MENTAL HEALTH NURSING CARE MANAGEMENT FOR MR. M WITH LOW SELF-ESTEEM AT PROF. DR. MUHAMMAD ILDREM MENTAL HOSPITAL, MEDAN, NORTH SUMATRA PROVINCE

Jernita Manullang[1], Siti Nurmawan Sinaga[2], Hari Wiyatmini[3], Lenny Saragih[4], Yossi Oktaria Saragih[5], Rahmat Rafli[6], Desi D. Siburian[7]

Email: Jernitamanullang00@gmail.com,

ABSTRACT

Background: Schizophrenia is a severe mental disorder that impairs brain functions, including cognition, emotion, and behavior. It is categorized by positive symptoms (delusions and hallucinations), negative symptoms (social withdrawal and flattened affect), and cognitive deficits (impaired memory and concentration). Although it affects approximately 24 million people worldwide (0.32% of the population), the National Institute of Mental Health (NIMH) ranks it among the top 15 leading causes of disability globally. In Indonesia, the 2023 Indonesian Health Survey highlights significant regional variation: the Special Region of Yogyakarta (DIY) has a prevalence of 9.3%, whereas North Sumatra ranks 21st nationwide at 6.3%.

Problem: Initial 2024 data at Prof. Dr. Muhammad Ildrem Mental Hospital indicated that 5% of patients presenting with low self-esteem were diagnosed with schizophrenia-related conditions. This underscores a significant correlation between negative self-perception and the exacerbation of severe psychotic disorders.

Objective: The primary aim of this study is to implement comprehensive mental health nursing care management for Mr. M, a patient suffering from low self-esteem, at Prof. Dr. Muhammad Ildrem Mental Hospital in Medan, North Sumatra, in 2025.

Keywords: Nursing care, Psychiatric for patients with low self-esteem

INTRODUCTION

Low self-esteem is characterized by negative self-perception, which can lead to diminished self-confidence, a pessimistic outlook, and reduced self-worth. This condition is often triggered by a sense of inadequacy or perceived personal failure. Persistent negative feedback and a lack of support or positive responses from the surrounding environment can further exacerbate the situation. When faced with pressure or stressors, individuals typically attempt to cope; however, these efforts are not always successful. This can prompt self-evaluation, particularly when individuals struggle to fulfill their roles or functions. Such negative self-assessments may develop into situational low self-esteem. Without adequate support from the environment, this condition can progress into chronic low self-esteem. Chronic low self-esteem is characterized by difficulty expressing emotions, loss of spontaneity and curiosity, and reduced motivation and capacity to carry out daily activities (Adolph, 2022) (Ajhie, Marunduh and Engka, 2025).

According to Fitrikasari & Kartikasari (n.d.), there are various factors underlying

the emergence of schizophrenia, including genetic and biochemical characteristics. Genetics play a significant role, where the closer a person's familial relationship to someone with schizophrenia, the higher the risk of developing a similar disorder. Additionally, personality disorders such as schizotypal, schizoid, and paranoid are more frequently found in the biological families of individuals with schizophrenia. However, environmental factors and life experiences also contribute to the Development of this disorder.

From a biochemical perspective, imbalances in neurotransmitters such as dopamine, serotonin, and norepinephrine are crucial. Dysfunction in the dopaminergic system, particularly excessive dopamine activity in the mesolimbic and mesocortical pathways, is associated with positive symptoms of schizophrenia such as hallucinations and delusions. Meanwhile, increased serotonin activity affects both positive and negative symptoms and is targeted by second-generation antipsychotic drugs like clozapine. Disruptions in the norepinephrine system, particularly in brain regions involved in the reward system, are believed to cause anhedonia—the inability to experience pleasure—which is also a common (Fitrikasari, A. & Kartikasari, 2020).

RESEARCH METHOD

This case study employs an observational, descriptive approach and is structured to conduct an in-depth analysis of team-based nursing care methods. The data collection approach involves direct observation of the nursing care delivery process and the distribution of questionnaires to respondents to obtain a comprehensive overview of the

implementation of team-based nursing services (Hidayah, 2023).

