SELF AWARENESS STUDENT ACADEMY OF NURSING SAIFUDDIN ZUHRI INDRAMAYU ABOUT READINESS CARING INDIVIDUAL MENTAL DISORDERS

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ABSTRACT

This study entitled Self Awareness Student Academy of Nursing Saifuddin Zuhri Indramayu about Readiness Caring Individual Mental Disorders. The theory used is Stuart Laraia's self-awareness concept. The population in this study is Nursing Academy students Saifuddin Zuhri Level II Semester IV amounted to 51 people. The sampling technique used is the total sampling where all the students are the respondents of the research. The data collection technique used is descriptive quantitative by spreading the questionnaires distributed to the sample as the data collection instrument. Sampling technique using total sampling that is the number of samples examined is the whole of the population amounted to 51 students level II Akper Saifuddin Zuhri. Data analysis techniques using descriptive analysis. Overall research result of self-awareness of second level student of Akper Saifuddin Zuhri toward the readiness of caring for individual of mental disorder is positive that is 59.9% this finding indicate that readiness of student in taking care of individual mental disorder is good so able to become a proper helper, can become helper for individual Mental disorder, and have good self-awareness so that is expected to perform therapeutic communication well.

Keywords: Descriptive Quantitative, Preparedness Maintain Mental Disorders, Self Awareness

I. Introduction

Contextual research is based on the discussion of Nursing Academy students X who have several times to get a mental nursing course that is the concept of nursing and mental health. The stigma of psychiatric patients is so high in society, so are the nursing students that the curiosity of the nursing student's awareness about the stigma and the healing of the client's mental disorder.

The phenomenon that occurs stigma of mental disorder patients is still high, not only done by the community, but from nurse health workers in particular still consider the client mental disorders difficult to recover, trouble family, dirty etc. Therefore, it is necessary to increase self awareness of nursing students about stigma so that it is expected to become a nurse who can instill the belief that the client of mental disorder can heal even in limitation.

Stigma is an important environmental risk factor for a schizophrenic survivor, for it requires understanding, a good experience to improve stigma. Self-awareness of individuals in schizophrenic individuals is closely related to stigma. It is important to examine how the experience of stigma and self-awareness of a person about the healing individual schizophrenia. Zeltz's
(2014) study revealed people with higher self-esteem have less self-awareness in psychiatric individuals. For that we need efforts to increase self-awareness and eliminate stigma in individual mental disorders, especially on health workers.

Self-awareness is the state of a person consciously in the identification, processing, and conscious of himself. The function of self-awareness for the individual is self-attention, self-evaluation, experience, enhancement of self-esteem, how to manage oneself and the mental state of the individual. Self-awareness can also be interpreted as individual interaction, how individuals value self, inner expressions, and individual image of themselves (Morin Alain, 2011)

Sunny (2009) says that self-awareness is a process of how individuals recognize motivation, choice and personality, realizing that the factors that influence it on our judgments, decisions and interactions with others. Goleman (2001) reveals that self-awareness is knowing what is felt when making decisions. Self-awareness also embodies a realistic benchmark of strong ability and confidence.

According Suryati and IKA (2004) added the more we know ourselves then the more understanding of what is felt and done. That understanding provides an opportunity or freedom to change the things we want to change about ourselves and create the life we want. Self-awareness allows us to connect with emotions, thoughts and actions.

The benefits of self-awareness according to (Bimo, 2008) include understanding themselves in relationships with others, developing life and career goals, building relationships with others, understanding the values of diversity, leading others effectively, increasing productivity and increasing contribution to the company, Community and family.

Self awareness is very important nurse because nurse is an effective tool in caring for pasin so that self-awareness, self-use therapeutic through therapeutic communication. The nurse must create a confidence (trust) so that the patient can trust the nurse as a place to complain about the patient's health problems. The nurse must be able to use herself as a helper. One way to become a helper is that nurses must have self-awareness such as personal qualities, facilitative communication, response dimensions, dimensions of action and barriers to communication.

