

EFEKTIVITAS *ACCEPTANCE AND COMMITMENT THERAPY* (ACT)  
UNTUK MENINGKATKAN *PAIN ACCEPTANCE*  
PADA WANITA DENGAN SKOLIOSIS

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**Abstract**

*Negative scoliosis pain experiences make patients avoid any pain sensation, which caused inactivity, social withdrawal, and dissatisfaction with life. This study aims to determine the effectiveness of Acceptance and Commitment Therapy (ACT) to improve pain acceptance among women with scoliosis. The design used in this research is one-group pretest-posttest design, involving three research participants obtained through purposive sampling technique.*

*Method of data collection is embedded design. Data were collected through questionnaires and interviews. The questionnaires used are Chronic Pain Acceptance Questionnaire (CPAQ) from McCracken et al. (2004) to measure pain acceptance, Psychological Inflexibility in Pain Scale (PIPS) from Wicksell et al. (2010) to measure psychological inflexibility, and Brief Pain Inventory (BPI) to measure intensity and impact of pain on daily life. The questionnaires have gone through adaptation to Bahasa Indonesia, expert judgment to determine the content validity, and try out to determine the reliability. Measurements were conducted twice, before and after the intervention. The questionnaires data were analyzed using descriptive analysis and non-parametric statistical test Wilcoxon, while the interview data were analyzed using content analysis.*

*Statistical analysis showed that the Acceptance and Commitment Therapy (ACT) is not proven significantly improve pain acceptance on all participants. Nevertheless, descriptive analysis and content analysis of the interviews showed positive changes related to decreased psychological inflexibility, decreased avoidance of pain, decreased fusion with pain, reduction in pain intensity, and reduction the negative impact of pain on daily activities.*

**Keywords:** *Pain, Scoliosis, Pain Acceptance, Psychological Inflexibility, Acceptance and Commitment Therapy (ACT).*

## Abstrak

Pengalaman nyeri tidak menyenangkan akibat skoliosis membuat penderitanya berupaya keras untuk menghindari munculnya rasa nyeri dan mengakibatkan munculnya ketidakaktifan, penarikan diri, dan ketidakpuasan hidup. Penelitian ini bertujuan untuk mengetahui efektivitas *Acceptance and Commitment Therapy* (ACT) untuk meningkatkan *pain acceptance* pada wanita dengan skoliosis. Penelitian ini tergolong ke dalam jenis penelitian *one-group pretest-posttest design* dengan melibatkan tiga subjek penelitian yang diperoleh melalui teknik *purposive sampling*.

Metode pengumpulan data bersifat *embedded design*. Data dikumpulkan melalui kuesioner dan wawancara. Kuesioner yang digunakan antara lain *Chronic Pain Acceptance Questionnaire* (CPAQ) dari McCracken *et al.* (2004) untuk mengukur *pain acceptance*, *Psychological Inflexibility in Pain Scale* (PIPS) dari Wicksell *et al.* (2010) untuk mengukur *psychological inflexibility*, dan *Brief Pain Inventory* (BPI) untuk mengukur intensitas dan dampak nyeri terhadap kehidupan sehari-hari. Alat ukur telah melalui proses adaptasi ke dalam bahasa Indonesia, penilaian ahli untuk mengetahui validitas isi dan diuji cobakan untuk mengetahui tingkat reliabilitas. Pengukuran dilakukan sebanyak dua kali, yaitu sebelum dan setelah intervensi. Data kuesioner dianalisis dengan menggunakan metode statistika deskriptif dan uji statistik non-parametrik Wilcoxon, sementara data wawancara dianalisis dengan menggunakan analisis konten.

Hasil uji statistik menunjukkan bahwa intervensi *Acceptance and Commitment Therapy* (ACT) tidak terbukti secara signifikan dapat meningkatkan *pain acceptance* pada seluruh partisipan. Meski demikian analisa deskriptif dan analisa konten dari wawancara ataupun proses terapi menunjukkan adanya perubahan positif terkait penurunan *psychological inflexibility*, penurunan *avoidance of pain*, penurunan *fusion with pain*, penurunan intensitas nyeri, dan penurunan dampak negatif nyeri terhadap perasaan serta keberfungsian sehari-hari.

Kata kunci: Nyeri, Skoliosis, *Pain Acceptance*, *Psychological Inflexibility*, *Acceptance and Commitment Therapy* (ACT).