



Effectiveness of Affirmation Stress Management on The Stress level Among Caregivers of Shizophrenia Patient

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Abstrak

Gangguan jiwa berat atau Skizofrenia memiliki tingkat ketergantungan tinggi kepada pengasuh/ caregiver. Perawatan pasien yang terus menerus menimbulkan beban perawatan sehingga caregiver mudah mengalami stress. Caregiver yang mengalami stress tidak dapat memberikan perawatan yang baik kepada pasien Skizofrenia. Manajemen stress afirmasi merupakan salah satu bentuk intervensi yang dapat digunakan untuk mengurangi stress pada caregiver pasien Skizofrenia. Penelitian ini bertujuan untuk membuktikan pengaruh manajemen stress : afirmasi terhadap tingkat stress pada caregiver pasien Skizofrenia di wilayah Puskesmas Sedayu 2. Rancangan penelitian ini menggunakan quasi experiment design dengan pendekatan one group pretest posttest without control. Sampel dalam penelitian ini adalah caregiver pasien Skizofrenia di wilayah Puskesmas Sedayu 2 sebanyak 29 orang. Teknik sampling yang digunakan dalam penelitian ini adalah purposive sampling. Alat ukur yang digunakan untuk mengukur tingkat stress dengan menggunakan perceived stress scale. Analisa data pada penelitian ini menggunakan paired t-test. Hasil penelitian didapatkan rata-rata tingkat stress caregiver sebelum dilakukan tindakan manajemen stress adalah 15.17 (SD : 6.54) dan rata-rata tingkat stress setelah dilakukan tindakan adalah 13.59 (5.39). Hasil uji statistik menunjukkan terdapat perbedaan yang signifikan antara nilai tingkat stress sebelum dan setelah diberikan intervensi manajemen stress afirmasi (p. value = 0.015). Terdapat pengaruh pemberian manajemen stress : afirmasi dengan penurunan tingkat stress pada caregiver pasien Skizofrenia.

Kata kunci : manajemen stress, tingkat stress, caregiver pasien skizofrenia

Abstract

Schizophrenia is a chronic and severe disease; therefore they need caregivers to help their daily activities. Caregivers of patients with schizophrenia have experienced chronic stress in their daily lives. The effects of caregiver of Schizophrenia with high stress level are the disruption of family relationships, constraints in social, leisure and work activities, financial difficulties, and negative impact on their own physical health. Affirmation stress management is one of the intervention to reduce the level stress on caregiver of patients with Schizophrenia. This study aimed to prove effect affirmation stress management on the stress level among caregivers of Schizophrenia people. This research was use quasi-experimental with one group pretest-posttest without control. Subjects of this study were 29 caregivers of schizophrenia patients. Subjects were selected by purposive sampling. Measuring instruments used perceived stress scale. The technique of data analysis used correlation of paired t-test. The results showed that the average level of stress caregiver before the stress management action was 15.17 (SD: 6.54) and the average stress level after the action was 13.59 (5.39). Statistical test results showed that there were significant differences between the stress level values before and after the affirmative

stress management intervention was given (p. Value = 0.015). The conclusion of this research is there was an influence of affirmation stress management on stress level on caregivers of Schizophrenia patient.

Keywords: *stress management, stress levels, schizophrenia patient caregiver*

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INTRODUCTION

Amount of mental disorders in Indonesia was increasing and Daerah Istimewa Yogyakarta is one of the province with high prevalence of mental illness (2,7 permil/9.820 peoples). Prevalence of Sleman Distric is 1,52 permil/ 1.769 peoples (1). Schizophrenia is a severe, chronic mental disorder characterized by hallucinations or delusions; disorganized speech; negative symptoms, such as flat affect or poverty of speech; and impairments in cognition, including attention, memory, and executive functions. The process of schizophrenia is long so it can create a global burden of disease (2). Patient with Schizophrenia do less their activities, so they need caregiver to help them (3,4).

The process caring of patients Schizophrenia is given negative impact to caregiver. The burden of care on caregiver of schizophrenia patients were Economic and daily housework burdens, limited social communication, psychological stresses, family problems, etc (7). The caregivers were observed to have moderate and high levels of stress (8). The causes of stress on the caregiver were economic burden, psychological burden, discrimination, isolated from the community (5,6). Unpleasant experiences of caregivers with schizophrenic patients were low knowledge of patient care, recurrence in schizophrenia patients, economic burden, physical health condition (sleep disorder, health problems, fatigue etc), caregivers get more stressor from their family or community (9).

