

CHAPTER I

INTRODUCTION

1.1 Background

Mental health is a fundamental component of overall human health. Individuals with mental disorders endure not only psychological suffering but also face significant barriers to social, occupational, and daily functioning. One of the most prevalent psychosocial issues identified in individuals with psychiatric disorders is chronic low self-esteem (CLSE). According to the Indonesian Nursing Diagnosis Standards (*Standar Diagnosis Keperawatan Indonesia* [SDKI]), chronic low self-esteem is defined as a prolonged negative evaluation of oneself or one's capabilities, characterized by feelings of worthlessness, lack of confidence, helplessness, and perceiving oneself as inferior to others (PPNI, 2017). Chronic low self-esteem frequently manifests in individuals diagnosed with severe mental illnesses, such as schizophrenia, where recurrent experiences of failure, social stigma, altered roles, and dependence on others consistently contribute to the formation of persistent negative self-perceptions (Kinasih, Rohmi, & Agustiningsih, 2017).

The magnitude of psychiatric disorders and their accompanying psychosocial impacts has been well-documented from the global to local levels. Globally, the World Health Organization (WHO) notes that schizophrenia affects approximately 24 million people worldwide and remains a leading cause of long-term psychosocial disability (WHO, 2025). Nationally, the 2023 Indonesian Health Survey (*Survei Kesehatan Indonesia* [SKI]) recorded that the prevalence of emotional mental disorders among the

population aged >15 years reached 10.6%, while the prevalence of schizophrenia or psychosis was 4.7 per 1,000 population, with East Java being one of the provinces bearing a considerably high burden of mental disorders nationwide (Kementarian Kesehatan RI, 2023). At the local level, preliminary study findings at the Bantur Public Health Center (*Puskesmas Bantur*), Malang Regency, in May 2026, indicated that there were 193 registered psychiatric patients, 168 of whom were medically diagnosed with schizophrenia. These data demonstrate that the population at risk of developing subsequent psychosocial issues, including chronic low self-esteem, remains extensive and demands comprehensive healthcare attention down to the community level.

If chronic low self-esteem is left unmanaged, the condition can progress into a cascade of increasingly complex, long-term complications. Individuals with CLSE tend to withdraw socially, lose motivation to engage in productive activities, and experience a significant decline in their quality of life. Over time, this condition can prolong an individual's dependence on their family, hinder social reintegration, and even elevate the risk of psychiatric relapse. The clinical manifestations of CLSE are observable through behaviors such as diminished self-confidence, reluctance to interact with others, speaking in a low voice, and an inability to demonstrate existing capabilities. Consequently, nursing interventions specifically designed to enhance patient self-esteem within the community are integral to comprehensive psychiatric nursing care (Nabila et al., 2026).

Within the framework of community psychiatric nursing interventions, occupational therapy has been recognized as an effective, evidence-based, non-pharmacological approach to improving self-esteem in individuals with mental disorders. Occupational therapy utilizes structured and meaningful activities to help individuals develop skills, improve social functioning, and rebuild self-confidence. The theoretical foundation of this approach is conceptualized through Kielhofner's Model of Human Occupation (MOHO), which posits that engaging in meaningful activities enhances self-competence and self-identity through direct experience, as well as Bandura's Self-Efficacy Theory, which asserts that the successful completion of a task serves as a primary source for increasing confidence in one's capabilities (Ivarsson, n.d.; Bandura, 1997). One form of occupational therapy that is simple, cost-effective, and easily implemented in the community is bead-stringing occupational therapy, a fine motor activity involving the arrangement of beads into a handicraft that engages concentration and creativity. A literature review by Kinasih et al. (2020) demonstrated that various forms of creative occupational therapy are effective in improving the abilities and self-esteem of psychiatric patients, a finding further supported by literature reviews on art therapy showing enhancements in patient's self-expression, self-confidence, and social skills (Rohmawati et al., 2026).

Based on an assessment conducted on a managed patient within the working area of the Bantur Public Health Center, a patient with a medical diagnosis of schizophrenia exhibited signs and symptoms of chronic low self-

esteem, including feelings of inadequacy, lack of confidence, infrequent participation in productive activities, and a tendency to withdraw from social environments. Furthermore, the patient had never previously received structured, creative activity-based occupational therapy interventions. Bead-stringing occupational therapy was selected as the intervention because it is easily performable at home, aligns with the patient's current capabilities, promotes active participation, and holds the potential to provide successful experiences that can gradually enhance self-esteem. On this basis, the author is compelled to conduct a case study regarding the application of bead-stringing occupational therapy as an effort to improve self-esteem in patients with chronic low self-esteem within the working area of the Bantur Public Health Center.

1.2 Problem Statement

Based on the background described, the problem statement of this case study is formulated as follows: "How is the application of bead-stringing occupational therapy implemented as an effort to improve self-esteem in patients with chronic low self-esteem within the working area of the Bantur Public Health Center?".

1.3 Objectives

1.3.1 General Objective

To analyze the application of bead-stringing occupational therapy as an effort to improve self-esteem in patients with chronic low self-esteem within the working area of the Bantur Public Health Center.

1.3.2 Specific Objectives

1. To assess the self-esteem levels of patients with chronic low self-esteem before and after the administration of bead-stringing occupational therapy interventions within the working area of the Bantur Public Health Center.
2. To implement the application of bead-stringing occupational therapy in patients with chronic low self-esteem in accordance with the standard operating procedures of community psychiatric nursing within the working area of the Bantur Public Health Center.
3. To evaluate the outcomes of applying bead-stringing occupational therapy toward improving self-esteem in patients with chronic low self-esteem within the working area of the Bantur Public Health Center.

1.4 Benefit's

1.4.1 Theoretical Benefit's

This case study is expected to enrich the body of knowledge in community psychiatric nursing, specifically serving as a scientific reference regarding the application of bead-stringing occupational therapy as an evidence-based, non-pharmacological intervention to address chronic low self-esteem in community-dwelling psychiatric patients.

1.4.2 Practical Benefit's

1. For Patients

This case study is expected to serve as an engaging rehabilitative therapeutic tool that trains fine motor skills and concentration, while

fostering a sense of self-confidence through the successful experience of independently creating a handicraft.

2. For Families

This case study is intended to provide new knowledge and practical skills for families in supporting patients through simple, cost-effective, productive activities at home as a form of recovery support.

3. For Nurses

It is expected to serve as a clinical reference for designing creative and independent community psychiatric nursing care plans, particularly in integrating bead-stringing occupational therapy as a self-esteem promotion program.

3. For Educational Institutions

It is anticipated to provide additional literature and case study references for community psychiatric nursing, particularly concerning the implementation of occupational modality therapy as a non-pharmacological intervention.