

Occupational Therapy to Improve Self-Esteem on Residual Schizophrenic

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Abstract

The number of schizophrenics in Indonesia is increasing, as also in Jakarta. Previous study indicated that schizophrenics, in general, have low self-esteem. In fact, self-esteem is one of the crucial factors for one's mental health. The aim of this study is to see the benefits of occupational therapy in improving self-esteem on residual schizophrenics. This study participated by three (3) residual schizophrenics with low self-esteem. The self-esteem of the participants was measured with Rosenberg Self-Esteem Scale-Revised which has been adapted to Bahasa by Lexy and then be adapted for residual schizophrenics by researcher through tryout given to the participants. The data was collected through October to November 2016. High self-esteem reflected by the perspective of one's self; that they were able to do things, important, successful and valuable. This research used qualitative method; in-depth interview for data collection and occupational therapy for intervention. The participants were asked to make and sell salted-egg. This research indicates an improvement on self-esteem after the participants undergo the occupational therapy.

Key words: Self-Esteem, Occupational Therapy, Residual Schizophrenics, Early Adult