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THE EFFECTIVENESS OF RATIONAL EMOTIVE BEHAVIOUR THERAPY BASED ON THE PROFILE OF MULTIMODAL THERAPY ON THE SKIZOFRENIA CLIENT WITH VIOLENT BEHAVIOUR AT RSMM BOGOR IN 2012

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ABSTRACT

This study aims to determine the effectiveness of rational emotive behavior therapy (REBT) profile of multimodal therapy based on changes in symptoms and the client's ability violent behavior in RSMM Bogor. Quasi-experimental research design with a number of 56 respondents. 28 respondents had to get a Profile Multimodal Therapy REBT therapy as the intervention group, 28 respondents as a group of non intervention. The research found a decrease symptoms of violent behavior bigger than not getting REBT based profile of multimodal therapy (p value <0.05). Cognitive, affective and behavioral clients who get REBT based profile of multimodal therapy increased significantly (p value <0.05) results clients experience a reduction in symptoms of violent behavior 48%, effectively improve cognitive, affective and behavioral to 57 %. Profile multimodal therapy is recommended as screening client will be given specialist treatment in this particular rational emotive behavior therapy

Keywords: profile multimodal therapy, rational emotive behavior therapy, symptoms of violent behavior, , cognitive, affective, behavioral

BACKGROUND

Schizophrenia is a severe mental disorder types most commonly found. States in the United States approximately 1 in 100 people have schizophrenia¹. Base on the noted that 70% of Indonesia's largest psychiatric disorder is schizophrenia². The number of clients with schizophrenia also occupy 90% of clients in psychiatric hospitals throughout Indonesia² (Jalil, 2006). In Indonesia stated that the prevalence of severe mental disorders (schizophrenia) is 4.6% which for a number of the highest in the province of Jakarta is 20.3%, while for the region of West Java province reached 2.2% Seeing the number of clients with schizophrenia become thinking individuals need to increase understanding of severe mental disorder as this one, in order to provide proper treatment if it happens to one member of the family and society³.

Behavior that often appear on the client schizophrenia among others; lack motivation (81%), social isolation (72%), eating behavior and poor sleep (72%), difficulty completing tasks (72%), difficulty managing finances (72%), appearance is not neat / clean (64%), forgetting to do something (64%), lack of attention to others (56%), quarreled (47%), talking to himself (41%), and do not take their drugs (40%)⁴. Based on the exposure to the above indicates that the client schizophrenia commonly found problems that require therapy, which refers to the concept of healing holistically, which not only treat the psychological aspect (cognitive, affective and psychomotor) of the client but also the aspect of physical health and the quality of the environment around the client that affect their lives.



States that the concept of treating the disease are based in a holistic manner that not only treat the psychological aspect (cognitive, affective and psychomotor) of the client, but also pay attention to the seven aspects that make up the personality of a human being, which includes behavior (behavior), feeling (Affect), sensory (sensation), delusion (imagery), mind (cognition), interpersonal relationships (interpersonal relationships) and all the factors associated with biochemical and physiological state of the body (drugs)⁵. This holistic treatment concept in psychotherapy then referred to as multimodal therapy.

Base on the 28 clients with schizophrenia who experience violent behavior states that therapy Rational Emotive Behavior Therapy (REBT) can improve cognitive abilities by 9.6% and 47% social⁷. REBT also capable of lowering the emotional responses of 43%, 76% physiological, and behavioral 47%. REBT and CBT conducted jointly in clients who have more than one symptom, according to research Lelono (2011) effectively decrease violent behavior by 61%, decrease the signs and symptoms of hallucinations advent of 52.1% and decreased symptoms of low self esteem at 66, 2%. 74.53% also showed the results to improve cognitive, affective and behavioral client violent behavior, hallucinations and low self esteem. It is also supported by studies of Sudiatmika (2011) shows the results effectively decrease violent behavior up to 77% and decrease symptoms of hallucinations reached 85%. For cognitive ability increased 74%, 76% and affective behavior of 77%. While the research results shows the results able to reduce the symptoms of violent behavior which consists of cognitive, emotional, behavioral, social, physiology significantly lower than the moderate category into which the overall decline of 44.45%⁶.

