

**PROGRAM STUDI ILMU KEPERAWATAN  
UNIVERSITAS AWAL BROS**

**Skripsi, April 2022**

**Lisnawati**

**Pengaruh *Expressive writing* terhadap peningkatan *Self esteem* pada Klien  
Penyalahguna Narkoba di Loka Rehabilitasi Badan Narkotika Nasional  
Batam Tahun 2022**

**137 hal + 9 tabel + 3 skema + 17 lampiran**

**ABSTRAK**

Permasalahan narkotika telah membuat seluruh negara di dunia khawatir dan resah. Menurut Badan Narkotika Nasional (BNN) penyalahgunaan Narkotika di Indonesia merupakan yang terbesar di tingkat Asia karena konsumen menggunakan seluruh 65 jenis Narkotika. Selain berdampak pada permasalahan fisik dan psikologis, penggunaan narkoba juga berdampak pada perkembangan kepribadian individu yaitu *self-esteem*. Penelitian ini bertujuan untuk mengetahui Pengaruh *expressive writing* (EW) dalam meningkatkan *self-esteem* penyalahguna narkoba. Metode penelitian *quasi-experiment design* dengan pendekatan *one group pretest - posttest design without control group*. Sampel berjumlah 30 responden yang menjalani rehabilitasi rawat inap di Loka Rehabilitasi BNN Batam Tahun 2022 dengan teknik pengambilan sampel *purposive sampling*, data diolah dengan uji *Wilcoxon*. Analisa Univariat hasil pemeriksaan sebelum diberikan EW didapatkan *self esteem* rendah sebesar 43% & *self esteem* tinggi sebesar 57%. Hasil Bivariat menunjukkan ada pengaruh EW terhadap peningkatan *self esteem* dengan selisih nilai tengah sebelum dan setelah dilakukan EW adalah 2,7 dan *P-Value* 0,000 (<0,05). Disimpulkan bahwa ada pengaruh EW terhadap peningkatan *self esteem* klien rehabilitasi Narkoba.

**Kata Kunci : Menulis ekspresif, harga diri, Narkoba**

**NURSING SCIENCE PROGRAM**

**AWAL BROS UNIVERSITY**

**Mini Thesis, April 2022**

**Lisnawati**

***The effect of Expressive writing on increasing Self esteem in Drug Abuse Clients at at Batam Rehabilitation Center of National Narcotics Board in 2022***

***137 pages + 9 tables + 3 charts + 17 appendices***

**ABSTRACT**

*The narcotics problem has made all countries in the world worried and uneasy. According to the National Narcotics Board (BNN), narcotics abuse in Indonesia is the largest at the Asian level because drug abuse use all 65 types of narcotics. In addition to having an impact on physical and psychological problems, drug use also has an impact on the development of an individual's personality, namely self-esteem. This study aims to determine the influence of expressive writing (EW) in increasing the self-esteem of drug abusers. Quasi-experimental design research method with one group pretest - posttest design without control group approach. A sample of 30 respondents who underwent inpatient rehabilitation at the Batam BNN Rehabilitation Workshop in 2022 with purposive sampling techniques, the data were processed with the Wilcoxon test. Univariate analysis of the results of the examination before being given EW obtained low self esteem of 43% & high self esteem of 57%. Bivariate results show that there is an effect of EW on increasing self esteem with the difference in the middle value before and after EW is carried out is 2.7 and P-Value is 0.000 (<0.05). It concluded that there is an effect of EW on increasing the self esteem of Drug rehabilitation clients.*

**Keywords : Expressive writing, Self esteem, Narcotics**