



**THE INFLUENCE OF SELF HELP GROUP TO FAMILY ANXIETY LEVELS IN CARING MENTAL DISORDER PATIENTS**

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**ABSTRACT**

Families who provide care to family members who have mental disorders experience a psychological condition that is anxiety. Anxiety can decrease or decrease with self-help therapy groups. In this study, families are gathered and formed groups to exchange experiences. Objective: this study describes the results of the implementation of self help group therapy on the level of anxiety of families with mental patients. This study used a quasy experiment design with pre and post test methods without control groups, meaning that data collection was carried out before and after the intervention by giving therapy self help group. Self Help Group Therapy is a group of two or more people who have the desire to share problems, help each other with things that are experienced or are the focus of attention aimed at overcoming mental disorders and improving cognitive and emotional abilities so as to achieve feelings of well-being. total sampling. Most respondents aged 45-55 years (42%), most education graduated from elementary school (46%) and most jobs (48%). The anxiety most experienced by the family before therapy was moderate anxiety (42%) and after attending anxiety therapy the majority of respondents became mild anxiety (38%). There is an effect of therapy self help group on the level of family anxiety by using the dependent sample test obtained p value 0,000 (<0.05)

**Keywords:** anxiety; family; caring mental disorder patients; self help group

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**INTRODUCTION**

Mental disorders are symptoms that are manifested through changes in the main characteristics of damage to behavioral or psychological functions that are generally measured from several norm concepts, associated with distress or disease, not only from the expected response to certain events or limited relationships between the individual and the surrounding environment (Sadock & Sadock, 2010). Based on the statement above, it can be concluded that mental disorders are maladaptive responses to stressors that cause biological, psychological or behavioral dysfunction in which the dysfunction or change is not in accordance with the norms that cause suffering and obstacles in carrying out their social roles.

There are about 35 million people affected by depression, 60 million people get bipolar, 21 million get schizophrenia, and 47.5 million get dementia (who, 2013). In Indonesia, with various biological, psychological and social factors with diversity of population; hence the

number of cases of mental disorders continues to increase which has an impact on increasing the country's burden and decreasing human productivity for the long term. Riset Kesehatan dasar (kemenkes, 2013) showed the prevalence of mental emotional disorders as indicated by symptoms of depression and anxiety for ages 15 and over reaching around 14 million people or 6% of the total population of Indonesia. While the prevalence of severe mental disorders, such as schizophrenia, reaches around 400,000 people or as many as 1.7 per 1,000 residents.

Family Anxiety is characterized by feelings of anxiety (judgment or opinion) in individuals and autonomic nerve activation in response to threats that are not clear, nonspecific (Carpenito, L. J, 2015). Anxiety can be overcome with support from family or closest people (Tamher & Noorkasiani, 2009). When someone enters the elderly, then support from others and family support becomes very valuable and will add to the peace of his life (Nugroho, 2007). Anxiety will appear in families where one family member is sick and needs treatment in a hospital (Ariani, 2014). When family members experience health problems especially mental health will increase anxiety and burden for family members who care for patients, both psychologically, socially and financially. Anxiety affects the ability of family members to care for who tends to decrease (permatasari & sundari, 2018)

The self help group aims to enable patients to maintain and improve their self and social functions through collaboration and sharing in facing challenges in their lives. Self help groups understand people that they are not alone, where members help each other, support by sharing experiences and alternative ways to solve problems (Varcarolis & Halter, M.J, 2010). Self help groups also talk about feelings of fear and feelings of isolation (Townsend & Morgan, 2018). So self help groups are informal groups with members who experience similar problems so they can share experiences, cooperate and support in solving self-related and social problems.

From the results of a preliminary study conducted by researchers in Bandarharjo Village Semarang through observation techniques, there were 63 families who had family members experiencing mental disorders. Researchers also conducted interviews with 7 families and found that 5 out of 7 families experienced anxiety. This is largely because they have to work and care for family members who have mental disorders, while also having to care for other family members. The psychological condition of the family has a negative impact if left untreated because it will worsen the family's condition, so that by developing Self-Help Groups can reduce family anxiety. The purpose of this study was to determine the effect of the self help group on the anxiety level of families with family members of mental disorders in Semarang.

## **METHOD**

This study uses a quasi experiment design using the pretest and posttest without control group method. The population and sample in this study were families who had family members with mental disorders and provided care for 50 people. Sampling uses the total sampling method. Retrieving data using a questionnaire and giving intervention in the form of a self-help group therapy, which is a technique that is done by forming a group of people

consisting of two or more people who have the desire to share problems, help each other with things that are experienced or focus on mental disorders and improve cognitive and emotional abilities to achieve a feeling of well-being. Data analysis techniques using the dependent sample t-test.

