



**Resilience affecting the recurrence rate of schizophrenia patients
in health community centre, Gamping 2, Sleman, Yogyakarta**

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ABSTRAK

Latar Belakang: Kekambuhan pada pasien Skizofrenia masih tinggi. Pasien Skizofrenia mengalami berbagai penurunan fungsi kognisi, emosional, perilaku sosial, dan cara berfikir sehingga dibutuhkan sikap resiliensi yang optimal. Pasien Skizofrenia dengan resiliensi yang baik dapat mengurangi risiko terjadinya kekambuhan.

Tujuan: untuk menganalisis hubungan resiliensi dengan tingkat kekambuhan pasien skizofrenia di wilayah kerja Puskesmas Gamping 2 Sleman.

Metode: Jenis penelitian yaitu kuantitatif dengan rancangan cross sectional. Teknik pengambilan sampel simple random sampling. Sampel dalam penelitian ini adalah pasien Skizofrenia sebanyak 44 orang di wilayah kerja Puskesmas Gamping 2 Sleman. Instrumen yang digunakan adalah data demografi untuk mengukur kekambuhan, kuesioner CD-RISC10 dengan uji Kendall Tau.

Hasil: Hasil penelitian ini menunjukkan resiliensi pasien Skizofrenia dalam kategori sedang (40,9%) dan tingkat kekambuhan dalam kategori sedang (40,9%). Hasil analisis Kendall Tau ada hubungan resiliensi dengan kekambuhan ($0,044 < 0,05$).

Kesimpulan: Summarize in 1 or 2 sentences the primary outcomes of the study, including their potential clinical importance, if relevant (avoid generalizations). The abstract should be written in one paragraph using Indonesian in italics. The abstract should describe the overall essence of writing written with the number of words 250-300. Terdapat hubungan resiliensi dengan kekambuhan pada pasien skizofrenia di Wilayah Kerja Puskesmas Gamping 2 Sleman.

KATA KUNCI: resiliensi; kekambuhan; skizofrenia

ABSTRACT

Background: The rate of recurrence level in schizophrenia patients is still high. Schizophrenic patients experience various decreases in cognitive, emotional, social behavior, and brain functions, so that an optimal attitude of resilience is needed. Schizophrenic patients with good resilience can reduce the risk of recurrence.

Objectives: The aim of this study is to analyze the relationship between resilience and recurrence rate of schizophrenia patients in Health Community Centre, Gamping 2, Sleman.

Methods: This research was a quantitative research with a cross sectional design. Sampling technique used is simple random sampling. There were 44 schizophrenic patients for the sample in Health Community Centre, Gamping 2, Sleman, Yogyakarta. The instrument used was demographic data to measure recurrence, the CD-RISC10 questionnaire with the Kendall Tau test.

Results: This research was a quantitative research with a cross sectional design. Sampling technique used is simple random sampling. There were 44 schizophrenic patients for the sample in Health Community Centre, Gamping 2, Sleman, Yogyakarta. The instrument

used was demographic data to measure recurrence, the CD-RISC10 questionnaire with the Kendall Tau test.

Conclusions: *There is a relationship between resilience and recurrence on schizophrenia patients in Health Community Centre, Gamping 2, Sleman*

KEYWORD: *resilience; recurrence; schizophrenia*

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INTRODUCTION

Mental health is a condition where a person is able to adapt to his environment, able to interact and free from symptoms of psychological disorders. The health of mentality can support the realization of a better life quality. Schizophrenia is a serious mental disorder which can affect brain function, cognitive, emotional behavior and perception. The chronic phase of schizophrenia can cause a hallucinations, delusions and illusions (1). The sufferers of schizophrenia patients according to the World Health Organization (WHO) in 2018 are about 23 million (2). According to the results of Basic Health Research (2018), schizophrenia sufferers were 7% of the total population in Indonesia. Yogyakarta becomes the second of all cities in Indonesia with the most schizophrenia sufferers as much as 10% of its total population.

Schizophrenic patients who do not regularly take medication are high (51.1%) (3). A person who has schizophrenia has several signs and symptoms including hallucinations, delusions, disorganization, and distracted thinkings. When these symptoms are not handled properly by the sufferer or his family, it will worsen (4). Schizophrenic patients should have an optimal resilience attitude. Resilience is an individual's ability to face challenges. The resilience ability will appear when a person faces difficult experiences and knows how to deal with them and adapt (5). Factors that can affect resilience are individual,

family and environmental factors. Meanwhile, resilience has several dimensions, determination, endurance, adaptability and recuperability (6). A recurring process is one of the problems that can be caused by several factors, for example, wrong parenting in the family where the sufferer does not get support from his family, does not regularly take medication, as well as socio-economic factors that trigger recurrence (7). Schizophrenic patients who experience severe recurrence should be retreated in the hospital (8).

Based on a preliminary study conducted at Health Community Centre, Gamping 2, Sleman, it was found that there were 80 patients with schizophrenia who were recorded during 2019. This Health Community Centre spreads across 3 villages, Bayuraden, Nogotirto and Trihanggo. Based on the interviews, it was stated that there was still low awareness of routine medical treatment and there was still high stigma from the community. Based on the description of the problem above, the researchers are interested in proving the relationship between resilience and recurrence on schizophrenic patients in Health Community Centre, Gamping 2, Sleman.

MATERIALS AND METHODS

Type of methods, time, sample, and research variable should be briefly in this part. For the experimental research that uses laboratory must include the main ingredient with clear specification and source. The used of

methods should be reproducible and when taken from other sources should be completed citation. Analysis of the data should be written briefly, state the register number of ethical clearance and the institution (2).