This mental health service is located at Prof. Dr. Muhammad Ildrem Mental Hospital, specifically in the Sorik Merapi 5 Ward. The facility is located in the Medan Tuntungan District, which is within the administrative area of Medan City, North Sumatra Province. The case study was conducted over one month, from February 21 to March 21, 2025. The implementation phase was carried out from March 25 to March 28. The activities took place from Tuesday to Friday, during the scheduled time of 10:00 to 11:00 AM (Bidang [President of the Republic of Indonesia (Presiden RI)(President of the Republic of Indonesia [Presiden RI], 2023).

The results of the initial survey showed that 5% of individuals with low self-esteem experienced conditions related to schizophrenia, indicating a correlation between negative self-perception disorders and the risk of developing severe mental illnesses such as schizophrenia (Ildrem., 2024).

RESULT

The data sources in this case study comprise primary data obtained through interviews and secondary data derived from observations and documentation that support the primary data. Data were collected directly at the research site using several methods, including interviews, observations, and documentation, employing specific strategies to identify the relevant data focus. All observations and interactions were initially recorded as field notes, which were subsequently transcribed into a structured note format. The collected data are presented in narrative or descriptive form and may be supplemented with quotations from research participants to support the findings (Dkk, 2023)

This study employs a systematic descriptive data analysis from data collection through interpretation of results. The workflow comprises the following stages: initial assessment, formulation of the diagnosis, intervention planning, implementation of the care plan, and final evaluation—all documented in a mental health evaluation format. The analytical approach combines field observation techniques with document review, followed by comparing the findings with relevant theories to develop recommendations for continued care.

The patient, identified as Mr. M, is a 32-year-old male currently receiving treatment at Prof. Dr. Muhammad Ildrem Mental Hospital, specifically in the Sorik Merapi 5 Ward. The assessment was conducted on March 25, 2025, with medical record number 052464. Mr. M is originally from Sidikalang, Muslim, and unmarried. His highest level of education is Senior High School. The individuals he considers most significant in his life are his parents. He has been hospitalized at the mental health facility since May 10, 2024.

The patient was brought to the mental hospital by his family due to signs of social withdrawal, extreme emotional changes, and a significant decline in social functioning. According to the family, the client has been experiencing psychological distress since losing his job six months ago, accompanied by household conflicts and a refusal to engage in social interactions with those around him. The client often appears to blame himself, feels worthless, and shows an inability to make daily decisions. He also refuses to take care of himself, is reluctant to talk to family members, and experiences disturbances in sleep and appetite. The patient has a history of mental illness and had previously received treatment at Prof. Dr. Muhammad Ildrem Mental Hospital. Unfortunately, the previous treatment did not yield optimal results, necessitating further care. In addition, the patient has been a victim of physical abuse by a sibling and feels rejected by other family members. Furthermore, the patient has experienced traumatic events related to violence within the family environment.

In this case study, three primary nursing diagnoses were addressed: disturbed self-concept (low self-esteem), social isolation, and impaired verbal communication. To address low self-esteem, nursing interventions were implemented across four sessions to enhance the patient's self-worth. The expected outcomes included increased interest in trying new things, upright posture, open facial expressions, and the ability to speak with confidence. Interventions were implemented gradually through identifying the patient's abilities, training in positive activities, and creating a daily activity schedule (Sembiring *et al.*, 2025).

Meanwhile, interventions for social isolation were conducted over three sessions to help the patient demonstrate interest in interacting with others, maintain eye contact, and express emotions. The strategies involved building a trusting relationship, gradually training social interaction, and scheduling social activity practices. For impaired verbal communication, intervention was delivered in a single session to improve the patient's speech. Expected outcomes included more transparent verbal communication, appropriate facial expressions, and improved understanding (Nurhadi *et al.*, 2024).

The interventions included monitoring communication, adjusting communication style to the patient's needs, modifying the

environment, and repeating the patient's statements to enhance comprehension.

DISCUSSION
Case Study

This case study was conducted in the Sorik Merapi 5 Ward at Prof. Dr. Muhammad Ildrem Mental Hospital in Medan, involving a single patient as the sample. The assessment was conducted on March 25, 2025, through direct interviews with the patient and the ward nurse, supported by medical records data and observation of the patient's behavior.

