

# FAMILY SUPPORTIVE GROUP INTERVENTIONS FOR SCHIZOPHRENIA PATIENTS AT RSJD DR. SAMSI JACOBALIS

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## ABSTRACT

This research study entitled "Family Support for People with Mental Disorders (Schizophrenia) Through the Family Supportive Group Program at RSJD Dr. Samsi Jacobalis, Bangka Belitung Islands Province" aims to explain how family support for people with mental disorders is given by the family for the recovery of people with mental disorders and to restore their functioning through the family supportive group program. The method used is qualitative descriptive with a case study approach. In selecting informants using purposive sampling techniques, and data collection techniques using observation, interviews, and documentation studies. The results of the study explain that family support for people with mental disorders through the Family Supportive Group Program at RSJD Dr. Jacobalis, Bangka Belitung Islands Province has a very important role in providing family support for individuals with mental disorders, especially schizophrenia. Through a holistic approach, this program has succeeded in providing emotional, informational, real, and hopeful support to families, which are greatly needed in the journey of treatment and recovery of family members affected by mental disorders. Thus, the Family Supportive Group Program not only helps improve the well-being of individuals with mental disorders, but also strengthens family relationships and builds an inclusive community in facing mental health challenges.

## Keywords:

*Family Support, People with Mental Disorders Schizophrenia*

## ABSTRAK

Kajian penelitian ini berjudul "Dukungan Keluarga Pada Orang Dengan Gangguan Jiwa (Skizofrenia) Melalui Program Family Supportive Group di RSJD dr. Samsi Jacobalis Provinsi Kepulauan Bangka Belitung" bertujuan untuk menjelaskan bagaimana dukungan keluarga pada orang dengan gangguan jiwa yang diberikan keluarga untuk kesembuhan pada orang dengan gangguan jiwa tersebut dan mengembalikan keberfungsian melalui program family supportive group. Metode yang digunakan yaitu kualitatif deskriptif dengan pendekatan studi kasus. Dalam pemilihan informannya menggunakan teknik purposive sampling, dan teknik mengumpulkan data dengan cara observasi, wawancara, dan studi dokumentasi. Hasil penelitian menjelaskan bahwa dukungan keluarga pada orang dengan gangguan jiwa melalui Program Family Supportive Group di RSJD dr. Samsi Jacobalis Provinsi Kepulauan Bangka Belitung memiliki peran yang sangat penting dalam menyediakan dukungan keluarga bagi individu dengan gangguan jiwa, khususnya skizofrenia. Melalui pendekatan yang holistik, program ini berhasil memberikan dukungan emosional,



*informasi, nyata, dan pengharapan kepada keluarga, yang sangat dibutuhkan dalam perjalanan perawatan dan pemulihan anggota keluarga yang terkena dampak gangguan jiwa. Dengan demikian, Program Family Supportive Group tidak hanya membantu meningkatkan kesejahteraan individu yang mengalami gangguan jiwa, tetapi juga memperkuat hubungan keluarga dan membangun komunitas yang inklusif dalam menghadapi tantangan kesehatan mental.*

**Kata Kunci:**

*Dukungan Keluarga, Orang Dengan Gangguan Jiwa Skizofrenia,*

**INTRODUCTION**

Currently, mental health refers to the discipline of medical science, namely conditions that support the improvement of physical, intellectual optimization, accompanied by a person's emotional side, as well as in harmony with their social relationships. A person who has good mental health means having harmony in all aspects of his life along with his relationships when interacting with others. (Admin, 2008). Mental health problems continue to increase every year, like an iceberg phenomenon. Until now, mental health often has room in serious health issues around the world, including Indonesia. The World Health Organization (WHO) revealed that mental health disorders have become a crucial problem worldwide. The WHO estimates that about one in four people worldwide face mental health problems, with a total of 450 million people affected. (Yulian, 2008).

