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## Original Research

### Self-Care Assistance Approach to Dorothea Orem Theory on Activity Daily Living Capabilities of Schizophrenic Patients at Atma Husada Mahakam Psychiatric Hospital, Samarinda

Alfi Ari Fakhrur Rizal<sup>1</sup>, Milkhatun Milkhatun<sup>1</sup>, Ni Wayan Wiwin Asthiningsih<sup>1</sup>, Merinda Sutriani<sup>1</sup>

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#### Article Info

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#### Abstract

Schizophrenia is a neurological disease that affects the patient's perception, thought processes, language, emotions, and social behavior. The clinical manifestation that often appears in schizophrenic patients is self-care deficit (DPD). One of the efforts that nurses can make is to provide nursing care based on the theoretical framework developed by Orem. It is called the self-care theory, which has a complete explanation of the concept of self-care, self-care deficits, and nursing actions to overcome problems that arise so that the patient can be independent as optimally as possible, including the independence of the caregiver (caregiver) when the patient is at home. This study used a purposive sampling technique, a quasi-experimental pre-post test without a control design. The sample used was schizophrenic patients at Atma Husada Mahakam Psychiatric Hospital Samarinda, with 30 respondents. Bivariate analysis using the Wilcoxon test. Based on the results of the Wilcoxon test, the t-value is 0.000, and the probability value (Sig.) is 0.05, so H<sub>0</sub> is rejected. Thus, it can be concluded that self-care rehabilitation therapy by providing group activity therapy can increase the independence of schizophrenic patients. The average value of the patient's ADL ability after being given group activity therapy was 16.77, which was higher than the average value before the patient was given therapy, which was 12.27.

#### INTRODUCTION

Schizophrenia is a major functional disorder of independence such as activities and social interactions, which is a chronic disorder.<sup>1</sup> Schizophrenia is also a neurological disease that can affect individuals in the form of perception, language, emotion, behavior, and thought processes that impact the lives of patients, the environment, and families.<sup>2</sup> Its clinical manifestations are characterized by

fundamentally distinctive perceptions, distortions of thought, behavior that is not harmonious or called blunt, and most often, the problem of self-care deficits that cannot be underestimated.<sup>3</sup>

Nurses in psychosocial rehabilitation efforts must provide services to schizophrenic patients with professional self-care deficit problems, one of which is by providing nursing care based on Orem's theory which explains the nursing theory of self-care

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deficits as a structure to combine critical, interpretive, and empirical perspectives that can handle mental and physical health needs for schizophrenic patients.<sup>4</sup> Orem's theory has also been widely used and remains a popular contemporary theory of knowledge development.<sup>5</sup> The goal of rehabilitation can help the patient to be as independent as possible, including the independence of the caregiver when the patient is at home.<sup>6</sup>

Psychiatric patients with the most diagnoses are schizophrenia worldwide, reaching 24 million people.<sup>7</sup> According to data from other research out of 24 million people in Indonesia, there are 1,928,663 million people with schizophrenia.<sup>8</sup> Patients with schizophrenia have a high suicide rate as a recent review estimated up to (50% of) who attempt suicide and (13%) of all suicides are due to schizophrenia. Based on recent research, the prevalence of relapse in schizophrenic patients ranges from 50-92% globally.

Chronic schizophrenic patients are generally unable to carry out essential functions independently, such as personal hygiene, appearance, and socialization.<sup>9</sup> Schizophrenic patients experience many setbacks in their psychosocial functions, self-depreciation such as decreased movement skills, decreased communication with others, inability to face the realities of life, and decreased health status.<sup>10</sup> Patients with schizophrenia do not understand self-care, patients want to take care of themselves when asked to do something such as bathing, decorating in appearance, and changing clothes by nurses; therefore, this causes people with mental disorders or schizophrenia to experience self-care deficit.