The patient is a 32-year-old male, the second of four siblings, a senior high school graduate, and employed in his parents' store. He has a history of mental illness and had previously received treatment at the same hospital. The patient also experienced physical abuse from his biological brother.

Nursing Assessment

The assessment was conducted using therapeutic communication. Mr. M showed symptoms such as feeling worthless, physically unattractive, and unable to complete household tasks. He stated that he has no friends and is afraid to start conversations. Observations revealed that the patient often looked down, had minimal eye contact, withdrew socially, and had difficulty expressing his thoughts and feelings.

These findings are consistent with the theory of self-concept, which concerns how a person evaluates their own strengths and weaknesses.

Nursing Diagnoses

The following nursing diagnoses were established:

1. **Low Self-Esteem** *(priority)*

2. **Social Isolation**

3. **Impaired Verbal Communication**

All three diagnoses are interrelated and aligned with the assessment findings.

Nursing Interventions
Diagnosis 1: Low Self-Esteem
A. Establish a trusting relationship
B. Identify and assess the patient's strengths
C. Determine and integrate positive abilities into daily activities
Diagnosis 2: Social Isolation
a. Identify the cause of isolation
B. Discuss the benefits of social interaction
C. Teach and practice proper introduction skills
D. Involve the patient in daily group activities
Diagnosis 3: Impaired Verbal Communication
A. Monitor speech rate, volume, and clarity
B. Practice active listening
C. Adjust the environment to support communication
Implementation
The implementation of nursing care was carried out based on the planned interventions:
1. Low Self-Esteem: 4 sessions (March 25–28, 2025)
2. Social Isolation: 2 sessions (March 25–26, 2025)
3. Impaired Verbal Communication: 1 session (March 25, 2025)
Evaluation

After four consecutive days of implementation:

- **Low Self-Esteem**: Resolved. The patient was able to identify and apply his strengths in daily activities.

- **Social Isolation**: Resolved. The patient began interacting with the nurse and the roommate.

- **Impaired Verbal Communication**: Resolved. The patient was able to answer questions and communicate with others.

The ward nurse continued further intervention.

CONCLUSION AND SUGGESTION
CONCLUSION

1. The assessment conducted on March 25, 2025, revealed that Mr. M experienced low self-esteem. The evaluation included interviews, observations, information from the nurse and medical records, and direct statements from the patient. The patient reported feeling useless and unreliable in his job at his parents' store.
2. The nursing diagnoses identified in Mr. M were: disturbed self-concept (low self-esteem), social isolation, and impaired verbal communication.
3. The interventions implemented for Mr. M included strategies addressing low self-esteem and social isolation, based on the Indonesian Nursing Intervention Standards (SIKI).
4. The nursing implementation was conducted from March 25 to March 28, 2025, in accordance with the planned interventions, which were based on strategies to address low

self-esteem, social isolation, and impaired verbal communication.
5. The evaluation of Mr. M was conducted over four consecutive days: four for the first diagnosis, two for the second, and one for the third. The evaluations used the SOAP method. Following nursing care, the patient showed signs of improvement and was able to engage in positive activities. The strategy's implementation is recommended to continue.

SUGGESTIONS
For the Patient

It is expected that the patient can independently apply self-concept intervention strategies to address low self-esteem and enhance his positive abilities.

For Future Care Providers

Through this scientific paper, it is hoped that future nursing students and case researchers will expand their understanding and skills in providing mental health nursing care, particularly in managing self-concept disorders such as low self-esteem. By applying the knowledge and theory acquired during their education, they are expected to deliver better, more effective care to patients in need.

For Prof. Dr. Muhammad Ildrem Mental Hospital

It is expected that Prof. Dr. Muhammad Ildrem Mental Hospital will continue to provide quality mental health nursing care, especially for patients with self-concept disorders such as low self-esteem.

For the Institution

It is recommended that the institution provide and expand reading materials and references to enhance knowledge about mental health nursing for students of

STIKes Mitra Husada Medan, particularly in the Diploma Three Nursing Program.

For the Author

This paper serves as a learning resource to enhance the author's knowledge of delivering mental health nursing care to patients with self-concept disturbances, particularly those with low self-esteem.

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