

IMPLEMENTATION OF HORTICULTURAL THERAPY FOR PATIENTS WITH DIABETES MELLITUS AND SITUATIONAL LOW SELF-ESTEEM AT ARDIMULYO COMMUNITY HEALTH CENTER

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ABSTRACT

Chronic illnesses, such as diabetes mellitus, can give rise to psychosocial issues; patients often view themselves negatively, which impacts their self-esteem. Horticultural therapy a non-pharmacological intervention can assist individuals facing motor or social impairments that hinder their ability to engage in activities. This study analyzes the nursing issue of situational low self-esteem in a patient following the administration of horticultural therapy. The case study focuses on the nursing care process, utilizing data collection methods such as interviews, observation, physical examinations, document review, and the Rosenberg Self-Esteem Scale (RSES) questionnaire. Initial findings revealed that the patient felt useless and listless, and held a negative self-image. A two-stage horticultural therapy program was subsequently administered over four days; the intervention enabled the client to alleviate feelings of uselessness and listlessness and to improve their self-perception by engaging in leisure-time activities. RSES scores rose from 21 prior to the therapy to 27 afterward, indicating an improvement in self-esteem. The intervention aims to foster self-appreciation and boost self-confidence.

Keywords: Situational low self-esteem, diabetes mellitus, hortikultural therapy