

Relationship of Family Support on Adherence to Medication and Recurrence Prevalence in Schizophrenia Patients in Prof. Mental Hospital Dr. Muhammad Ildrem, North Sumatra Province

Kristina¹, Muslimah Pase²

^{1,2}Nursing Study Program, Universitas Haji, Medan, Indonesia

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ABSTRACT

Schizophrenia is a disease that affects the brain and causes strange and disturbed thoughts, perceptions, emotions, movements, and behavior. The relapse rate in schizophrenia patients is very high because due to non-adherence to taking medication, the family does not pay attention to the patient taking the drug. One way to reduce the recurrence rate in schizophrenic patients is to provide family support. This study aims to determine the relationship between family support regarding adherence to taking medication with the prevalence of recurrence in schizophrenia patients at the Prof. Dr. Muhammad Ildrem, North Sumatra Province. This study used a descriptive correlation type with a cross sectional approach. The total population of the researchers was 311 people. The sampling technique was carried out by using the Accidental sampling technique with 10% of the population so that the sample size was 31 people. Power analysis used the Spearman's Rho test. The results of the study using the Spearman's Rho correlation test were obtained $p = 0.000 < \alpha 0.05$. This shows that there is a relationship between family support and the recurrence rate of schizophrenia patients at Prof. Dr. Mental Hospital. Muhammad Ildrem, North Sumatra Province in 2017. The conclusion is that there is a relationship between family support regarding adherence to taking medication with the prevalence of recurrence of schizophrenia patients in Prof. Dr. Mental Hospital. Muhammad Ildrem, North Sumatra Province. It is hoped that the nurses will pay more attention to the aspects of family support for schizophrenia patients, as well as conduct a home visit when the patient returns. So that when the patient goes home the patient also gets maximum care. family support for schizophrenic patients.

E-mail:

krisfaihlubis@gmail.com

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1. Introduction

Schizophrenia is a disease that affects the brain and causes strange and disturbed thoughts, perceptions, emotions, movements, and behavior [1]. Schizophrenia is characterized by distortions in thought perception, emotion, language, self-awareness and behavior [2], [3]. Common experiences include: (1) hallucinations: hearing, seeing or feeling things that are not there. (2) delusion: remains a false belief or suspicion that is held even when there is evidence to the contrary. (3) abnormal behavior: strange appearance, self-neglect, inconsequential speech, wandering aimlessly, muttering or laughing to self. (WHO, 2016) estimates that 450 million people around the world experience mental disorders, about 10% of adults currently experience mental disorders and 25% of the population is estimated to experience mental disorders at a certain age during their lifetime. This age usually occurs in young adults between the ages of 18-21 years. According to the National Institute of Mental Health mental disorders account for 13% of all diseases and are expected to grow to 25% in 2030. These incidents will contribute to the increasing prevalence of mental disorders from year to year in various countries.

Approximately 450 million people worldwide experience mental disorders and 25% of the world's population is estimated to have mental disorders at a certain age. The prevalence of mental disorders reaches 13% of the disease as a whole and it is likely that by 2030 it will reach more than 25%. Mental disorders can occur in all countries regardless of gender, material, age or place of residence (World Health Organization / WHO, 2013).

The prevalence of serious mental disorders in Indonesia reaches 1.7 per mil. The highest prevalence of schizophrenia was in the Special Region of Yogyakarta and Aceh, each with 2.7 permil, while the lowest was in West Kalimantan with 0.7 permil. Central Java Province ranks fourth in the largest number of people with schizophrenia. The prevalence of schizophrenia in Central Java reaches 2.3 per mil [4], [5].

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Schizophrenia is a serious mental disorder affecting more than 21 million people worldwide [2], [6]. People with schizophrenia are 2-2.5 times more likely to die prematurely than the general population. This is often due to physical diseases, such as cardiovascular, metabolic and infectious diseases [7] - [9]. Schizophrenia or Schizophrenia means a personality that is divided between thoughts, feelings, and behaviors. In the sense that what is done is not in accordance with the thoughts and feelings. Specifically, schizophrenia is a person experiencing emotional, thought, and behavioral disorders [10] - [13].

