Modality Therapy in Improving ODGJ Patient’s Capacity in Bongkot Village

Abdul Ghofar\textsuperscript{a,1,*}, Athi \textquoteleft Linda Yani\textsuperscript{a,2}, Wiwiek Widiatie\textsuperscript{a,3}

\textsuperscript{a} Faculty of Health Sciences Unipdu, Jombang
\textsuperscript{1} abdulghofar@fik.unipdu.ac.id; \textsuperscript{2} athilindayani@fik.unipdu.ac.id; \textsuperscript{3} wiwiekwidiatie@fik.unipdu.ac.id

\textsuperscript{*} Corresponding author

\textbf{A B S T R A C T}

Mental health is a prosperous state that is an integral part of a person's quality of life. Characteristics of healthy people are fully aware of the abilities possessed, able to deal with existing problems or stressors, participate in the environment and work productively and able fullfil they needs of life. The purpose was to determine the effect of modal therapy on the ability level of ODGJ patients. This research used pre experimental group pre-post test design. The population were all ODGJ patients living in Bongkot Village. Sampling is purposive sampling. The sample is 36 patients who have been cooperative and able to ADL. Measuring tool used to measure the ability of patients in cognitive and psychomotor by using checklist, the data is analyzed by wilcoxon test. The results, there is influence to the level of ability of patients after following modal therapy with \( p = 0.000 \) means \( p \) value <0.005 which means have influence. Modality therapy is a non-pharmacological therapy commonly used to train social skills and other skills in ODGJ patients. This therapy is effective to change the behavior of patients become more adaptive.

\textbf{Copyright © 2018 Joint International Conference
All rights reserved}

\textbf{I. PRELIMINARY}

Mental health is a prosperous state that is an integral part of a person's quality of life. Characteristics of healthy people are fully aware of the abilities possessed, able to face the existing or stressors, participate in the environment and work productively and able to meet the needs of his life (1,2). Most adolescents who experience barriers in their developmental stage can cause mental health problems if not resolved properly (3).

Prevalence of mental health in Indonesia as much as 18.5\%, which means from 1,000 residents there are at least 185 people with mental health disorders or every household there is a family member suffering from mental health problems (1). Data of basic health research (Riskesdas) in 2013 showed that emotional mental disorders experienced by adolescents by 5.6\% of adolescents aged 15 years and over as many as 42,612,927 inhabitants, meaning that in Indonesia there are about 2,386,323 people of adolescents who experience mental disorders emotional (4). Other research related to emotional mental disorder is an individual condition that undergoes an emotional change and if does not get help immediately will lead to a more serious and develop into a pathological disorder. So it is necessary to be anticipated in order to keep the mental health of the community (2).

Mental disorders are not a disease that can not be cured and deadly. But this has become a serious problem in Indonesia. Mental disorders will affect the productivity and quality of health of individuals and communities, suffering for the individual and a heavy burden for the family both mentally and materially because the patient becomes unproductive (5). The government's effort in improve mental health is indicated by the enactment of Law number 18 year 2014 about mental health that has one purpose is to ensure everyone can achieve a good quality of life, enjoy a healthy psychiatric life, free from fear, pressure, and other disorders that can cause mental disorders. The number of cases of mental health problems that require comprehensive mental health care, holistic and plenary for the treatment of mental disorders (6).
Patients with mental disorders or also called People With Mental Disorders (ODGJ) from the data obtained in Bongkot Village there are 40 patients who have mental disorders caused by environmental stressors and economy. ODGJ needs to be prepared through educational activities and alertness training aimed at enhancing knowledge and skills to prepare them to be productive and receptive to the community environment.

Method researchers used Pre Experimental group pre-post test design. The purpose of this research is to know whether there is influence of modality therapy to increase the improvement of ODGJ capability. Pre and Post test group design conducted to determine the ability of ODGJ assessed from the cognitive and psychomotor ability. Intervention is by providing ODGJ training to make handicraft in form of tissue box and delivery box. Before the intervention is measured the level of ability of patients by a checklist, then each respondent is trained to make skills then measured again the level of ability of patients by checklist. The population were all ODGJ patients living in Bongkot Village. Sampling is purposive sampling technique. The sample is 36 patients who have been cooperative and able to ADL. The instrument used in this research is to know the demography data, cognitive ability and psychomotor ability by checklist. Then the data analysis for bivariate analysis performed normality test using kolmogrof Test. Because the sample used more than 50 respondents (5). Performing data analysis will be tested normality using kolmogrof test. And if not normal will be done non parametric test by Wilcoxon test.

