

## ABSTRACT

**Background:** It was estimated that more than 18,000 people with mental disorders in Indonesia were being physically restrained, and around 17% of those restrained cases have since been released. In addition to which as much, 70% of those released patients have undergone treatment by medical services. in West Nusa Tenggara province The number of cases of restrained patients reported up to the 1st semester of 2014 is 395. In Mataram, 19 restrained mentally disabled people were found and released. In order tackling the case of restraint in the province NTB, Mataram City health department has held training in mental health nursing (Basic Course in Community Mental Health Nursing qualification: BC-CMHN). Qualitative research was conducted to find out more about the role and motivation of nurses in the implementation of a 'restraint free' program.

**Research Purposes:** To determine the description of the role and motivation of mental health nurses in the implementation of a 'restraint free' program (program bebas pasung) in the health centers of Mataram, West Nusa Tenggara.

**Research Methods:** This study was a qualitative research with case study designed. The subject consists of ten nurse holder of mental health programs, three person families of sufferers, two employees health service Mataram city as well as one person mental health cadre and one person former sufferers of the disorder. Data collection done FGD (focus discussion group), in-depth interviews and observation.

**Research Result:** The results illustrate that the nurses had been carry out their role as executors of nursing care, as nursing care giver directly, is giving the nursing action on sufferers and their families as well as continuing therapy for sufferers, as educators, mental health nurse's role is to provide mental health education to the family, Mental health information society as well as provide guidance to students who are currently practice in clinics, while the nurse's role as coordinator of the activities is to do mapping cases mental disorder and empowering the sufferer. The form of the work is the motivation of nurses, while working conditions a factor that cannot support nurse for give the nursing care to suffers and family.

**Conclusion:** Mental health nurses in the city of Mataram are implementing of a 'restraint free' program. however, has not been fullest related working conditions experienced by nurses. So, it is recommended that mental health nurses capable partners with all layers of society, stakeholders, community leaders, religious figures and all community in the Mataram city in carrying out of a 'restraint free' program, especially in enhancing preventive efforts, promotif, curative and rehabilitative programmes so that related problems illness can be resolved.

**Keywords:** role, motivation, mental health nurses and a 'restraint free' program

## INTISARI

**Latar belakang:** Diperkirakan lebih dari 18.000 penderita gangguan jiwa di Indonesia berada dalam kondisi terpasung, 17% kasus telah ditemukan dan 70% nya telah dirawat di pelayanan kesehatan. Laporan kasus pasung di Provinsi NTB hingga juni 2014, telah ditemukan 395 kasus pasung, khusus Kota Mataram, telah dilepas 19 orang penderita gangguan jiwa dari pemasungan. Dalam rangka penanggulangan pasung di Provinsi NTB, Dinas kesehatan Kota Mataram, telah mengadakan pelatihan keperawatan jiwa *BC-CMHN (Basic Course in Community Mental Health Nursing)* bagi tenaga perawat. Penelitian kualitatif dilakukan untuk mengetahui lebih mendalam bagaimana peran dan motivasi perawat dalam pelaksanaan program bebas pasung tersebut.

**Tujuan penelitian:** Mengetahui gambaran tentang peran dan motivasi perawat kesehatan jiwa dalam pelaksanaan program bebas pasung di wilayah puskesmas Kota Mataram, Provinsi NTB.

**Metode penelitian:** Penelitian ini menggunakan metode kualitatif dengan disain studi kasus (*case study*). Subjek penelitian terdiri dari 10 orang perawat pemegang program kesehatan jiwa, 3 orang keluarga penderita, 2 orang pegawai dinas kesehatan Kota Mataram, 1 orang kader kesehatan jiwa serta 1 orang mantan penderita gangguan jiwa. Pengumpulan data dilakukan FGD (*focus group discussion*), wawancara mendalam, serta melakukan observasi.

**Hasil penelitian:** Hasil penelitian menggambarkan bahwa peran perawat sebagai pemberi asuhan keperawatan secara langsung, adalah memberikan tindakan keperawatan pada penderita dan keluarganya serta melanjutkan terapi untuk penderita, peran sebagai pendidik adalah memberikan pendidikan kesehatan jiwa kepada keluarga, memberikan penyuluhan kepada masyarakat serta memberikan bimbingan kepada mahasiswa yang sedang praktik di puskesmas, sedangkan peran sebagai koordinator kegiatan adalah melakukan pemetaan kasus pasung serta pemberdayaan penderita. Bentuk pekerjaan merupakan motivasi perawat, sedangkan kondisi kerja merupakan faktor yang tidak dapat menunjang aktivitas perawat untuk memberikan tindakan keperawatan kepada penderita dan keluarga.

**Kesimpulan:** Perawat kesehatan jiwa di Kota Mataram tengah melaksanakan program bebas pasung. Namun, kegiatan tersebut belum berjalan maksimal, karena itu diperlukan kerjasama dari semua lapisan masyarakat, stakeholder, tokoh agama, tokoh masyarakat dan semua lintas sektoral di Kota Mataram untuk melaksanakan program bebas pasung, terutama dalam upaya preventif, promotif, kuratif serta rehabilitatif sehingga masalah - masalah yang terkait dengan penyakit jiwa dapat teratasi.

Kata Kunci: peran, motivasi, perawat kesehatan jiwa dan program bebas pasung