Based on initial survey data conducted on January 17, 2017 at Prof. Mental Hospital. Dr. Muhammad Ildrem, North Sumatra Province, the number of schizophrenia patients who were outpatients in the last year, namely in 2014 there were 14,349 patients, in 2015 there were 13,899 patients, in 2016 there were 13,602 patients and the number of patients in the last 3 months, in October 2016 was 1,137 patients, in November 2016 there were 1,162 patients, and in December 2016 there were 913 patients, and the number of patients in the last 1 week was 311 patients. (2017 medical record data).

Based on the above background, the researcher is interested in conducting research on "The Relationship of Family Support About Adherence to Taking Medication with the Recurrence Prevalence of Schizophrenia Patients at Prof. Dr. Muhammad Ildrem Mental Hospital, North Sumatra Province in 2017".

2. Method

The research design used in this study is a description of the correlation, which is a study or study of the relationship between two variables in a situation or group of subjects. This is done to see the relationship between one symptom and another symptom, or other variables (Natoatmodjo, 2010). With the approach used is cross-sectional, which is a type of research that emphasizes the measurement / observation time of the independent and dependent variable data only once at a time, in this type the independent and dependent variables are assessed simultaneously at a time, so there is no follow-up (Nursalam, 2014).

The population in this study is a family that is one house with the patient (father, mother, husband, wife, and children) who bring the patient to the polyclinic of Prof. Mental Hospital. Dr. M. Ildrem, North Sumatra Province. The total population was 311 patients. Accidental Sampling Technique, which is a sampling technique by chance, anyone who meets the researcher can be sampled. The significance test was carried out at a significant level of 0.05, meaning that the instrument was said to be reliable.

3. Results & Analysis

Based on the results of the study, it was found that showed that the majority of the study samples were 48-58 years old as many as 15 respondents (48.4%), the majority of gender were 17 respondents (54.8%), the majority of relationships with families with sufferers. 8 respondents (25.0%) were wives and 24 respondents (77.4%) had suffered for more than a year. Based on the results of the study, it was found that family support in schizophrenia patients showed that the majority of high family support was 15 respondents (48.4%). The recurrence rate in schizophrenia patients showed that the majority of the recurrence rate was once as many as 15 respondents (46.9%). family support in good categories with a recurrence rate of never 0 and low 0 as high as 4 people, family support with a sufficient category with a recurrence rate of never 0 and low as many as 11 and high as many as 1 person, less family support with a recurrence rate never as many as 14 low as much as 1 and high 1 person.

Table 1.
Distribution of Family Support Results Regarding Adherence to Medication and Recurrence Prevalence in Schizophrenia Patients.

		Tingkat kekambuhan			Total
		Tidak Pernah	Pernah	Tinggi	
Dukungan keluarga	Baik	0	0	4	4
	Cukup	0	11	1	12
	Kurang	14	1	0	15
Total		14	23	5	31

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Based on the table above, it can be seen from 31 respondents with good category family support with a recurrence rate of never 0 and low 0 high as many as 4 people, family support with a sufficient category with a recurrence rate never 0 and low as many as 11 and high as many as 1 person, support Families with less recurrence rate were never 14, low 1 and 1 high.

Recurrence Rate of Schizophrenic Patients

Based on research conducted by Suwondo, et al. In 2013, another factor that can influence the high recurrence rate in schizophrenia patients is family factor. families often overexpress themselves with impatient, reddish hostility, harsh, critical, and authoritarian. Families must meet all the needs of schizophrenia patients, from emotional support to financial needs, so that the social needs of schizophrenic patients can be met properly.

The high rate of recurrence in schizoferenia patients can be caused by factors that influence it, one of which is the patient's non-adherence to taking medication. The non-compliance experienced by patients is usually because the patient does not want to take the medicine or the patient feels that he has recovered so that he does not need to take the medication anymore. Other factors that can affect the high rate of recurrence in schizoferenic patients, the efforts made by a better family include family support, giving and more harmonious care to sufferers, with a compassionate approach, monitoring the regularity of taking medication, involving the patient in activities in the environment. houses such as community service, religious activities, youth groups. This is intended so that sufferers have activities and do not often daydream. Based on research conducted by Kristianingrum and Budiayana (2011) it is said that there is a relationship between family support and adherence to taking medication. This means that the higher the family support, the higher the compliance with taking medication.