This research on the experience of nursing students in general describes his awareness in dealing with clients mental disorders, stigma and healing clients mental disorders. The results of this study can provide an overview of how self-awareness of nursing students in the face of mental disorder clients. The results of this study can be an input for nursing lecturers of the soul and nurses in instilling confidence healing clients mental disorders

Behavior is related to self-awareness. Skiner (1975) argues self-awareness is produced by the environment. Self-awareness and social influences affect one’s behavior. Self-awareness is a condition in which individuals are aware of their own character, feelings and motivations. Individuals feel conscious of thoughts, feelings, fissik and mental. One’s self-consciousness is invisible or invisible, but can be analyzed, observed, judged by response, learned so as to change one’s behavior.

The importance of self-awareness of a nursing student who later will
become a health worker, especially nurses who have good behavior and positive in the individual mental disorders, it is necessary analysis of self-awareness and efforts to increase self-awareness so that the future mental health problems can be resolved from various lines.

- **Method**

The research design is descriptive that aims to describe in a systematic and measurable on the overall object of research on student perceptions of the healing of individual mental disorders. According Kriyantoro (2010) quantitative descriptive research method is a research method that describes a problem that the results can be generalized with a systematic and measurable. Descriptive research is able to describe phenomenon in certain population. The location of the study was conducted at Saifuddin Zuhri Indramayu Academy of Nursing.

Population is the whole object of research in the form of people, animals, plants, air, symptoms, test values, events and so forth as data sources that have certain characteristics in a study (Bungin, 2001). Population in this research is student of Nursing Academy Saifuddin Zuhri Indramayu Program of DIII Nursing Level II which still active amount to 51 people.

The sample is part of the overall object or phenomenon to be observed (Kriyantoro, 2010). Sample size in this study is the total sampling that is the overall student level II sampled the study amounted to 39 people.

- **Instrument**

The template is used to format your paper and style the text. All margins, column widths, line spaces, and text fonts are prescribed; please do not alter them. You may note peculiarities.

- **Data Collection**

Sources of data used in this study, among others, first conducted a study of literature by studying and collecting relevant literature that supports research (Sarwono, 2006). Both research begins with obtaining permission from the leader of Nursing Academy Saifuddin Zuhri and conducting research in the middle of the lecture of soul nursing even semester academic year 2016/2017. The researcher asks izi first on the respondent and asks if all respondents are willing to be the respondent. The four researchers prepared questionnaires and distributed questionnaires by distributing them directly to each respondent. Questionnaires were distributed for 2 hours.

- **Data Analysis**

Data analysis technique used is single table analysis. Analysis of single data aims to see the general picture of how self-awareness of Nursing Academy students Saifuddin Zuhri about individual mental disorders.

At this stage, the researcher will present data from the results of the distribution of the questionnaire that has been filled respondents. The questionnaire of this research is not validity test because the questionnaire has been standardized. Respondents' responses through questionnaire are grouped and then processed to find the total score on the concept to be measured. The average scores of respondents' scores will be grouped into the negative and positive categories as follows:

1. Characteristics of respondents by sex, age and culture
Characteristic description of students of Nursing Academy Saifuddin Zuhri Indramayu Level II Year 2017 is as follows:

- **Results**

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**DISTRIBUTION OF STUDENT CHARACTERISTICS OF AKPER SAIUFUDDIN ZUHRI INDRAMAYU LEVEL II YEAR 2017**

