

Report case generalist therapy price self low chronic in patients schizophrenia

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Abstract

Background: Schizophrenia is a chronic mental disorder that causes distorted thoughts, perceptions, emotions, and behavior. One psychological problem frequently found in schizophrenia patients is chronic low self-esteem. Chronic low self-esteem is a negative self-evaluation or feeling of oneself or one's inadequacies, such as feelings of worthlessness, insignificance, and helplessness, that persist for a long time and are persistent. **Methods:** The method used is a case report, which includes nursing care from the assessment to the evaluation stage. The subjects of this report were patients with a mental disorder diagnosed with chronic low self-esteem. The instruments used were an assessment format and a daily activity schedule (JKH). The sample size was one patient, with the criteria of being willing to participate, cooperative, and without physical limitations. **Results:** The results of the study showed an increase in self-esteem before and after the intervention of positive skills training. **Conclusion:** Based on the implementation and evaluation results, it can be concluded that patients with chronic low self-esteem experienced a decrease in signs and symptoms after the intervention of positive skills training. **Recommendations:** Further research is recommended to emphasize the importance of conducting in-depth nursing interventions for patients with chronic low self-esteem.

Keywords : Low self-esteem, Implementation strategies, Positive affirmation techniques

1. Background

Schizophrenia is disturbance soul chronic which causes thoughts, perceptions, emotions, and behavior become deviant (Mashudi, 2021). Based on data from the World Health Organization (WHO) in 2022, it showed number prevalence of experiencing schizophrenia around 24 million soul (WHO, 2022).

One of problem psychological problems that often occur found in patients schizophrenia is price self low chronic. Self -esteem low chronic is evaluation self or feeling negative to self Alone or inability patient like No means, no valuable, no powerless, which lasts a long time in long time and continuously continuously (SDKI, 2017).

A number of study about price self low chronic has done like study Sinthania et al., (2023) one of efforts implemented in overcome problem with price self low that is, identifying ability aspect positive that still exists owned patient, help patient evaluate abilities that are still can used, helps patient For choose selected abilities patient as well as help patient compile timetable implementation the ability that will selected. Research similar conducted by Sari et al., (2023) regarding practice ability positive actions taken for 3 days consecutive with 1 meeting on January 18-20, 2025. On the day First researchers discuss feeling For petrified patient disclose current feelings experienced. On the day second researchers do bina connection each other believe (BHSP), then discuss abilities and aspects positive things to have, help patient evaluate abilities that are still can used, petrified patient choose the ability that will trained, trained selected abilities. On the day third researchers continue selected abilities and perform evaluation. Another study conducted by Abubakar et al., (2024) on practice ability positive use approach studies case. Subject in study A total of 2 people did it for 3 days on July 10-12, 2023. Research this also does observation during the implementation process with carry out implementation strategies (SP) with results there is improvement price self in patients price self low.

Difference from study previously with study This is study This only has 1 respondent and focuses on one diagnosis that is price self low chronic with give intervention in the form of generalist therapy.

Research This implemented for 4 days with 2 meetings in 1 day, while study previously only done for 3 days with 1 meeting in 1 day.

Study This aim For rule ability patient in identify ability positive things to have, to assess abilities that are still can done, choose selected abilities as well as petrified compile timetable activity daily (JKH) in patients price self low chronic at Wisma Sembodro Grhasia Mental Hospital Yogyakarta.

2. Method

Methods used is report case with do care nursing care for patients soul from stage assessment until with stage evaluation. Subject report This is patient with disturbance soul with diagnosis price self low chronic instruments used in care nursing This is the assessment format and schedule activity daily (JKH). Amount samples in foster care nursing is 1 patient with criteria patient willing become subject, patient cooperative, willing follow activities and patients No own limitations physical. Care nursing This implemented for 4 days on February 25-28, 2025.

Intervention conducted at Wisma Sembodro, Grhasia Mental Hospital, Yogyakarta with time implementation for 4 days with 25 minutes every meeting. Patient taught method practice ability positive that is, the 1st way to identify abilities and aspects positive things to have, helpful patient evaluate abilities that can used, petrified patient choose activities that will be trained in accordance with ability patient (tidying up place sleeping, tidying up tool eating, sweeping floor, and follow activity rehabilitation), training patient in accordance selected skills (tidying up place sleep) and give reasonable praise to success patients and recommend enter into JKH for exercise twice a day. Intervention furthermore evaluate JKH whether patient do exercises that have been taught (to tidy up) tool eating) and how to the second is, petrifying patient choose activity the second one will be selected, trained activity second (tidy up) place sleep) and recommend enter into JKH for exercise twice a day, after evaluate JKH continue method 3rd, namely, helping patient choose activity the third one will be selected, trained activity third (sweeping) floor) and recommend enter into JKH for exercise twice a day, after evaluate JKH continue method the 4th is teach therapy affirmation positive and encouraging enter into JKH. Patient recommended For often exercise activities that have been taught to be able to reduce price self low chronic.

