

Self Acceptance as Self Esteem Predictor in Leprosy Patients

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ABSTRACT

Background: Leprosy is a disease that affects the physic and psychology that can cause a significant decrease in self esteem in leprosy patients. Some factors that can affect self esteem in leprosy patients one of them is self-acceptance of leprosy patients themselves. This study aims to identify the relationship of self-acceptance to self esteem leprosy patients in Leprosy Hospital Kediri.

Methods: The research design was observational analytic. The samples in the research were 114 respondents who met inclusion criteria using purposive sampling technique. The independent variable was self-acceptance while the dependent variable was self-esteem of patients with leprosy. The data were analyzed using Spearman's Rho statistic test.

Results: The results showed that most leprosy patients had moderate self-acceptance (50.9%) and moderate self esteem (59.6%). The results of Spearman's Rho statistic test showed that independent variable self acceptance have p -value = 0.000 indicating that correlation between self acceptance and self esteem was meaningful.

Conclusion: Kediri Leprosy Hospital was expected to increase further efforts to change the negative stigma in community through providing socialization routinely and counseling to patients with leprosy who had psychological problems such as low self-esteem.

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I. BACKGROUND

The most influential skin disease from sociology and psychosocial point of view is leprosy (Grzybowski *et al.*, 2016). Leprosy is caused by *Mycobacterium leprae* germ that attacks the edge of nerve, skin, limbs and eyes also cause wounds, joint stiffen, even the loss of legs, arms and blindness White & Franco-Paredes, 2015). Disability caused by leprosy create bad appearance that make the patient inferior. This strengthened by negative stigma in society which gives psychological, behavioral, and social effect that influence self-concept of leprosy patients (Banchiamlak, 2016; Schug, 2016).

Leprosy become one problem for world health and it is one tropical disease that is ignored in the world. (Hotez *et al.*, 2015). WHO predicted that leprosy case in ASEAN countries is around 14% from cases listed around the world and $\frac{3}{4}$ leprosy case in ASEAN is found in Indonesia (Hotez *et al.*, 2015). The amount of leprosy incident in Indonesia on 2013 is 6.79 from 100.000 citizen. The amount of new leprosy cases are 16.856 cases on 2013 and more than 19.000 cases on 2014. The data showed significant increase related to the findings of new leprosy cases. The province in Indonesia with the highest leprosy disease is East Java with the number of cases in 2015 amounting to 3.835 cases (Dinkes Jatim, 2015).

One obstacle faced by leprosy patients is that there is a wrong perception from the society about leprosy disease as a curse from God, hereditary disease, disease caused by witchcraft, very contagious and cannot be healed. Negative stigma in society about leprosy cause the society to excommunicate leprosy patients that which will impact on the difficulties of leprosy patients looking for work, divorcement and self-limitation in interaction with society (Singh, 2012; Tesema & Beriso,

2015; Banchiamlak, 2016). The result, leprosy patients lost their roles in society which make them feel useless, tend to hide themselves from society, feel worthless and inferior.

Rosenberg's research (in Reasoner, 2010) stated that someone who has low self-esteem will experience high disappointment to their life. Leprosy patient who has progressive low self esteem can refer to mental distress if not dealt more. This is strengthened by Alem's research (2004) which reveal that mental distress prevalence significantly higher on leprosy patients compared to other dermatologic patients.

Low self esteem progressively can trigger some psychiatric disturbance like depression or worry can influence the psychology of leprosy patients (Singh, 2012; Rao, 2014). Same thing also stated by Orth *et al.* (2008) who revealed that psychiatric disorder appears secondary from physical disability condition and as a respond to stress, social isolation and society stigmatization like the one experienced by leprosy patients (Rocha *et al.*, 2014). By seeing the significant impact from low self esteem on leprosy patients that can trigger mental disturbance, then the necessary management to increase leprosy patient's self-esteem by identifying factors related to leprosy patient's self-esteem so solution can be formed by exploring the related factors.