<table>
<thead>
<tr>
<th>No.</th>
<th>Characteristic</th>
<th>Frekuensi</th>
<th>Presentase %</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Gender</td>
<td></td>
<td></td>
</tr>
<tr>
<td>a.</td>
<td>Male</td>
<td>9</td>
<td>23 %</td>
</tr>
<tr>
<td>b.</td>
<td>Female</td>
<td>30</td>
<td>77 %</td>
</tr>
<tr>
<td>2</td>
<td>Age</td>
<td></td>
<td></td>
</tr>
<tr>
<td>a.</td>
<td>19 years old</td>
<td>30</td>
<td>77 %</td>
</tr>
<tr>
<td>b.</td>
<td>20 years old</td>
<td>2</td>
<td>5 %</td>
</tr>
<tr>
<td>c.</td>
<td>21 years old</td>
<td>3</td>
<td>8 %</td>
</tr>
<tr>
<td>d.</td>
<td>22 years old</td>
<td>4</td>
<td>10 %</td>
</tr>
<tr>
<td>3</td>
<td>Culture</td>
<td></td>
<td></td>
</tr>
<tr>
<td>a.</td>
<td>Sunda</td>
<td>30</td>
<td>77 %</td>
</tr>
<tr>
<td>b.</td>
<td>Jawa</td>
<td>9</td>
<td>23 %</td>
</tr>
</tbody>
</table>

**Source: Primary data 2017**

Distribution of respondent characteristic of Nursing Academy Saifuddin Zuhri Indramayu Level II Year 2017 in table 1 shows the distribution based on gender, age and culture. The distribution of gender of respondents from the Academy of Nursing Saifuddin Zuhri Level II of 2017 shows that most of the women are 30 people (77%). The age distribution is 19 years (77%). Cultural distribution is Java that is 30 people (77%).

1. Self-awareness related to the readiness of students in caring for mental patients at Mental Hospital.

   In general, the self-awareness of the students of Nursing Academy Saifuddin Zuhri Indramayu as follows:

**DISTRIBUTION OF STUDENT AWARENESS ACADEMY OF NURSING SAIUFUDDIN ZUHRI INDRAMAYU LEVEL II YEAR 2017 IN CARING FOR MENTAL DISORDERS IN MENTAL HOSPITAL.**

<table>
<thead>
<tr>
<th>No.</th>
<th>Self-awareness</th>
<th>Category</th>
<th>Frequency</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Seeing yourself as a person who is trusted and can be used for patients?</td>
<td>Positive</td>
<td>33</td>
<td>72 %</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Negative</td>
<td>6</td>
<td>18 %</td>
</tr>
<tr>
<td>2</td>
<td>Feeling quite expressive</td>
<td>Positive</td>
<td>27</td>
<td>69 %</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Negative</td>
<td>12</td>
<td>31 %</td>
</tr>
<tr>
<td>3</td>
<td>Being Positive, warm, caring, loving, caring, and respectful to the patient?</td>
<td>Positive</td>
<td>34</td>
<td>87 %</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Negative</td>
<td>5</td>
<td>13 %</td>
</tr>
<tr>
<td>No.</td>
<td>Self-awareness</td>
<td>Category</td>
<td>Frequency</td>
<td>Percentage %</td>
</tr>
<tr>
<td>-----</td>
<td>-------------------------------------------------------------------------------</td>
<td>-----------------</td>
<td>-----------</td>
<td>--------------</td>
</tr>
<tr>
<td>4</td>
<td>Feel stable enough to part with someone?</td>
<td>Positive</td>
<td>18</td>
<td>47 %</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Negative</td>
<td>21</td>
<td>53 %</td>
</tr>
<tr>
<td>5</td>
<td>Can you allow yourself to be fully involved in the affairs of others and accept patients as they are?</td>
<td>Positive</td>
<td>28</td>
<td>72 %</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Negative</td>
<td>11</td>
<td>28 %</td>
</tr>
<tr>
<td>6</td>
<td>Self-behavior is not considered a threat to others?</td>
<td>Positive</td>
<td>31</td>
<td>80 %</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Negative</td>
<td>8</td>
<td>20 %</td>
</tr>
<tr>
<td>7</td>
<td>Can the patient free from feelings of threat from the negative judgment?</td>
<td>Positive</td>
<td>28</td>
<td>72 %</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Negative</td>
<td>11</td>
<td>28 %</td>
</tr>
<tr>
<td>8</td>
<td>Accepting an individual / patient as someone new from his / her past.</td>
<td>Positive</td>
<td>35</td>
<td>90 %</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Negative</td>
<td>4</td>
<td>10 %</td>
</tr>
</tbody>
</table>

*Source: Primary Data Processed 2017*

Table 2 shows that from the 8 items of self-awareness of the majority of students the item "accepting an individual / patient as someone new from the past" has a high percentage of 90% while the lowest percentage of 47% on item "Feeling stable enough to part with someone".

