

Psychoeducation of Stress Management on Family Self Efficacy in Caring For Patients With Mental Disorders

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ARTICLE INFO

Keywords:

Mental disorders,
Management stress,
Psychoeducation,
Self Efficacy.

ABSTRACT

Background: The family's burden is exacerbated by stigma which can come from oneself or the environment during treatment for a family member with a mental disorder, which makes the sufferer's condition worse and even the family's boredom and fatigue during treatment. The aim of this research is to analyze the influence of stress management psychoeducation on families self-efficacy in caring for patients with mental disorders.

Methods: This research uses one group pre test and post test design. Respondents were taken using a purposive sampling technique with a sample of 30 people. The independent variable is stress management psychoeducation and the dependent variable is family self-efficacy in caring for patients with mental disorders. Statistical test results use the Wilcoxon Test.

Results: The results of the study showed that family self- efficacy in caring for patients with mentally disorders before stress management psychoeducation was known by the majority of respondents, 22 (73%) in the poor category. Family self-efficacy in caring for patients with mental disorders after stress management psychoeducation was known by almost all respondents, 25 (83%) in the good category. The results of data analysis show that the significance level is $0.000 < \alpha = 0.05$ so that H_0 is rejected and H_1 is accepted, thus there is an influence of stress management psychoeducation on family self-efficacy in caring for patients with mental disorders.

Conclusion: Stress management psychoeducation is one way of social persuasion to increase family self-efficacy in caring for patients with mentally disorders. Because psychoeducation has the aim of helping people with certain physical or mentally health conditions to obtain appropriate and correct information about these conditions.

I. Introduction

Problems faced by families in caring for their family members experience disturbance soul like lack of self efficacy And ability families in caring for patients with disorders soul (Eka, 2021). So Lots problem Which faced family in caring for their family members experiencing mental disorders. Family burden exacerbated by the stigma that can occur originate from self Alone nor originate from environment during maintenance member family Which experience disturbance soul aggravate the patient's condition and even boredom and family fatigue during maintenance (Good, 2022). Besides That treatment discriminatory given on sufferer Also influence process recovery sufferer. Matter This naturally give rise to stress Which experienced by member family (Kusumawaty, 2020).

World Health Organization (WHO) (2022), reported that mental disorders experienced by around 450 million person in worldwide with an estimated 10% of people mature, And 25% on age certain. According to Ministry of Health Republic of Indonesia (2022) that estimated develop reach 25% from

Received 5 June 2024; Accepted 21 June 2024; Published 5 August 2024

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total resident world on year 2030. Thus the problem of mental disorders in Indonesia Still very tall prevalence (Febriani, 2022). Based on data Service Health City Kediri (2022), report that total amount sufferer disturbance soul on year 2020-2022 as much 9,981 person. From amount That, 65 sufferer shackled. The amount Which Keep going increase, make The Kediri City Government is making this happen as focus main For handled.

Data recurrence patient disturbance soul in Region Work UPT Public health center Ngletih in Kediri City in the month January-July 2023 based on results interview researcher with Manager Program Soul is known that For education if there is invention new patient with disturbance soul, direct educated For treatment And officer do visit House. Whereas For treatment patient Where during patient ODGJ (people with mental disorders) drink drug in a way regular they No experience recurrence (Results Interview With Manager Program Soul Region Work UPT Ngletih Care Health Center, Kediri City, 2023).

Based on results survey data beginning Which done researcher on date 10 April 2023 in Region Work UPT Ngletih Care Health Center, Kediri City obtained data as much 33 member family own member family with disturbance soul. Results studies introduction with interview to 5 member families with ODGJ patients were obtained data 4 family feel burdened and feel embarrassed and even unable to do it nurse member family Which experience disturbance soul, whereas 1 family accept the situation they are experiencing at the moment this and resigned with What Which happen (Results Studies Introduction With Interview To Respondent In UPT Health Center Nursing Work Area Ngletih Kediri, 2023).