According to Cooper smith (in Ghufon, 2010) there are internal and external factors that influence self-esteem. Internal factor that can influence leprosy patients' self-esteem is self-acceptance while the external factors such as family support and society's stigma. Based on several researches, the external factors are proven to have significant relation with leprosy patient's self-esteem (Tsutsumi *et al.*, 2007; Friedman, *et al.*, 2010). And also, internal factors that can influence leprosy patient's self-esteem (Ertiandani & Antroplogi, 2013).

Internal factor that influence self-esteem is self-acceptance (Coopersmith, 1967; Stuart, 2016). Self-acceptance influence self-esteem because to own real self-esteem feeling, an individual has to know self-better and able to judge objectively the good and bad of himself. Leprosy patient who accept himself defined as individual that has no problem with himself. Same thing stated by Schultz (in Resty, 2016) that to have high self esteem feeling, and individual has to be able accept objectively the good ad bad of himself. Furthermore, Rizkiana's research (2012) stated that self-acceptance and positive judgement from surrounding environment will show positive self-esteem. Wirawan and Widyastuti's research (in Puspita Sari, 2009) stated that self-acceptance contribution to self-esteem only 34% and the rest 66% influenced by other factors, that covers physical factor, psychological factor, social environment, intelligence, race and nationality, economic status and family order.

Based on the result of preliminary study in hospital. Kediri Leprosy in 2014 which has 526 people, in 2015 raised into 590 people. The total of leprosy patient for the last 1 month (December 2016) which is 160 patients. Based on those data, even though there is a decline of outpatients, the psychological impact of leprosy patients for patients in Kediri Leprosy Hospital is still significant. Based on the result of interview with 3 leprosy patients who came as outpatients, it was gained that whole patients confess that they still do not have confidence to tell everybody that they have leprosy. So, those three patients tend to wear mask and long clothes that cover the whole body and avoid intense interaction with someone else because they afraid that they will be scorned and avoided.

Based on above phenomena, the researcher was interested to do research of "self-acceptance as predictor of self-esteem to leprosy patients in Kediri Leprosy Hospital".

II. METHOD

This research used observational analytic design using cross sectional approach. Total respondent of 114 leprosy patients gained from purposive sampling method. The research was done on April until May 2017. Instruments that were used in the research are Brief Self-Esteem Inventory (BSEI) to measure self-esteem and also used The Self-Acceptance Questionnaire (SAQ) to measure leprosy patients' self-acceptance.

Data analysis used in this research was bivariate analysis using Spearman rank test to identification the relation between self-acceptance to self-esteem of leprosy patients.

III. RESULT

Table 1. Respondent Characteristics in Kediri Leprosy Hospital on April – May 2017 (n=114)

| | Characteristics | Frequency | Percentage |
|-----------------------------|-------------------|-----------|------------|
| Gender | Male | 50 | 43.9 |
| | Female | 64 | 56.1 |
| Age | < 20 years | 0 | 0 |
| | 20–30 years | 11 | 9.6 |
| | 31–40 years | 79 | 69.3 |
| | 41–50 years | 21 | 18.4 |
| | > 50 years | 3 | 2.6 |
| Status | Married | 100 | 87.7 |
| | Not Married | 14 | 12.3 |
| Education | No School | 0 | 0 |
| | SD | 94 | 82.4 |
| | SMP | 17 | 14.9 |
| | SMA | 3 | 2.6 |
| | PT | 0 | 0 |
| Works | Not Working | 61 | 53.5 |
| | Farmers | 38 | 33.3 |
| | Private | 9 | 7.9 |
| | Entrepreneur | 6 | 5.3 |
| | Civil Servant | 0 | 0 |
| Long Leprosy | 6 month –2 years | 12 | 10.5 |
| | 3 – 5 years | 94 | 82.5 |
| | > 5 years | 8 | 7 |
| | Type of Leprosy | | |
| | Pausibasiler (PB) | 104 | 91.2 |
| Multibasiler (MB) | 10 | 8.8 | |
| Degree of Disability | Degree 0 | 105 | 92.1 |
| | Degree 1 | 9 | 7.9 |

Based on Table 1, it was gained that most respondents are female, total 64 people (56.1%), age 31 – 40 years old are 79 people (69.3%), married status are 100 people (87.7%), elementary as last education are 94 people (82.4%), unemployed are 61 people (53.5%), 3 - 5 years of disease are 94 people (82.5%). Pausibasiler (PB) type of leprosy are 104 people (91.2%) and has leprosy disability of 0 degree are 105 people (92.1%).

