# CHAPTER 1

# INTRODUCTION

## 1.1 Background

The prevalence of mental disorders continues to increase and has become a significant public health concern that requires serious attention. This condition is influenced by various psychological and behavioral factors that may lead to stress, impaired individual functioning, and a decline in quality of life. Mental disorders reflect disturbances in an individual's psychological functioning and are not merely the result of social deviance or conflicts with the surrounding community. According to the Indonesian Nursing Diagnosis Standar one of the nursing diagnoses related to disturbances in thought content is delusions.

Delusions are among the most common disturbances of thought content observed in individuals with mental disorders. A delusion is defined as a false belief that is firmly held despite clear evidence to the contrary. It is characterized by beliefs that are inconsistent with reality and persist even when contradictory evidence is presented. One of the most frequently encountered types of delusions in psychiatric patients is persecutory delusions. Persecutory delusions are characterized by the false belief that one is being watched, threatened, harmed, hated, or deliberately targeted by others without any objective evidence. Patients experiencing persecutory delusions often exhibit excessive suspiciousness, difficulty trusting others, heightened sensitivity, and a tendency to withdraw from social interactions because they perceive their environment as unsafe. These conditions may impair an individual's ability to accurately perceive reality, interact effectively with others, and perform daily social functions optimally (Stuart, 2016).

Psychologically, persecutory delusions contribute to increased anxiety, fear, and feelings of insecurity. Individuals become excessively vigilant toward their surroundings because they perceive others as potential threats. From a social perspective, patients with persecutory delusions often experience impaired social interactions. They tend to withdraw from their social environment, avoid communication, and have difficulty establishing trusting relationships with others. Furthermore, persecutory delusions may lead to maladaptive behaviors, including defensiveness, hostility, and even aggressive behavior. Patients may engage in certain actions as a means of protecting themselves from the perceived threats they firmly believe exist. As these false beliefs become more deeply entrenched, the risk of violent behavior directed toward themselves or others may increase (Aulia et al., 2025).

According to the World Health Organization (WHO), approximately 17.8% of the global population experienced various mental health problems in 2020. Meanwhile, Indonesia's Basic Health Research (Riset Kesehatan Dasar/Riskesdas) reported that approximately 9% of the Indonesian population experienced mental health disorders. Data from the East Java Provincial Health Office indicated that approximately 0.79% of East Java's population of 45.561.817 individuals experienced mental disorders. Furthermore, the Malang City Health Office reported that approximately 0.19% of the population of Malang City experienced similar mental health conditions (Gusti Rai Putra et al., 2019).

According to data obtained from the Bantur Community Health Center in 2024, there were approximately 126 individuals with mental disorders across the five villages within its service area. Of these, 35 individuals experienced hallucinations, 54 experienced delusions, 20 had low self-esteem, 11 were at risk of exhibiting violent behavior, and 6 experienced social isolation. These data indicate that delusions are

among the most prevalent mental health problems in the working area of the Bantur Community Health Center, highlighting the need for comprehensive attention and appropriate management.

The management of patients with delusions also requires psychosocial interventions aimed at improving patients' ability to recognize reality, develop social skills, and promote more adaptive behaviors. One of the recommended psychiatric nursing interventions is Group Activity Therapy. According to Keliat et al. (2023), Group Activity Therapy is a modality therapy that utilizes group dynamics as a therapeutic medium to enhance patients' cognitive, affective, behavioral, and social functioning. Through structured group activities, patients are encouraged to interact with others, express their feelings, improve their problem-solving abilities, and learn from the experiences of fellow group members.

. The behavioral improvements demonstrated in response to these various challenges can be explained by Skinner's Operant Conditioning Theory. This theory proposes that human behavior is not merely a passive response to external stimuli but rather an active behavior influenced by the consequences that follow it. According to Skinner, behaviors that are reinforced are more likely to be maintained and repeated, whereas behaviors that are not reinforced gradually diminish over time.

