

## The Effect Of Family Psychoeducation Therapy On Family Ability In Caring For Patients With Schizophrenia In The Work Area Of Kumun Public Health Center

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### Abstract

Based on background as much as 6,7 per 1000 households have households members (ART) who suffer from mental disorders. This shows that the family's ability to care for people with mental disorders is very important to prevent relapse in schizophrenia patients. The aim of this research is to determine the average family capacity before and after it was carried out family psychoeducation therapy and also to find out whether there is an influence of family psychoeducation therapy on the ability of families to care for schizophrenic patients in the Kumun health center working area. Family Psychoeducation Therapy is an action or therapy given to families in the form of actions that combine education, coping methods and the family's ability to solve problems, stress and burdens that arise when caring for family members who suffer from schizophrenia. This type of research is a Quasy Ekperiment with a One Group Pretest and Posttest approach with a sample size of 16 respondents. Based on the research results obtained, research results were obtained before family psychoeducation therapy was carried out with an average value of 6,31 and after family psychoeducation therapy was carried out with an average value of 8,88 with a p-value of  $<0,005$  which shows that there is an influence of family psychoeducation therapy on ability. Family in caring for schizophrenic patients. The implementation of family psychoeducation therapy apart from being able to improve the family's abilities, this therapy can also help the healing process of schizophrenia patients. The conclusion is that there is a difference in the average ability of families to care for patients before therapy is given and after family psychoeducation therapy is given. It is hoped that this research will provide insight and understanding and can also become a source of reference for further research and this family psychoeducation therapy can be applied to anticipate the problem of family stress, burdens that can arise when caring for schizophrenia patients.

**Key Word : Family Psychoeducation Therapy, Family Abilities, Schizophrenia**

### INTRODUCTION

Mental disorders are manifestations or signs of behavioral deviations caused by distortions of emotions or feelings and thoughts of a person. The consequences that can arise can cause impairment (an abnormality of a person's function) in daily functioning. People with mental disorders are people who experience disorders in the form of thoughts, behavior, feelings and perceptions that are manifested in the form of a collection of symptoms and behavioral changes (Risal et al., 2022). Schizophrenia is a chronic mental illness that causes impaired thinking processes, disturbed thought processes that cause hallucinations, delusions of unclear thoughts, behavioral changes, unnatural speech and excessive anxiety (Wayan S, 2020). According to the World Health Organization in 2022, around the world there are around 24 million people or 1 in 300 people (0.32%) suffering from schizophrenia. Southeast Asia is in 3rd position with a prevalence of schizophrenia reaching 2 million sufferers.

Based on the results of the 2018 Basic Health Research (Riskesdas), the prevalence of schizophrenia/psychosis in Indonesia is 6.7 per 1000 households. This means that out of 1,000 households, there are 6.7 households that have household members (ART) with schizophrenia/psychosis. According to data obtained in Jambi Province in (2021) there were around 1,836 schizophrenia patients who were outpatients, while the total number of inpatients at the Jambi Provincial Mental Hospital was 52 people. In (2023) data was obtained on 173 cases of schizophrenia sufferers, including 117 male and 56 female. Based on data obtained at the Kumun Health Center, patients with schizophrenia in the year (2023) obtained data on patients suffering from schizophrenia including 30 male and 28 female. The impact that can be felt by the family with a family member who has a mental disorder with schizophrenia is the high emotional burden of the family, stress on the patient's disturbed behavior, Mental disorders are considered a disease due to the sins of their family and are a disgrace to the client and their family, so that there are still many families who experience

mental disorders, families feel ashamed, disappointed and hopeless (Pangandaheng, 2018). Handling of nursing actions carried out on clients in the form of specialist nursing actions, namely Family Psychoeducational Therapy. This psychoeducational therapy discusses personal problems and problems in caring for schizophrenia patients and members in helping the family. Psychoeducation is known to reduce relapse rates and hospitalizations in several mental disorders such as schizophrenia, depression and bipolar disorder. Family psychoeducation can help families increase family knowledge about mental disorders experienced by family members in order to maximize family function (Liyanovitasari et al., 2017).

*family psychoeducation* therapy plays an important role in improving the family's ability to care for family members with mental disorders. This family-based intervention can reduce the incidence of relapse by using a collaborative approach involving family, patients and clinicians. The content of this approach is mainly psychoeducation about the etiology, course of the disease and therapy of schizophrenia (Ratri I., 2018).

## METHODS

This study employed a quasi-experimental research design to examine the effect of family psychoeducation therapy on the ability of families to care for individuals with schizophrenia in the working area of the Kumun Health Center. A one-group pretest-posttest approach was used, in which participants were assessed before and after receiving the psychoeducation therapy intervention. In this design, the same group of participants was observed at two different points in time: 1) Pretest: Measurement of the family's ability to care for a family member with schizophrenia before the intervention 2) Intervention: Delivery of family psychoeducation therapy. Posttest: Reassessment of the family's caregiving ability following the intervention. This approach allows researchers to determine whether there is a measurable improvement in caregiving ability attributable to the therapy provided.