II. METHODS

The research design is overall from planning For answer question study And anticipate some difficulties that may arise during the research process (Sugiyono, 2019). Study Which done use approach pre experimental with one group pre-post test design, namely study experimental Which process giving his treatment No done limiting interference from other factors not researched (Notoatmodjo, 2019) with pre-post test design, namely research aim For compare between condition before And after giving psychoeducation stress management.

Design his research is as following :

S → O1 → P1 → O2

Information :

S = Family Patient

O1 = Increasing family self-efficacy in nurse patient with previous mental disorders management psychoeducation stress

P1 = Psychoeducation Management Stress

O2 = Enhancement self efficacy family in nurse patient with mental disorders after psychoeducation stress management.

Sample in use in study This is Part family Which own patient disturbance soul in Region Work UPT Public health center Ngletih City Kediri Which fulfil criteria inclusion and 30 exclusions family. Retrieval technique sample Which in use in study This is method Purposive Sampling. Variable free is psychoeducation stress management. Dependent variable in study This is Increasing Family Self-Efficacy In Caring for Disordered Patients Soul.

Data analysis which is used for test "Psychoeducation Management Stress to Enhancement Self Efficacy Family in Caring for Patients with Disturbance Soul In Region Work UPT Public health center Ngletih City Kediri" with use test statistics Wilcoxon Test For know comparison between condition before And after treatment with level trust $\alpha = 0.05$. Process calculation helped with use help Statistics Programme UPT Work for Social Science (SPSS) For Windows. Drawing conclusions from the results test hypothesis is as following If $p \leq \alpha$, means H 0 rejected And H 1 accepted Which means There is Influence Psychoeducation Management Stress to Enhancement Self Efficacy Family In Nurse Patients with Mental Disorders in the Region Ngletih Care Community Health Center UPT work Kediri City. If $p \geq \alpha$, it means that H 0 is accepted And H 1 rejected Which means: No There is The Effect of Psychoeducation on Stress Management To Enhancement Self Efficacy Family in Caring for Patients with Disturbance Soul In Region Public health center Fatigue Treatment Kediri City.

III. RESULTS

Characteristics Socio-Demography Entire Respondent Which Researched

1. Data General

a. Age

Table 4.1 Age family patient with disturbance soul in Region Work UPT Public health center Ngletih City Kediri

Age	Frequency	Percentage (%)
≤ 25 Year	2	7
25-35 Year	4	13
≥ 35 years old	24	80
Amount	30	100

Based on table 4.1 Age family patient with disturbance soul in Region Work UPT Public health center Ngletih City Kediri is known almost all over respondents with age ≥ 35 year that is as much 24 (80%) respondents

b. Type Sex

Table 4.2 Type sex family patient with disturbance soul in Region Work UPT Public health center Ngletih City Kediri

Type Sex	Frequency	Percentage (%)
Man	8	27
Woman	22	73
Amount	30	100

Based on table 4.2 Type sex family patient with disturbance soul in Region Work UPT City Ngletih Care Community Health Center Kediri is known part big respondents with type sex women, namely 22 (73%) respondents.

c. Education

Table 4.3 Education family patient with disturbance soul in Region Work UPT Public health center Ngletih City Kediri

Education	Frequency	Percentage (%)
Elementary school	2	7
Junior High School	3	10
Senior High School	25	83
Diploma/Bachelor	0	0
Amount	30	100

Based on table 4.3 Education family patient with disturbance soul in Region Work UPT Public health center Ngletih City Kediri is known almost all over respondents with education final Senior High School that is as much 25 (83%) respondents.

d. Work

Table 4.4 Occupation family patient with disturbance soul in Region Work UPT Public health center Maintenance Tired of the City Kediri

Work	Frequency	Percentage (%)
Farmer/housewife	24	80
Entrepreneur/Trade/Entrepreneur	4	13
Retired Employee Private	2	7
Retired Employee Country Civil (PNS/TNI/POLRI)	0	0
Amount	30	100

