

***APPLICATION OF BEHAVIOR THERAPY WITH TOKEN ECONOMY
TECHNIQUE IN NURSING CARE FOR Mr. R WITH SELF-CARE DEFICIT
DISORDER PROBLEMS IN BANTUR VILLAGE, MALANG REGENCY***

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ABSTRACT

Introduction: Self-care deficit is one of the problems that arise in patients with mental disorders, which is characterized by symptoms of self-care deficit to address that problem. Behavior therapy token economy approaches. The purpose of this case study is to determine changes in self-care behavior with behavior therapy techniques token economy self-care in patients with self-care deficit. ***Method:*** The preparation of this final scientific paper uses a case study method with the subject of a patient diagnosed with self-care deficit. Therapy was carried out for 6 times according to the steps of behavior therapy with token economy. Data were collected through observation, interviews, and assessment of signs and symptoms of self-care deficit. ***Results:*** The study showed that increase in self-care after the application of behavior therapy with token economy. ***Discussion:*** After implementing token economy for 6 days, the results showed that the patient looked clean and fresh, his mouth and hair were not dirty, the patient was also more enthusiastic in doing self-care. The conclusion of the case study is that behavior therapy with token economy techniques can be applied to overcome self-care problems in patients with symptoms of self-care deficit.

Keywords: Self-Care Deficit, Behaviorl Therapy, Token Economy, Mental Health Nursing