

ABSTRACT

Positive Ability Exercise Therapy on Nursing Chronic Low Self Esteem in Client Mrs.R at Bantur Health Center. Celyn Alda Meilina. 2024 Malang Nursing Professional Nursing Study Program. Department of Nursing. Health Polytechnic of the Ministry of Health Malang. Supervisor Esti Widiani, S.Kep., Ns., M.Kep.

Low self-esteem is a self-evaluation and feelings about oneself or one's abilities that are negative towards oneself, loss of self-confidence and self-esteem, feeling that one has failed in achieving one's desires. The purpose of the study was to analyze the application and results of nursing care that implements an existential model approach with positive ability therapy at Bantur Health Center. This research was conducted in Bantur District with a total of 192 cases of. Positive training is a positive aspect that an individual has to identify the abilities that exist within the individual himself. So clients can choose activities according to their abilities, namely washing dishes, washing clothes, making broomsticks and making beads. Target client Mrs. R with low self-esteem. One of the interventions that can be done is to provide positive ability training. The results of the evaluation after being given the implementation of positive ability therapy for 6 meetings were obtained before therapy there were 7 signs and symptoms and after therapy there was 1 sign of symptoms. The existential model approach can increase client self-esteem.

Keywords: Low Self Esteem, Training, Positive Ability Therapy.