Based on table 4.4 Jobs family patient with disturbance soul in Region Work UPT City Ngletih Care Community Health Center Kediri is known almost all over respondents Work as farmers/housewives, namely 24 (80%) respondents

Self Efficacy Family In Nurse Patient With Disturbance Soul Before Psychoeducation for Stress Management in the UPT Working Area of the Ngletih Care Community Health Center Kediri City

Table 4.5 Increasing Family *Self-Efficacy* in Caring for Patients with Disorders The Spirit Before Psychoeducation for Stress Management in the UPT Puskesmas Work Area Fatigue Treatment City Kediri

No	Increasing Family <i>Self-Efficacy</i> in Caring Patients with Mental Disorders Before Psychoeducation Management Stress	Frequency	Percentage (%)
1	Not enough	22	73
2	Enough	3	10
3	Good	5	17
Amount		30	100

Based on table 4.5 Enhancement self efficacy family in nurse patient with disturbance soul before psychoeducation management stress in Region Ngletih Care Community Health Center UPT work City Kediri is known part big respondents that is as much 22 (73%) respondents in category not enough

Self Efficacy Family In Nurse Patient With Disturbance Soul After Psychoeducation for Stress Management in the UPT Working Area of the Ngletih Care Community Health Center Kediri City

Table 4.6 Increasing Family *Self-Efficacy* in Caring for Patients with Disorders Soul After Psychoeducation on Stress Management in the UPT Puskesmas Work Area Fatigue Treatment City Kediri

No	Enhancement <i>Self Efficacy</i> Family In Nurse Patient With Disturbance Soul After Psychoeducation Management Stress	Frequency	Percentage (%)
1	Not enough	2	7
2	Enough	3	10
3	Good	25	83
Amount		30	100

Based on table 4.6 Self improvement efficacy family in nurse patient with disturbance soul after psychoeducation management stress in Region Work UPT Ngletih Care Health Center, Kediri City known to almost all respondents, namely as much 25 (83%) respondents in category Good

Increasing Family Self-Efficacy in Caring for Patients with Mental Disorders Before Stress Management Psychoeducation	0.000
Increasing Family Self-Efficacy in Caring for Patients with Mental Disorders After Stress Management Psychoeducation	

The results of data analysis show that level significance $0,000 < \alpha = 0.05$ so that H_0 rejected And H_1 accepted with thereby There is Influence Psychoeducation for Stress Management Increasing Internal Family Self Efficacy Nurse Patient With Disturbance Soul In UPT Health Center Nursing Work Area Ngletih City Kediri.

IV. DISCUSSION

Enhancement Efficacy Self family In Nurse Patient With Disturbance Soul Before Psychoeducation Management Stress In Region Work UPT Public health center Ngletih City Kediri

Based on results study is known that enhancement self efficacy family in nurse patient with disturbance soul before psychoeducation management stress in Region Work UPT Public health center Ngletih Treatment in Kediri City is known the majority of respondents were as many as 22 (73%) respondents in category not enough, a small portion of the respondents was 3 (10%) in the sufficient and partial categories small from respondents as much 5 (17%) in good category.

Based on results tabulation cross between age with enhancement self efficacy family in nurse patient with disturbance soul before psychoeducation stress management in the UPT Work Area Ngletih Care Health Center, Kediri City known to most respondents age ≥ 35 years, namely 17 (71%) respondents in category not enough.

Based on results tabulation cross between education and self- improvement efficacy family in nurse patient with disturbance soul before stress management psychoeducation in the Region Ngletih Care Community Health Center UPT work City Kediri is known almost all over respondents with level education Senior High School that is as much (%) respondents in category not enough. Matter This showing that Still lack of information family about psychoeducation management stress so that cause minimal knowledge about enhancement self efficacy family in nurse patient with mental disorders.

