



Satuan Acara Pengajaran

PHP2602161 - Psikologi Kesehatan

Pengajar

Dr. dra. Rita Damayanti MSPH

Minggu 1

Materi Sesi 1
Orientasi mata ajar dan kesepakatan pembelajaran

Sub-pokok bahasan
Perkenalan, penjelasan silabus, pembentukan kelompok, kontrak belajar

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Referensi

1. Sarafino, EP. 2006. Health Psychology: Biopsychosocial Interaction, 5th ed. New York: John Wiley & Sons, Inc.
2. Taylor, Shelley E. 2006. Health Psychology, 6th ed. Singapore: Mc Graw-Hill, International Edition.
3. Brannon, Linda, Jess Feist. 1997. Health Psychology: An Introduction to Behavior and Health. Pasific Grove: Brooks/Cole Publishing Company.
4. Bart Smet. 1994. Psikologi Kesehatan. Jakarta: PT. Gramedia Grasindo.

Aktivitas Diskusi kelompok, mencari buku referensi minimal 2

Minggu 2

Materi Sesi 2
Kontribusi psikologi dalam masalah kesehatan masyarakat

Sub-pokok bahasan
Illness wellnes continuum, definisi dan ruang lingkup psikologi kesehatan dan peran psikologi dalam ilmu kesehatan masyarakat

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- Referensi**
1. Sarafino, EP. 2006. Health Psychology: Biopsychosocial Interaction, 5th ed. New York: John Wiley & Sons, Inc.
 2. Taylor, Shelley E. 2006. Health Psychology, 6th ed. Singapore: Mc Graw-Hill, International Edition.
 3. Brannon, Linda, Jess Feist. 1997. Health Psychology: An Introduction to Behavior and Health. Pasific Grove: Brooks/Cole Publishing Company.
 4. Bart Smet. 1994. Psikologi Kesehatan. Jakarta: PT. Gramedia Grasindo.
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Minggu 3

Materi Sesi 3
Pendekatan biopsikososial model dalam penanganan masalah kesehatan

Sub-pokok bahasan
Hubungan antara pikiran dan tubuh manusia, model Biopsikososial versus biomedical model dan lifespan perspective

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- Referensi**
1. Sarafino, EP. 2006. Health Psychology: Biopsychosocial Interaction, 5th ed. New York: John Wiley & Sons, Inc.
 2. Taylor, Shelley E. 2006. Health Psychology, 6th ed. Singapore: Mc Graw-Hill, International Edition.
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 4. Bart Smet. 1994. Psikologi Kesehatan. Jakarta: PT. Gramedia Grasindo.
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Minggu 4

Materi Sesi 4
Pendekatan perubahan perilaku sehat

Sub-pokok bahasan
Gaya hidup sebagai faktor risiko penyakit , determinan perilaku sehat , mengapa sulit mempromosikan perilaku hidup sehat

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- Referensi**
1. Sarafino, EP. 2006. Health Psychology: Biopsychosocial Interaction, 5th ed. New York: John Wiley & Sons, Inc.
 2. Taylor, Shelley E. 2006. Health Psychology, 6th ed. Singapore: Mc Graw-Hill, International Edition.
 3. Brannon, Linda, Jess Feist. 1997. Health Psychology: An Introduction to Behavior and Health. Pasific Grove: Brooks/Cole Publishing Company.
 4. Bart Smet. 1994. Psikologi Kesehatan. Jakarta: PT. Gramedia Grasindo.
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Minggu 5

Materi Sesi 5
Penerapan kasus dalam pendekatan perubahan perilaku sehat

Sub-pokok bahasan
Pendekatan Behavioristic, Health Belief Model , Transtheoretical Model

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- Referensi**
1. Sarafino, EP. 2006. Health Psychology: Biopsychosocial Interaction, 5th ed. New York: John Wiley & Sons, Inc.
 2. Taylor, Shelley E. 2006. Health Psychology, 6th ed. Singapore: Mc Graw-Hill, International Edition.
 3. Brannon, Linda, Jess Feist. 1997. Health Psychology: An Introduction to Behavior and Health. Pasific Grove: Brooks/Cole Publishing Company.
 4. Bart Smet. 1994. Psikologi Kesehatan. Jakarta: PT. Gramedia Grasindo.
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Minggu 6