The results of the study by other research with observations obtained for 20 data (62.5) independent patients and 12 data (37.5%) non-independent patients, where these patients are patients who are actively participating in motion therapy

rehabilitation. One of the independence factors is the fulfillment of needs and good health.<sup>9</sup>

According to research conducted by other research, that the patient's independence for self-care: bathing (55.5%) of respondents can do without assistance, dress up / make-up (44.5%) of respondents have not been able to do self-care, eat, and drinking (55.5%) can be done without help, BAB / BAB 55.5% can do it with the help of patients who are actively participating in supportive therapy provided by researchers because it can improve self-care of schizophrenic patients who experience self-care deficit problems, through systems and facilities mutual support and mutual support.<sup>11</sup>

The results of a preliminary study at the Atma Husada Mahakam Psychiatric Hospital through observation of documentation in medical records from January 2017 to June 2019 recorded 6,135 schizophrenic patients. The clinical symptoms that exist include impaired sensory perception, low self-esteem, risk of violent behavior, impaired thought processes or delusions, and social isolation, where all these problems result in self-care deficits.

Based on the above phenomenon, the researcher wanted to know the effect of the self-care assistance approach of Dorothea Orem's theory on the ability of Activity Daily Living (ADL) of schizophrenic patients at Atma Husada Mahakam Psychiatric Hospital, Samarinda.

## METHOD

The design of this research is Quasy Experiment using a pre-post test without control approach. Treatment interventions were assessed only through one comparison group by assessing pre and post-tests.<sup>12</sup> The study population was a group of schizophrenic patients who experienced self-care deficits treated in the

inpatient ward of RSJ Atma Husada Mahakam Samarinda. The sampling technique used purposive sampling with a sample of 30 respondents. The inclusion criteria in this study were schizophrenic patients with self-care deficit problems, both male and female with an age limit of 18 years to 59 years, and obtaining approval from the nurse in charge or caregiver.

This research was conducted on 10 February - 16 March 2020 at Atma Husada Mahakam Psychiatric Hospital Samarinda by providing self-care assistance rehabilitation therapy using Group Activity Therapy (GAT) perception stimulation: self-care deficit in fourth sessions, namely first session in the form of Group Activity Therapy perception stimulation: personal hygiene, the second session is GAT stimulation of perception: dressing, the third session is GAT stimulation: procedures for eating and drinking and the fourth session is GAT stimulation: procedures for defecating and urinating. Group Activity Therapy (GAT) is given once a week, and respondents are divided into three groups: group one with twelve respondents, group two with twelve respondents, and group three with eleven respondents with a total of 35 respondents. Five respondents did not participate until the fourth session, so the total number was 30.

The instrument in the ADL assessment is to determine the level of dependence or the amount of assistance needed in daily life using the Barthel Index, which functions to measure functional independence in terms of self-care and mobility and can also be used as a criterion in assessing functional ability for the elderly who have balance disorders with using ten indicators, namely Feeding, Bathing, Grooming, Dressing, Bowel, Bladder, Toilet use, Transfer, Mobility and Up and downstairs. The interpretation of the results of the Barthel index is 20 (Independent), 12-19 (Mild Dependent), 9-11 (Medium Dependence), 5-

8 (Severe Dependence), and 0-4 (Total Dependence).

The Barthel ADL questionnaire is a reliable and valid measuring instrument. It can be used to measure the primary functional status of the elderly in Indonesia because it has a Cronbach alpha value of 0.938, and the validity of the Barthel ADL construction is tested with the Spearman correlation coefficient and sees the rho (r) value of each item. The results obtained by all items were significantly related to the total value ( $p < 0.001$ ). All items have an r value  $> 0.3$ . The self-care assistance intervention is implemented through rehabilitation in the form of GAT, which is a form of intervention carried out by involving the participation of groups with the same problem. Bivariate analysis using the Wilcoxon alternative test with test results  $0.008 < 0.05$  means that the provision of self-care rehabilitation therapy through GAT affects the level of ADL ability of schizophrenia patients independently.

## RESULT

The results showed that the average age of the schizophrenic patient was 20.0 years with an age range of 18-59 years. Gender is dominated by Male as much as 70.0%. Patient education is primarily elementary school as much as 43.3%. The marital status of the majority of patients is unmarried as much as 43.3%, and the most type of patient schizophrenia is paranoid, namely 53.3%.

Based on table 1 shows that most of the schizophrenic patients have a mild dependence level of 14 patients (46.7%), while schizophrenic patients who have moderate dependence are 13 patients (43.3%), and severe dependence are three patients (10.0%).

