

# Effectiveness of Affirmation Stress Management on The Quality of Life Among Caregiver of Shizophrenia Patients

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## ABSTRACT

**Backgrounds:** Schizophrenia patients are highly dependent, especially on their caregivers. Burden on caregivers patient appeared while caring patient with schizophrenia. It can reduce quality of life in caregivers. Affirmation stress management is an intervention can be used to improve their quality of life.

**Objectives:** Aim this study was to understand the effect of stress management: affirmations on the quality of life among caregivers of Schizophrenia patients in Puskesmas Sedayu 2.

**Methods:** This research was quasi-experimental with one group pretest-posttest without control. Subjects of this study were 29 caregivers of schizophrenia patients. Subjects selection technique used purposive sampling. Measuring instruments used WHOQOL-BREF. The technique of data analysis used correlation of Wilcoxon Signed Ranks.

**Results:** Characteristics subject are female, age range 35-45 years, working as a housewife and being the mother of a Schizophrenia patient. Based on the results of data analysis, it was obtained the value of correlation *p-value* 0.025 (<0.05), that means affirmation Stress Management effective to improve the quality of life among caregiver of Shizophrenia patients.

**Conclusions:** Affirmation stress management could improve quality of life caregiver of schizophrenia patients.

**Keyword:** *Affirmation Stress Management, Quality of Life of Schizophrenia Patients*

## INTRODUCTION

Schizophrenia is a chronic mental disorder that affects all aspects of a patient's life characterized by hallucinations, delusions, violent behavior and so on. The process of schizophrenia a long time so that it can affect all aspects of a patient's life so that it indirectly creates a global disease burden (1). Daerah Istimewa Yogyakarta (DIY) is a province with the highest number of mental disorders (2). Patients with Schizophrenia can't do their activities so they need someone who takes care (caregiver) (3,4).

The treatment of schizophrenia patients requires a long time so it makes the caregivers burnout such as uncomfortable feeling, can't socialize with another person, marriage is not harmonious (4,5). Caregivers feel depressed because increased financial burden, social burden, discrimination and can't socialize<sup>6</sup>. It caused their quality of life lower, so recovery so the patient's recovery is disrupted. Affirmation stress management is one of the interventions to improve the quality of caregiver's life. Affirmation stress management can reduce stress levels on students (7).

Someone who have high positive emotions are able to be seen and are constantly seen as an individual who is happy, enthusiastic, confident, and more passionate in doing everything activity compared to individuals who have low positive emotions. On the other hand individuals who have high negative emotions tend to show nervous individuals, full of guilt, fear, compared to individuals who have emotions low negative. This research was conducted in area of Puskesmas Sedayu 2. Puskesmas Sedayu 2 already have programme with caregivers to discuss about patients or their problems. Caregiver's patients schizophrenia feeling sad, not excited, shy. The purposes in this research to prove effect the Quality of Life Among Caregiver of Shizophrenia Patients.

## MATERIALS AND METHODS

This research is a pre-experimental research with one group pretest posttest without control design but researchers have done the pretest first. Subjects of this reseach is on caregivers of schizophrenia patients. Subjects this study were 29 caregivers of schizophrenia patients. Subjects selection technique used purposive sampling. Measuring instruments used WHOQOL-BREF. The technique of data analysis used correlation of Wilcoxon Signed Ranks. This research in June-August 2019 in area of Puskesmas

Sedayu 2. Independent and dependent variable in this research is affirmation stress management and quality of life on caregivers of schizophrenia patients. Intervention was carried out 3 times.

## RESULTS AND DISCUSSION

**Tabel 1. Characteristics of schizophrenia patients in Puskesmas Sedayu 2 (n = 29)**

Karakteristik Responden	Frekuensi	Prosentase (%)
<b>Age</b>		
25-35 years old	1	3.4
36-45 years old	8	27.6
45-55 years old	12	41.4
55-65 years old	3	10.3
> 65 years old	5	17.2
<b>Sex</b>		
Girl	27	93.1
Male	2	6.9
<b>Occupation</b>		
Housewife	22	75.9
Farmers	2	6.9
Retired	1	3.4
Labor	3	10.3
Entrepreneur	1	3.4
<b>Relationship with Patients</b>		
Father	2	6.9
Mother	10	34.5
Son	1	3.4
Wife	3	10.3
Sister	4	13.8
Other people	9	31

Primary data, 2019

Based on **table 1.** it is known that the characteristics of the respondents in this study were early adulthood (41.4%), female (93.1%), as housewives (75.9%), and were patient mothers (34.5%).