Materi Sesi 6
Determinan perilaku sehat

Sub-pokok bahasan
Determinan perilaku sehat, faktor sosiokultural dalam kesehatan dan program promosi PL sehat

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- Referensi**
1. Sarafino, EP. 2006. Health Psychology: Biopsychosocial Interaction, 5th ed. New York: John Wiley & Sons, Inc.
 2. Taylor, Shelley E. 2006. Health Psychology, 6th ed. Singapore: Mc Graw-Hill, International Edition.
 3. Brannon, Linda, Jess Feist. 1997. Health Psychology: An Introduction to Behavior and Health. Pasific Grove: Brooks/Cole Publishing Company.
 4. Bart Smet. 1994. Psikologi Kesehatan. Jakarta: PT. Gramedia Grasindo.
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Minggu 7

Materi Sesi 7
Konsep Adiksi

Sub-pokok bahasan
Pengertian adiksi dan cara penanganannya

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- Referensi**
1. Sarafino, EP. 2006. Health Psychology: Biopsychosocial Interaction, 5th ed. New York: John Wiley & Sons, Inc.
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 3. Brannon, Linda, Jess Feist. 1997. Health Psychology: An Introduction to Behavior and Health. Pasific Grove: Brooks/Cole Publishing Company.
 4. Bart Smet. 1994. Psikologi Kesehatan. Jakarta: PT. Gramedia Grasindo.
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Minggu 8

Materi Sesi 8
Konsep Adiksi

Sub-pokok bahasan
Pengertian adiksi dan cara penanganannya

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- Referensi**
1. Sarafino, EP. 2006. Health Psychology: Biopsychosocial Interaction, 5th ed. New York: John Wiley & Sons, Inc.
 2. Taylor, Shelley E. 2006. Health Psychology, 6th ed. Singapore: Mc Graw-Hill, International Edition.
 3. Brannon, Linda, Jess Feist. 1997. Health Psychology: An Introduction to Behavior and Health. Pasific Grove: Brooks/Cole Publishing Company.
 4. Bart Smet. 1994. Psikologi Kesehatan. Jakarta: PT. Gramedia Grasindo.
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Minggu 9

Materi Sesi 9
Gaya hidup yang merugikan kesehatan

Sub-pokok bahasan
Jurnal mengenai adiksi terhadap daya hidup yang merugikan misalnya rokok, narkoba, alkohol, pornografi

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- Referensi**
1. Sarafino, EP. 2006. Health Psychology: Biopsychosocial Interaction, 5th ed. New York: John Wiley & Sons, Inc.
 2. Taylor, Shelley E. 2006. Health Psychology, 6th ed. Singapore: Mc Graw-Hill, International Edition.
 3. Brannon, Linda, Jess Feist. 1997. Health Psychology: An Introduction to Behavior and Health. Pasific Grove: Brooks/Cole Publishing Company.
 4. Bart Smet. 1994. Psikologi Kesehatan. Jakarta: PT. Gramedia Grasindo.
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Minggu 10

Materi Sesi 10
Konsep stress

Sub-pokok bahasan
Definisi dan teori tentang stres, reaksi biopsikososial dari stres dan pengukuran stres

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- Referensi**
1. Sarafino, EP. 2006. Health Psychology: Biopsychosocial Interaction, 5th ed. New York: John Wiley & Sons, Inc.
 2. Taylor, Shelley E. 2006. Health Psychology, 6th ed. Singapore: Mc Graw-Hill, International Edition.
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 4. Bart Smet. 1994. Psikologi Kesehatan. Jakarta: PT. Gramedia Grasindo.
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Minggu 11

Materi Sesi 11
Modifikasi lingkungan untuk mengurangi dampak stress

Sub-pokok bahasan
Faktor psikososial yang dapat mengurangi stres, dukungan sosial, kepribadian stres dan dampaknya bagi kesehatan

