

# OCCUPATIONAL THERAPY (GARDENING PAKKCOY PLANT) TOWARDS SELF ESTEEM OF PEOPLE WITH MENTAL ILLNESS AT PUBLIC HEALTH CENTER WORKING AREA OF KOTA GEDE 1 YOGYAKARTA

Cristin Wiyani<sup>1</sup>, Endang Nurul Syafitri<sup>2</sup>, Titiani Titiani<sup>3</sup>

<sup>1,2,3</sup>Nursing Study Program, Faculty of Health Sciences, Respati University of Yogyakarta

## Abstract

Mental health problems in Indonesia were important public health cases which needed to be concerned. One of these cases was the people with mental illness. Based on preliminary study with People with Mental Illness (ODGJ), these people did not work, did not have skills, they were only at home, did not participate in any activities in their environment due to lack of confidence. The impact of unhandled confidence, these people would socially isolate themselves, and they did not have confidence. The most efficient handling was non-pharmacological therapy. One of non-pharmacological therapy was occupational therapy. This therapy was an activity which could increase confidence. Objective of study to find out the impact of occupational therapy (gardening pakcoy plant) towards the pride of people with mental illness. This study was quasi experimental research which used pre-test and post-test without control design. The data sampling used Non Probability Sampling technique with Quota Sampling method. The total samples were 14. Besides, the instrument of this study was Rosenberg Self-Esteem Scale questionnaire. The bivariate analysis which was used this study was Wilcoxon test. The pride of people with mental illness in Purbayan Urban Village before it was given the therapy was around 22.29, and after therapy was around 32.43. It showed that there was an increasing number of mean pre-test and mean post-test values. The impact of occupational therapy towards the pride of people with mental illness was obtained the value of  $p$ -value  $0.001 < 0.05$ . There was an impact of Occupational Therapy (gardening bok choy plant) towards the pride of people with mental illness.

**Keywords:** Occupational Therapy, Pride, People with Mental Illness (ODGJ)

**Article info:** Sending on August 16, 2021; Revision on September 22, 2021; Accepted on September 30, 2021

\*) Corresponding author:

Email: [christin.wiyani@gmail.com](mailto:christin.wiyani@gmail.com)

## 1. Introduction

Mental health is a healthy emotional, psychological and social condition that can be seen from satisfying interpersonal relationships, behavior with effective coping, positive self-concept and emotional stability (Videbeck S, 2008). If all of these are disturbed, there will be a disturbance in the individual's psyche. Mental disorders are psychological disorders, or behaviors that occur in a person related to affective, behavioral, cognitive, and perceptual disorders (Rahayu S, Daulima, 2019).

health problems in Indonesia are very important public health problems and must be considered. One of them is people with mental disorders. ODGJ (People With Mental Disorders) also have the right to socialize, make friends, make friends, build relationships with other people and they have the right to live in society and have social interactions with their surroundings (World Health, 2017)

According to the World Health Organization (WHO) in 2017 an estimated 970 million people with mental disorders, about 264 million people affected by depression, 45 million people affected by bipolar, 50 million affected dementia and 20 million affected schizophrenia (Riskasdas, 2018). Data from the Ministry of Health in 2018, the number of people with serious mental disorders in Indonesia is 7.0%, the prevalence of mental disorders in Yogyakarta is 10% of people with schizophrenia, 5.5% of people suffering from depression, and 10% of people with mental emotional disorders (Yusuf, 2015).

One of the causes of mental disorders is psychological factors related to self-concept, namely low self-esteem (Puspitasari E, 2017). Low self-esteem in patients with mental disorders occurs because they do not have the social skills or communication skills needed to build and develop maintain relationships with other people, if the patient is not confident and then feels foreign (different) the

patient will avoid relationships with other people and have low self-esteem (Fithriyah I., 2018). Clients often have difficulty maintaining a suitable job this is due to the lack of skills and socialization of schizophrenic clients, this has an effect on the client's self-esteem (Maharjan S, 2019).

Low self-esteem for ODGJ who are well controlled and have minimal symptoms can function again in society because of the stigma from society which becomes a barrier for ODGJ to work and be independent in their lives (Poseana E, 2016). Low self-esteem is also caused by always being alone at home, never participating in activities around the house, reluctant to talk to other people because they feel embarrassed due to never getting feedback from their environment (Rahayu S, Daulima, 2019). The low self-esteem data in the world is estimated to be high from 22.5% to [97.4%] (Krissanti A, Asti AD, 2019). It is estimated that around 2.1% suffer from low self-esteem in Indonesia (Sari IR, 2019). of the efforts to increase patient self-esteem is the most efficient treatment with a combination of pharmacological and non-pharmacological therapies, one of the non-pharmacological therapies is occupational therapy (Depkes, 2009). Occupational therapy is a form of supportive psychotherapy in the form of activities that aim to improve the ability of clients after mental disorders and be able to increase self-esteem and education to adapt to the social environment and improve their mental and physical health and the meaning of life (Fibriana w, 2016).

