

## ANALYSIS OF NURSING CARE IN SCHIZOPHRENIC PATIENTS WITH CHRONIC LOW SELF-ESTEEM THROUGH HORTIKULTURAL THERAPY AT RSJ PROF. DR. SOERODJO MAGELANG

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### ABSTRACT

**Background :** Schizophrenia is a severe mental disorder that is chronic and requires antipsychotic treatment for a long time or even a lifetime (Julacha et al. 2022). One of the nursing problems in Schizophrenic patients encountered is low self-esteem. Low self-esteem is a personal assessment of the results achieved by analyzing how far the behavior meets the ideal self. Long-lasting low self-esteem in the absence of therapeutic intervention can lead to identity chaos and eventually personalization. So it is necessary to make a promotive effort.

**Purpose :** To explain the application of horticultural therapy to improve self-esteem in schizophrenic patients with chronic low self-esteem.

**Method :** Using a case study of the application of horticultural therapy in 3 patients with chronic low self-esteem. The location of the case study was carried out at Wisma Dwarawati RSJ Prof. Dr. Soedjono Magelang. Selection of case study subjects according to inclusion criteria. Data collection was carried out through a therapeutic approach to patients, observation, and measurement of low self-esteem levels using the Rosenberg Self Esteem Scale (RSES) instrument. Implementation was carried out for three meetings for 60 minutes.

**Discussion :** Based on research by Krissanti et al. (2019) revealed that occupational gardening therapy can reduce the level of low self-esteem disorders.

**Recommendations :** Efforts in implementing low self-esteem patients with horticultural therapy can affect the level of self-esteem in patients to fall. So that it can be used as a guideline for health workers to provide implementation of structural activity therapy with horticultural therapy in patients with intense chronic low self-esteem.

**Keywords :** Schizophrenia, Low Self-Esteem, Horticultural Therapy

### Introduction

Mental health is one of the four major health problems in developed countries. Although mental health problems are not considered disorders that cause death directly, they can lead to an individual's inability to behave that can disrupt groups and communities and can hinder development because they are unproductive (Wijayati et al. 2020).

Mental health that is commonly encountered is a psychologic disorder called schizophrenia. Schizophrenia is a severe mental disorder that is chronic and requires antipsychotic treatment for a long time or even a lifetime (Julacha et al. 2022). Schizophrenia is a mental disorder that occurs in the long term that results in patients experiencing hallucinations, delusions or understanding, and

changes in behavior, with symptoms of psychosis, which is a condition in which patients distinguish reality from their own thoughts (Anggarawati et al. 2022). Based on data taken at Wisma Dwarawati RSJ Prof. Dr. Soerodjo Magelang, the number of patients admitted from July 1, 2022 – November 18, 2022 was 314 patients (Datago, 2022). One of the nursing problems in schizophrenia patients encountered is low self-esteem.

Low self-esteem is a personal assessment of the results achieved by analyzing how far the behavior meets the ideal self. Long-lasting low self-esteem in the absence of therapeutic intervention can lead to identity chaos and eventually personalization (Videbeck 2015).

Promotive or treatment efforts for chronic low self-esteem patients are with pharmacological and

nonpharmacological therapies. Pharmacological therapy is usually given drug therapy, while nonpharmacological therapy is by nursing action. Therapies that can be given are individual therapy, and diversional therapy.

Patients with low self-esteem require treatment with an individual relationship approach between a therapist and a client. In addition, it also requires therapy that utilizes active leisure or recreation to increase feelings of well-being. Thus, both therapies can be developed through horticultural therapy.

Horticulture is the activity of cultivating garden crops. Horticultural therapy is a form of active therapy, can be carried out as a rehabilitation program and therapy program for individuals. The benefits of horticulture are to improve motor behavior, coping with success or failure, increasing social skills in groups, commitment and responsibility, building self-esteem, improving cognitive abilities, as self-expression and creativity, opportunities to get out (outdoor), have activities, and as recreation (Silitonga et al. 2018).