Stress is a psychological and physiological response to events that upset our personal balance in some way. Stress has negative and positive impacts to caregivers of Schizophrenia patient. Positive impact of stress is called eustress and negative impact of stress is called distress. Eustress can help us stay motivated, work toward goals, and feel good about life. Distress or negative stress made someone anxiety, depression, and a decrease in performance (10). The cause of stress on caregivers of Schizophrenia patient gives negative stigma in community, caregiver burden (11). Negative impacts of stress on caregiver of Schizophrenia patient were depression, low self-esteem, and low quality of life (12,13). Caregivers who have low quality of life cannot treat the patients (14). Stress level on caregiver must be reduced and affirmation stress management is one of intervention can be used. Positive affirmations are statements or short phrases used to challenge negative and self-sabotaging thoughts. Positive sentences are not only in the mind but can be recorded and spoken to others (15).

The result of interview with caregivers of Schizophrenia patient get they felt sad, shame and stress. Therefore, we conducted this study to evaluate and prove affirmation stress management to prove effect affirmation stress management on the stress level among caregivers of Schizophrenia patients.

MATERIALS AND METHODS

This research was used quasi-experimental with one group pretest-posttest without control. It was to analyze the effect affirmation stress management to decrease the stress level among caregivers of schizophrenia patients. The participants were 29 family caregivers who stay in area of Public Health Center Sedayu 2 between July to Augustus 2019. The caregivers were selected through purposive sampling. Inclusion criteria of participants are: caregivers were between 18 -60 years of age, took care of schizophrenia patients based on doctors' diagnosis, performed care for outpatients, performed care without any rewards and had been performing care for at least 1 year.

The independent variable in this study was affirmation stress management and the dependent variable was the level stress on caregivers of schizophrenia patient. Data collection was conducted by perceived stress scale. The caregivers were given a questionnaire about stress level before and after affirmation stress management. Affirmation stress management was given three times for one month. They learned to use positive sentences until they felt confident. The result of stress level before and after intervention was analyzed by paired t-test.

RESULT AND DISCUSSION

The research results showed that the average of stress level on caregivers of schizophrenia patient before the treatment was 15.17 (SD: 6.54) and after the treatment the average of stress level was 13.59 (SD = 5.39). It means there was a difference on the mean value before and after the treatment (p value = 0.015). Affirmation stress management can reduce

stress level on the caregivers of schizophrenia patients. Other research explained affirmation stress management can improve the ability of problem solving and can increase motivation (16).

Other benefits of affirmation stress management reduced level stress on students with final project (17). Caregivers of schizophrenia patient had a lot of psychosocial problems and they were easily stressed such as anxiety, divorce, insomnia, unemployed, etc (18). The burden of care affects the quality of health caregiver (19). The other factors which cause a stress were drop out of medicine, caregivers' healthy, negative stigma from the community, lack of social support (20). Caregivers healthy has an impact on the quality of health and a system immune (21).

Affirmation stress management is a one of intervention that can be used to reduce stress levels. This technique is easily and everyone can apply it without supervision from health workers. Affirmation stress management can increase happiness, optimistic, healthy, sadness (22). Someone who has done with this technique can change their behavior. The working of this technique is improve the work of the brain particularly activity of ventromedial prefrontal cortex (VMPFC). The increasing activity of VMPFC improved problems solving, self-control and emotional response appropriate. Affirmation stress management changed behavior more consistent (23). When caregivers of schizophrenia patient learned Affirmation stress management, they communicated with themselves using positive sentences. These techniques can relaxing the body, normal heart rate and decrease the blood pressure. This

Table 1. The Average Of Stress Level On Caregivers Of Schizophrenia Patient Before And After Treatment

	Mean	Deviation	IK95%	P value
The stress level before treatment (n=29)	15.17 (6.54)	1.58 (1.15)	0.34-2.83	0.015
The stress level after treatment (n=29)	13.59 (5.39)			

technique increased work of limbic system on autonomic nervous system and then blood pressure decreased and the muscles of the body relaxed. Hypothalamus send message to the pituitary gland to reduce cortisol level on the body (24). Cortisol is a hormone to regulate stress, glucose, blood pressure. If cortisol in the body decreased, the stress level also decreased (25). Caregivers of schizophrenia patient are given affirmation stress management can reduce cortisol hormone. This hormone in the body can decrease a stress level on the caregiver of schizophrenia patient. Affirmation stress management helps the caregivers became more confident during take care of schizophrenia patients (26,27).

CONCLUSION AND RECOMMENDATION

Affirmation stress management can make caregivers more confident, relax, and decrease stress level. This technique is easy so, health provider can use this intervention to reduce stress level in patients or caregiver at hospital or community.

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