

## ABSTRAK

### **Model Intervensi Keperawatan Kegawatdaruratan Psikiatri Terhadap ODGJ Dengan Gaduh Gelisah Di Pelayanan Primer**

**Latar Belakang:** Kegawatdaruratan psikiatrik seperti kondisi gaduh gelisah pada Orang Dengan Gangguan Jiwa (ODGJ) di pelayanan primer sering kali tidak tertangani dengan baik karena keterbatasan akses layanan kesehatan mental. Banyak puskesmas belum memiliki Standar Operasional Prosedur (SOP) atau tenaga kesehatan yang kompeten dalam menangani kegawatdaruratan psikiatri, termasuk penggunaan teknik verbal de-escalation.

**Tujuan Penelitian:** Penelitian ini bertujuan untuk mengembangkan dan menguji efektivitas Model Intervensi Keperawatan Kegawatdaruratan Psikiatri terhadap ODGJ dengan Gaduh Gelisah di Pelayanan Primer.

**Metode:** Penelitian ini menggunakan metode *Research and Development* (RnD) dengan pendekatan proses 4D, yaitu *Definition, Design, Development, dan Dissemination*. Pada tahap *Definition*, dilakukan analisis kebutuhan terkait penanganan pasien ODGJ dengan gaduh gelisah di pelayanan primer. Pada tahap *Design*, model intervensi keperawatan dikembangkan berdasarkan temuan awal dan literatur yang ada. Tahap *Development* melibatkan uji coba model pada kelompok sampel pasien ODGJ di Kota Cimahi, sementara tahap *Dissemination* mencakup penyebaran dan validasi model pada skala yang lebih luas. Sampel dibagi menjadi kelompok intervensi yang menerima model keperawatan dan kelompok kontrol yang menerima intervensi farmakologi. Data dikumpulkan melalui observasi dan kuesioner, lalu dianalisis menggunakan uji statistik.

**Hasil:** Hasil penelitian menunjukkan bahwa model Intervensi Keperawatan Kegawatdaruratan Psikiatri yang meliputi teknik verbal de-escalation, manipulasi lingkungan, dan fiksasi mekanik, sama efektifnya dengan intervensi farmakologi dalam menurunkan tingkat gaduh gelisah pada pasien ODGJ. Kedua metode intervensi menunjukkan hasil yang signifikan dalam mengurangi gejala agitasi.

**Simpulan:** Model Intervensi Keperawatan Kegawatdaruratan Psikiatri efektif dan dapat digunakan sebagai alternatif atau pendamping intervensi farmakologi dalam menangani pasien ODGJ dengan gaduh gelisah di pelayanan primer. Model ini berpotensi meningkatkan kualitas pelayanan kesehatan jiwa di tingkat primer.

**Kata Kunci:** Keperawatan Darurat, Gangguan Jiwa, Model, Keperawatan, Pelayanan Kesehatan Primer

## **ABSTRACT**

### ***Psychiatric Emergency Nursing Intervention Model For Agitated People With Mental Disorders In Primary Care Settings***

**Background:** *Psychiatric emergencies, such as agitation in People with Mental Disorders (ODGJ), are often not properly addressed in primary care due to limited access to mental health services. Many primary healthcare centers (Puskesmas) lack Standard Operating Procedures (SOPs) or trained healthcare professionals capable of handling psychiatric emergencies, including the use of verbal de-escalation techniques.*

**Research Objective:** *This study aims to develop and evaluate the effectiveness of a Psychiatric Emergency Nursing Intervention Model for Agitated People with Mental Disorders (ODGJ) in primary care settings.*

**Methods:** *This study employs the Research and Development (RnD) method, using the 4D process: Definition, Design, Development, dan Dissemination. During the Definition phase, a needs analysis was conducted on managing agitated ODGJ patients in primary care. The Design phase involved developing the nursing intervention model based on initial findings and relevant literature. In the Development phase, the model was tested on a sample of ODGJ patients in Cimahi, while the Dissemination phase involved broader dissemination and validation of the model. The sample was divided into an intervention group, which received the nursing model, and a control group, which received pharmacological interventions. Data were collected through direct observation and questionnaires, and analyzed statistically.*

**Results:** *The study found that the Psychiatric Emergency Nursing Intervention Model, which includes verbal de-escalation techniques, environmental manipulation, and mechanical restraint, is equally effective as pharmacological interventions in reducing agitation levels in ODGJ patients. Both intervention methods significantly reduced agitation symptoms.*

**Conclusion:** *The Psychiatric Emergency Nursing Intervention Model is effective and can be used as an alternative or complement to pharmacological interventions in managing agitated ODGJ patients in primary care. This model has the potential to improve the quality of mental health services in primary care settings.*

**Keywords:** *Emergency Nursing, Mental Disorders, Models, Nursing, Primary Health Care*