

APPLICATION OF SELF-CARE THEORY BY DOROTHEA OREM THROUGH
SUPPORTIVE-EDUCATIVE THERAPY TO IMPROVE DAILY LIVING
ACTIVITIES IN SCHIZOPHRENIC PATIENTS
WITH SELF-CARE DEFICIT

M. Imam Fadholi, Dr. Tri Anjaswarni S.Kp., M.Kep.

Program Studi Profesi Ners Poltekkes Kemenkes Malang,
Jl.Besar Ijen 77C, Malang
Email : imamfadholi282@gmail.com

ABSTRACT

Background: Self-care deficit is a common nursing problem among patients with mental disorders, particularly schizophrenia. This condition is characterized by the inability to independently perform basic daily activities and may lead to serious physical and psychosocial consequences, such as skin infections, urinary tract problems, malnutrition, and susceptibility to communicable diseases. Psychosocially, patients often experience social isolation, low self-esteem, and rejection from their environment. Studies show that individuals with self-care deficits have a 2–3 times higher risk of premature death compared to the general population. One approach that can be applied is the supportive-educative therapy based on Dorothea Orem’s self-care theory, which emphasizes the role of nurses as educators and supporters in promoting patient independence. **Objective:** To analyze the ability of patients with self-care deficits to carry out daily activities after the implementation of a supportive-educative approach based on Orem’s self-care theory. **Method:** This study used a case study design with a nursing care approach. The subject was a patient diagnosed with schizophrenia and self-care deficit. The intervention was conducted over four days through therapeutic communication, education and demonstration, guided practice, and evaluation. **Results:** Before the intervention, the patient showed signs of withdrawal, avoided bathing, did not change clothes, and lacked initiative. After the intervention, the patient began to understand the importance of hygiene, showed interest, and was able to perform most self-care activities independently. **Conclusion:** The supportive-educative approach based on Dorothea Orem’s self-care theory helped improve the patient’s self-care abilities. This intervention can serve as an alternative approach in mental health nursing, particularly when involving the family as a support system.

Keywords: self-care deficit, schizophrenia, Orem’s theory, supportive-educative therapy