

APPLICATION OF BEAD-STRINGING OCCUPATIONAL THERAPY TO IMPROVE SELF-ESTEEM IN A PATIENT WITH CHRONIC LOW SELF-ESTEEM IN BANTUR DISTRICT

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ABSTRACT

Introduction: Chronic Low Self-Esteem (CLSE) is a common psychiatric nursing problem characterized by persistent negative self-evaluation. This condition may lead to decreased self-confidence, social withdrawal, and limited participation in productive activities. Bead stringing occupational therapy is considered a meaningful activity that can enhance patients' sense of competence and self-esteem.

Method: This study employed a descriptive case study design involving one patient diagnosed with Chronic Low Self-Esteem in Bantur District. The intervention consisted of bead stringing occupational therapy implemented over three weeks with three home visits per week. Data were collected through interviews, observations, mental status examinations, the Rosenberg Self-Esteem Scale (RSES), and an occupational therapy evaluation form. **Results and Discussion:** The patient's RSES score increased from 14 (low self-esteem) during the pretest to 24 (moderate/normal self-esteem) during the posttest. Positive behavioral changes were observed, including improved eye contact, communication skills, upright posture, more positive self-appraisal, increased interest in new activities, and greater independence in completing beadwork activities. These findings indicate that bead stringing occupational therapy had a positive effect on improving self-esteem in patients with Chronic Low Self-Esteem.

Keywords : Chronic Low Self-Esteem, Occupational Therapy, Bead Stringing, Self-Esteem, Community Mental Health Nursing.