## RESULTS

The age of the majority of respondents in this study were ages 45-55 years, namely 21 respondents (42%), while the ages of 22-33 years were 9 respondents (18%). Most respondent's education was graduating from elementary school, namely 23 respondents (46%) and no schooling as many as 12 respondents (24%). The most jobs are laborers, 24 respondents (48%). The measurement of anxiety level before the intervention was mostly moderate anxiety, namely 21 respondents (42%) and the least mild anxiety was 14 respondents (28%), while the measurements after intervention were mostly mildly anxious 19 respondents (38%) and at least not anxious namely 8 respondent (16%).

Table 1.  
Results of Anxiety Pre-Therapy Level Univariate Analysis (n = 50)

Anxiety	f	%
Mild	14	28
Moderate	21	42
Severe	15	30

From the results of the analysis, it can be seen that before participating in therapy most respondents experienced moderate anxiety as many as 21 people (42%) and respondents who experienced mild anxiety as many as 14 people (28%).

Table 2.  
Results of Univariate Analysis of Post-Therapy Anxiety Levels (n = 50)

Anxiety	f	%
Not anxiety	8	16
Mild	19	38
Moderate	14	28
Severe	9	18

While the anxiety level of the respondents after taking therapy most respondents experienced mild anxiety as many as 19 people (38%) and respondents who did not experience as many as 8 people (16%).

Table 3.  
Results of Bivariate Analysis of Anxiety Level before and after Following the Self Help Group (n = 50)

Anxiety	Mean	SD	t	p value
Pre SHG	12,72	3,453	12,034	0,000
Post SHG	11,32	4,587		

From the results of bivariate analysis using the dependent sample test obtained p value 0,000, which means that there is an effect of self help group therapy on the level of anxiety of the family. Also shown is the change in anxiety level by positive 1.4.

## **DISCUSSION**

### **Self Help Group on Decreasing Anxiety Levels.**

Analysis using dependent sample test showed that the average score of anxiety before attending therapy was 12.72 and after therapy 11.32 with a difference of positive 1.4 means that there was a decrease in anxiety levels after taking self-help group therapy with an average decline equal to 1.4. In the table above the value of "t" is 12.034 with p-value = 0.000, meaning that there is a significant difference between the average level of anxiety before and after the self-help group therapy intervention. Thus it can be concluded that there is a significant effect of self help group therapy interventions on decreasing anxiety levels.

Self help groups are informal groups whose members share experiences, work together to achieve goals and use their strengths to face life's challenges (Stuart, G.W, 2013). Self-help groups are usually made for people who have similar conditions, such as groups with AIDS, cancer, heart disease, mental disorders, autistic children, single parents, families with behavioral deviations in children, groups of alcoholics, drug addicts, gambling addicts and groups others, all of which are people who have similar problems both related to chronic diseases and those that cause negative stigma (Ahmadi, 2007).

Previous research conducted by (Utami, 2008) on the effect of self help groups on the ability of families to treat clients with mental disorders, proves that after therapy the family has an increased ability to provide care and decrease the level of anxiety. Another study conducted by (Sutini et al., 2014) on the effect of self help group on family coping mechanisms with mentally retarded children, found that there were significant differences regarding family coping mechanisms before therapy and after therapy.

Family who have family member with mental disorder who experienced anxiety in this study, from the results before self-help group therapy, found that most of them were moderately anxious, namely 21 people (42.0%) and after self-help group therapy, it was found that the anxiety experienced by clients was mostly mild anxiety. , which is 19 respondents (38.0%). Therapy given is done in groups, all groups of families who care for clients with mental disorders. Each family explores all feelings and whatever is felt and experienced while caring for a patient. They get the same opportunity alternately. Thus each family will know how the conditions felt and experienced and how the conditions of other families. Every family has different experiences and stories, from which arises a sense of gratitude that what is experienced is not heavier than other families. Some also learned that the conditions were the same as other families. So the respondent felt that he was not alone in undergoing this condition. This is the one that causes a decrease or decrease in anxiety experienced. The existence of group support strengthens the family.

## CONCLUSION

Most of the respondents' age in this study were 45-55 years of age, most of the respondents' education graduated from elementary school and most of the respondents' occupations were laborers. There is a significant effect of the implementation of the Self Help Group on reducing anxiety levels with a p-value of 0,000 (<0.05). The next researcher can develop several methods and types of research on self-help group therapy with different areas and respondents.

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