In line with the research conducted by Ruspawan (2009) with the title Relationship of Medication Consumption with the Recurrence Prevalence of Schizophrenic Patients at the Clinic of RSJ Bali, from the results of this study that drinking alcohol from schizophrenia patients needs to be fully supported by the family is the closest person to schizophrenic sufferers. Encourage sufferers to adhere to the treatment that accompanies them while taking medication, with the support of families of schizophrenic patients who will adhere to treatment so that the prevalence of recurrence in schizophrenic patients will decrease.

3.1 Family support

According to Friedman (2010) Family support is the attitude, action and acceptance of the family towards its members, family members are seen as an inseparable part of the family environment. Family members perceive that people who are supportive are always ready to provide help and assistance if needed.

All schizophrenic patients receive family support that comes from internal sources. The source of support that is obtained from the family is known to be better, because the family is the closest person to the patient, and indirectly the family has responsibility for the patient's health. The family also plays an important role not to differentiate between patients and other family members, escorting patients to control to the hospital, increased to take medication, so as to help reduce the recurrence rate of patients.

Sufficient family support means that most families have provided maximum support for schizophrenia patients. Most schizophrenic patients are delivered by their parents or who are in the same house with the patient for treatment at the hospital, this proves that parents or families who are in the same house with the patient always meet the needs of their children both morally and materially. Parents are the people closest to the patient and are the frontline for a family to fulfill aspects of life, so parents play an important role in providing support to schizophrenia patients.

With the support of family and people who are in the same house with schizophrenic patients, it will make patients feel more valued by their families, so that the enthusiasm for recovery is high, and they can also socialize with the community without having to be isolated.

According to Sinaga (2007), integrative treatment is necessary for schizophrenia patients, looking at the individual characteristics of the patient and family with different social psychologies so that they require complex types of treatment. Therapy by involving families aims to provide knowledge about schizophrenia so that the family understands and understands what to do to optimize the patient's condition for the better.

Family Support with Schizophrenia Patient Recurrence Rate

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Based on the results of the study, the results showed a p value of $0.000 < 0.05$, which means that there is a significant relationship between family support and the recurrence rate of schizophrenic patients. Based on the results of statistical tests carried out using Spearman Rho Dependent with a significant level of $\alpha = 0.005$ with a p value of 0.000 , it was found that a significant relationship between family support and the recurrence rate of schizophrenic patients in the mental hospital Prof. The results of this study are in line with research conducted by Riandi, et al. In 2016 which stated that based on the results of statistical data analysis using non-parametric tests, namely the chi-square statistical test with $\alpha = < 0.05$ and 95% CI to determine the expression family emotions with the frequency of recurrence of schizophrenic patients in Prof. DR. Muhammad Ildrem Medan. After the chi-square statistical analysis was carried out, there was a relationship between family emotional expressions and the frequency of recurrence of schizophrenia with p value = 0.000 .

Agus Budi, et al (2014) in their research said that there are several factors that influence the recurrence of schizophrenia patients, namely, non-compliance with taking medication, regular control with doctors, family support and social support. In addition to drug factors and consultation with a doctor, family support is a factor that affects the recurrence rate of schizophrenic patients, because maximum family support for schizophrenic patients can have effects on schizophrenia patients.

4. Conclusions

The majority of family support at Prof. Mental Hospital. Dr. Muhammad Ildrem, North Sumatra Province in 2017 who has family support in the High category. The majority of recurrence rates in schizophrenic patients at Prof. Mental Hospital. Dr. Muhammad Ildrem, North Sumatra Province in 2017 low. There is a significant relationship between family support and the recurrence rate at Prof. Mental Hospital. Dr. Muhammad Ildrem, North Sumatra Province with a significant value of $p = 0.000 < 0.005$.

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