THE CHARACTERISTICS OF PATIENTS WITH MENTAL DISORDERS TREATED IN THE ACUTE ROOM

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ABSTRACT

Mental disorder patients who are treated in acute rooms averagely stay for 4 days. This will result in frequent changes of patients, so that old patients will meet new patients who have various nursing problems such as the risk of violent behavior, hallucinations, and delusions. The study aimed to determine the characteristics of mental disorder patients treated in the acute room. Quantitative research with a descriptive approach was carried out on 30 patients in the acute room of regional psychiatric hospital *Dr. Amino Gondohutomo, Central Java Province. Data collection tool was questionnaire. The sampling technique used was Purposive Sampling Technique. Research data were analyzed univariately using frequency distribution. The results showed that the majority of respondents aged 26-35 years, the last education of respondents was basic education (elementary, junior high school/equivalent), and working in private sector, respondents' caregivers were parents (father/mother) and children, and were treated for a majority of 7 days.*

Keywords: characteristics, mental disorder patients, acute room

INTRODUCTION

Patients admitted to mental hospitals are patients with mental disorders such as social isolation, risk of suicide, low self-esteem, hallucinations, risk of violent behavior, self-care deficits, and delusions. Mental disorders often bring disquiet to the surrounding community. World Health Organization (WHO) explained 25% of the world population had experienced mental health problems, 1% of them were severe mental disorders. In Indonesia, the average of severe mental disorders such as hallucinations, illusions, delusions, thinking ability, thought process disorders and strange behavior, for example agreements or cathonics in each province was 14.3% while in Central Java, the sufferers of severe disorders was 2.3 % (Basic Health Research, 2013).

According to the World Health Organization (WH0) mental health is a condition in which a person is free from mental disorders and has a positive attitude to describe his maturity and personality. According to WHO data in 2012, the number of people with mental disorders is alarming globally, about 450 million people suffer from mental disorders. People who experience mental disorders living in developing countries, as many as 8 out of 10 people do not get treatment (Ministry of Health, Republic of Indonesia, 2012). Central Java City Health Service (2012), said that the incidence of mental disorders in Central Java ranged from 3,300 to 9,300 people. Meanwhile, the hallucinationcase data at the RSJD Surakarta in the period of January - March (2015), found problems in inpatient of 4,021 clients. From these data, hallucination occupies the first woes among various other mental disorders.

The results of the preliminary study obtained data for a week in the inpatient room that there were approximately 44 hallucinations patients, 52 patients of Risk of Violence Behaviorand 12 patients with nursing problems. These data indicate that patients treated in the inpatient

room have different characteristics. Research that has been conducted by Livana, et al (2019) showed that the majority of patients were at risk of violent behavior were aged 26-35 years old, are male, and were high school graduates. Research by Suerni and Livana (2019) showed that the characteristics of social isolation patients were mostly aged 36-50 years olf and with the highest education being senior high school. Livana and Suerni's study (2019) showed the characteristics of the majority of hallucinatory patients aged > 40 years, male, and had diploma education. Research related to the identification of the characteristics of mental patients in general who are treated in an acute room has never been done so this research needs to be done aiming to find out the characteristics of mental patients who were treated in acute care Dr. Amino Gondohutomo, Central Java Province.

METHOD
This research was a quantitative research through a descriptive approach. The population in this study were mental patients who were treated in the acute room of RSJD Dr. Amino Gondohutomo, Central Java Province. The sampling technique used was the Purposive Sampling Technique. The research tool used in this study was a questionnaire. Data on the characteristics of psychiatric patients was analyzed univariately using frequency distribution.

RESULTS
The results of the study were presented in the following table.

Table 2
The caregiver for mental patients (n = 30)

Caregiver	f	%
Parents (father/mother) or children	22	73.3%
Grandfather/grandmother/brother/sister	8	26.7%

Table 2 shows that the majority of respondent caregivers were parents (father/mother) and child.