This research applies occupational gardening therapy to plant pakcoy in polybags for 14 days for people with mental disorders in the working area of Kota Gede 1 Yogyakarta Community Health Center because it is easy to do, easy to cultivate and does not need to have special skills. The results of this study strengthen previous research conducted by Novitayani S, regarding occupational gardening therapy by planting chilies in polybags for 7 days showed that the signs and symptoms of self-esteem in clients with low self-esteem decreased, because by working they felt they had the skills and abilities that were useful for others and research conducted by Rokhimmah Y, growing vegetables in polybags for 14 days found that hallucination symptoms decreased. Research conducted by Rokhimmah Y, and Rahayu DA most of the respondents experienced an increase in self-esteem marked by reduced signs and symptoms, that the perception stimulation group activity therapy; telling stories about positive experiences that have had a positive influence on the client's self-esteem so that it can make it easier for clients to improve their ability to imitate group members and be able to socialize in the hospital environment or in the community.

## 2. Material And Methodology

This research is a quasi experimental research design with pre and post test without control.

The research was conducted on August 1, 2020 at the Kota Gede 1 Yogyakarta Community Health Center and August 2-3, 2020 in Purbayan City, Kota Gede 1 Yogyakarta. The population of this research is all people with mental disorders who are in Purbayan Urban Village, Kota Gede, Yogyakarta. The sample in this study were people with mental disorders in Purbayan Village with the sample criteria being willing to be respondents, able to be invited to communicate, in the rehabilitation stage and not experiencing physical pain such as paralysis, fractures, blindness and not positive covid19. The number of samples is 14 people who meet the inclusion criteria and serve as the treatment group. Sampling using Quota Sampling.

Researchers collected respondents in the Hall of Puskesmas Kota Gede 1 Yogyakarta to teach about occupational therapy (pakcoy gardening). The time for observing the respondent's activities for 1 week, such as caring for plants by watering, pulling grass and pests by visiting each house during occupational therapy activities on 2-8 August 2020 for 2x Wednesday and Thursday. Self-esteem of people with mental disorders was measured using the Rosenberg Self-Esteem questionnaire. The self-esteem of people with mental disorders is measured before and after therapy. Data analysis was performed using the Wilcoxon test.

## 3. Result and Discussion

**Table 1** Distribution of Respondents Frequency Based on Characteristics

Characteristics	Treatment Group (n=14)	
	n	%
<b>Age (Years)</b>		
Late Youth (17-25)	1	7.1
Early Adult (26-35)	5	35.7
Late Adult (36-45)	2	14.3
Early Elderly (46-55)	1	7.1
Late Ederly (56-65)	3	21.4
Seniors >65	2	14.3
<b>Total</b>	<b>14</b>	<b>100.0</b>
<b>Gender</b>		
Man	10	71.4
Women	4	28.6
<b>Total</b>	<b>14</b>	<b>100.0</b>
<b>Education</b>		
Didn't Finish Elementary School	1	7.1
Elementary School	3	21.4

Junior School	High	4	28.6
High School		6	42.9
Total		14	100.0
<b>Profession</b>			
Work		9	66.3
Does not Work		5	35.7
Total		14	100.0

In table 1 it can be seen that from the research data obtained, the distribution of respondents according to age was at most early adulthood (26-35 years) with a total of 5 (35.7%). Based on gender, it is known that the largest gender is male (71.4%). Based on education, it is known that the largest number of education is SMA 6 (42.9%), and by occupation the largest proportion is not working 9 (64.3%).

Table 2 The Pre-Test and Post-Test Self-Esteem Scores

Group experiment	Mean	Beda Mean	Standar Deviasi	Min.	Maks.
Pre Tes	22.29	10.14	0.914	20	23
Post Tes	32.43		3.458	28	38

In table 2 it can be seen that the mean value in the treatment group before the intervention in the form of occupational therapy (pakcoy plant gardening) was 22.29. The self-esteem score in the post-test of the

treatment group that was given occupational therapy intervention (pakcoy plant gardening) was 32.43. The mean difference between pre test and post test is 10.1

Table 3 Differences in the Pre-Test and Post-Test Self-Esteem Scores of the Treatment Group

Group experiment	n	Mean	Beda Mean	P value
Pre Test	14	22.29	10.14	0.001
Post Test	14	32.43		

Based on table 3 above, the results of the Wilcoxon statistical test in the pre-test and post-test of the treatment group obtained p value (0.001) <(0.05), it can be concluded that there is a significant effect on self-esteem scores after being given intervention to the treatment group.