Based on research conducted by Krissanti et al. (2019) revealed that after occupational therapy treatment, gardening planted chili peppers in polybags in low self-esteem patients, results were reduced signs and symptoms of low self-esteem at P1 by 3 scores and at P2 by 4 scores. So is the research conducted by Rokhimmah et al. 2020 revealed that after occupational gardening therapy, there was a decrease in low self-esteem with P1 73% with 8 scores, and P2 91% with 10 scores. Gardening occupational therapy can reduce the level of low self-esteem disorders.

### Methods

The method used was a case study using EBNP (Evidence Based Nursing Practice) on 3 patients. The respondents who were participants were patients with low self-esteem scales from moderate (15-25) to severe (>25), patients of productive age (15-65), cooperative patients, patients who were interested in learning to grow crops. The application of therapy was carried out at Wisma Dwarawati RSJ Prof. Dr. Soedjono Magelang for three days. The instrument used to measure the low self-esteem scale is using the Rosenberg Self Esteem Scale (RSES). The equipment needed in this therapy is planting media (used gallons), chili seeds and leeks, soil and fertilizer ratio 1: 1, and water.

### Results and Discussion

The implementation of horticultural therapy in patients with low self-esteem is carried out according to the intervention Krissanti and Asti (2019) and carried out for 3 days. Such horticultural therapy aims to improve the patient's self-esteem. Based on opinion Abdulah (2022), states that farming therapy programs can improve self-esteem. The plants used are using leeks and chili plants. The use of such plants is supported by opinions Nursaly (2018) which states that the plants used are not specifically determined but it is recommended to use horticultural crops such as vegetables, fruits, and ornamental plants

Below is a table of the results of measuring the low self-esteem level of patients using the Rosenberg Self Esteem Scale (RSES) before and after horticultural therapy at RSJ Prof. Dr. Soerodjo Magelang.

**Tabel 1** Implementation Results

Patient Name	Rosenberg Self Esteem Scale (RSES) score before horticultural therapy	Rosenberg Self Esteem Scale (RSES) score after horticultural therapy
Ny. E	24 (Medium)	15 (Low)
Nn. E	21 (Medium)	9 (Low)
Ny. U	22 (Medium)	8 (Low)

There was a decrease in the level of low self-esteem after the implementation of nursing for 3 days, where the first day for the treatment of the application of horticultural therapy by planting leek seeds, then the second day continued to plant chili seedlings, interspersed with treatment on leek plants. One day the next application of plant treatment. So, in 3 days planting seedlings in 2 meetings in approximately 1 hour and treatment on the day after planting in the three patients with chronic low self-esteem. The three patients who before horticultural therapy scored Rosenberg Self Esteem Scale (RSES) Ny E = 24, Nn E = 21, and Ny U = 22 which means having moderate chronic low self-esteem, after horticultural therapy, Rosenberg

Self Esteem Scale (RSES) scores of Ny E = 15, Nn E = 9, and Ny U = 8, meaning having low self-esteem. All three patients had decreased scores from before treatment.

### Conclusion

The results of the nursing evaluation in the three patients with a diagnosis of low self-esteem resulted in an increase in patient self-esteem. Before therapy, patients had a low level of self-esteem in the moderate category, after being given horticultural therapy nursing measures all three patients experienced a decrease as measured using the Rosenberg Self Esteem Scale (RSES).

In carrying out implementation in patients with low self-esteem with horticultural therapy can affect the level of self-esteem in patients to fall. So that this journal can be used as a guideline for health workers to provide the implementation of structural activity therapy with horticultural therapy in patients with chronic low self-esteem, As well as reading material to increase the knowledge of health workers about the implementation of horticultural therapy nursing and used as a step for health workers to increase the intensity of horticultural therapy treatment in patients with chronic low self-esteem nursing diagnoses.

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