WHO recorded that the total accumulation of depression cases reached 264 million, while bipolar disorder reached 46 million, schizophrenia 20 million, followed by anxiety disorders 284 million worldwide. Currently, the prevalence of mental disorders reaches a percentage of 13% of all diseases and is predicted to continue to rise to the value point of 25% by 2030 (Haecal et al., 2022; Haecal & Rusmana, 2022). Suicide cases are also related to mental disorders, where more than 90% of the one million suicides that occur every year are caused by mental disorders. Referring to the results of the 2018 Riskesdas from the Ministry of Health of the Republic of Indonesia, there

was an increase of 7% in households with cases of schizophrenia/psychosis compared to 2013 which reached 1.7% per 1 million population or an increase of around 3%. In Bangka Belitung, there are around 15,864 cases of mental disorders (Bangka Belitung Provincial Health Office, 2018). Hallucinations as erroneous sensory perceptions or unreal experiences are one of the symptoms of this mental disorder (Vander et al, 2018).

Lack of family support due to negative stigma often leads to the act of shackling ODGJ. This practice is still rampant in Indonesia, with around 20,000 to 30,000 people with mental disorders experiencing inhumane treatment in the form of shackles (Purwoko, 2010). According to Riskesdas 2013 data, 14.3 percent or around 237 out of 1,655 households have a family member who has severe mental disorders and is shackled (Izzan & Haecal, 2024; Mohammad Irfan Farraz Haecal, 2022).

Social support for people with schizophrenia helps to provide a sense of calm, attention, confidence, and competence. The existence that it supports in the social aspect allows a person to feel loved, treated with respect, and also have their own bonds in their social sphere. This support can be interpreted as a form of information that a person is part of a harmonious and valued social community. Positive social interaction can improve individual well-being as well as resilience to health problems (Soelton et al., 2021; Susilawati et al., 2019; Syahroeddin et al., 2023). An environment that supports people with schizophrenia makes them

feel safe, prosperous, and independent, which ultimately improves their quality of life (Alya Sylviyana, 2023).

The handling of patients with mental disorders by their families includes ensuring the availability of health facilities, such as taking patients to health centers and always accompanying patients during treatment. The implementation of intense interview activities shows that family support is indispensable to alleviate the patient's condition and reduce anxiety and stress. Optimal support from family and other parties can increase the patient's positive emotional response and speed up the healing process (Susilowati, 2019; Susilowati et al., 2020).

## **METHOD**

This research was carried out to obtain a complete and in-depth description and produce a theory. The researcher focuses on family support for people with schizophrenic mental disorders through the Family Supportive Group Program at RSJD dr. Samsi Jacobalis. Based on the results of the study, the researcher chose to use a qualitative method because the researcher wanted to understand deeply and complex what was presented in words and describe the conditions related to the title of the study, namely Family Support in People with Schizophrenic Mental Disorders Through the Family Supportive Group Program at RSJD dr. Samsi Jacobalis.

## **RESULTS AND DISCUSSION**

Family support is very important, because they play a role in creating and maintaining the necessary structures to improve the quality of life of the person with mental disorders. Overall, the support provided by the family in the form of scheduling activities and mentoring contributes greatly to the patient's recovery process. Family support has a great influence on the recovery of people with schizophrenia (Helen et al., 2020). This support covers various aspects,

ranging from the simplest such as ensuring patients take medication regularly. For people with schizophrenia, taking medication can be a big challenge. They often need help to ensure that they adhere to a treatment schedule. This is where the role of the family becomes very important. With consistent support from the family, patients can be more motivated to take medication as recommended by the doctor. When the family provides strong motivation, adherence to medication increases, which directly contributes to the stability of the condition of people with mental disorders. In the research studied, there are 4 types of family support, namely:

### **1. Emotional Support**

Emotional support gives people who are experiencing mental disorders a feeling of comfort, feeling loved even when experiencing a problem, help in the form of encouragement, empathy, trust, and attention so that the individual who receives it feels valued. In this emotional support, the family provides a place to rest and provide encouragement to patients who are treated at home or in mental hospitals. This type of support is emotional or maintains a state of emotion or expression.

### **2. Instrumental Support**

Instrumental support is a form of support or assistance that is provided practically and concretely. Family instrumental support for people with mental disorders includes practical help that helps them in managing their daily lives such as needed rescue resources, economic resources to help care for sick family members. This support aims to ease the burden or make it easier for people who are facing difficulties.