METHODS

This research is a quasi experimental with quantitative methods using the design study "Quasi Experimental Pre-Post Test with Control Group" with the intervention of Rational Emotive Behavior Therapy (REBT) is based on the profile of multimodal therapy. Consecutive sampling technique using Sampling. This study was conducted to determine the effectiveness of Rational Emotive Behavior Therapy profile multimodal therapy based on changes in symptoms and cognitive, affective and behavioral client with violent behavior are treated in inpatient hospital Dr. H. Marzoeki Mahdi Bogor.

Respondents are 56 people consisting of 28 people into a control group and 28 people who have the profile of multimodal therapy as the intervention group. Statistical analysis is used univariate, bivariate analysis of the dependent and independent sample t-test, Chi-square to display in the form of tables and frequency distribution.

RESEARCH RESULT

Results of research has been done on 12 - December 25 2012 is presented as follows

1. Characteristics of a client with violent behavior in this study were in the intervention group sex more males 24 (85.7%), education is the most widely PT 11 (39.4%), which includes D3 9 and S1 2 people, the more jobs that are not working is 16 people (57.1%), most do not marry 15 people (53.6%). Whereas in the control group sex more males 19 (67.9%), level of education most PT 12 (42.9%), which includes 10 S1 D3 2, more working 16 (57, 1%), for the same amount of marital status between unmarried married to that 14 (50%)
2. Changes symptoms of violence behaviour in the group receiving REBT there are significant changes. Cognitive response clients significantly decreased be 10:29 with p value $\leq \alpha$ 0.05 emotional responses of clients decreased significantly be 11:25 with p value $\leq \alpha$ 0:05, the



response behavior of the client decline significantly be 10:36 with p value $\leq \alpha$ 0:05, social response clients dropped meaning into 12.68 with p value $\leq \alpha$ of 0.05 and physiological responses were significantly decreased client be 5:21 to 0:05 p value $\leq \alpha$ and composite behavior is significantly decreased client violence becomes 49.79 by 0:05 p value $\leq \alpha$. Based on the results of statistical tests above it can be concluded at α 5% there is a significant reduction in symptoms (low category), both from the response of cognitive, emotional, behavioral, social, physiological and composites client violent behavior with violent behavior after being given REBT therapy.

3. Changes in cognitive abilities, affective and schizophrenic behavior on clients with nursing problems of violent behavior after being given REBT based profile multimodal therapy
 - a. cognitive changes In this study is able to increase from 23.32 into 41.07 while RECBT increase of 33.63 into 65.87
 - b. affective changes In this study is able to increase of 17.14 into 29.93 while RECBT increase of 33.13 into 66.03
 - c. changes in behavior In this study is able to increase of 22.32 into 37.32 while RECBT increase of 33.87 into 66.90

Effectiveness Therapy REBT based Profile Multimodal Therapy to increased cognitive ability, affective and behavioral REBT on the client schizophrenia with nursing problems violent behavior and hallucinations with the findings of previous studies can be seen the effectiveness of therapy REBT based profile multimodal therapy to improve cognitive, affective and behavioral amounted to 57%. While previous studies RECBT results can improve cognitive abilities, affective and behavior by 41%⁷.

DISCUSSION

Therapeutic effectiveness of REBT based Profile Multimodal Therapy to reduce symptoms of violent behavior by 48% while given RECBT able to reduce the symptoms of violent behavior by 45%. This shows that clients with violent behavior if given REBT therapy will be better with the profile multimodal therapy with REBT although almost the same value.

Which stated that the responses of violent behavior undergo significant changes due to therapeutic REBT given using cognitive approaches and behavior with the facts that the resulting behavior does not come from events experienced but of beliefs irrational, REBT given aims to reduce irrational beliefs and reinforce rational beliefs that can be effective for adults angry and aggressive⁸.

REBT also part of the Multimodal Therapy treatment option that is given with regard seven aspects of one's personality formation⁵. On Multimodal Therapy see that man is a unity that is unique therefore if a disturbance in one aspect will affect other aspects⁴. REBT become one treatment option in the client impaired because most people while being behavioral problems that arise tend to avoid or divert an object that is causing the problem, feelings of worry and anxiety continuously, guilt and self-concept bruruk accompanied by beliefs incorrect or irrational, so the therapy that teaches clients to identify events that the rational and irrational expected the client will be able to overcome the problems that arise.