The sampling method used in this study was purposive sampling, in which respondents were selected based on specific criteria relevant to the objectives of the study. A total of 16 participants who met the inclusion criteria were selected and received the family psychoeducation therapy intervention. This study was conducted in the working area of the Kumun Health Center, which was chosen due to its relevance to the study population and the availability of families caring for individuals diagnosed with schizophrenia.

## RESULTS

After collecting the data, the results of the study conducted in the Kumun Health Center Work Area were obtained, regarding the Effect of *Family Psychoeducation Therapy* on the Ability of Families to Care for Patients with Schizophrenia with the following results:

Table 1. Descriptive Statistics of Family Ability Before and After Family Psychoeducation Therapy (n = 16)

Variable	Mean	Standard Deviation (SD)	Standard Error of Mean (SEM)	Category	Frequency (n)
Pre-Test (Before Therapy)	6.31	1.32	0.326	Less than good	15
				Good	1
Post-Test (After Therapy)	8.88	1.445	0.364	Good	5
				Not good	11

Univariate Analysis: It is known that the average family ability before being given *Family Psychoeducation Therapy* :pre-test or prior family ability with a sample size of 16 respondents with a mean value of 6.31 with a standard deviation (SD) of 1.32 with a mean standard error of 0.326. From

filling out the Pretest questionnaire, 15 respondents were found to be less than good and only 1 respondent had good patient care skills.

It is known that the average family ability after being given *Family Psychoeducation Therapy* is: the average ability of families of schizophrenia patients was obtained after being given *Family Psychoeducation Therapy (Post test)* is 8.88 which is sufficient with a standard deviation of 1.445 and a standard error of the mean of 0.364. By filling out the questionnaire, it was found that the family's ability was good with as many as 5 respondents.

The results obtained showed that the influence of *family psychoeducation therapy* was not good for 11 respondents, while the family's ability was good for 5 respondents. The results of the statistical test using the Paired Simple *t test technique* showed that the *p value* of  $0.000 < 0.05$  there is a significant difference between before and after *Family Psychoeducation Therapy*, thus it can be concluded that there is an influence of *Family Psychoeducation Therapy* On the Ability of Families to Care for Patients with Schizophrenia in the Kumun Health Center Work Area.

## DISCUSSION

The study conducted by Lia Novianty and Reza Arisandria (2021) on the effect of psychoeducational therapy on the burden of families caring for members with schizophrenia in the Cisaat Health Center area, Sukabumi Regency, provides significant insights into the impact of psychoeducation on family caregivers. Their research utilized a quasi-experimental design with a pretest-posttest approach, involving 17 participants selected through purposive sampling. The study employed the Caregiver Burden Scale (CBS) to assess the family burden before and after the intervention. The results indicated a reduction in the median burden score from 51.35 (pre-test) to 42.24 (post-test), with a p-value of 0.000, suggesting a significant effect of psychoeducational therapy in alleviating caregiver burden (Novianty & Arisandria, 2021).

Schizophrenia is a chronic mental disorder characterized by symptoms such as hallucinations, delusions, and cognitive impairments, leading to significant challenges in daily functioning. The recurrence of schizophrenia episodes, or relapses, is a major concern in the management of the disorder. Non-adherence to prescribed medication regimens is a primary factor contributing to these relapses. Studies have shown that a substantial percentage of individuals with schizophrenia do not adhere to their medication plans, leading to increased relapse rates and hospital readmissions.

Family support plays a crucial role in the management of schizophrenia. Effective family interventions, including psychoeducation, have been shown to improve medication adherence, reduce relapse rates, and enhance the overall quality of life for individuals with schizophrenia. Such interventions empower families with the knowledge and skills necessary to support their loved ones effectively, thereby contributing to better treatment outcomes (Iswanti.,et al, 2024; Wulandari.,et al,2022; Emsley,R.,et al, 2020).

In conclusion, integrating psychoeducational therapy into the care plan for families of individuals with schizophrenia is essential. It not only alleviates caregiver burden but also enhances medication adherence and reduces relapse rates, leading to improved outcomes for individuals with schizophrenia. Healthcare providers should consider implementing psychoeducational programs as a standard component of schizophrenia management.

## CONCLUSIONS

Based on the results of the research that has been conducted on the Influence of Family Psychoeducation Therapy on Family Ability to Care for Schizophrenia Patients in the Kumun Health Center Work Area, it can be concluded as follows: The family's ability to care for schizophrenia patients before Family Psychoeducation Therapy was carried out in the Kumun Health Center Work Area was on average 6.31 with a standard deviation of 1.302 and a mean standard error of 0.326.

The family's ability to care for schizophrenia patients after Family Psychoeducation Therapy was

carried out in the Kumun Health Center work area in 2024, the average was 8.88 with a standard deviation of 1.455 and a mean standard error of 0.364.

There is a difference in the average ability of families to care for schizophrenia patients before and after Family Psychoeducation Therapy was carried out. The average Pretest value was 6.31 while the average PostTest value was 8.88 with a p-value < 0.005. This means that there is an influence of Family Psychoeducation Therapy on the ability of families to care for schizophrenia patients in the Kumun Health Center work area.

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