

**EFEKTIVITAS PENERAPAN TEKNIK RELAKSASI PROGRESIF PADA  
KLIEN SKIZOFRENIA DENGAN MASALAH UTAMA HALUSINASI  
DI RUMAH SAKIT JIWA DAERAH SURAKARTA**  
(Suatu analisis perbedaan status mental klien kategori *acute, maintenance* dan  
*health promotion*)

**EFFECTIVITY METHOD STRATEGY PROGRESIVE RELAXATION  
TECHNIQUE TO CLIENT SKIZOFRENIA WITH HALUCINATION CORE  
PROBLEM IN PSYCHIATRIC HOSPITAL SURAKARTA**  
(Deferent of analisis status mental client with *Acute, Maintenance*  
and *Health Promotion* category)

**Arum Pratiwi, Kartinah**  
(Dosen Fakultas Ilmu Kedokteran, Prodi Keperawatan)

**ABSTRAK**

*Nursing Intervension strategy with normative approach model nursing intervention to client psychiatric, include the client with core problem halucination. This normative to apllied among at hospital in Indonesia. The result of research first level with efektifive applied strategy, in concluded the defferent of the category, the model is sesuai for maintenance and health promotion category.*

*The aims this research is to know defference client response with core problem hallucination to application implementation nursing care strategy and development with psicoterapi relaksation technique in psychiatric hospital. The kind of this research is a kuantitatif eksperimental deskriptif komparatif, while the dating technique is cross-sectional model, the sample each group 7 responden with sequential random sampling technique.*

*The result defference of analysis response client with wilcoxons there is 0,635 with P value 0,001, than concluded any defference response client between acute category, maintenance and health promotion. The result of z test analisis there is -2,668 with P value 0,0038, than concluded any defference mental status between before and after intervention. The recommendation of the research continu is searching model for appropriated implementation nursing strategy.*

*Keyword : Skizofrenia, clien category, relaxation progressive technique*