

# OCCUPATIONAL THERAPY OF DRINK-MAKING SKILLS EFFECTIVE TO INCREASE LEVEL OF INDEPENDENCE AMONG MENTAL DISORDERS PEOPLE

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## Abstract

*This study aims to determine the effects of the occupational therapy of drink-making skills on the level of independence among people with mental disorders at Kota Gede 1 Public Health Center Yogyakarta. This study used a quantitative quasi-experimental research with a pretest-posttest design without the control group design. The research population was all people with mental disorders in Purbayan and Prenggan Villages. A consecutive sampling technique was used to obtain samples of 15 people. Data were analyzed using the Wilcoxon test. The research instruments were questionnaires on independence and the occupational therapy SOPs for making thai tea drinks. The level of independence among people with mental disorders showed an increase with the mean score of pre-test of 2.53 and posttest of 2.93. the effects of occupational therapy on the level of independence indicated a p-value of 0.034. There was an effect of the occupational therapy of drink-making skills on the level of independence among people with mental disorders in Kota Gede 1 Public Health Center Yogyakarta.*

**Keywords:** Level of Independence; Occupational Therapy; Mental Disorders.

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## 1. Introduction

Mental disorder is a syndrome of a person's behaviour related to a symptom of suffering (distress) in one or more functions of humans, which includes psychological, behavioural, biological processes, and disturbances between other people and society (Palupi, DN, Ririanty, M. & Nafikadini, I, 2019). The results of the Basic Health Research (Risksedas, 2018) shows the prevalence of severe mental disorders in Indonesia is 7.0%. In 2018, most mental disorders in Yogyakarta Province were ranked second, with the number of people with mental disorders at 10.4% per mile.

People with mental disorders experience a decrease in daily activities due to loss of motivation, and apathy means loss of energy and interest in life. The apathy state of people with mental disorders disrupts daily routine activities so that the level of independence in people with mental disorders is reduced (Hastuti, R. Y., & Rohmat, B, 2018). Independence is a person's readiness and ability to carry out all aspects of life on their own, which is characterized by taking the

initiative to try to overcome the obstacles encountered, trying to do routine tasks on their own, trying to work on behaviour towards perfection and getting satisfaction from the results of their work (Muhith, A, 2015). Occupational therapy involves people with mental health disorders into useful and satisfying jobs such as artistic activities, recreational activities, or vocational activities such as cooking and doing business.

According to information obtained from 7 families of people with mental disorders, the family said that the patient does not have a job, his daily activities are only watching TV, Youtube, sleeping, pacing around the house, contemplating and smoking, and meeting their economic needs they still depend on the family and have not able to meet their financial needs independently. While the interviews with two people with mental disorders obtained information that they stay at home, their activities are just sitting, sleeping and watching TV and do not have a job to meet their economic needs.

## 2. Methods

A person with a mental disorder is a person who experiences a disturbance in thought patterns, behaviour and feelings that are manifested in the form of symptoms and or significant behavioural changes and can cause suffering and obstacles in carrying out their functions as humans (Palupi et al., 2019). According to the World Federation of Occupational Therapists (2012 in Wicaksono et al., 2018), occupational therapy is a client-centred-based health profession focusing on promoting health and well-being through (occupational) activities. Occupational therapy in achieving goals in collaboration with other people and the community to improve their abilities in desired, needed, scheduled activities and by modifying the environment or activities to better support occupational participation.

Occupational therapy is carried out by involving people with mental disorders in work that is useful and satisfying, such as artistic activities, recreational activities, and vocational activities such as cooking and doing business (Foruzandeh and Parvin 2012 in Rafik et al., 2020). Independence is a person's readiness and ability to carry out activities by himself from all aspects of life, which is characterized by taking the initiative in facing and overcoming obstacles and completing tasks regularly. Able to do something and satisfied with the results that have been done (Muhith A., 2015 Choudhary & Velaga, 2017). Financial independence is a success in getting a job or returning to work following the wishes of a person with a mental disorder gradually, working part-time and adding hours of the day for a few weeks (Daulima et al., 2019).

