

Relationship Between Family Support and Relapse Among Schizophrenia Patients

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Abstrak

Schizophrenia is a mental disorder that causes a person to lose their mind and disrupt interactions with others. People with schizophrenia cannot communicate normally with others. Therefore, family support is very important in the healing process of schizophrenia patients. The purpose of this study was to determine the relationship between family support and the recurrence of mental patients at the Lubuk Alung Health Center, Padang Pariaman Regency in 2024. This type of research is a quantitative analytic survey in a cross sectional study approach. The research was conducted at the Lubuk Alung Health Center on July 12-27, 2024, with purposive sampling technique and a sample size of 111 respondents, with independent variables of family support and dependent recurrence. Data were obtained through questionnaires and analyzed univariately and bivariate. The results showed that the average family support for mental illness patients at the Lubuk Alung Health Center, Padang Pariaman Regency was less, namely 63 people (56.8%), the average relapse in mental illness patients at the Lubuk Alung Health Center, Padang Pariaman Regency was less, namely 49 people (44.1%), and the conclusion of this study was that there was a relationship between family support and the relapse of mental patients at the Lubuk Alung Health Center, Padang Pariaman Regency in 2024. Suggestions in this study are expected that family support can be increased so that the relapse rate decreases.

Keyword

Schizophrenia, Relapse, Family Support

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INTRODUCTION

Mental health is a condition in which an individual can develop physically, mentally, spiritually and socially so that the individual realizes his own abilities, can cope with pressure, can work productively, and is able to contribute to his community (Health et al., 2020). Health problems are currently experienced by many people, ranging from physical or mental health problems that will affect the daily social and cultural life of a

human being (Amira Esti, 2023). Good mental health is a condition when our minds are in a state of peace and calm, allowing us to enjoy everyday life and appreciate others around us (Health et al., 2020). According to the World Health Organization (Pratama et al., 2015) there are around 24 million people (2.5%) suffering from mental disorders, or around 1 in 300 people (0.32%) worldwide, with 1 in 222 people (0.45%) of them adults. The WHO states that people with mental disorders are 2-

3 times more likely to die early. Mental disorders are also far more risky than cardiovascular disease, metabolic disease, and infection because people with mental disorders are more at risk of depression and ending in suicide or suicide coupled with the side effects of long-term use of drugs (Chrisanto et al., 2022). The phenomenon that occurs in the world is the same as that in Indonesia, where there is an increase in the prevalence of mental disorders every year. Based on data from the West Sumatra Provincial Health Profile in 2023. people with mental disorders in Padang Pariaman Regency amounted to 894 people spread across 25 Puskesmas. The highest number of people with mental disorders based on data from the Padang Pariaman Health Office is at the Lubuk Alung Health Center with 152 people. Based on the results of an initial survey conducted in July 2024 at the Lubuk Alung Health Center in Padang Pariaman

Regency, the nurse stated that there were about 7 out of 10 patients who took their own medication to the health center. This occurs due to a lack of family support, such as a lack of emotional support where the family does not provide encouragement and encouragement to patients, lack of instrumental support such as no assistance and transportation assistance services, lack of informational support.

METHOD

This research is a quantitative study with sampling done using purposive sampling technique. Purposive sampling is a sampling technique with certain considerations in Sugiyono, (2016). The reason for using this purposive sampling technique is because it is suitable for quantitative research, or studies that do not generalize according to Sugiyono, (2016).

RESULT AND DISCUSSION

Table 1 Frequency Distribution of Family Support in Schizophrenia Patients

Family Support	f	%
Less	63	56.8
Simply	36	32.4
Good	12	10.8
Total	111	100

Based on the results of the table analysis above, it was found that more than half of the respondents, namely 63 people (56.8%),

family support for patients with mental disorders was categorized as less.

Table 2 Frequency Distribution of Recurrence in Schizophrenia Patients

Recurrence	f	%
Rare	49	44.1
Often	62	55.9
Total	111	100

Based on the results of the analysis of the table above obtained that more than half of the respondents, namely 62 people

(56.8%) with relapse in mental illness patients categorized as frequent.

Table 3 Results of Data Analysis of the Relationship between Family Support and Recurrence in Schizophrenia Patients

Family Support	Recurrence						P Value
	Rare		Often		Total		
	f	%	f	%	f	%	
less	1	1,6	62	98,4	63	100	<0,001
Simply	36	100	0	0	36	100	
Good	12	100	0	0	12	100	
Total	75	67	37	33	111	100	

Based on the table shows that the results of the cross tabulation between family support and relapse in patients with mental disorders, obtained a p-value of 0.001 with a significant level of $p < 0.05$. The p-value (0.001) is smaller than the α value (0.05) so that H_a is accepted and H_o is rejected, so it can be concluded that in this study there is a relationship between family support and relapse of schizophrenia patients.

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These results show a high confidence range, which may be due to the study results of good family support; however, there were also respondents who received less good family support, but rarely relapsed. Factors affecting family support can come from both internal and external factors, with internal factors including knowledge and level of family acceptance. The results showed that 115 respondents (75.6%) had elementary and junior high school education. Education affects the family's ability to absorb information, solve problems, and maintain health.

Research in line conducted (Wardana et al, 2020) states that family support is very important and main in the recovery process of patients with mental disorders, families must have high knowledge of how to provide good and correct family support to people with mental disorders. Family support is needed so that recovery for people with mental disorders can be achieved. Families are expected to be able to play an active role in the recovery process of patients with mental disorders at home, in addition to the family being able to provide support, the family can also remind patients about compliance with taking medication. In addition, support from the environment is also needed so that people

with mental disorders feel they are accepted and recognized. Good acceptance from the environment can help patients with mental disorders towards their recovery.

According to (Ekayamti, 2021), states that the family should care and give a good response to the things the patient does. The family must also understand that providing emotional support is important for patients so that patients are not often alone and feel uncared for by the family, but there are also many patients who have the desire stay healthy and live like normal people even though support from the family is not good, some of these things are likely to affect the results of researchers.

The results of research conducted by (Bujang et al., 2022) show that there is a correlation between family support and the frequency of relapse of patients with mental disorders, with a p value of 0.040 and a p value of -0.0360. However, this relationship may have occurred because the family did not know about the patient's illness. Families support mentally ill patients by sending them to the hospital, reminding them to take medication, and calming them down, but they do not know how to explain their illness. According to researchers, when families can accept the patient's condition gracefully, the chances of relapse are very small. This is because family support is very important to prevent relapse of mental patients.

The same research was conducted by (Marlita et al., 2020) with the title Relationship between Family Support and Recurrence Rates in Mental Disorder Patients at the Psychiatric Polyclinic of the Klender Islamic Mental Hospital, East Jakarta in 2016. The study found that poor family support caused a relapse rate in the high category 42.5%, while good family support caused a relapse rate in the low category of 31.5%.

According to the researchers, families play an important role in preventing relapse of mental disorders by meeting the needs of patients to make them feel valuable and showing positive attitudes to prevent relapse. Therefore,

families should support schizophrenia patients so that they can fully recover.

CONCLUSION

1. More than half of the respondents, namely 63 people (56.8%), family support for schizophrenia patients was categorized as less.
2. More than half of the respondents, namely 62 people (55.9%) with relapse in schizophrenia patients are categorized as frequent.
3. There is a significant relationship between family support and relapse in schizophrenia patients, with a statistical test (Chi square) obtained a value of $p = 0.000$ ($p < 0.05$) it can be concluded that if the p value < 0.05 then H_0 is rejected and H_a is accepted, which means that there is a relationship between family support and the relapse of schizophrenia patients.

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