**Table 2 Quality of life before and after stress management: affirmations**

Quality of Life	Pre		Post	
	n	Mean	n	Mean
Poor	16 (55.2%)	58.69	9 (31%)	63.23
good	13 (44.8%)		20 (69%)	

**Tabel 3. Wilcoxon Signed Ranks Test Results**

		N	Mean Rank	Sum of Ranks
Post test - Pre test	Negative Ranks	8 <sup>a</sup>	14.25	114.00
	Positive Ranks	21 <sup>b</sup>	15.29	321.00
	Ties	0 <sup>c</sup>		
	Total	29		

a. Post test < Pre test

b. Post test > Pre test

c. Post test = Pre test

**Test Statistics<sup>a</sup>**

	Post test - Pre test
Z	-2.239 <sup>b</sup>
Asymp. Sig. (2-tailed)	.025

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

The results of statistical tests using the Wilcoxon Signed Rank Test, the Asymp.Sig value was obtained. (2-tailed) is smaller than 0.05 so it can be concluded that stress management: affirmation can improve quality of life in the caregiver of Schizophrenia patients.

**RESULTS AND DISCUSSION**

Based on **Table 1**, the characteristics subject in this research were and not working<sup>9</sup>. Schizophrenia patients are treated more by people closest to them like parents, they are always struggling to provide services and provide support to patients (10); The burden that appears on the caregiver were poor quality of life, depression. Based on **Table 2**, it is found that the schizophrenia caregiver has a poor quality of life (mean 58.69) and the quality of life after intervention more better. The quality of life of caregiver patients with schizophrenia tends to be poor, one of which is due to the low level of social support received (11). The burden of care felt by the caregiver can cause symptoms of depression even not only to the primary caregiver but also affects the mental health of other family members (12). The burden of care experienced and felt by the caregiver such as psychological (feelings), physical health, social, economic and others (13).

The higher the burden of care perceived by the caregiver, the lower the quality of life (14). However, the high and low quality of life is influenced by

many factors including self efficacy, personality type, income level<sup>15</sup>. Quality of life consists of 4 dimensions were psychological, environmental, social and physical dimensions. The physical domain is influenced by the level of education, gender, sex of the patient, length of patient care, medication, and community stigma. The psychological domain is only influenced by income, while the environmental domain is affected by the level of education, length of patient care, level of patient knowledge about symptoms of the disease (16). The quality of caregiver life of Schizophrenia patients is the key to successful recovery of patients (17).

The results there is an influence between stress affirmation management with the quality of life of caregiver patients with Schizophrenia. Affirmations are a combination of verbal and visual techniques that are liked in a person's mind. Strong affirmations can be strong and can be used by someone in achieving their goals (18). Positive thoughts and affirmations will increase positive energy in their lives, negative thoughts will have a negative influence. Good thoughts affect all members of the body outside and inside (organs in the body) to be good. Affirmation techniques can change negative thoughts to become more positiv2 (19,20). This affirmation stress management can affect a person's physical, social, mental and psychological health. someone who does stress management affirmations has more confidence (21). the success of stress affirmation management according to Clark (1991) if there is an increase in the ability to carry out tasks and change attitudes and behavior (22). Optimistic schizophrenia caregivers can improve their self efficacy. It have an impact on improving their quality of life (15).

**CONCLUSION AND RECOMMENDATION.**

This research explains affirmation stress management can improve the quality of life among caregiver of schizophrenia patients. This affirmative stress management technique can be used to reduce the negative feelings. This intervention can be used as one form of intervention to improving the quality of life in a hospital or community. For further the researcher can add the number of subjects and compare with control groups.

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