Based on results tabulation cross between work and self- improvement efficacy family in nurse patient with disturbance soul before stress management psychoeducation in the Region Ngletih Care Community Health Center UPT work City Kediri is known part big respondents Work as farmer/housewife that is as much 17 (71%) respondents in category not enough.

Enhancement Self Efficacy Family In Nurse Patient With Disturbance Soul After Psychoeducation Management Stress In Region Work UPT Public health center Ngletih City Kediri

Based on the research results, it is known that increases family self-efficacy in nurse patient with disturbance soul after psychoeducation management stress in Region Work UPT Public health center Ngletih Treatment in Kediri City is known almost all respondents, namely as many as 25 (83%) respondents were in the good category, a small portion of the respondents was 3 (10%) in category Enough, part small from respondents as much 2 (7%) in category not enough.

Based on results tabulation cross between age with enhancement self efficacy family in nurse patient with disturbance soul after psychoeducation management stress in Region Work UPT Ngletih Care Health Center, Kediri City is known almost all over respondents with age ≥ 35 years, namely 22 (92%) respondents in category Good. Matter This shows that the more mature the age respondents so the more Good his knowledge about enhancement self efficacy family in nurse patient with mental disorders.

Based on results tabulation cross between education and self- improvement efficacy family in nurse patient with disturbance soul after psychoeducation stress management in the UPT Work Area Ngletih Care Health Center, Kediri City is known almost all over respondents with level education Senior High School that is as much 23 (92%) respondents were in the good category. Matter This showing that with level education respondents Which tall so capable accept information Which given about psychoeducation management stress in increasing family self-efficacy in nurse patient with disturbance soul.

Based on results tabulation cross between work and self- improvement efficacy family in nurse patient with disturbance soul after psychoeducation stress management in the UPT Work Area Ngletih Care Health Center, Kediri City is known almost all over respondents Work as farmer/housewife that is as much 20 (83%) respondents were in the good category. Matter This showing that family capable psychoeducation management stress Which given by researcher through counseling so that capable increase self efficacy family in nurse patient with disturbance soul.

Influence Psychoeducation Management Stress To Enhancement Self Efficacy Family In Nurse Patient With Disturbance Soul In Region Work UPT Public health center Ngletih City Kediri

The results of data analysis show that level significance $0,000 < \alpha = 0.05$ so that H0 rejected And H1 accepted with thereby There is Influence Psychoeducation for Stress Management Increasing Internal Family Self Efficacy Nurse Patient With Disturbance Soul In UPT Health Center Ngletih City Kediri.

The result of existing facts and theories explained, so researcher opinion that required psychoeducation management stress Which Good so that can increase self efficacy and ability families in caring for patients with disorders soul. This can be done by: do playback videos in a way repeated so that can increase knowledge family so that they capable identify problem disturbance soul. By Because with give psychoeducation so can give information on family For improve their abilities in nurse member family Which experience mental disorders. It is hoped that the family will have positive coping with stress and burden which he experienced when already equipped information about maintenance ODGJ Which adequate

V. CONCLUSION

The results of data analysis show that significance level $0.000 < \alpha = 0.05$ so that H_0 is rejected and H_1 is accepted with thereby There is Influence Psychoeducation Management Stress To Enhancement Self Efficacy Family In Nurse Patient With Disturbance Soul In Region Work UPT Public health center Ngletih City Kediri.

Based on the research results, it is known that enhancement self efficacy family in nurse patient with mental disorders before psychoeducation management stress in Region Work UPT Public health center Ngletih The city of Kediri is known to most respondents that is as much 22 (73%) respondents in category not enough.

Based on the research results, it is known that enhancement self efficacy family in nurse patient with disturbance soul after psychoeducation management stress in Region Work UPT Public health center Ngletih The city of Kediri is known to almost everyone respondents that is as much 25 (83%) respondents in the good category

VI. ACKNOWLEDGMENTS

Thank you to all respondents and all related parties who have contributed to this research.

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