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- Referensi**
1. Sarafino, EP. 2006. Health Psychology: Biopsychosocial Interaction, 5th ed. New York: John Wiley & Sons, Inc.
 2. Taylor, Shelley E. 2006. Health Psychology, 6th ed. Singapore: Mc Graw-Hill, International Edition.
 3. Brannon, Linda, Jess Feist. 1997. Health Psychology: An Introduction to Behavior and Health. Pasific Grove: Brooks/Cole Publishing Company.
 4. Bart Smet. 1994. Psikologi Kesehatan. Jakarta: PT. Gramedia Grasindo.
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Minggu 12

Materi Sesi 12
Coping with stress

Sub-pokok bahasan
Hubungan antara Kepribadian dan kesehatan : sense of personal control, learn helplessness dan hardiness

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- Referensi**
1. Sarafino, EP. 2006. Health Psychology: Biopsychosocial Interaction, 5th ed. New York: John Wiley & Sons, Inc.
 2. Taylor, Shelley E. 2006. Health Psychology, 6th ed. Singapore: Mc Graw-Hill, International Edition.
 3. Brannon, Linda, Jess Feist. 1997. Health Psychology: An Introduction to Behavior and Health. Pasific Grove: Brooks/Cole Publishing Company.
 4. Bart Smet. 1994. Psikologi Kesehatan. Jakarta: PT. Gramedia Grasindo.
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Minggu 13

Materi Sesi 13
Manajemen stress

Sub-pokok bahasan
Teknik manajemen stress

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- Referensi**
1. Sarafino, EP. 2006. Health Psychology: Biopsychosocial Interaction, 5th ed. New York: John Wiley & Sons, Inc.
 2. Taylor, Shelley E. 2006. Health Psychology, 6th ed. Singapore: Mc Graw-Hill, International Edition.
 3. Brannon, Linda, Jess Feist. 1997. Health Psychology: An Introduction to Behavior and Health. Pasific Grove: Brooks/Cole Publishing Company.
 4. Bart Smet. 1994. Psikologi Kesehatan. Jakarta: PT. Gramedia Grasindo.
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Minggu 14

Materi Sesi 14
Penyalahgunaan penggunaan pelayanan kesehatan

Sub-pokok bahasan
Persepsi siptom dan penggunaan pelayanan kesehatan

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- Referensi**
1. Sarafino, EP. 2006. Health Psychology: Biopsychosocial Interaction, 5th ed. New York: John Wiley & Sons, Inc.
 2. Taylor, Shelley E. 2006. Health Psychology, 6th ed. Singapore: Mc Graw-Hill, International Edition.
 3. Brannon, Linda, Jess Feist. 1997. Health Psychology: An Introduction to Behavior and Health. Pasific Grove: Brooks/Cole Publishing Company.
 4. Bart Smet. 1994. Psikologi Kesehatan. Jakarta: PT. Gramedia Grasindo.
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Minggu 15

Materi Sesi 15

Penerapan kasus :

- a) Adiksi dan penangannya
- b) Stress dan coping
- c) Penyalahgunaan pelayanan kesehatan
- d) Pendekatan Behavioristic
- e) Health Belief Model
- f) Transtheoretical Model

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1. Sarafino, EP. 2006. Health Psychology: Biopsychosocial Interaction, 5th ed. New York: John Wiley & Sons, Inc.
 2. Taylor, Shelley E. 2006. Health Psychology, 6th ed. Singapore: Mc Graw-Hill, International Edition.
 3. Brannon, Linda, Jess Feist. 1997. Health Psychology: An Introduction to Behavior and Health. Pasific Grove: Brooks/Cole Publishing Company.
 4. Bart Smet. 1994. Psikologi Kesehatan. Jakarta: PT. Gramedia Grasindo.
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Minggu 16

Materi Sesi 16

Ujian Akhis Semester

Sub-pokok bahasan

Feedback/umpan balik proses mengajar

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- Referensi**
1. Sarafino, EP. 2006. Health Psychology: Biopsychosocial Interaction, 5th ed. New York: John Wiley & Sons, Inc.
 2. Taylor, Shelley E. 2006. Health Psychology, 6th ed. Singapore: Mc Graw-Hill, International Edition.
 3. Brannon, Linda, Jess Feist. 1997. Health Psychology: An Introduction to Behavior and Health. Pasific Grove: Brooks/Cole Publishing Company.
 4. Bart Smet. 1994. Psikologi Kesehatan. Jakarta: PT. Gramedia Grasindo.
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