

## NURSING CARE FOR MR. A WITH SOCIAL ISOLATION IN THE BUKIT BARISAN ROOM OF THE MENTAL HOSPITAL Prof. Dr. MUHAMMAD ILDREM IN 2024

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### ABSTRACT

*Mental Health* is a condition when the mind is in a state of peace and calm so that it allows a person to enjoy daily life and appreciate others around him. *Skizofrenia* is a psychotic condition that affects various aspects of a person's life, including the ability to think, communicate, and have difficulty receiving, feeling, and expressing emotions. *Skizofrenia* affects about 24 million people or 1 in 300 people (0.32%) worldwide. The highest prevalence in the Southeast Asian region is occupied by Thailand 12.8%, Indonesia 11.0%, Myanmar 11% and Malaysia 3.0%. The aims to provide psychiatric nursing care to Mr. A with social isolation in the Bukit Barisan Room of Prof. Dr. Muhammad Ildrem Mental Hospital in 2024. The type of research used in this Scientific Paper uses descriptive research with case studies. In the case study using one sample, namely Mr. A. The evaluation obtained was that the patient experienced an improvement in the process of interacting with other people, was able to get acquainted with two or more people and was able to carry out the Social Isolation Implementation Strategy.

**Keywords:** *Mental Health, Skizofrenia and Isolasi Sosial*

### INTRODUCTION

In Mental Health or (Kemenkes 2022) *Mental Health* It is a condition when the mind is in a state of peace and calm so that it allows a person to enjoy daily life and appreciate others around him. A person who is mentally healthy can use his abilities or potential to the maximum in facing life's challenges, as well as living positive relationships with others. On the other hand, a person who experiences mental health disorders will experience mental health disorders will experience disturbances in mood, thinking skills, and emotional control which can ultimately lead to bad behavior.

*Skizofrenia* is a psychotic condition that affects various aspects of a person's life, including the ability to think, communicate, and have difficulty receiving, feeling, and expressing

emotions.

Symptoms include chaotic thoughts, delusions, social isolation, hallucinations, and strange behavior. *Skizofrenia* affect a person's emotions, thoughts, and behaviors, which can have a negative impact on both the individual and his family (Evrina Fitrianingtias et al., 2023). *Skizofrenia* is a clinical syndrome that can affect a person's emotional expression and behavior. It is a disease condition that can attack the brain system and result in emotional symptoms, strange behaviors, and disturbed feelings in the affected individual (Atmojo and Inna Aulia, Worro, Andi, 2023). It is estimated that *skizofrenia* caused by the interaction between genetic and environmental factors, including individual behavior and excessive consumption of marijuana . (WHO, 2022)

According to *World Health Organization* (WHO, 2022), *Skizofrenia* affects about 24 million people or 1 in 300 people (0.32%) worldwide. This figure is 1 in 222 people (0.45%) among adults. A person with the disorder is most common in late adolescence and twenties, and tends to occur more in men than women. In 2019, it is estimated that globally 970 million people are living with mental disorders. This figure shows the largest prevalence of 15.6% for the Americas, 14.2% for the European Region and 13.2% for the Southeast Asia Region. The highest prevalence in the Southeast Asian region is occupied by Thailand 12.8%, Indonesia 11.0%, Myanmar 11% and Malaysia 3.0%. (*World Health Organization, 2023*)

According to the results of the 2018 Basic Health research, the prevalence of schizophrenia or psychosis in Indonesia reached 6.7%, with a prevalence rate in urban areas of 6.4% and in rural areas of 7.0%. According to the Ministry of Health of the Republic of Indonesia, (Depkes, 2019) The results of *Riskesdas 2018* show that the prevalence of *skizofrenia* in Indonesia is quite significant in several provinces, such as Bali (11%), Special Region of Yogyakarta (10%), East Nusa Tenggara (10%), and South Sumatra (9%). The data shows that the prevalence of mental disorders nationwide reaches 6.1% of the total population, which means that there are about 7 out of 1000 people with mental disorders. Based on this data, it can be seen that there is an increasing trend in cases of mental disorders every year in Indonesia (Anggraini & Sukihananto, 2022). And data from WHO in 2018 shows that out of the total world population of 7.6 billion people, and around 9 million people experience social isolation. From the data of the training report at the Prof. Dr. Muhammad Ildrem Mental Hospital, Medan City in 2023, the statistical results were obtained from 1,174 patients who were treated. The male gender is more likely to experience *skizofrenia* which is 850

(72.4%) compared to the female gender of 24 (27.6%).

In the age group, the results were obtained *skizofrenia*. The most occurred in the age range of 23-44 years, which was 667 patients (56.8%) and followed by the age group of 44-54 years, which was 385 patients (32.8%), while from the results of the research survey data, 5 patients with social isolation were found in the Bukit Barisan room. One of the nursing actions that can be done for patients with mental disorders, especially patients who experience social isolation, is Individual Activity Therapy (TAI) and Socialization Group Activity Therapy (TAKS). The goal of this therapy is to train patients in social interaction, so that they feel more comfortable when interacting with others (Apriliyani I, 2023).

Nursing Action is a step to overcome problems with mental disorders, especially in clients who experience social isolation, using a variety of strategies. The first approach to patients involves building trusting relationships, helping patients recognize the causes of social isolation, especially withdrawal behavior, and guiding them in understanding the benefits of social interaction with others. The second strategy involves learning from patients about how to interact with others, especially with nurses, with the aim of making patients feel comfortable communicating. The third strategy involves scheduling acquaintance activities into the patient's daily routine. Meanwhile, the fourth strategy is to ensure that patients routinely take medication according to a predetermined schedule (Anggraini & Sukihananto, 2022)

## METHOD

The type of research used in this Scientific Paper uses descriptive research with case studies. According to the book *Methodology*, descriptive research is research that uses a method of describing a

result taken from the explanation of a phenomenon that is factual and not an opinion.