Multimodal Therapy to increased cognitive ability, affective and behavioral REBT in schizophrenia clients with nursing problems with violent behavior than previous research results can be seen the effectiveness of REBT therapy is based on the profile of multimodal

therapy in improving cognitive abilities, affective and behavioral amounted to 57%. Based on the studies RECBT results can improve cognitive abilities, affective and behavior by 41%⁷.

The above results may occur due to schizophrenia clients with violent behavior problems occur in the form of disturbance to control behaviors that can injure themselves or others. Behavior that appears in schizophrenia with violent behavior such as aggressive and hostile. When there is a change of perception on the client schizophrenia, concurrent disruptions in cognitive function in general, it was found that 90% of clients have hallucinations and delusions which the auditory hallucinations experienced by 50% - 80% of clients with schizophrenia¹. Clients with schizophrenia who had hallucinations due to his perception error often lose control and following the orders of his hallucinations that lead clients to behave out of control and doing violent behavior. This behavior happens because the clients felt that the perceived threat of disrupting the concept of self and integrity.

Given REBT, clients are trained to recognize the thought or perception is wrong or cognitive distortions of events is felt that threatens or could also be of the causes of violent behavior, shame and inferiority is experienced and what the client is feeling of the sounds that emerge, then directed clients to be able to assess the result of the earlier incident that affects the feeling by using a thermometer to measure the impact on the feelings and behaviors such as maladaptive behavior that often arise. Of the event or events that clients are taught to assess the impact of these events is based on the belief that clients deem appropriate, but the confidence clients often often a belief that is not real or unfounded opinions instead of facts that exist, then the client is trained to fight the opinions that are not apparent earlier with real facts until clients begin to address the cognitive distortions and will berpikira rational that will certainly have an impact on the feeling of comfort, calm, valuable, needed, to feel protected and assertive behavior, not aloof, etc.

Profile Multimodal Therapy owned clients can also give effect to the success of REBT improve cognitive, affective and psychomotor of clients due to the set therapy is based on the analysis of the seven aspects of the owned client in this case is on behavior, Affect, Sensation, imagery, cognition, interpersonal relationships and drugs that are tersbut things in a person who is a unity that is unique therefore a disturbance in one of the modalities above will affect the other modalities⁵.

From exposure to the above use of REBT therapy have targets based on the concept that emotions and behavior is the result of a thought process that makes it possible for humans to modify it as the process to achieve a different way of feeling and acting¹¹. Emotional reactions are mostly caused by the evaluation, interpretation, and philosophy that consciously or unconsciously. Psychological or emotional barriers is the result of a way of thinking that is illogical and irrational, in which the emotions that accompany the individual in thinking filled with prejudices, very personal and irrational. According to Albert Ellis, humans are basically unique to have a tendency to think of rational and irrational. When thinking and rational human act will be effective, happy, and have the ability.

CONCLUSION

The characteristics of the 56 clients who were respondents conducted in this study with an average age of 33.21 years with the youngest 18 and the oldest 55 years of age, sex, more male, the status of the job is that it does not work, educational status at most at levels Universities, marital status, most are not married, the frequency of hospitalized an average



of 2 times. Of the 56 clients who were respondents in the intervention group numbered only 28 people who have the profile multimodal therapy with REBT therapy as an indication of a specialist. Rational therapy behavior therapy is based on the profile of multimodal therapy effective in reducing the symptoms of violent behavior whether cognitive, emotional, behavioral, social, and physiological of moderate to low. Rational therapy behavior therapy is based on the profile of multimodal therapy is effective in improving cognitive abilities, affective and behavioral clients from low level to high level.

SUGGESTION

Psyche nurse at the hospital are expected to perform screening profile clients with multimodal therapy in order to determine the indication of therapy, especially therapy nursing specialists and always motivate clients as well as evaluating the capabilities that have been studied and is owned by the client so that the training given entrenched. In the event of deterioration in the client should consult on the development of his client's room nurse who has received therapy to specialist nurse specialist who owned the hospital. Results of this study should be used as evidence based in developing multimodal therapy profile as an indication of the determination of REBT therapy both in individual and group, so that it becomes the soul of nursing therapeutic modalities that are effective in addressing mental health problems and improve the health of the soul. The need for further research that looked at the effects of multimodal therapy profile of the specialist therapy and the effect of an increase in the ability of the client after REBT therapy to decrease the symptoms of schizophrenia client violent behaviour.

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