Table 1

Frequency Distribution Based on Independent Characteristics of Activity Daily Living (ADL) Pre-Test on Schizophrenic Patients at Atma Husada Psychiatric Hospital Mahakam Samarinda

Daily Activity Living (ADL) Capability	f	%
Mild Dependency	14	46.7
Moderate Dependency	13	43.3
Severe Dependency	3	10.0
Total	30	100

The results of the frequency distribution of the independence of Activity Daily Living (ADL) post-test from respondents who initially numbered 35 patients in groups one and two during the third session some did not attend training until fifth session the number of respondents in the post-test assessment became 30 respondents based on table 2 shows that most of the schizophrenic patients had an independent level of fifteen patients (50.0%). In comparison, schizophrenic patients who had mild dependence were ten patients (33.3%), and moderate dependence were five patients (16.7%).

Table 2

Frequency Distribution Based on Independent Characteristics of Activity Daily Living (ADL) Post-Test on Schizophrenic Patients at Atma Husada Psychiatric Hospital Mahakam Samarinda

Daily Activity Living (ADL) Capability	f	%
Independent	15	50.0
Mild Dependency	10	33.3
Moderate Dependency	5	16.7
Total	30	100

The results of data analysis in table 3 above show that the value of the negative rank is 0, which means there are no patients who have not experienced changes. The positive ranks value is 29 schizophrenic patients who have increased their ADL abilities independently. The p-value of 0.000 states that there is an effect of self-care assistance on the ability of ADL in schizophrenic patients.

Tabel 3

Results of Analysis on the Effect of Self Care Assistance on the Ability of Daily Living Activities in Schizophrenic Patients at Atma Husada Psychiatric Hospital Mahakam Samarinda

Pre – Post Test	N	Mean Rank	Sum of Rranks	p
Negative Ranks	0	0.00	0.00	0,000
Positive Ranks	29	15.00	435.00	

The findings of this study are a model of Group Activity Therapy (GAT) with self-care assistance rehabilitation therapy as an effort by nurses to improve the ability of Activity Daily Living (ADL) of schizophrenic patients. Schedule patient activities such as eating, bathing, self-care, dressing, urinating, defecating, using toilets, transfers, and mobility. Self-care deficits are prevalent in schizophrenic patients. China has provided recovery by scheduling the patient's daily activities to increase the ADL ability of schizophrenic patients. The results showed an effect of increasing ADL ability on patients with schizophrenia. Patients with schizophrenia can also improve their ability of ADL with activity therapy. A nurse has carried out the recovery of the ability of a schizophrenic patient in California with significant results in increasing the ADL ability of the schizophrenic patient, although it takes time which is quite long; therefore therapy is needed to facilitate the recovery process so that the ADL ability of schizophrenic patients can increase.

**DISCUSSION**

The results of this study indicate that before being given self-care assistance therapy, schizophrenic patients experienced mild dependence on average, which was 46.7%, and after being given self-care assistance therapy, the average was 50.0%. Clinical manifestations that often appear in schizophrenic patients are self-care deficits (DPD) which should not be underestimated.<sup>13</sup> Nurses involved in



psychosocial rehabilitation efforts must provide services to schizophrenic patients with professional self-care deficit problems so that schizophrenic patients can improve their Activity Daily Living (ADL) abilities by measuring the patient's level of dependence.<sup>14</sup>

The level of patient dependence is based on the patient's environmental factors, poverty, social support, and fragmented health care services for patient self-care.<sup>15</sup> The level of patient dependence is in line with research conducted by nurses in recovery, increasing the ability of schizophrenic patients with ADL schedules to significantly improve the level of dependence of schizophrenic patients in self-care.

Activity Daily Living (ADL) are essential skills and occupational tasks that a person must have to take care of himself independently, which a person does daily to fulfill or relate to his role as a person in family and society, which has a comprehensive category and is divided into subcategories or domains such as dressing, eating, drinking, toileting, personal hygiene, bathing, mobility, communication, vocational, recreation, basic ADL instruments so that these ADLs can be improved by therapeutic rehabilitation.<sup>5</sup>

Schizophrenic patients in carrying out their life functions require ADL training which is believed to increase independence. Human activities are associated with the environment, learning it, expressing feelings, trying skills, and fulfilling physical needs believed to be a bridge between the inner and the outer world.<sup>16</sup> Those who experience dependence on others impact the patient's independence in doing ADL.