In the context of mental health care,Skinner's Operant Conditioning Theory can be applied to understand and modify maladaptive behaviors associated with mental disorders. According to Skinner, human behavior can be shaped through the provision of reinforcement, whereby behaviors followed by positive consequences are more likely to be repeated, whereas behaviors that do not receive reinforcement gradually decline over time. This principle serves as the foundation for various psychiatric nursing

interventions aimed at helping patients develop more adaptive behaviors that are consistent with reality (Antoni, 2024).

One of the mental health conditions that requires this approach is Disturbed Reality Orientation . One of the nursing interventions that can be implemented to help patients overcome impaired reality orientation is Reality Orientation Therapy. This therapy aims to assist patients in recognizing and understanding objective reality by reinforcing responses, behaviors, and perceptions that are consistent with reality (Keliat, 2019).

A study conducted by Victoryna et al. (2020) demonstrated that Reality Orientation Therapy is effective in helping patients with delusions improve their ability to recognize reality. The therapy was also found to enhance patients' behavioral functioning. Therefore, the application of the principles of Skinner's Operant Conditioning Theory through Reality Orientation Therapy represents a promising psychiatric nursing strategy for helping patients with persecutory delusions reduce reality-incongruent beliefs, improve their orientation to reality, and enhance their social and behavioral functioning.

The findings of the preliminary study conducted by the author indicated that the patient frequently stated that she was being pursued and that her husband intended to kill her. In addition, the patient was observed pacing around the house, talking to herself, demonstrating poor eye contact during communication, having difficulty concentrating, and exhibiting poor personal hygiene. Based on these findings, the author decided to conduct a case study entitled "The Implementation of Skinner's Operant Conditioning Theory in Reality Orientation Therapy for Patients with Delusions in the Working Area of the Bantur Community Health Care Center.

## 1.2 Problem Statement

How does Reality Orientation Therapy, as an implementation of Skinner's Operant Conditioning Theory, affect patients' ability to manage delusions?

## 1.3 General Objective

To analyze patients' ability to manage delusions following the implementation of Skinner's Operant Conditioning Theory through Reality Orientation Therapy.

### 1.3.1 Specific Objectives

1. To identify nursing assessment data and nursing problems in patients with Reality Orientation Disturbance
2. To plan and implement Skinner's Operant Conditioning Theory through Reality Orientation Therapy
3. To analyze patient progress and evaluate the implementation of Skinner's Operant Conditioning Theory through Reality Orientation Therapy.

## 1.4 Significance of the Study

### 1.4.1 Nursing Theory Development

This study is expected to contribute to the advancement of psychiatric nursing, particularly in relation to the application of Skinner's Operant Conditioning Theory through Reality Orientation Therapy to assist patients in managing delusions. Furthermore, the findings of this study are expected to serve as a scientific reference for the development of nursing interventions based on behavioral theory for patients with disturbances in thought processes.

### 1.4.2 Nursing Practice

1. For Patients and Their Families

   This study is expected to help patients improve their ability to recognize reality and manage delusions through reality orientation exercises that can be practiced independently with support from their families. In addition, family members are expected to apply positive reinforcement to maintain patients' adaptive behaviors in their daily lives.

2. For Healthcare Services

   This Final Scientific Paper for the Nursing Professional Program (Ners) is expected to serve as a valuable reference and source of information for healthcare professionals, particularly psychiatric nurses, in implementing Reality Orientation Therapy integrated with Skinner's Operant Conditioning Theory as an approach to improving the quality of psychiatric nursing care for patients with delusions.

### 1.4.2 Future Research

The implementation of Skinner's Operant Conditioning Theory in Reality Orientation Therapy may serve as a foundation for future research involving larger sample sizes, longer intervention periods, and a wider range of delusion subtypes. Furthermore, this study is expected to provide valuable insights for the development of innovative psychiatric nursing interventions based on behavior modification for patients with disturbances in thought processe.