RESULTS AND DISCUSSION

This research is a quantitative descriptive correlation study with a *cross sectional* design. This research was conducted in Health Community Centre, Gamping 2, Sleman. The population amounted to 80 respondents with schizophrenia and the sample was 44 respondents. Sampling used was *simple random sampling technique* (9). There are two questionnaires used in this study, using demographic data to measure recurrence in respondents with schizophrenia and using the CD-RISC10 to measure resilience. This resilience questionnaire was adopted from the research of Rahayu Giri Rinjani (2018) *The Relationship Between Religiosity and Resilience in Cancer Patients*, with a result *Cronbach Alpha* of 0.878. It can be said that this questionnaire is valid, but due to different subjects of previous studies, the researcher concluded to perform a re-validation test with Cronbach. The alpha results from 0.579 to 0.963 and it is declared valid for item numbers 1,2,4,5,6,7,8,9,10 and there is one drop item number 3. Then, the resilience instrument is divided into 3 categories: high scores (31-40), moderate scores (21-30) and low scores (10-20). The relationship of each variable will be analyzed by kendall tau test. The following are the analysis results of the respondents :

Based on **Table 1**, it is found that the characteristics of the respondents are male (56.8%), 29-38 years old (27.3%) and elementary school graduated (36.8%). The results found that men have more schizophrenia. This is in accordance with the results of previous studies which explain that men will be more susceptible to mental schizophrenia. It is because men have

a big responsibility for their family, this is what will lead to greater life pressure (10).

Table 1. Frequency Distribution of Respondent Characteristics

Characteristics	Frekuensi	Percentage (%)
Sex		
men	25	56.8
Women	19	43.2
Age (years old)		
18-28	9	20.5
29-38	12	27.5
39-48	10	22.7
49-58	4	9.1
59-68	9	20.5
Education		
Elementary School	17	36.8
Junior High School	12	27.3
Senior High School	14	31.8
non formal education	1	2.3

Based on the results of **Table 2**, it shows the frequency distribution of respondents has majority resilience at moderate level (18 respondents (40.9%)). This indicates that they are able to handle all the pressures in their life. They are also able to get back up and support provided by the people around them such as community health centers, and also their families. Their family has a big influence on their resilience. This resilience attitude can also help individuals to avoid the recurrences that often occur in schizophrenics. Resilience relates to a person's level stress. The level of resilience will help a person to reduce stress. Someone who has resilience will be able to achieve life goals, easily adaptable. Schizophrenic patients who have high resilience have a lower risk of experiencing anxiety, depression and recurrence.

Each person will experience several phases to achieve a resilient attitude, deteriorating, adapting, recovering, and growing. To achieve these four processes, it requires support not only within the respondent but there must be support from family and environment (11).

Table 2. Resilience Frequency Distribution

Resilience	Frequency	Percentage (%)
High	13	29.5
Moderate	18	40.9
Low	13	29.5

Based on the results in **Table 3**, it shows that the majority of respondents had a recurrence rate in the moderate category, as many as 18 respondents (40.9%). This happens due to several factors that can affect a person's recurrence. The factors are lack of support from the family in terms of taking medication, sometimes the family does not care about preparing medicine or simply reminding them to take medicine

Family factors are the main factors to prevent recurrence of schizophrenia. When the family's attitude is therapeutic and supportive, the patient's recovery period can be maintained as long as possible. Otherwise, when the family does not provide support, the recurrence rate will be high. Without family support, the recurrence rate will reach 25% -50%, whereas if there is, the risk of experiencing a recurrence is 5% (12).

Table 3. Frequency Distribution Recurrence Rate

Resilience	Frekuensi	Percentage (%)
High ($\geq 2x/year$)	15	34.1
Moderate (1x/year)	18	40.9
Low (no recurrence)	11	25

DISCUSSION

The results of the correlation test using *Kendall Tau* show that the *P* value is 0.044. It

indicates that the *P* value is less than 0.05 , $05 > 0.044$), it can be stated that the hypothesis in this study is accepted. It means that there is a relationship between resilience and recurrence on schizophrenia patients in Health Community Centre, Gamping 2, Sleman.

The results are in line with research conducted by Aly Abdulrahman, Muhammad Ramadhan, et al (2020) that high resilience in schizophrenia patients reduces the incidence of recurrence (13). Resilience itself is an important attitude that a person must have to help individuals survive, overcome, become strong and develop even in difficult circumstances⁶. Haotion Chen (2019) states that there is a positive relationship between positive coping and resilience as a mediator to prevent recurring negative symptoms. The existence of positive coping and good resilience will help schizophrenics avoid negative symptoms and be able to encourage routine treatment (14).

CONCLUSION AND RECOMMENDATION

Based on the results of the research that has been done, it can be concluded that characteristics of research respondents are male, aged 29-38 years, elementary school graduated, resilience of research respondents is in the moderate category, the recurrence rate of respondents is in the moderate category, there is a relationship between resilience and recurrence on schizophrenia patients in Health Community Centre, Gamping 2, Sleman. The suggestions for the patients with schizophrenia

Table 4. Distribution Correlation of Relationship between Resilience and Recurrence in Schizophrenic Patients

Variable	Recurrence						Total	P value
	High		Moderate		Low			
Resilience	F	%	F	%	F	%		
High	2	4.5	7	15.9	4	9.1	29.5	0.044
Moderate	6	13.6	6	13.6	6	13.6	40.9	
Low	7	15.9	5	11.4	1	2.3	29.5	
Total	15	34.1	18	40.9	11	25.0	100.0	

can increase their resilience, so that they are able to adapt to the surrounding environment and minimize recurrence. Families with schizophrenia can provide support, so can increasing their resilience.

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