This type of research is a quantitative study using quasi-experimental analysis with a Pre

and Post Test Without Control design. The sample used was 15 people with a mental in Puskesmas Kota Gede 1 Yogyakarta who met the inclusion criteria and were used as the treatment group. The sampling technique used in this study was consecutive sampling. Consecutive sampling is all subjects who come in sequence and meet the selection criteria are included in the study until the required number of the respondent is met (Susilani, A. T & Wibowo, T. A., 2015).

This study's independent variable (independent) is occupational therapy of beverage-making skills. In contrast, the dependent variable in this study is the level of independence of a person with a mental. The instrument in this study was a questionnaire on the level of autonomy. The data analysis used in this research is the univariate analysis and bivariate analysis. In this study, univariate analysis was in the form of data to provide an overview of the research subjects by calculating the frequency distribution and proportion of the characteristic data (age, gender, last education and occupation) as well as pre-test and post-test scores of independence which were analyzed using mean, median, minimum and maximum. Meanwhile, the study conducted a bivariate test to determine the effect of occupational therapy (drink-making skills) on the independence of a person with mental by using the Shapiro Wilk test.

## 3. Results and discussions

Characteristics of respondents

Table 1 shows the same number of respondents as early adults and early elders, namely 33.3%. The majority of respondents were male (60.0%), high school senior (40.0%), and unemployed (60.0%).

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

Characteristics of respondents	Categories	f	%
<b>Age (Years)</b>	Early Adults (26-35)	2	13.3
	Late Adults (36-45)	5	33.3
	Early Elderly (46-55)	5	33.3
	Late Elderly (56-65)	2	13.3
	Seniors (>65)	1	6.8
<b>Gender</b>	Men	9	60.0
	Women	6	40.0
<b>Education</b>	Primary school	1	6.7
	junior high school	5	33.3
	Senior High School	6	40.0
	Diploma/Bachelor	3	20.0
<b>Profession</b>	No	9	60.0
	Yes	6	40.0

A person with a mental disorder is someone who experiences a disturbance in thought patterns,

behaviour and feelings, which is manifested in the form of symptoms and or significant behavioural

changes and can cause suffering and obstacles in carrying out their functions as humans (Palupi, DN, Ririanty, M. & Nafikadini, I, 2019). Based on a previously stated that most of the respondents who experienced mental disorders were around 35 years old (Anggraini, D. (2015), Age is associated with a person's experience dealing with the stressor. This condition then increases coping mechanisms by utilizing available support sources. At the same time, at over 50 years, mental disorders are caused by a decrease in physical, psychological and social conditions. In general, someone who has entered old age then experiences a state of decreased function cognitive and psychomotor (Marjuki et al., 2019).

The results of a previous study showed that the majority of respondents were 41-50 years old, this was because the patient's family was an adult, who always provided support for mental patients.(9) In the age of entering adulthood is a productive age, where a person is required to face himself independently, (Defananda, D. Y, 2018) The problems faced are also increasing, not only their own problems but also each individual is required to think broadly, firmly and be responsible if you want to be successful, for example looking for a job that suits you and work with a sense of responsibility.

The research results show that the number of men who experience mental disorders is higher than that of women. Men tend to have a higher risk of mental disorders than women. This is because women can accept themselves better than men (Sanchaya et al., 2018). The results of a previous study stated that the male gender (53.3%) was higher than the female (46.8) (Wahyudi & Fibriana, 2016). This means that the male sex has a more significant risk factor for experiencing mental disorders than women because women are calmer when facing problems. It is easier to express what they are experiencing than men (Hermawan et al., 2015).

The research results obtained respondents with the most education, namely SMA, with six respondents (40.0%). The results of previous

research on "Family Support with Self-Care for Mental Disorder Patients in Psychiatric Clinics" showed that the majority of respondents had high school education (62.1%) (PH, L., Hermanto, H., & Pratama, N. P, 2018). Education was more meaningful than income determining health facilities (Stuart & Laraia, 2007). The level of education affects the difficulty of doing daily work or tasks that have been carried out for years (Marjuki et al., 2019).