### 3. Characteristics of Respondents

Basically, male and female sex have the same opportunity to experience low self-esteem. Based on the theory, men also become the main support for the household so that they experience greater life pressure, while women are more receptive to life situations compared to [men]. Based on the level of education the most were SMA 6 (42.9%). From the results of the study, most of the patients with low self-esteem had a high school education level. Based on the theory this can be caused because patients with a higher level of education will be more able to solve or solve problems using effective and constructive coping than someone with low education. A person's education level will affect a person's mindset, personality and behavior, the higher education, individual behavior is expected to be easier to adopt new knowledge and have a good personality and behavior. Research conducted by

Based on job status, there were 9 respondents who did not work (66.3%). People who do not have a job also result in someone having no income and failing to show self-actualization, so that someone does not work, has no activities and allows experiencing low self-esteem which has an impact on mental disorders. Research conducted by schizophrenic clients who work have a positive

relationship with self-esteem, reduce health care costs, reduce positive and negative symptoms, improve social functioning and experience an improved quality of life. Some schizophrenic clients often have difficulty maintaining a suitable job this is due to a lack of skills that affects self-concept.

### The Pre-Test and Post-Test Self-Esteem Scores in the Treatment Group Before and After Given the Intervention.

Table 2 it can be seen that the mean value in the treatment group before the intervention in the form of occupational therapy (pakcoy plant gardening) was 22.29. The self-esteem score in the post test of the treatment group that was given occupational therapy intervention (pakcoy plant gardening) was 32.43. The mean difference between the pretest and posttest is 10.14. These results indicate that there is an increase in the value of the pretest before being given the intervention and post after being given the intervention. This research is in line with research conducted Krissanti A, Asti AD before being given therapy, the self-esteem score was 12 and after being given therapy it was 21.2, which means there is an increase in the mean score of self-esteem, and in line with the research conducted by after being given therapy showed the results of signs and symptoms of price low self has decreased.

Based on the theory the family environment greatly determines the development of children's self-esteem. Acting fairly, providing opportunities to be active, and educating democratically will make children get high self-esteem. Parents who often give punishments and prohibitions without reason can

cause their children to feel worthless. Someone who works with who does not work has better self-esteem for someone who works, because someone who works feels that he has skills and abilities that are useful for others.

Prior to occupational gardening, clients had low self-esteem. This is because all respondents at the time of the assessment showed signs and symptoms of low self-esteem such as self-criticism, feelings of inadequacy and a pessimistic outlook on life. This is in accordance with the theory according to Videbeck SL which states that someone who has low self-esteem has characteristics such as assessing himself negatively, doubting his own abilities, feeling disrespected and disrespected, feeling a failure, unhappy, depressed, and feels that he cannot be proud, feels useless. The results of the research before doing occupational gardening therapy, the client had low self-esteem, this is because during the rehabilitation period the patient had never received occupational gardening therapy.

The results showed that after being given occupational therapy, able to increase self-esteem and reduce signs and symptoms of people with mental disorder. The provision of Pakcoy plant gardening occupational therapy affects the self-esteem of people with mental disorders. These results are in line with the opinion by Wahyudi A that the goal of occupational therapy is to be able to increase self-esteem by finding activities.

#### **The Effect of Occupational Therapy (Pakcoy Plant Gardening) on the Self-Esteem of People with Mental Disorders.**

Based on table 3, it shows the average value of self-esteem before intervention is 22.29, while the average value (mean) after intervention is 32.43, the results of the Wilcoxon statistical test with a p value of 0.001, it can be concluded that there is an effect of occupational therapy (plant gardening). pakcoy) towards self-esteem in ODGJ. In the treatment group there was an increase in the mean value of self-esteem, namely 10.14. This research is in line with the research conducted by entitled "The Effect of Occupational Therapy on Increasing Self-Esteem of Schizophrenic Patients at the Mental Hospital of Bali Province" which shows that there are differences before and after occupational therapy with p value (0.000) <(0.05) which indicates that there is an effect of occupational therapy on increasing self-esteem in mental disorders. Likewise, research conducted by ((14)) entitled "Application of Occupational Therapy: Gardening to Increase Self-Esteem in Patients with Low Self-Esteem in the Sruweng Health Center Area" which shows that occupational gardening therapy of planting chilies in polybags resulted in decreased patient results. And symptoms of low self-esteem because by working hard you feel you have skills and abilities that are beneficial to others.