Another study found that there was a significant effect of personal hygiene on the independence of schizophrenic patients who experienced self-care deficits. People with schizophrenia experience decreased daily activities, especially self-care because

losing motivation and apathy means losing energy and interest in life. The loss of motivation and apathy makes patients lazy; they can do nothing but sleep and eat. The apathy condition in schizophrenia causes disruption of daily routine activities such as bathing, combing hair, brushing teeth, and not caring about tidiness or dressing up.

### **The Effect of Self Care Assistance on the Ability of Daily Living (ADL) in Schizophrenic Patients**

In this study, the ability to increase the Activity Daily Living (ADL) of schizophrenic patients at Atma Husada Mahakam Psychiatric Hospital Samarinda ( $p = 0.000$ ;  $= 0.05$ ). Then the analysis showed a significant difference between before and after being given self-care assistance rehabilitation therapy through Group Activity Therapy (GAT) towards increasing independence in schizophrenic patients. This research is in line with previous research in 2019 with a self-care assistance approach at UPTD PSTW Nirwana Puri Samarinda that can improve the ability of the elderly to be independent and the elderly ADL. This means that the Orem approach to self-care assistance effectively increases the independence of the elderly. Thus, it can also be applied to other cases of dependence, namely patients with mental disorders, especially schizophrenia, who experience dependence and self-care deficits.

The results of other research illustrate that the implementation of motion therapy rehabilitation with independent self-care in schizophrenia patients has a significant relationship with significant results.<sup>9</sup> The results of other research show that giving stimulation group activity therapy self-care training in schizophrenic patients with self-care deficits has been shown to improve hygiene skills in themselves, therefore the importance of activity therapy to increase patient independence in ADL.<sup>17</sup>

Age is one of the factors that affect a person's level of independence based on the results of age characteristics ranging from 18-59 years.<sup>18</sup> It can be seen that the increase in independence occurs at productive age, in addition to efforts to increase independence by providing daily activities through ADL training through GAT.<sup>19</sup> In addition, education also affects individual behavior, especially to meet the needs of daily activities.<sup>20</sup>

Brown & Gary's research found that only a third of married women stated that they would seek their husbands for support first if they had a severe problem, such as stress, depression, or anxiety, and named their husband one of the three closest people them. More men than women view their partners as best friends; therefore, more married men need their partners. So that marital status has an impact on psychological problems for the individual. There are several types of schizophrenia, including paranoid, catatonic, unexplained, differential, and residual schizophrenia, that trigger this disorder due to an imbalance of chemical compounds in the brain, genetics, environmental factors, certain drugs such as narcotics, and differences in brain structure whose symptoms include perceptual disturbances. Hallucinations, altered thought processes (delusions), social isolation, violent behavior, low self-esteem, and self-care deficit. So that the patient experiences a decrease in motivation, which impacts dependence on others in the needs of daily independent activities.<sup>21</sup>

The opinion expressed by other research that *independence* is defined as all activities that have been trained and carried out independently on patients<sup>22</sup> is in accordance with research conducted by other research that patients with self-care deficits can improve ADL abilities with supportive therapy through recovery. In performing daily activities.<sup>11</sup>

Self-care assistance rehabilitation therapy through Group Activity Therapy (GAT) activities can improve the ADL ability of schizophrenic patients in carrying out daily activities independently.

## CONCLUSION

The study found that most schizophrenic patients initially experienced a level of ADL independence in the categories of mild, moderate, and severe dependence before being given self-care assistance rehabilitation therapy and after being given ADL independence therapy in the independent, mild, and moderate dependency categories. The results showed a relationship between increasing ADL ability related to age, gender, education, marital status, and type of schizophrenia. Further analysis obtained the results that self-care assistance rehabilitation therapy affected increasing ADL ability in schizophrenic patients.

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## CONFLICT OF INTEREST

Neither of the authors has a conflict of interest that would bias the findings presented here.

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