

Pengembangan Program Seduksi (Seksual Edukasi Skizofrenia) sebagai Upaya Meningkatkan Pengetahuan, Sikap, Efikasi Diri dan Keterampilan Komunikasi Perawat serta Kontrol Diri Pasien Skizofrenia terhadap Perilaku Seksual

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ABSTRAK

Latar belakang: Efek samping yang terjadi dalam pengobatan antipsikotik yaitu munculnya beberapa masalah seksual, salah satunya adalah perilaku seksual. Perilaku seksual apabila sulit dikendalikan tentunya akan berdampak baik pada pasien, perawat, keluarga maupun lingkungan, maka dari itu pentingnya upaya penanganan melalui intervensi pendidikan seksual.

Tujuan penelitian: Mengembangkan dan menganalisis pengaruh program Seduksi sebagai upaya meningkatkan pengetahuan, sikap, efikasi diri, keterampilan komunikasi dan kontrol diri pasien terhadap perilaku seksual.

Metode penelitian: Penelitian ini merupakan *mixed methods research exploratory sequential design*. Tahap pertama penelitian kualitatif dengan mengeksplorasi pandangan perawat dan pasien tentang masalah perilaku seksual, pengenalan dan *need assesment*. Sampel penelitian tahap pertama sebanyak sembilan perawat jiwa dengan *focus group discussion* dan tujuh pasien jiwa dengan *in depth interview*. Analisis kualitatif yang digunakan adalah *content analysis*. Tahap kedua penelitian kuantitatif melalui rancangan *nonequivalent (pretestandposttest) control group design*. Sebanyak 50 perawat yang sesuai dengan kriteria inklusi menjadi responden perawat. Kelompok perlakuan dibagi menjadi dua kelompok yakni kelompok intervensi mendapatkan pelatihan Seduksi selama lima hari. *Pretest* dilakukan pada hari pertama dengan instrumen pengetahuan (*knowledge sexual health*), sikap (*attitude sexual health*), efikasi diri (*self efficacy sexual health*) dan penilaian keterampilan komunikasi, dilanjutkan dengan *posttest* di hari kelima. Kelompok kontrol mendapatkan *workshop* pendidikan seksualitas selama satu hari, *pretest* dilakukan pada pagi hari dilanjutkan sore hari dengan *posttest*. Pada tahap selanjutnya perawat sebagai kelompok intervensi menerapkan Seduksi pada pasien dan kelompok kontrol menerapkan pendidikan seksualitas selama 15 minggu. Penerapan Seduksi dilakukan pada pasien di ruang rawat inap pada dua kelompok, sebanyak 42 pasien jiwa yang sesuai dengan kriteria inklusi menjadi responden pasien dengan mengukur kontrol diri pasien terhadap perilaku seksualnya. Analisa data yang digunakan pada tahap kedua adalah dengan uji *Wilcoxon sign rank* dan *Mann Whitney*.

Hasil : Didapatkan empat tema yaitu persepsi tentang fenomena abnormal perilaku seksual pasien yang menyimpang, pola aktivitas seksual pasien telah mengarah pada karakteristik perilaku agresif bagi diri sendiri dan orang lain, pelecehan seksual yang dilakukan oleh pasien mengakibatkan keresahan bagi individu dan lingkungan, dan pengendalian perilaku seksual pasien menjadi fokus utama dalam pemecahan masalah. Pencampuran data (*mixing*) dalam penelitian ini menggunakan strategi interaktif mengembangkan (*building*) data. Model program Seduksi yang terdiri dari pelatihan Seduksi bagi perawat dengan enam materi pelatihan dan penerapan Seduksi yang ditujukan pada pasien dengan sembilan Standar operasional prosedur yang menjadi panduan bagi perawat. Terdapat perbedaan pengetahuan, sikap, efikasi diri, keterampilan komunikasi perawat dan kontrol diri pasien jiwa pada kelompok intervensi lebih tinggi dibandingkan dengan kelompok kontrol dengan nilai perbedaan secara statistik bermakna dan pelatihan dan penerapan Seduksi menjadi faktor yang paling berpengaruh.

Kesimpulan : Model program Seduksi terdiri dari pelatihan dan penerapan Seduksi, efektif dalam meningkatkan pengetahuan, sikap, efikasi diri, keterampilan komunikasi perawat dan kontrol diri pasien.

Kata kunci : Perilaku seksual, pengetahuan, sikap, efikasi diri, keterampilan komunikasi, kontrol diri.

The Development of Program Seduksi (*Seksual Edukasi Skizofrenia*) as an Effort to Improve Nurses' Knowledge, Attitude, Self-Efficacy, and Communication Skills and Schizophrenic Patients' Self-Control of Sexual Behavior

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ABSTRACT

Background: The side effect of antipsychotic treatment includes the emergence of a number of sexual problems, and one of which is sexual behavior. If the sexual behavior is uncontrollable, there will certainly be an impact on the patient, nurses, family, and the surroundings; therefore, it is important to make an effort to solve such problem through sex education interventions.

Objectives: To develop and analyze the effects of Program Seduksi in an attempt to improve the knowledge, attitude, self-efficacy, and communication skills among nurses and patients' self-control of sexual behavior.

Methods: This research used the mixed methods with an exploratory sequential design. The first stage was a qualitative study exploring the perceptions of sexual behavior, introduction, and need assessment among nurses and patients. The research samples of the first stage were nine psychiatric nurses involved in focus group discussions and seven schizophrenic patients given in-depth interviews. The qualitative analysis used was a content analysis. The second stage employed quantitative research with a nonequivalent (pretest and posttest) control group design. A total of 50 nurses who met the inclusion criteria became the respondents divided into two groups. The intervention group received five-day Seduksi training. The pretest was conducted on the first day for the knowledge instrument (knowledge of sexual health), attitude instrument (attitude toward sexual health), self-efficacy instrument (sexual health self-efficacy), and assessment of communication skills, followed by a posttest on the fifth day. The control group received a sex education workshop for one day. The pretest was carried out in the morning followed by the posttest in the afternoon. In the next stage, the nurses as part of the intervention group applied Seduksi to patients, and the control group applied sex education for 15 weeks. Seduksi was implemented for 42 schizophrenic patients in the inpatient rooms in both groups. Patients who met the inclusion criteria became the respondents to be assessed for their self-control of sexual behavior. The data analysis used in the second stage was the Wilcoxon sign rank test and Mann-Whitney test.

Results: Four themes were obtained, namely the perceptions of abnormal sexual behavior among patients, the pattern of patients' sexual activities which have been likely characterized by aggressive behavior toward themselves and others, the sexual harassment committed by patients which has caused anxiety among the surrounding individuals and environment, and the control of patients' sexual behavior which has become the main focus of the measures taken. The data mixing in this study involved an interactive strategy for data building. The model of Program Seduksi consists of Seduksi training for nurses with six training materials and the implementation of Seduksi for patients with nine standard operating procedures which serve as the guidelines for nurses. There were differences in nurses' knowledge, attitude, self-efficacy, and communication skills and schizophrenic patients' self-control, showing higher levels in the intervention group as

opposed to the control group. The differences were statistically significant with the training and implementation of Seduksi being the most influencing factor.

Conclusion: The model of Program Seduksi which includes Seduksi training and implementation is proved to be effective in improving nurses' knowledge, attitudes, self-efficacy, and communication skills as well as patients' self-control.

Keywords: Sexual behavior, knowledge, attitude, self-efficacy, communication skills, self-control