3. Results and Discussion

3.1. Results

Distribution characteristics response can seen in Table 1.

Table 1. Distribution characteristics respondents

Characteristics Respondents	
Name	Mrs. T
Age	31 Years
Gender	Woman
Marital status	Already Marry
Address	Harjowinatan
Work	Self-employed
last education	Junior high school

Based on Table 1 it can be known patient various sex Woman with after 31 years, already Marry with education last junior high school and working as self-employed. Distribution factor predisposition and precipitation can seen in Table 2.

Table 2. Distribution factor predisposition (supporter) and precipitation (trigger)

Predisposing Factors		Precipitation Factor	
Neurobiology	- Patient first time treated at the mental hospital	Nature	Biological : not yet Once seek medical treatment

			Psychological : feeling himself dirty and rotten
			Social: DM and Hyperthyroidism
Psychology	- There is a history disturbance soul from mother but has recovered - Patient Once experience disappointment Because Once divorce Because cheated on	Origin	Internal
Sociocultural	- Patient get pressure in place Work - Patient a wife child third from seven siblings - last education junior high school patients	Timing	1 month

Based on Table 2 it can be known that factor predisposition experienced by the patient Because own history disturbance soul from Mother but Already recovered and patient Once divorce with her husband, as for factor precipitation experienced by the patient Because after diagnosed with DM and hyperthyroidism patient feel himself dirty and rotten.

Distribution signs and symptoms price self low chronic after and before done intervention can seen in Table 3.

Table 3. Distribution signs and symptoms price self low after and before done intervention

No	Signs and symptoms	Pre	Post			
			1	2	3	4
1.	Evaluation self positive	✓	✓	✓	-	-
2.	Feeling own excess or ability positive	✓	✓	✓	-	-
3.	Walking shows face	✓	✓	✓	-	-
4.	Eye contact	✓	✓	✓	✓	-
5.	Believe self speak	✓	✓	✓	✓	✓
6.	Excitement activity	✓	✓	✓	✓	✓
7.	Feeling Embarrassed	✓	✓	-	-	-
8.	Feeling guilty	✓	✓	-	-	-
9.	Feeling No capable do whatever	✓	✓	-	-	-
	Amount	9	9	6	3	2

Based on Table 3 it is known that there is decline to signs and symptoms in patients before and after done intervention. Then signs and symptoms that still exist appear after done intervention that is, believe self talking and passion activity. Distribution exercise ability positive in patients can seen in Table 4.

Table 4. Distribution exercise ability positive

No	Rated aspect	Pre	Post			
			1	2	3	4
1.	Mentioning abilities and aspects positive things to have	-	-	-	✓	✓
2.	Make a list about aspect positive and ability self	-	-	-	✓	✓
3.	Choose activities you want done during treated : Sweeping floor, tidy up tool eat, and tidy up place Sleep	-	-	✓	✓	✓
4.	Trying out activities that have been planned	-	-	✓	✓	✓
5.	Write timetable activity daily (JKH) according to activity which has selected and trained	-	-	✓	✓	✓
	Amount	0	0	3	5	5

Based on Table 4 it can be known that after done intervention there is improvement from before and after done intervention, improvement after done intervention that is, the patient can mention

abilities and aspects positive qualities you have, make a list of aspect positive and ability self, choose activities you want done during treated, tried activities that have been planned, and written timetable activity daily (JKH) according to activities that have been selected and trained. Distribution practice therapy affirmation positive in patients can seen in Table 5.

Table 5. Distribution practice therapy affirmation positive

No	Rated aspect	Pre	Post			
			1	2	3	4
1.	Write things negative and positive aspects	-	-	-	✓	✓
2.	Mentioning things positive that has been written	-	-	-	✓	✓
	Amount	0	0	0	2	2

Based on Table 5 it is known that that there is improvement before and after done intervention, improvement after done intervention that is, the patient capable write matter negative and positive that the patient has capable mention things positive that has been written.

3.2. Discussion

3.2.1. Causative factor price self low chronic

Based on Table 2 it can be known that one of factor trigger (precipitation) of occurrence price self low in patients is thought negative, patient think that himself dirty and rotten. According to research conducted by Harianja et al., (2024) stated that thoughts negative can influence method think about self alone and how look at the world and can bother work, study and activities everyday. As for the factors supporters occurrence price self low in patients that is, the patient Once divorce with husband and have history disturbance soul from mother. This is in line with research conducted by Astuti et al., (2024) stated that factor predisposition that causes price self low is past experiences that are not fun. Based on study Hariyadi and Rusdianah (2021) said that somebody with history family schizophrenia from parents own risk occurrence schizophrenia.

