

ABSTRACT

This research aims to know how the stage strategy of communication which is applied by nurses to patients at the Regional Mental Hospital Dr. RM. Soedjarwadi Central Java Province in performing nursing care, especially by therapeutic communication techniques. This research applied descriptive qualitative research method which is based on post-positivistic paradigm and informants determination techniques Self Designing Method by doing structured interview and participant observation of nurses, psychiatry, patients and patient's family. The obtained data were examined with data validity techniques triangulation of source, triangulation of techniques and triangulation of time then analyzed using Miles and Huberman analyzing techniques.

Therapeutic communication is a professional nurses communication that consist of pre interaction phase, orientation phase, working phase and termination phase. The obtained result from this research that communication is an excellent method for healing patients with psychiatric disorder by using planned strategy. First, the pre orientation phase begins with diagnosing patients subjectively and objectively, making interaction and therapeutic plan, doing self evaluation based on knowledge and experiences, then making a written plan. Second, the orientation phase by doing interaction approach as planned involves feelings and attitude of openness, empathy, positive attitude and equality to create trust. Third, the working phase by doing psychotherapy techniques which is suitable with the main problem of patients based on standard implementation of nursing care. And last, the termination phase is a phase by doing evaluation result of therapy, and making a new contract therapy or by ending the old one also with giving an action to reinforcement patient's mental health before back to the community.

Keyword: Communication Strategy, Descriptive, Stage of Therapeutic Communication