

Treatment Compliance Education Strategy for Mentally Disordered Patients at the Bangunjaya Public Health Center, Tulungagung Regency

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ABSTRACT

Mental disorders are a condition where a person has a pattern of behavior that is related to distress, which causes disturbances in their life system. People with mental disorders or what are usually called ODGJ will be accompanied by symptoms in the form of hallucinations, illusions and strange behavior, for example Catatonic or aggressive, ODGJ experience disorders in the form of behavioral disorders, thought disorders, and emotional disorders so that their function as humans will also experience obstacles. The aim of this research is to provide an overall picture of Treatment Compliance Education Strategy for Mentally Disordered Patients at the Bangunjaya Public Health Center, Tulungagung Regency. Design The research used USG method in this research. Referring to the problem, the author proposes an idea to optimize the delivery of education to the families of patients who visit the to carry out routine checks. Treatment compliance carried out at public health centers can be the right place to do this. With this education, it is hoped that knowledge will increase to always comply with the treatment being carried out.

Keywords: Education, mental disorders, treatment compliance

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INTRODUCTION

Quality of life is a multi-dimensional construct that influences aspects of personal life, physical health, work and social relationships, psychology and the environment in which a person lives. This definition shows that quality of life refers to a subjective assessment that is embedded in social, environmental and cultural aspects (Teles et al., 2014). Quality of life is an analytical concept of the ability to have a normal life which is related to individual perceptions regarding goals, standards, hopes and specific concerns regarding the life experienced. (Nursalam., 2017). Compliance is a change in behavior from behavior that does not comply with regulations to behavior that complies with regulations.(Notoatmodjo, 2014). The health of a person or publicis influenced by two main factors, namely behavioral factors and non-behavioral factors (Notoatmodjo, 2012). Measuring compliance is carried out using a questionnaire by collecting all the data needed to measure the indicators that have been determined. This indicator is very necessary because it is an indirect measurement of standards and deviations which will be

measured through a number of thresholds commonly used by organizations as an indication of the degree of compliance with these standards (Feist & J. Feist, 2014).

METHOD

In this study using the USG (Urgency, Seriousness, Growth) method, with the implementation of public service on March 28 2023, categories (Psychotic 31 patients), (Depressive 3 patients), (Mixed anxiety depression 3 patients), (Somatorium 4 patients), (Insomnia 19 patients) from data obtained in 2023 at the Bangunjaya PublicHealth Center experienced a significant percentage increase, from initial data in 2022 there were 14 ODGJ patients to 60 ODGJ patients. Operational definition of medication compliance intervention variables used to control mental disorder patients.

The intervention uses related education about medication adherence. Obedience is behavior that is described as following rules and being orderly in acting, with the parameters of obedience training self-control. And Quality of Life is an assessment of a person's length of life and effectiveness of life using the WHOQOL-BREF parameters.

RESULT

Based on the formulation of the problem related to the desire to achieve treatment compliance in patients with Integrated ODGJ at the Bangunjaya Public Health Center to determine problem priorities, the USG (Urgency, Seriousness, Growth) method was used. The following is the determination of problem priorities using the ultrasound method:

No	Indicator	IN	S	G	UxSxG	Rank
1	Knowledge about regular medication compliance is still lacking	3	3	4	36	5
2	Lack of media information about the types of treatment services for ODGJ patients	5	4	5	100	1
3	Lack of family or environmental support	3	5	4	60	3
4	Lack of maximum health personnel to socialize or provide education regarding the importance of treatment	3	3	3	27	6
5	Screening of patients with mental disorders is not yet optimal	5	3	3	45	4
6	There are some caregivers who choose to be confined	5	4	4	80	2

From the results of this research, the priority problem taken was the lack of information media about the types of treatment services for ODGJ patients.

DISCUSSION

Referring to the problems above, the author proposes an idea to optimize the delivery of education to patient families who visit the public health center for routine control. Treatment compliance carried out at public health centers can be the right place to do this. With this education, it is hoped that knowledge will increase to always comply with the treatment being carried out. For educational media, the author uses leaflets and podcasts which are considered quite effective and efficient. It is hoped that providing leaflets will ensure that educational materials can always be stored, are not easily damaged, and are easy to carry everywhere.

CONCLUSION

The assessment has been carried out using the method USG (Urgency, Seriousness, Growth) to determine priorities for public problems regarding factors that influence medication compliance in mental disorder patients at the Bangunjaya Public Health Center, Tulungagung Regency, outreach and education activities regarding medication compliance for mental disorder patients at the Bangunjaya Public Health Center, Tulungagung Regency, can take place continuously. and its implementation is evaluated periodically so that it can be carried out optimally. Education must be disseminated to patients regarding how to improve treatment compliance in mental disorder patients at the Bangunjaya Public Health Center, Tulungagung Regency and must also be disseminated to all implementers involved so that no obstacles arise during the implementation of activities.

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