



Original Research

RELATIONSHIP OF FAMILY SUPPORT WITH SELF-TREATMENT ABILITY OF SCHIZOPRENIA PATIENTS AT TAMIANG LAYANG HEALTH CENTER

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ABSTRACT

Background: Mental disorders are syndromes or behavioral patterns that are clinically significant and associated with suffering or suffering and causing interference with one or more functions of human life. The role of the family is very important in the schizophrenia healing process between family support and self-care services for schizophrenic patients at the Tamiyang Layang Health Center. This study aims to determine the relationship between the independent ability of schizophrenic patients with support from their families

Method: This research is a quantitative with a cross sectional approach. The population of this study amounted to 54 schizophrenia patients in 2020 with a total sampling technique and the sample of this study amounted to 54 people. Data analysis using univariate analysis and bivariat analysis with spearman rank test.

Results: Data analysis using univariate analysis and bivariate analysis with spearman rank test. Family support is included in the category of optimal family support as much as 77,8%. The patient's self-care ability is included in the category of self care ability of a patient, information from the family shows that patients need partial assistance 81,5%.

Conclusions: The result of this study is a positive correlation, because the strength value is 0.777. Information support provided by the family is very important so that the patient can remember small things such as choosing clothes for home or clothes for traveling.

Keyword: Family support; Independence; Schizophrenia

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1. INTRODUCTION

Mental disorders are clinically significant syndromes or behavioral patterns that are associated with distress or suffering and cause disturbances in one or more functions of human life (Keliat, 2011). American Psychiatric Association (Ranna Parekh, 2015). Defining mental illness is a health condition that involves changes in thinking, emotion or behavior (or a combination of these). Mental illness is related to difficulties and/or problems functioning in social, work or family activities.

According to Temes (2011) Schizophrenia is the most common form of severe mental illness. This disease is a serious and worrying disease characterized by decreased or inability to communicate, impaired reality (in the form of

hallucinations and delusions), cognitive impairment (unable to think abstractly) and difficulty in performing daily activities. This results in schizophrenic patients often experiencing an inability to perform self-care and this results in clients experiencing self-care deficits.

Family support is the most important element in helping individuals solve a problem. If there is support, self-confidence will increase and motivation to deal with problems that will occur will increase (Tamher and Noorkasiani, 2009). According to Friedman (2013) family support is a process that occurs continuously throughout human life. Family support focuses on interactions that take place in various social relationships as evaluated by the individual. Family support is the attitude, action and acceptance of the family towards its members. Family

members view that supportive people are always ready to provide help and assistance if needed.

Based on data obtained from the East Barito Regency health office, in 2018 there were 41 people with schizophrenia, 40 in 2019 and 37 people in 2020. (Data management system from the East Barito Health Service 2018 – 2020). Seeing the importance of the family's role in meeting the daily needs of schizophrenia patients, the researchers will conduct research related to the relationship between family support and self-care abilities in schizophrenia patients.

2. METHODS

2.1 Design

This type of research is analytical. The method used in this research is a survey, through interviews using a questionnaire with a cross sectional approach.

2.2 Population and sampling

The population in this study were heads of families who had family members with schizophrenia who were recorded at the Tamiang Layang Health Center. The number of Schizophrenia patients in 2020 was 54 people. with the total sampling technique, the sample in this study were all heads of families who have family members with schizophrenia who were recorded at the Tamiang Laying Health Center.

2.3 Variable

The independent variable was relationsgip of family support. The dependent variable in this study was self treatment ability

2.4 Instrument

The instrument in this study used a family support questionnaire and a self-care questionnaire.

2.5 Procodure

The first thing the researcher did in this study was to meet the prospective respondent and provide informed consent for the availability of being a respondent. after the respondent is willing, the researcher explains the purpose of the study and explains the questionnaire that will be filled in by the respondent, after the respondent understands well the researcher gives a questionnaire to be filled in.

2.6 Analysis

In this study, bivariate analysis was conducted to determine the relationship between family support and self-care abilities of Schizophrenic patients at the Tamiang Layang Health Center. The statistical test used is chi square, the chi square test is used to test the hypothesis if the population consists of two or more classes where the data is categorical.