- **Discussion**

**Characteristics of respondents**

In this study there are 3 types of characteristics studied with the following results:

a. **Gender**

Based on the characteristics of the respondents in Table 1 sex Most were women and 30 respondents (77%), while male respondents 9 respondents (23%). According to Martina (2012) of the female sex has some hormo physiological response activity, neurotransmitter and hormone prolactin is higher than men to have a cognitive difference in general intelligence although males and females roughly equal. Female memory is better than male in long-term memory while man in short-term memory. This is because women have high affection needs, thus affecting knowledge (Sulistyo, 2013).

b. **Age**

Age range of respondents in this study is between 19 to 22 years. Most of the respondents were 19 years old with 30 respondents while the lowest age was 20 years old with 2 respondents. Harlock (2007) reveals the age of 21-40 years of early adulthood has the ability to reach the peak in analyzing, reasoning, and creative thinking so that knowledge will be obtained
indirectly applied. Dasilva (2015) further reveals that in the early adult phase is a perfect phase of growth and development, has the ability to balance physiological functions, and is able to behave in accordance with social, moral and intellectual demands and undergo cognitive and emotional changes. The more age a person, the more meningkaat ability, knowledge and strength of a person, and more mature in thinking and working. A more mature person has a tendency to be more trustworthy than not yet high enough for his age.

c. Culture
Culture owned by respondents 77% is Java. According to Pamadhi (2008) Culture is a unit of knowledge, beliefs and habits that are relative; Depending on the human ability to learn and pass it on to others. Culture can also be interpreted as a habit of trust, social order and customs of racial groups, beliefs or social groups. According to Zuhriy (2011) reveals that culture is a complex of ideas, ideas, values, norms of rules and so on, culture also as a complex form of activity, patterned behavior of humans in society, and culture as well as objects of human works so that culture Someone will affect the knowledge and attitude of someone to run the day.

Self-awareness
Results of self-awareness of students Akper Saifuddin Zuhri Indramayu Level II Year 2017 in this study can be seen in table 2 found that:

1. Self-awareness

Students who viewed themselves as trustworthy and can be used as a handbook for patients amounted to 33 respondents (72%) while those who do not look diti as a trusted person and can be used as a handle for patients amounting to 6 people (18%). According to Watloly (2001) self-awareness is a Positive mind that builds attitudes and responsibilities in a person. Self-awareness gives birth to progress thinking and able to lead himself. Furthermore Iriansa (2011) adds people who have self-awareness will be competent in carrying out a task with full discipline and responsibility. Students who have self-awareness will be able to be responsible for the patient, Positive attitude and thinking in the patient mental disorder, and able to lead himself so as to provide nursing care in patients with mental disorders well.

2. Feel quite expressive
Students who feel quite expressive amounted to 27 respondents (69%) while those who did not feel quite expressive amounted to 12 respondents (31%). According Isac Kerlow (2009) facial expression is a picture of one's personality / character. Good personality is portrayed with easy smile, cheerful, and cheerful. The value of a person's personality is conveyed through expression. Students who feel have enough expression then expected to have a good personality, easy smile, and cheerful in patients mental disorders, so that patients feel happy too.

3. Think Positive
Students who are Positive, warm, considerate, likes, pay attention and respects to mental disorders patients as much as 34 respondents (87%) while not 5 respondents (13%). According to Azwar (2007) attitude is the readiness of a person to act on certain things against certain things. Attitudes contained in the individual
will give the color or style of behavior or the actions of the individual concerned. Attitude is also a reaction or an object (Notoatmodjo, 2003). Students who have Positive attitudes are expected to have Positive behavior on the patient and are ready to provide nursing care in psychiatric patients.