Table 1
The characteristics of mental patients (n = 30)

Characteristics	f	%
Age		
17-25 years (late teens)	10	33.3
26-35 years (early adulthood)	14	46.7
36-45 years (late adulthood)	6	20.0
Education		
Basic Education (not schooling, elementary school, junior high school/equivalent)	18	60
Higher Education (High School/equivalent, Higher Education)	12	40
Job		
Farmers	10	33.3
Trader	2	6.7
Entrepreneur	16	53.7
Others	2	6.7

Table 1 shows that the majority of respondents aged 26-35 years old, most of the last education of the respondents were Elementary Education (elementary, junior high/equivalent), and working as entrepreneur.

Table 3.
Length of stay as mental disorder patients (n=30)

Length of stay (day)	f	%
2	1	3.3
3	1	3.3
4	2	6.7
5	7	23.3
6	4	13.3
7	8	26.7
8	2	6.7
9	1	3.3
14	2	6.7
21	2	6.7

Table 3 shows that the majority of respondents were treated for 7 days.

DISCUSSION
Age
The results of this study indicate that the majority of respondents aged 26-35 years old (early adulthood) as many as 14 people. Pieter and Namora (2010) explained that young adults are at higher risk of developing mental disorders, especially hallucinations because at this stage life is full of stressors, young adults experience periods of emotional tension and that lasts until their 30s. At this age, the individual will easily experience the inability to deal with problems so that it will be easier for their emotions. Mature age is usually achieved at the age of 25-44 years old. After that age, there can be a decrease in trust of something. This is caused by life experience and the maturity of one's soul. In man, this disorder usually starts at a younger age which is 15-25 years while women is slower which is around 25-35 years old (Ibrahim, Job, 2011).

Gender
The results of this study indicate that most respondents were male with 30 respondents. According to Novitayani's research (2016), most of the patients were men by 65%. Previous research showed that schizophrenic patients who are female were more obedient to the medication than male patients (Yegenoglu et al, 2003). It can be concluded that men in generally not medication compliant. Drug noncompliance is a major cause of schizophrenia patients experiencing recurrence (Suerni, Keliat, & Daulima, 2013).

Education
This study shows that most of the respondents' last education elementary, junior high/equivalent by 18 respondents. Low education status in a person will cause the person to experience stress in younger age compared to those with high educational status. According to Tarwoto and Wartonah (2003), Education is one of the efforts to develop personalities and abilities within and outside of school and lasts throughout life. A person's education factor greatly influences anxiety. Clients with higher education will be better in coping, using effective and constructive coping than someone with low education. Lesmanawati (2012) stated that patients who have low education tend to pay less attention to the quality of a healthy life that can affect therapy.

Job

The results of this study indicate that the majority of respondents work as entrepreneur as many as 16 respondents. Research conducted by Novitayani (2016) found patients with private job as many as 30 people (40.5%). Lesmanawati (2012) said that patients who have jobs tend to pay more attention to the quality of their health than patients who do not have a job, so that patients carry out therapies or treatments that have been determined by the health team.

Caregiver

Most of the caregiver respondents in this study were parents (father/mother) and children by 22 respondents. The results of this study are in accordance with the study conducted by Livana, Daulima, Mustikasari (2018) that the majority of the caregiver of mental health care patients are parents and children. According to Ali (2009), roles are interpersonal behavior, traits, and activities related to individuals in certain positions and units. Parents have their respective roles, a father as the leader of the family, a breadwinner, protector and provider of security for his family. Mothers as caretakers, caregivers, child educators, protectors and also as additional breadwinners. This is in line with research performed by Novitayani (2016) that as a mother has a fairly close emotional relationship in the family, this is internal family support, such as husband or wife support, or support from siblings or external family support. Caregiver must spend a lot of time to take care of members who are sick, costs, routine work interrupted and also ignore the needs of other family members (Magliano, 2006). The results of this study contradict the results of a previous study conducted by Glick et al (2011) which showed that the existence of family support in helping patients in the treatment process can make the patient's condition better where psychotic symptoms disappear or are controlled.

Long Cared for

The length of stay in this study was 7 days at most, as many as 8 respondents and the longest stay was 21 days, as many as 2 respondents. Research conducted by Susanti (2013) showed that from 33 respondents, it was found that the highest frequency of hospitalization of respondents was more than 10 days, which was as many as 16 people. Apriyan (2015) showed that there is a relationship between length of stay and respondent's self-care ability. In contrast to Wahyuni's (2012) research, there is no relationship between length of stay and the patient's ability to control hallucinations.

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