To find out there is a relationship between family support and the ability of self-care for Schizophrenia patients.

3. RESULTS

The results of the research indicators of family support related to each indicator are known that the highest result is that respondents tend to choose the answer "often" as many as 35 people with a

percentage of 65% this can be seen from the highest indicator is "information support".

These results indicate that family support is still included in the optimal category of family support as many as 42 people (77.8%), and family support which is included in the not optimal category as many as 12 people (22.2%). These results indicate that family support is in its maximum form in providing assistance to patients, especially their families who are included in the Schizophrenia mental illness.

So it can be concluded that the highest results from respondents' answers are the highest indicators of respondent's dress/adornment which explains that self-care patients are partially assisted by families who answer as many as 48 people with a percentage of 88%. So many patients are assisted by their families and there are still many who don't make up for themselves, either choosing clothes and wearing their own perfume, while the family is assisted when the patient wants to leave the house or wants to walk.

So it can be seen that from the results of the ability of self-care for a patient, information from the family shows that there are 44 patients (81.5%) who need partial assistance and 10 patients with total assistance, namely 18.5%.

The results of the cross table of the family support variable with the self-care ability of Schizophrenic patients, it can be explained that the family support of 12 people who are not optimal tends to be self-care patients with a total of 9 people and 3 people helping. Meanwhile, from optimal family support, there are 42 patients who tend to need help, some 41 people and a total of 1 person need help. So it can be concluded that the relationship between family support and self-care ability of schizophrenic patients at the Tamiang Layang Health Center with a P value = 0.000 <0.05.

4. DISCUSSION

Family support in self-care of Schizophrenia patients at the Tamiang Layang Health Center

The results of the highest indicator respondents answered that the more information they gave to patients based on the results of table 4.3 shows that this information support is important for patients because a patient suffering from Schizophrenia requires clear and good information so that they can carry out their daily activities. This shows that the results of measuring family support seen from table 4.4 show that overall family support is included in the "optimal" category as many as 42 people (77.8%).

The optimal results are related to indicators of information support provided by the family to Schizophrenia patients. The optimal information support can have a good impact on the patient. This makes the patient better able to remember and learn to perform activities on their own, although not entirely.

These results indicate that family support is in its maximum form in providing assistance to patients,

Table 1. Family Support for Schizophrenia patients at the Tamiang Layang Health Center.

Indicator	TD		KD		SR		SL	
	F	%	F	%	F	%	F	%
Emotional support	1	1	10	19	27	50	16	30
Information support	0	0	12	22	35	65%	20	38
Instrumental support	0	0	10	18	28	51	17	31
Award Support	0	0	10	18	28	52	17	31

Table 2. Family support in self-care of Schizophrenia patients at the Tamiang Layang Health Center

No.	Dukungan Keluarga	Frequency	%
1.	Optimal	42	77.8
2.	Belum Optimal	12	22.2
	Total	54	100.0

Table 3. Ability to Care for Schizophrenic Patients at Tamiang Layang Health Center

Items	1		2		3	
	(KBK)		(SBK)		(DS)	
	F	%	F	%	F	%
Mandi/hygiene	0	0	39	72	15	28
Berpakaian/berhias	0	1	48	88	20	36
Makan	0	0	39	73	15	27
BAB/BAK	0	0	38	71	16	29

Table 4. Self-care ability of Schizophrenia patients at the Tamiang Layang Health Center

No.	Kemampuan perawatan	Frequency	%
1.	Bantuan Sebagian	44	81.5
2.	Bantuan Total	10	18.5
	Total	54	100.0

Table 5. Relationship between Family Support and Self-Care for Schizophrenic Patients at Tamiang Layang Health Center

Dukungan Keluarga	Perawatan Diri				Total	
	Bantuan Sebagian		Bantuan Total		F	%
	F	%	F	%		
Belum Optimal	3	6.8%	9	90%	12	22.2%
Optimal	41	93.2%	1	10%	42	77.8%
Total	44	100%	10	100%	54	100%

Nilai $P = 0,000 < 0,05$

especially their families who are included in the Schizophrenia mental illness.

