CHAPTER 3

METHODS

3.1 Research Methods

The research method is a scientific method used by researchers to systematically obtain data and information to answer research problems and achieve the goals that have been set. The selection of research methods must be adjusted to the characteristics of the problem, subject, and object being researched so that the data obtained is valid and can be accounted for (Sugiyono, 2022).

The study research method used with a case study approach was used. Descriptive research aims to describe in detail the phenomenon, circumstances, or events that occur in the research subject without manipulating the variables being studied. The case study is a research design that focuses on an in-depth assessment of a specific unit, such as individuals, families, groups, communities, or institutions, in a certain context and period. Through this approach, researchers can gain a comprehensive understanding of the problems experienced by the subject and the interventions provided (Nursalam, 2020). This study is a case study in the form of the implementation of reality orientation therapy based on the theory of Skinner's Operant Conditioning in suspicious patients.

3.2 Location and Time of Implementation

This research was conducted for 5 days on May 11-15, 2026 located in the Bantur Primery Health Center, especially in Wonorejo village.

3.3 Case Study Subject

The subject of this study is Mrs. Y in Wonorejo village, Bantur District, Malang Regency.

3.4 Study Focus

The focus of the study in this study is the application of Reality Orientation Therapy in helping to control suspicious behavior in patients with nursing problems with thought process disorders: behavior. The evaluation was carried out by comparing the patient's condition before and after being given Reality Orientation Therapy. The implementation of therapy was carried out for 5 consecutive days with a duration of ±30 minutes per meeting. The intervention was carried out in accordance with the Standard Operating Procedures (SOP) of Reality Orientation Therapy and followed the stages of therapeutic communication which included the orientation phase, the work phase, and the termination phase.

In patients with suspicious attitudes, the aspects evaluated included changes in signs and symptoms of thought process disorders based on the Indonesian Nursing Output Standards (SLKI), namely an increase in reality orientation. The observed outcome criteria included the ability to recognize self-identity, the ability to recognize time, place, and people around them, the ability to distinguish reality from false beliefs, reduced suspicious behavior, decreased fear, and increased ability to interact with the environment. The assessment was carried out using observation sheets before and after the intervention to determine the development of the patient's condition after being given Reality Orientation Therapy for five days.

3.5 Data Collection

a. Interview

Interviews are one of the data collection methods that are carried out directly to informants to obtain the information needed in the research (Sari et al., 2025). In this study, interviews were conducted using psychiatric nursing assessment instruments to obtain data on patient identity, main complaints,

medical history, predisposing factors, precipitation factors, sources and coping mechanisms, family support, and signs and symptoms related to suspicious behavior. In addition, interviews are also used to explore the patient's beliefs, level of suspicion of the environment, feelings of fear or threat, ability to orient themselves to reality, and the patient's response to the people around him. The data obtained through interviews are used as a basis for determining nursing diagnoses, planning interventions, and evaluating the effectiveness of the implementation of Reality Orientation Therapy.

b. Observations

Observation is a data collection technique that has specific characteristics compared to other techniques because it is carried out by directly observing behavior and conditions that occur in the field. Meanwhile, Nursalam (2020) stated that observation is a data collection method that is carried out by systematically observing client responses, behaviors, and conditions to obtain objective data. In this study, observations were made directly to patients with suspicious attitudes using observation sheets that had been compiled based on signs and symptoms of thought process disorders: attitude. The observation aimed to identify changes in the patient's condition before and after being given Reality Orientation Therapy for five days. The aspects observed included the patient's facial expressions, the level of awareness of the environment, suspicious behavior towards others, the ability to trust the people around him, the belief that he or she is being followed, supervised, or will be harmed, the ability to recognize people, places, and times, the ability to distinguish reality from the beliefs owned, and the ability to accept reality orientation given by the nurse.

