien pascastroke.

**Kata Kunci : Program “Pasien PANDAI”, Terapi Penerimaan dan Aksi, ACT, *Post-Traumatic Growth*, stroke, penyakit kronis**

### **ABSTRACT**

*Post-stroke patients suffered post-traumatic distress and was unable to overcome the trauma, difficult to develop Post-Traumatic Growth (PTG), tend to ignore the processes of care that should be adhered to, and inhibit the process of rehabilitation. Program “Pasien PANDAI” was designed as an integrated program that combines the acceptance process, mindfulness, commitment process, and encourages a change in patient behavior. The aim of this research was to examine the effect of Program “Pasien PANDAI” in improving the PTG in post-stroke patient. The method used in this research was one group pretest-posttest design with double pretest & posttest. This research was conducted at Terban and Condong Catur, DIY and involving four patient, 50-65 years, who had moderate PTG level as subjects. It was analyzed by using One-Way ANOVA and descriptive analysis. The result shows that the Program “Pasien PANDAI” is able to improving PTG in post-stroke patients.*

**Keywords : Program “PASIEN PANDAI”, Acceptance and Commitment Therapy, ACT, *Post-Traumatic Growth*, chronic disease.**