This family support can be seen from the ability of the family to provide advice and attention to patients suffering from schizophrenia because this support will be seen from the support of emotional support which functions as a port of rest and recovery and helps emotional mastery and improves family morale (Friedman, 2013). Emotional support involves expressions of empathy, concern, encouragement, personal warmth, love, or emotional support. With all behaviors that encourage feelings of comfort and lead individuals to believe that they are praised, respected, and loved, and that others are willing to give attention (Sarafino, 2011). The results of the study can be concluded that with the support of information from the family in the form of providing an understanding to Schizophrenic patients that health is important for them. This will enable Schizophrenic patients to better understand

the meaning of taking care of themselves, which is very beneficial for them to be healthy.

All of this support will be carried out well if the family fully gives to the patient so that patients suffering from Schizophrenia will recover faster and they will be able to work and carry out activities like ordinary and normal people.

Self-care ability of Schizophrenia patients at the Tamiang Layang Health Center

The results of the study from table 4.5 indicators of self-care for Schizophrenia patients at the Tamiang Layang Health Center showed that the respondent's dress/decorated indicator explained that the self-care patient was partially assisted by the family who answered as many as 48 people with a percentage of 88%. The patient's family provides more assistance in the form of dressing and make-up. This can be seen from their ability to carry out activities both in choosing clothes, combing and others who still need help, although not completely. This is supported by the results of table 4.6 that the overall ability of

Schizophrenic patients in carrying out their own activities is still in the category of "requires partial assistance" as a result of the answers from the patient's family or respondents (81.5%).

The results of the study found that the ability of patients who can take care of themselves in terms of dressing and make-up will be able to help themselves for Schizophrenic patients to be healthier and look cleaner. Schizophrenic patients who can do self-care will be able to make themselves able to understand the importance of health and care for themselves.

This shows that patients suffering from Schizophrenia who are treated at their homes show activities that can still carry out their own activities and they can make themselves with self-care. The patient is still doing activities in the form of daily life. The ability of a patient suffering from Schizophrenia will be better when they can make themselves better in understanding themselves supported by a family who always pays attention so that they can carry out the expected activities. The ability of a patient to self-care in this case relates to carrying out daily activities from doing their own activities from bathing/hygiene, dressing/decoration, eating in the sense of being able to take their own and also doing their own defecation (toileting) activities. This is intended so that they are better able to stand on their own and be able to carry out their own activities based on the expectations of their families and not burden the family.

Relationship between Family Support and Self-Care for Schizophrenic Patients at Tamiang Layang Health Center

The results of the study using Spearman rank analysis, it is known that there is a relationship between Family Support and Self-Care for Schizophrenic Patients at Tamiang Layang Health Center of 0.777 including the "strong category" with a significant level of $0.000 < 0.05$. Then it is concluded that H_a is accepted and H_0 is rejected.

The results of this relationship are seen from the family support variable with good information support indicators, the self-care ability of Schizophrenic patients seen from the indicators of dressing and decoration will be better.

Good information support for a Schizophrenic patient will allow him to do his own activities even though there is still help from his family in terms of dressing/decoration. The informational support provided by the family is very important so that he can remember small things such as choosing clothes for home or clothes for traveling. Apart from that, they can also make decorations such as combing their own hair and using perfume.

The results of this study support the theory which states that family support is one of the factors that affect personal hygiene. Family support is very important for patients with mental disorders, because it is the family who interacts with the patient

the longest (Saryono & Widiati, 2010). The results of this study are in accordance with the results of research conducted by Suratini and Kurniawati (2010) which concluded that family support has an influence on the level or incidence of depression in the elderly.

5. CONCLUSION

Family support in this study is included in the category of optimal family support as much as 77.8%. The self-care ability of patients who experience psychiatric problems from Schizophrenia at the Tamiang Layang Health Center is included in the category of patient self-care abilities, information from families shows that patients need partial assistance 81.5%, and there is a strong and positive relationship between family support and self-care abilities of schizophrenic patients. at the Tamiang Layang Health Center which is included in the strong category with a P value = $0.000 < 0.05$ and the correlation is positive because the strength value is 0.777.

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