4. **Feel stable enough to separate.**

Students who feel stable enough to split up with someone who is 18 respondents (47%) and who do not feel stable enough to part with someone that is 21 respondents (53%). According to Arikunto (2001) one's stability to part one is influenced by mental readiness. Mental readiness is a person's overall personality condition resulting from growing up throughout life and daily life experiences. Students who feel stable enough have a good mental readiness in the face of separation.

5. **Allowing self to get into the Other's Affairs and Receive It's**

Students who allow themselves to fully enter the affairs of others and accept what it is 28 respondents (72%) while not numbering 11 respondents (28%). Allowing oneself entirely into the affairs of others and accepting what it means can be interpreted as empathy. According to Johnson (in Sari and Elisa, 2003) is a tendency to understand the condition or state of mind of others. A person who empathizes is described as a tolerant, friendly, self-controlling and humanistic individual. Students who can accept patients as it is defined have empathy so as to understand what the patient feels, tolerant, friendly and able to control themselves.

6. **Considering itself is not a threat to others**

Students who consider themselves not a threat to others amounted to 31 respondents (80%) and not 8 (20%). Considering yourself is not a threat to the patient can be interpreted to make patients safe and comfortable. Kenyaman1.an is the fulfillment of basic human needs that are individual and holistic. With the fulfillment of comfort can lead to feelings of prosperity in individual Kolcaba 2003). Students who consider themselves not a threat, will try to make patients comfortable, meet basic needs so that patients feel prosperous.

7. **Free itself from Feelings of Threat and Negative Feelings**

Students can free patients from feelings of threat from negative appraisal by 28 respondents (72%) while not 11 (28%). A negative assessment of a psychiatric patient can be defined as stigma. Stigma is a very broad attribute that can make individuals lose faith and can be a daunting thing (Goffman in Major & O'Brien, 2005), students who can free patients from a Negative assessment means can eliminate stigma. Stigma should not be done at all in the patient's mental disorder, let alone the health officer / nurse. Stigma should be eliminated to increase patient confidence so that it can heal.

8. **Accept patients as new individuals who are detached from the past**

Students who receive patients as new individuals and regardless of their past are 35 respondents (90%) while not 4 respondents (10%). According to Sullivan (1971) in Suryani (2005) a nurse must be able to become an effective helper has the ability to accept clients as they are. If a person feels accepted, then it will feel safe in a relationship. Students should be able to accept patients as they are regardless of their past.
Conclusion

The conclusions of this research are:

A. Most of the students see themselves as trustworthy and gripped by the patient
B. Most of the students feel quite expressive
C. Most of the students have Positive attitude, warm, caring and respect for mental patients with category 33 respondents (82%)
D. Most of the students were allowed to fully enter the affairs of other people (patients) and accept what it is with the category of 27 respondents (69%)
E. Most students consider themselves not a threat to others with a category of 34 respondents (87%)
F. Most students can relieve from feelings of threat and negative judgment on patients 28 respondents (72%)
G. Most students accept patients as new individuals and regardless of their past by category 35 respondents (90%).

Suggestion

Result of research and discussion which have been described by researcher, hence researcher give suggestion:

1. Morning nursing students
   Student Nursing Academy Saifuddin Zuhri Level II Year 2017 can maintain and increase self-awareness in the readiness of caring for patients mental disorders.

2. For nursing education institutions
   Nursing education institutions can develop a nursing curriculum of the soul, especially regarding student self-concept in the readiness of caring for patients mental disorders. Students do not stigmatize mental patients.

3. Indonesian National Nurses Association
   The organization of national nurses can provide socialization related stigma and healing of mental patients to health workers, especially nurses. Nurses should not give Negative stigma to the patient and instill a healing belief.

4. Other researchers
   Researchers are expected to be able to develop research related to efforts to reduce stigma and improve the healing efforts of patients mental disorders.

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References