### **3. Award Support**

Award support is support in the form of encouragement and motivation given by the family to family members who experience mental disorders. This support is a support that occurs when there is a positive expression of assessment. This

award support also involves recognition and appreciation for family members who experience mental disorders to increase their sense of confidence, self-esteem, and confidence to be able to face existing challenges. With the support of appreciation from the family, it will strengthen the psychological resilience and emotional well-being of people with mental disorders.

#### 4. Informational Support

This support is crucial in helping families understand the illness experienced by their family members, the symptoms of the disease, and the best way to handle or manage it, such as information about schizophrenia mental disorders, medication information, and information on recovery support activities. When the family already knows and understands the disease and what is needed, the family can provide better support about the condition, more effective and targeted support to family members with schizophrenic mental disorders.

#### **Program Family Supportive Group**

The Family Supportive Group program at RSJD dr. Samsi Jacobalis Bangka Belitung Islands Province offers very important support for families who have members with mental disorders. Through this program, families have the opportunity to share their experiences, knowledge, and emotions related to their struggles in caring for family members with mental disorders. Meeting in this group allows families to feel heard, understood, and supported by people who are going through similar things. In a safe and structured environment, they can express their concerns, exchange practical advice, and find ways to overcome the challenges they face.

One of the important aspects of the program is to provide family members with clear information and a better understanding of mental disorders. This helps reduce stigma and increase understanding of the condition, so families can better support their members and be

more empathetic. In addition, the program also facilitates families' access to available resources and services, both in the RSJD and in the community, that can assist in the care and recovery of their family members.

#### **Inhibiting and Driving Factors**

In the implementation of family support for individuals with mental disorders through the Family Supportive Group Program at RSJD dr. Samsi Jacobalis Bangka Belitung Islands Province, there are a number of factors that can be inhibitors or drivers. First of all, one of the main inhibiting factors is the social stigma against mental disorders. This stigma can make some family members reluctant to get involved in family support programs for fear of negative judgments from society. In this regard, public education about mental disorders is key to reducing stigma and increasing family participation in this program.

On the other hand, the driving factor in the implementation of family support is the support of medical personnel and mental health professionals. When medical personnel provide active support and communicate with families regularly, this can increase family involvement and participation in support programs. In addition, awareness of the positive benefits of the Family Supportive Group program can also be a strong driver. When families see a positive change in the well-being of their family members or feel the emotional support provided by the program, they tend to be more engaged and committed. Theoretical and Practical Implications Research topics related to family support in people with mental disorders (schizophrenia) through the family supportive group program at RSJD dr. Samsi Jacobalis

The Bangka Belitung Islands Province can help identify the concept of providing support, such as emotional support, award support, instrumental support, and informational support and overcome what factors are the drivers and

obstacles in providing support. People with mental disorders urgently need support from their families. Providing ongoing support to people with schizophrenic mental disorders is very significant for the recovery process. One of the relevant theories is the family support theory according to Friedman which emphasizes the action of the family in providing support to its family members. Family support can create a supportive environment to prosper mental health.

In this context, social workers can use a systemic approach to help families understand their role as family members in supporting people with schizophrenic mental disorders. Social workers can help families strengthen healthy emotional bonds between family members, including individuals with mental disorders. By understanding the patterns of relationships between family members and how it affects the support provided, social workers can provide more effective interventions to improve the overall well-being of families.

### CONCLUSION

The conclusion of this study shows that the Family Supportive Group Program at Dr. Samsi Jacobalis Hospital, Bangka Belitung Islands Province is very important in supporting families who care for individuals with schizophrenia. The program uses a holistic approach that includes emotional, instrumental, rewarding, and informational support. Emotional support includes sympathy, empathy, and a sense of security, helping individuals feel valued and loved. Instrumental support includes relief and economic resources, assisting in medical care and daily needs. Reward support provides a positive response and strengthening, motivating individuals to recover. Informational support provides information about diseases, medications, and recovery activities, helping the recovery process run appropriately. The program also strengthens family relationships and builds inclusive communities, reduces stigma, and increases understanding of mental disorders. It is recommended that RSJD Dr. Samsi Jacobalis continue to improve the accessibility and participation of families in this program, as well as develop cross-sector cooperation to improve resources and services. Families caring for individuals with schizophrenia are advised to understand and apply emotional, instrumental, rewarding, and informational support to aid in the recovery process. These four types of support are essential in caring for individuals with mental disorders.

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