Respondents are less concerned about the quality of health, so they cannot carry out therapy according to instructions to deal with mental problems that cause symptoms to reappear. Education is an activation process that involves individual and group behaviour. The core of educational activities is teaching and learning (Hermanto et al., 2018). The teaching and learning process forms a set of behaviours, actions and activities. By understanding both formally and informally, humans will know, with the knowledge gained, a person will know the benefits of advice or advice so that they will be motivated to improve health status.

The study results showed that most did not work with a total of 9 people (60.0%). People who do not work may have a 6.2 times greater risk of suffering from mental disorders than people who work (Erlina et al., 2010). Work is one factor that influences economic disturbances (Hermawan et al., 2015). Financial limitations make most people experience mental disorders (June, 2020). A person who does not have a job cannot play an active role in his life and environment because it reflects productivity and income (Hermawan et al., 2015).

### **The Effect of Occupational Therapy of Drink-Making Skills on the Level of Independence**

Table 2 shows an increase in the average level of independence of the respondents as much as 0.4. The results of the bivariate test showed  $p = 0.034$ , proving the influence of occupational therapy of drink-making skills on the level of independence of people with mental disorders..

**Table 2.** The Effect of Occupational Therapy of Drink-Making Skills on the Level of Independence

Variables	Level of Independence				p
	Min-Max	Mean	Median	Difference Mean	
Pretest	2-3	2.53	3.00	0.4	0.034
Posttest	2-3	2.93	3.00		

A score of 1-10 level of independence is said to need help, and a score of 11-20 is said to be independent (Hastuti, R. Y., & Rohmat, B, 2018). The pretest value shows a lower level of independence because it is seen from the ability or skills of the respondents that they are still lacking

and need to be trained continuously (Herawati, N., & Hadi Sasana., 2013). From the results of the assessment of filling out the independence level questionnaire, including the questions 'I do not re-examine the results of the thai tea selling activities that I do' and 'I use the work experience. I already

have before to improve the results of the selling activities that I do', the score is less than the question.

The posttest value shows that the level of independence of the respondents has increased; this is because the respondent's ability has been trained and has also been given occupational therapy for beverage-making skills. From the results of the assessment of filling out the independence level questionnaire, including the questions 'I use my time well for activities such as selling thai tea drinks' and 'I can make money by selling thai tea drinks independently without the help of others, an increase in the value of these questions is obtained. This activity can be said to be successful if it is done thoughtfully. The more a person continues to work and practice, the more skilled he will be in carrying out his work (Herawati, N., & Hadi Sasana, 2013). Independence is essential for people with mental disorders because to meet their daily needs, they cannot continue to depend on others, and to keep people with mental disorders independent, regular exercise must be done (Muhith, A., 2015).

There is an effect of occupational therapy on drink-making skills with independence in people with mental disorders. Occupational therapy can also provide an in-depth understanding of people's experiences with mental illnesses in meeting economic needs (Daulima et al., 2019). The provision of occupational therapy for beverage-making skills was carried out for three days which was carried out door to door because, during the pandemic, researchers couldn't collect respondents simultaneously. Making thai tea was first taught by the researcher, then the next day, the respondents recalled and made their thai tea according to the SOP taught previously. The results of making drinks are consumed directly by the respondents and can be used as ideas to sell drinks at the shop at any time.

The results of previous studies show that occupational therapy affects the patient's level of meaning (Sukmana, R., & Nawang Wulandari, 2014). These changes occurred when the measurement of the significance level was given to the pretest and posttest respondents and showed improved results. Occupational therapy is a therapy carried out by involving people with mental disorders in work that is useful and satisfying. Independence in meeting financial needs increased in respondents because respondents were able to undergo occupational therapy with good beverage-making skills according to the SOPs taught. The therapy provided was making thai tea drinks, whereas the therapy provided work activity to be very beneficial for respondents. This shows an effect of occupational therapy on beverage-making skills

given to increase the respondent's independence in meeting their financial needs so that respondents no longer depend on their families to meet their economic needs.

#### 4. Conclusion

The results showed an increase in the average independence of people with mental disorders after the intervention. Research has shown that occupational therapy significantly affects autonomy in people with mental illnesses. People with mental disorders can use the study results to increase their independence, thereby reducing dependence on others.

#### 5. Limitation and study forward

Some respondents refused to participate because they were still in the covid-19 pandemic. Further research is suggested to compare with the control group.

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