II. RESULTS AND DISCUSSION

a. Characteristics of General Data Table

Table 3.1 General data characteristic of respondents based on age and gender

<table>
<thead>
<tr>
<th>Age</th>
<th>N</th>
<th>Prosentase (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(22-24) Year</td>
<td>4</td>
<td>11.1</td>
</tr>
<tr>
<td>(25-29) Year</td>
<td>16</td>
<td>44.4</td>
</tr>
<tr>
<td>(30-35) Year</td>
<td>16</td>
<td>44.4</td>
</tr>
<tr>
<td>Total</td>
<td>36</td>
<td>100</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender</th>
<th>N</th>
<th>Prosentase (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>14</td>
<td>19.4</td>
</tr>
<tr>
<td>Female</td>
<td>22</td>
<td>30.6</td>
</tr>
<tr>
<td>Total</td>
<td>36</td>
<td>100</td>
</tr>
</tbody>
</table>

General data is most respondents are (25-29) years and (30-35) years as many as 44.4% and a small percentage of age (22-24) year by 11.1%. The data of respondents by gender, the women were 22 people 30.6% and 14 men were 19.4%.

b. Characteristics of Special Data Table

Table 3.2 Result of analysis of effect of modality therapy on patient's ability

<table>
<thead>
<tr>
<th>Ability</th>
<th>N</th>
<th>Median (minim-maksim)</th>
<th>Mean ±s.b</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>before treatment</td>
<td>100</td>
<td>2 (1-4)</td>
<td>2.47 ±0.69</td>
<td>0.000</td>
</tr>
<tr>
<td>after treatment</td>
<td>100</td>
<td>4 (3-6)</td>
<td>4 ± 1.025</td>
<td></td>
</tr>
</tbody>
</table>

The results of test wilcoxon significance value obtained 0.001 (p <0.05) with the average value of the ability level before treatment of 2.47 and the average level of ability after therapy is given 4. Concluded there is the influence of therapy modalities to the level of ability of patients in making tissue box and delivery box. Based on the age level of respondents who experience mental disorders most of the adult age. In accordance with the stage of development in adulthood has a duty and development In general, they are 20-40 years is classified as young adults. According to a
developmental psychologist, Santrock (2007), people in early adulthood were in a cognitive and social transition. Early adulthood was a time of shift in the field of egocentric to an empathetic attitude. At this time, individuals begin to look for relationships that they consider to play a role in their lives. In young adulthood it is the beginning that they begin to establish a more serious relationship with the opposite sex. This situation is one of the triggers of stressors in individuals with mental disorders. Most of them have experienced trauma in relationships with the opposite sex (7). Based on the data obtained that in many cases is caused by failure in maintaining marriage. Hurlock (1993) in this case has raised some early adult characteristics and at one point said that early adulthood is a period of adjustment with a new way of life and take advantage of freedom obtained. economy. Many of them are not working but are required to meet the needs of a difficult economy. And the difficulty of finding employment is also a stressor for them. From a physical point of view, early adulthood is the period of the peak of physical development. Physical development after this period will be degraded little by little, following the age of a person getting older. The emotional aspect, in early adulthood is the time when the motivation for achieving something is enormous, supported by excellent physical strength (6). Thus, there is a stereotype that says adolescence and early adulthood are periods where more physical strength than strength of ratios in solving a problem (7).

Modality therapy according to Perko and Kreigh (1998) is Efforts made by nurses and cadres by providing modalities aimed at enhancing ODGJ's ability to solve problems, changing destructive and maladaptive behaviors, socialization between ODGJ and the environment, and improving skills. Based on the above explanation, the researcher is interested to study the effectiveness of modality therapy on the improvement of ODGJ capability a therapeutic act whereby it has a particular approach both directly and facilitatively in accordance with the therapist's theories and tips by making the client's strength the main capital for change (8). This therapeutic modality is also known as an alternative therapy effort that is used to cure clients with mental disorders. However, as the development of science and technology in the health of this therapy is also done for alternative therapies on clients with physical disorders and widely used in various studies. From the results of statistical tests that there is a significant influence before and after therapy given the modalities of increasing the ability of patients with a value of $p = 0.000 <0.005$. This is in line with previous studies showing that modalities therapy has proved effective in assisting the rehabilitation of physical disorders, increased motivation in performing care, providing emotional impulses for clients and families, expressing feelings and in various psychotherapy processes. Therefore, modality therapy continues to grow, both in hospitals, clinics, health institutions, schools, mental health centers and drug dependency rehabilitation agencies, as well as other places of care (9).

III. LIMITATIONS OF THE RESEARCH

This study was conducted only in Bongkot Village with a limited number of samples, the method in this study using pre experiment, in this study only measures the level of ability of patients in making skills.

IV. CONCLUSION

The result of research related to the effect of modality therapy on the improvement of ODGJ patient's ability in Bongkot Village, it can be concluded that the patient's ability level in making skill when not given modality therapy, the patient is still less cooperative and not complete in doing the task. After being given therapy the patient's modalities better understand the work of the group and can complete the task of making the skill until completion. Evident from this research there is a significant influence therapy modality to the level of ability of patients ODGJ.

V. SUGGESTION

Research can be used as reference for the next researcher in taking the data, and the next researcher can continue the research with quasi experiment research with the number of samples more. Provision of community-based ODGJ therapy can be further improved, referring to the results of the above studies.
VI. REFFERENCE