The data collection tool or instrument uses an assessment format and the subject to be used is one patient with isolation in the Bukit Barisan inpatient room, Prof. Dr. Muhammad Ildrem Mental Hospital, Medan. (Ramdhan, 2021)

This research was conducted on February 26 – March 26, 2024 by conducting interviews, observations, and medical records of patients.

### RESULT AND DISCUSSION

Assessment is the first step in the treatment process and is a systematic process to gather information from various sources to evaluate and identify the patient's health condition (Azijah, 2022). In the Psychiatric 1 nursing book, a person with social isolation behavior will tend to withdraw and will avoid interaction with others, so it needs to be further studied including: client identity, main complaints, predisposing factors, psychological factors, socio-cultural factors, physical aspects, psychological aspects, mental status, need for preparation for going home, coping mechanisms, medical aspects, psychosocial problems, and drug therapy. The patient with the initials Mr. A is 42 years old, Address: Aceh, marital status: unmarried, Islamic religion, last high school education, entry date December 18, 2023, study date February 26, 2024, medical record (Ns. Emi Wuri Wuryaningsih, 2018)03.80.28, the client's main complaint is that he was brought by his family on the grounds that the client often alone, angry for no reason, talking to themselves, unable to sleep and not wanting to take medication, drug therapy

Risperidone 2 mg, and Haloperidol 2 mg. According to the Indonesian Nursing Diagnosis Standards (SDKI Edition 1), social isolation is the inability to foster close, warm, open, and interdependent relationships with others. The following are the symptoms of major and minor signs of social isolation.

**Subjective:** Feeling like being alone, feeling unsafe in public places, feeling different from others, feeling like they don't have a clear goal, feeling engrossed in their own thoughts.

**Objectives:** Withdrawn, not interested/refusing to interact with other people or the environment, flat affect, sad affect, history of rejection, showing hostility, disabled condition, not enthusiastic/lethargic, unable to meet the expectations of others, insignificant actions, no eye contact.

The main cause of patients with social isolation is that the patient feels that he or she does not function for his family (self-concept disorder: low self-esteem) so that the patient becomes withdrawn from society (social isolation), does not want to interact, is lonely until the patient seems to listen to a neighbor who is talking about something that is not good to him (auditory hallucinations).

In the nursing planning book that can be given to patients through the following social isolation implementation strategies: (Ns. Emi Wuri Wuryaningsih, 2018)

1. Fostering trusting relationships
2. Recognizing the causes of social isolation
3. Being able to interact with others

Nursing implementations that can be provided to clients with social isolation withdraw are as follows:

1. Fostering trusting relationships
  - Fostering trusting relationships
  - Say hello when interacting with patients
  - Get to know the patient: introduce

- the patient's name and preferred name and ask the patient's full name and preferred name
  - Make a time contract with the patient to implement the next day
2. Helping patients recognize the causes of social isolation
- Giving patients the cause of not wanting to interact with others
  - Help patients recognize the benefits of interacting with others.
3. patients recognize the disadvantages of not relating to others
- Discussing with the patient the disadvantages of not interacting with others
  - Explain the effect of social isolation on the physical well-being of patients
  - Helping patients to interact with others gradually
3. Train patients to interact with others gradually
- Start the instruction by practicing how to get to know the patient
  - Start helping patients interact with one person (another patient)
  - If the patient is already showing progress then increase the number of interactions by two, three or even more
  - Giving praise for any progress the interaction has been made by the patient
  - Provide encouragement so that patients remain enthusiastic about improving their interactions.

Evaluation is an assessment of the success of nursing actions that have been given with a focus on the quality of the audiopic relationship (Marbun & Pardede, 2022). Evaluation can be done using the SOAP approach, which is a mindset consisting of four main components: (S) subjective, (O) objective, (A) analysis, and (P) planning.

Component (S) shows the client's subjective response to the nursing action that has been performed, while component (O) reflects the client's objective response to the action. Component (A) involves a subjective and objective reanalysis of data to determine whether an existing problem is still relevant or whether there is an emergence of a new problem or conflicting data. Component (P) refers to advanced planning based on the results of the analysis of client responses

## CONCLUSION

Based on the Nursing Care carried out on Mr. A in the Sibual Buali room at the Prof. Dr. Muhammad Ildrem Psychiatric Hospital, it can be concluded that:

1. The assessment was carried out directly through interview and observation methods. Data was also obtained from the status of medical records which became a source of information to obtain study data. The communication used is traupetic communication by building trust between each other. so it was found that Mr. A's patient experienced social isolation and found it difficult to interact with others
2. The nursing problems obtained in Mr. A's case were social isolation, low self-esteem and auditory hallucinations
3. The assessment was carried out directly through interview and observation methods. Data was also obtained from the status of medical records which became a source of information to obtain study data. The communication used is traupetic communication by building trust between each other. so it was found that Mr. A's patient experienced social isolation and found it difficult to interact with others
4. The nursing problems obtained in Mr. A's case were social isolation, low self-esteem and auditory hallucinations
5. The planning and implementation carried

out is to teach strategies for the implementation of social isolation and social group activity therapy

6. The evaluation obtained was that the patient experienced an improvement in the process of interacting with other people and was able to get acquainted with two or more people

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