Table 2. Characteristics of Self-Acceptance Factor in Kediri Leprosy Hospital on April – May 2017 (n=114)

| | Self acceptance | f | % |
|--|-----------------|-----|------|
| | High | 42 | 36,8 |
| | Medium | 58 | 50,9 |
| | Low | 14 | 12,3 |
| | Total | 114 | 100 |

Characteristics of Self-Acceptance Factor Based on Table 2, it was gained that most respondents has mild self-acceptance which is 58 people (50.9%).

Table 3. Characteristics of Self-Esteem Factor in Kediri Leprosy Hospital on April – May 2017 (n=114)

| <i>Self esteem</i> | f | % |
|--------------------|----------|----------|
| High | 18 | 15,8 |
| Medium | 68 | 59,6 |
| Low | 28 | 24,6 |
| Total | 114 | 100 |

Characteristics of Self-Esteem Factor Based on Table 3 it was gained that most respondents have moderate self esteem which is 68 people (59.6%).

Table Relation between Self-Acceptance with Self-Esteem in Kediri Leprosy Hospital on April – May 2017 (n=114)

| Variabel | <i>Self esteem</i> | | | | | | Total |
|--------------------------|--------------------|------|---------------|------|------------|------|--------------|
| | High | | Medium | | Low | | |
| <i>Self Acceptance</i> | f | % | f | % | f | % | |
| High | 14 | 12,3 | 26 | 22,8 | 2 | 1,8 | 42 |
| Medium | 4 | 3,5 | 41 | 36 | 13 | 11,4 | 58 |
| Low | 0 | 0 | 1 | 9 | 13 | 11,4 | 14 |
| Total | 18 | 15,8 | 68 | 59,6 | 28 | 24,6 | 114 |
| $r = 0,570$ | | | | | | | |
| $p\text{-value} = 0.000$ | | | | | | | |

Based on Table 4, it was gained that most respondents with medium self-acceptance is having a medium self-esteem, there are 41 respondents (36%) while respondents with high self-acceptance has medium self-esteem, there are 26 respondents (22.8%).

Based on above data, it was gained that ρ value 0.000 which shows that correlation between self-acceptance with self-esteem is meaningful. The value of spearman correlation is 0.570 which showed that the direction of the correlation is positive with medium correlation strength. This means that the higher of self-acceptance value then someone's self-esteem value will be higher. And vice versa, the lower the value of self-acceptance then someone's self-esteem value will be lower too.

IV. DISCUSSION

Relation between leprosy patients' Self-Acceptance with Self-Esteem

Based on Spearman Rank test results obtained ρ -value 0.000 indicating that the correlation between self-acceptance and self esteem is meaningful. Spearman's correlation value of 0.570 indicates that the direction of positive correlation with medium correlation strength. This means that the higher of self-acceptance value then someone's self-esteem value will be higher. And vice versa, the lower the value of self-acceptance then someone's self-esteem value will be lower too.

Leprosy patients with poor self-acceptance are less able to respond properly to the action to be performed. Leprosy patients who are less able to accept themselves tend to conceal leprosy suffered by fear of negative public stigma, reduce interaction with the community and regret the shortcomings they have of being leprosy patients. Leprosy patients who accept themselves are defined as individuals who are not troubled with themselves and tend to seek treatment to health care centers

such as hospitals or health centers. They can also move as usual even willing to undergo treatment (Ertiandani and Anthropology, 2013; Garbin et al., 2015).

Public perceptions of leprosy patients indirectly also affect the patient's perception of himself. Negative public perceptions about leprosy make the patient feel shy, useless and feel no longer useful in society that ultimately fosters a sense of inferiority in interacting and lowering the leprosy patient self esteem. Leprosy patients who have self-acceptance have a positive mind of themselves and can survive in failure or pain and can cope with emotional states such as depression, anger and guilt. This is what can build leprosy patients have a high self esteem.