3.2.2. Signs and symptoms price self low chronic

Based on Table 3 it can be known that before given exercise ability positive in Mrs. T signs and symptoms Still appear. Signs and symptoms that appear in the study case This that is, the patient feel himself No valuable, patient feel No capable do whatever, patient more like alone, looks No believe self and speech slow and a soft tone of voice, contact eye No there is a gaze empty. According to research conducted by Ambo et al., (2023) states that price self low is common symptoms found in patients disturbance soul with schizophrenia, patient experiencing a sense of inadequacy himself Alone in face situation or the surrounding environment so that patient interesting self from environment and difficult invited the interaction shown with signs contact eye less and often bow down when communicate. This is due to patient schizophrenia not enough think positive about himself. Research results Ulumudin et al., (2022) showed signs and symptoms price self low that is, the lack of emotions, views pessimistic life, lack of activities, interests self low, display No neat, lustful Eat decline, decline For socializing as well as speak with slow and steady. This is in line with research conducted by Rahayu et al., (2019) shows sign symptoms in patients price self low that is, the patient feel embarrassed, sad, feeling guilty, attractive self, contact eye less, and posture hunchback,

After given intervention for 4 days consecutive there is reduction in signs and symptoms price self low chronic proven with patient capable evaluate self positive, patient feel own excess, no often bow down when walking, and contact eye Already start There is when invited communicate. This is in line with research conducted by Widyowati and Priyatin (2025) stated that evaluation from implementation carried out increasing price self seen from response patients who start open when invited talking, no often looking down, patient capable evaluate aspect positive that exists in himself.

3.2.3. Pride low chronic before and after done exercise ability positive

Based on Table 4 it can be known before done exercise ability positive patient No can mention abilities and aspects positive owned by the patient No can make a list about aspect positive and ability self, patient No can choose abilities that can done during treated, and tried activities that have been planned. Therefore that, in studies case This patient given intervention exercise ability positive (tidying up tool eating, sweeping floor, tidy up place sleep, and affirmations positive). According to study Fazriyani and Mubin (2021) stated that someone who has price self low No realize that himself is perfect creature as well as own aspects possible positives No everyone has it. According to research by Citra and Sukamti (2023) is one of the activity For control symptom price self low that is with practice ability positive things to have patient. After done exercise ability positive for 4 days consecutive obtained results that patient capable mention abilities and aspects positive owned by the patient capable choose the ability to trained (to tidy up) tool eating, sweeping floor, tidy up place sleep, and affirmations positive), and capable practice abilities that have been taught. Based on results research conducted by Ifonti et al., (2023) states that giving intervention training ability positive in patients given for 5 days consecutive obtained results patient capable carry out schedule that has been made together, patient can choose timetable appropriate activities with ability, patient can do activity in accordance his ability, contact eye Already start okay, patient Already start blend in. This is in line with Ramadhani et al.'s (2021) research shows that existence decline to implementation of implementation strategies price self low to patient price self low chronic. Another study conducted by Eni et al., (2020) showed existence change that patient feel himself have something that can proud and feel himself more believe self.

3.2.4. Pride low chronic before and after done exercise ability positive

Based on Table 5 it can be known that after done intervention for 4 days in succession participate patient capable write things positive and negative and patients capable mention things positive that has been written. According to study Tamta and Arya (2024) affirmation positive is statements used For overcome thought or belief negative about self they itself. Research results This supported by research Aliwu et al., (2023) that after given therapy affirmation positive as many as 3 meetings with the patient price self low experience average increase in patients own trust self so that feel his life is very meaningful and trying build good communication. This is in line with research by Niman and Surbakti (2022) which states that exercise affirmation positive can reduce emotion negative and increasing price self. Research Septyanti et al., (2024) also showed that something similar was done results there is improvement price self in 3 respondents with use Rosenberg Self Esteem Scale questionnaire. Patient 1 of score 4 (low) to 7 (high), patient 2 with score 3 (low) to 7 (high), and patient 3 with score 3 (low) to 5 (low).

Limitations

Limitations in study This lies in the application that only done on one patients. In addition, the time short implementation limit researchers in foster connection each other trust (BHSP) optimally, so that researchers No own Enough time For study in a way more deep to problems experienced patient.

Conclusion

Report case This serve description about handling patient with price self low at Wisma Sembodro, Grhasia Mental Hospital, Yogyakarta. The treatment carried out show signs and symptoms before and after done intervention. After done intervention signs and symptoms that still exist appears 2 of 9. Ability identify ability positive after done intervention patient capable mention method overcome price self low chronic, capable mention abilities and aspects positive things that are owned, capable of choose the ability that will trained, and capable practice selected abilities.

Suggestion

Suggestions for study more continue to do study more from 1 patient, bina connection each other believe (BHSP) longer with patient, exploring effectiveness intervention nursing, and review problems experienced by patients with problem price self low chronic.

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