Occupational therapy focuses on the recognition of abilities that can still be used in a

person, maintenance or improvement aims to form a person to be independent and not dependent on other people's help and can improve client abilities after mental disorders, able to increase self-esteem by finding activities. In accordance with the theory the factors that influence occupational therapy are family and work, someone who works has more ability than people who do not work.

Occupational therapy provided by researchers regarding gardening of pakcoy plants is carried out for 1 week because pakcoy can be harvested at the age of 40-60 days. The results of the harvest are all consumed by themselves. The results of the client's research have increased self-esteem, marked by reduced signs and symptoms. From the results of the analysis test shows that the occupational therapy of Pakcoy plant gardening has a positive influence on the self-esteem of clients so that clients can find activities. This is in accordance with the goals of occupational therapy, namely being able to increase self-esteem by finding activities. Based on the explanation above, occupational therapy (pakcoy plant gardening) can increase the self-esteem of people with mental disorders because by working they feel they have the ability and are beneficial to others.

#### **4. Conclusion**

There is an effect of occupational therapy (pakcoy plant gardening) on the self-esteem of people with mental disorders in the working area of Puskesmas Kota Gede 1 Yogyakarta, indicated by a p value of 0.001. Based on this, occupational therapy (pakcoy plant gardening) can provide skills, activities and increase self-esteem for ODGJ. It is hoped that the next researchers who want to do this research can use other non-analgesic therapies besides gardening pakcoy plants to increase self-esteem for people with mental disorders.

#### **5. References**

- Videbeck SL. Buku Ajar Keperawatan Jiwa. Jakarta: EGC: 2008.
- Rahayu S, Daulima NHC. Perubahan Tanda Gejala dan Kemampuan Pasien Harga Diri Rendah Kronis Setelah Latihan Terapi Kognitif dan Psikoedukasi Keluarga. 2019;2(1):39-51.
- World Health, Organization: Mental Disorders 2017. Riskesdas. Hasil Utama Riset Kesehatan Dasar. Kementerian Kesehatan Republik Indones [Internet]. 2018;1-100.
- Yusuf, A.H F, , R & Nihayati H. Buku Ajar Keperawatan Kesehatan Jiwa. Buku Ajar Keperawatan Kesehatan Jiwa. 2015;
- Puspitasari E. Faktor yang mempengaruhi kekambuhan orang dengan gangguan jiwa. 2017;1(November):58-62.
- Fithriyah I. Empowering Self Esteem Orang Dengan Gangguan Jiwa Melalui Griya Mandiri Sebagai Program Rehabilitasi Sosial. Kedokteran. 2018;

- Maharjan S, Panthee B. Prevalence of self-stigma and its association with self-esteem among psychiatric patients in a Nepalese teaching hospital: A cross-sectional study. *BMC Psychiatry*. 2019;19(1):1–8.
- Roseana E. Pengaruh Terapi Okupasi Terhadap Peningkatan Harga Diri Pasien Skizofrenia di Rumah Sakit Jiwa Provinsi Bali. 2016;
- Krissanti A, Asti AD. Penerapan Terapi Okupasi : Berkebun untuk Meningkatkan Harga Diri pada Pasien Harga Diri Rendah di Wilayah Puskesmas Sruweng. *Keperawatan*. 2019;630–6.
- Sari IR. Asuhan Keperawatan Jiwa Pda Klien Skizofrenia Psiko Afektif Dengan Gangguan Harga Diri Rendah Kronik Diruang Flamboyan RSJ Menuar Surabaya.2019.
- Depkes. Kategori Usia. 2009;
- Fibrianaa AI, Wahyudi A. Faktor Resiko Terjadinya Skizofrenia (Studi Kasus di Wilayah Kerja Puskesmas Pati II). *Public Heal Perspect J*. 2016;1(1):1–12.
- Novitayani S. Karakteristik Pasien Skizofrenia Dengan Riwayat Rehospitalisasi. *Idea Nurs J*. 2016;7(3):23–9.
- Rokhimmah Y, Rahayu DA. Penurunan Harga Diri Rendah dengan menggunakan Penerapan Terapi Okupasi ( Berkebun ). 2020;
- Prastio U. Panen Sayuran Hidroponik Setiap Hari. Yogyakarta: PT Agro Media Pustaka; 2015.