PROGRAM STUDI ILMU KEPERAWATAN

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Pengaruh *Motivational Interviewing (MI)* Terhadap Tahap Perubahan Perilaku Klien Rehabilitasi Narkoba di Loka Rehabilitasi Badan Narkotika Nasional Batam

122 hal + 6 tabel + 3 skema + 15 lampiran

ABSTRAK

Penyalahgunaan Narkoba mengakibatkan masalah fisik dan psikis yang menimbulkan berbagai perubahan pada diri penyalahgunanya dengan perubahan perilaku maladaptif. Badan Narkotika Nasional menunjukkan penyalahgunaan Narkotika di Indonesia merupakan yang terbesar di tingkat Asia karena menggunakan 65 jenis Narkotika. Dalam studi pendahuluan diketahui terdapat 55 klien rawat inap di Loka Rehabilitasi BNN Batam. Penelitian ini bertujuan untuk mengetahui tahap perubahan perilaku sebelum dan setelah penerapan *Motivational Interviewing (MI)* serta menganalisis pengaruhnya terhadap klien rehabilitasi Narkoba. Metode penelitian yaitu *quasi-experiment design* dengan pendekatan *one group pretest - posttest design without control group*. Sampel berjumlah 25 responden kelompok eksperimen yang menjalani rehabilitasi rawat inap di Loka Rehabilitasi BNN Batam Tahun 2022 dengan teknik pengambilan sampel yaitu *purposive sampling* dan data diolah dengan uji *Wilcoxon*. Analisa Univariat hasil pemeriksaan sebelum diberikan MI didapatkan 32% pada tahap pra-perenungan, 52% tahap perenungan dan 16% tahap aksi. Hasil Bivariat menunjukkan ada pengaruh MI terhadap tahap perubahan perilaku dengan selisih nilai tengah sebelum dan setelah dilakukan MI adalah 2,13 dan *P-Value* 0,000 (<0,05). Disimpulkan bahwa ada pengaruh MI terhadap peningkatan tahap perubahan perilaku klien rehabilitasi Narkoba. Disarankan untuk perawat dapat menerapkan metode MI dalam menjalankan peran sebagai konselor untuk meningkatkan tahap perubahan perilaku adaptif klien.

Kata Kunci : *Motivational Interviewing,* Perilaku, Narkoba

The Effect of Motivational Interviewing (MI) on Behavior Stages of Change of Drug Rehabilitation Clients at Batam Rehabilitation Center of National Narcotics Board

122 pages + 6 tables + 3 charts + 15 appendices

ABSTRACT

Drug abuse causes physical and psychological problems that cause various changes in the abuser with changes in maladaptive behavior. The National Narcotics Board shows that narcotics abuse in Indonesia is the largest in the Asian level because it uses 65 types of narcotics. In the preliminary study, it was found that there were 55 inpatients at the Batam BNN Rehabilitation Center. This study aims to determine the behavior stages of change before and after the application of Motivational Interviewing (MI) and to analyze its effect on drug rehabilitation clients. The research method is a quasi-experimental design with a one group pretest - posttest design approach without a control group. The sample consisted of 25 experimental group respondents who underwent inpatient rehabilitation at the Batam Rehabilitation Center of National Narcotics Board in 2022 with a sampling technique that was purposive sampling and the data was processed using the Wilcoxon test. Univariate analysis of the results of the examination before being given MI showed 32% in the pre-contemplation stage, 52% in the contemplation stage and 16% in the action stage. Bivariate results show that there is an effect of MI on the behavior stages of change with the difference in the mean before and after MI is 2.13 and P-Value 0.000 (<0.05). It was concluded that there was an effect of MI on increasing the behavior stages of change in drug rehabilitation clients. It is recommended for nurses to apply the MI method in carrying out their role as counselors to increase the stage of changing the client's adaptive behavior.

Keywords   : Motivational Interviewing, Behaviour, Narcotics