c. Documentation Studies

According to Notoatmodjo (2018), documentation is a data collection technique that is carried out by studying and examining various documents or records related to the object of research. This technique is used to obtain more complete and objective data as a complement to the data from interviews and observations. In this study, a documentation study was carried out by examining various documents related to the condition of suspicious patients. The data collected includes patient identity, medical history, history of mental disorders, medical history, medical diagnosis, nursing diagnosis, patient development records, and nursing procedures that have been given. In addition, documentation is also used to obtain information about the signs and symptoms of suspicious behavior, such as beliefs that do not match reality, excessive suspicious behavior, fear, and reality orientation disorders recorded in medical records. The documents used in this study came from patient medical records, nursing care records, and patient development reports in the Bantur Community Health Center. The data obtained through the documentation study was used to complement the results of interviews and observations and to support the evaluation of the application of Reality Orientation Therapy in patients with suspicious attitudes.

3.6 Data Analysis and Presentation

a. Data analysis

The data analysis used in this study is descriptive analysis. Descriptive analysis is a method used to describe and explain conditions or phenomena that occur in research subjects systematically based on the data obtained. In this study, the analysis was carried out to describe changes in signs and symptoms

of suspicious behavior before and after the application of Reality Orientation Therapy.Data obtained from interviews, observations, and documentation studies were analyzed to determine the development of the patient's reality-oriented ability, level of suspicion, feelings of fear, ability to distinguish reality from beliefs, and ability to interact with the environment. The results of the analysis were then presented descriptively to show whether the signs and symptoms of suspicious disbelief decreased, settled, or increased after being given Reality Orientation Therapy for five days.

b. Data presentation

The presentation of data in this study was carried out in the form of narratives, tables, and diagrams to provide a systematic and easy-to-understand picture of the application of Reality Orientation Therapy in patients with suspicious attitudes. Presentation in the form of a narrative is used to describe the patient's characteristics, the results of the study, the implementation of therapy, and the development of the patient's condition during the intervention process. The presentation of data in the form of a table was used to display the results of the evaluation of signs and symptoms of suspicious behavior as well as the achievement of nursing output indicators before and after the administration of Reality Orientation Therapy.The table aims to make it easier to compare the patient's condition from day to day during the implementation of therapy. In addition, data is also presented in the form of diagrams to visually illustrate changes in the patient's condition, such as a decrease in the level of suspicion, reduced fear, increased ability to recognize reality, and an increase in the ability to interact with the environment. The diagram is used to show the patient's progress from the first day to the fifth day of the implementation of

Reality Orientation Therapy, so that the effectiveness of the intervention can be seen more clearly.

3.7 Research Ethics

Research ethics is an important foundation in the implementation of research to maintain integrity, scientific responsibility, and protect the rights and welfare of research subjects. Research involving humans as subjects must pay attention to the ethical principles of research, namely:

a. Respect for Persons

The researcher respects the rights and dignity of the patient by providing an informed consent sheet before the study is carried out. The researcher explained the purpose of the research, the procedure for implementing Reality Orientation Therapy, the benefits of the research, and the patient's right to accept or refuse participation in the study. Patients are also given the freedom to withdraw from research at any time without any consequences or sanctions for the health services they receive.

b. Beneficence

This research was conducted with the aim of providing benefits for patients through the application of Reality Orientation Therapy to help control suspicious behavior, improve reality-oriented skills, reduce excessive fear and suspicion, and improve patients' ability to interact with the environment. Researchers seek to maximize the benefits obtained by patients and minimize risks that may arise during the research process.

c. Non-Maleficence

The researcher ensured that the entire research procedure did not pose any physical or psychological harm to the patient. The implementation of Reality

Orientation Therapy is carried out in accordance with the Standard Operating Procedures (SOP) and therapeutic communication principles so that patients feel safe, comfortable, and do not experience pressure during the intervention process.

d. Justice

The researcher gave fair treatment to all research subjects regardless of age, gender, social status, religion, or other backgrounds. Every patient who meets the research criteria has an equal opportunity to benefit from the implementation of Reality Orientation Therapy.

e. Confidentiality

Researchers maintain the confidentiality of all data and information obtained from patients. The patient's identity was not included in the research report and was replaced with a specific initials or code. The data obtained is only used for research purposes and is not disseminated to other parties without the patient's consent.