Based on the result of this research, the most strong factor related to self esteem of leprosy patients is self acceptance. Papalia, Olds, and Feldman (2004) stated that individuals who have self-acceptance have the ability to accept criticism and can even take wisdom from the criticism. The individual seeks to make corrections to himself and is essential in his development as an adult individual in preparing for the future. Individuals who do not have self acceptance actually consider criticism as a form of rejection of it. Given the high stigma in society about leprosy patients, self acceptance is very important to provide a good coping mechanism for leprosy patients. Leprosy patients with low self-acceptance tend to take public criticism as a rejection of themselves, but leprosy patients with high self-acceptance consider criticism as constructive input, positive thinking and self-respect as it is for patients to have high self esteem in living life as a leper patient. This causes self acceptance in this study to be the strongest factor associated with self esteem leprosy patients.

The results above are supported by Bonner and Cooper smith as quoted by Walgito (2010) which explains that self esteem is a response or evaluation of one's own self against the views of others about him, while self-acceptance is an internal factor in the individual who plays a role in the formation of self esteem the. This is supported by Brecht (2000) who revealed that internal factors are the most influential factor towards the formation of self esteem individuals and high self esteem is a feeling that is rooted in self acceptance itself unconditionally. This is in line with the results of this study that the factor of self-acceptance is a strong internal factor associated with self esteem leprosy patients.

The results showed that self-acceptance and self esteem of leprosy patients in Kediri Leprosy Hospital were in the medium category. This result is not maximal because expected leprosy patients in Kediri Leprosy Hospital get high self-acceptance and self esteem. This is likely influenced by hospital management. Kediri Leprosy Hospital in an effort to improve the quality of service by applying socialization or counseling about leprosy in the poly outpatient about the introduction of disease, care and reduction of social stigma in leprosy patients, but this is not maximal because the implementation of socialization is not routine or only certain moments such as the commemoration of the day leprosy worldwide Further socialization has not been done to the wider community such as puskesmas or kampung so that self acceptance and self esteem categories are still in the medium stage. This is because the community and leprosy patients themselves do not have sufficient knowledge about leprosy, so judgment tends to lead to personal opinion or negative stigma that develops in society about leprosy.

Based on the above characteristics it can be concluded that leprosy patients who have self-acceptance and self esteem is good enough but still need efforts to reduce social stigma in society and increase self-acceptance of leprosy patients so that in line with it is expected to improve self esteem leprosy patients. Compared with moderate self esteem, high self esteem in leprosy patients will enable patients to be more optimistic about the future and be able to recognize their own weaknesses and advantages without regretting it. The higher the self esteem of leprosy patients the better the interaction of leprosy patients with others, so the quality of life of leprosy patients becomes more meaningful.

V. CONCLUSION

Self acceptance is related to self esteem of leprosy patients at Leprosy Hospital Kediri with medium correlation strength and positive relationship direction.

VI. SUGGESTION

1. Kediri Leprosy Hospitalis expected to further improve the efforts that have been done so far to change the negative perception of society about leprosy by routinely provide health counseling and mental nursing therapy such as Cognitive Therapy (CT) or Cognitive Behavior Therapy (CBT) as an effort to change perceptions community.
2. Kediri Leprosy Hospital is expected to pay more attention to the psychological health of leprosy patients during leprosy disease by doing psychological problems assessment when leprosy patients perform outpatient and provide counseling to leprosy patients who have been identified to experience psychological problems such as low self esteem.
3. Further research is expected to analyze other factors that influence the self esteem of leprosy patients such as gender, peers, coping mechanism, physical condition and knowledge.

VII. LIMMITATION

Every study must have limitations. Researchers realize there are some limitations in this study include:

1. The data retrieval process is carried out in the medical rehabilitation room and is done after the patient undergoes physical examination and medical rehabilitation so that the patient can experience fatigue and saturation during the process of filling the questionnaire and likely t be in a hurry and lack of concentration when filling out the questionnaire.
2. There are other factors that have not been studied, among others, premorbid personality factors, peers and knowledge that also influence the formation of self esteem.
3. This research take sample of research that is leprosy patient with degrees of leprosy 0 and 1 and not researching leprosy patients with degrees of disability 2, so that the result of research can't yet represent the total population of leprosy patients with leprosy patients with degrees of disability 2.

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