

## Occupational Therapy Making Salted Eggs On Improving Ability And Independence Of ODGJ

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### ABSTRACT

The need for social interaction is a basic human need, in minimizing social welfare problems, especially for people with disabilities, namely people with mental disorders, the role of an agency is needed, one of which is the Ngletih Community Health Center in Kediri. However, at the Ngletih Mental Health Center posyandu there are no activities that can improve the ability and independence of ODGJ. Seeing this problem, we provide a solution by providing occupational therapy as an effort to increase the independence of ODGJ at the Ngletih Health Center. The research activity aims to determine the increase in the ability and independence of ODGJ before and after being given occupational therapy to make salted eggs. The research was conducted at the Ngletih Mental Health Center Posyandu with 13 people who came. The method used is pre-experiment research with a one-group pretest-posttest design, data collection using questionnaires, analysis techniques using pre post data scale statistics. The results of the research that have been carried out produce an average value before treatment is 50.76 while the average ability to make salted eggs ODGJ after being given treatment or occupational therapy is 81.15 this proves that the ability to make salted eggs increases after the provision of salted egg making occupational therapy, so it can be concluded that the provision of occupational therapy to make salted eggs can increase the independence and ability of ODGJ in the Ngletih Puskesmas Mental Health Post.

**Keywords** : Ability improvement, ODGJ, Salted egg

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### INTRODUCTION

Mental health is very important for human survival, according to WHO (World Health Organization) mental health is a condition when a person feels healthy and happy, is able to deal with life's problems and accept others as they should and have a positive attitude towards themselves and others. Meanwhile, according to Yosep (2016) mental health is a mental condition such as living harmoniously and productively by paying attention to all aspects of human life, the ability to deal with life stressors reasonably, being able to work productively, and fulfilling their own needs, and acting in a social environment. People who experience mental health disorders are usually called People with Mental Disorders (ODGJ). According to Law No.18 of 2014 concerning Mental Health (UUKJ) in article 1 paragraph 3 states that People with Mental Disorders (ODGJ) are people who experience disturbances in thoughts,

behavior, and feelings which are manifested in the form of a set of symptoms, and can cause suffering and obstacles in carrying out their functions as humans.

Mental health is one of the significant problems in the world, including in Indonesia. According to data from the World Health Organization WHO in 2020, there are around 450 million people worldwide experiencing mental disorders such as depression, bipolar, dementia, including schizophrenia (WHO, 2021). According to 2018 RISKESDAS data in Indonesia, there are 228,654 people with mental disorders who experience schizophrenia / psychosis and as many as 1,929 have been shackled, 706,689 people experience depression, of which East Java is ranked second (111,879) after West Java (130,528), and 706,689 people experience mental emotional disorders. As many as 6% of the population aged 15-24 years experience mental disorders. From a number of health data and information, the point about mental disorders reveals a significant increase, because from the 2013 Riskesdas data it rose from 1.7% to 7%, meaning that per 1,000 households there are 7 households with ODGJ, so it is estimated that there are around 450 thousand severe ODGJ.

One of the impacts experienced by people with mental disorders (ODGJ) is a decrease in cognitive function. As many as 40%-60% of ODGJ experience impaired cognitive function in the form of impaired attention, memory, and executive function associated with psychosocial consequences. Cognitive dysfunction affects work and daily functions. The greater the cognitive dysfunction, the less likely the ODGJ is to get a job or be involved in the social environment. In this case, efforts to deal with people with mental disorders in Indonesia have many limitations, especially in the world of mental health, which is still lacking, requiring an active role from an agency, social services and the community in helping the government. The need for social interaction is a basic human need, in minimizing social welfare problems, especially in people with disabilities, namely people with mental disorders, the role of an agency is needed, one of which is like the Ngletih health center in Kediri.

Puskesmas Ngletih has quite an important role, an important role for patients with mental illness in Ngletih Village is the existence of a mental posyandu program. The mental posyandu program was created because of the large number of people with mental disorders in the Ngletih Puskesmas working area. Currently, a total of 34 people with mental disorders have been recorded at the Ngletih Health Center. The program is carried out to empower ODGJ patients at the puskesmas by providing several activities such as gymnastics, communication exercises with officers or by displaying their talents. In addition, the program also monitors patients through their families or people closest to them whether they take their medication regularly because it is feared that there will be a relapse in the patient. During the implementation of the program, there were also several patients who were picked up and taken home directly by the officers because they were afraid that they would not reach their destination and in the middle of the road they would make a scene. The program is implemented to build health efforts in an efficient manner by prioritizing healing and recovery of patients, especially the patient's psychology. Through the mental posyandu program, ODGJ patients can be more independent in carrying out their activities.

However, at the Ngletih Community Health Center mental health post, there is currently no occupational therapy. Occupational therapy can be provided with activities such as planting, making crafts or playing. Occupational therapy can help increase patient independence in daily life activities. Seeing these problems, we provide a solution, namely by providing occupational therapy as an effort to increase the independence of ODGJ at the ngletih health center in the form of making salted eggs. The reason we chose salted eggs is because in addition to making it quite easy and can be followed well, the tools and materials for making salted eggs are easy to obtain and not difficult when compared to tools and materials for other occupational therapies. Occupational therapy is expected to be the right solution to overcome the problems of independence, health and can improve the economy of ex-ODGJ so that they can be accepted

in the community and can continue to live like normal people in general. We named the PKM activity "Occupational Workshop to Empower ODGJ at the Mental Health Post of Puskesmas Ngletih".

## METHODS

The research was conducted in Kediri City, namely at the ngletih health center. The research was conducted in July. The subjects studied were all people with mental disorders who came to follow the mental posyandu program at the ngletih puskesmas as many as 13 people. This study uses experimental quantitative type research with pre-experiment method. Experimental research methods are used to seek the effect of certain treatments on others under controlled conditions. Pre-experiment research is conducted with a one-group pretest-posttest design or also known as before-after design. In this design at the beginning of the study measurements were made of related variables that already had subjects. After the treatment is given, the measurement of related variables is carried out again. In carrying out research activities, techniques are needed to achieve good results. In order for the data to be collected properly, we used a questionnaire with the help of mental health post officers. Before carrying out activities, posyandu officers were given directions on how to fill in and observe the behavior of respondents. Mental posyandu officers who have received directions will help researchers to fill out questionnaires (measure) by observing pre and post abilities carried out on ODGJ patients. In this study, data analysis techniques used pre post data scale statistics incorporated from the ability data scale which was categorized from the literature as capable or not capable in nominal form. Statistical tests use normality tests and T tests.

## RESULTS

The PKM Workshop Program was held at the Mental Health Post of the Ngletih Health Center, Kediri City on June 24, 2023, which was attended by peers (ODGJ) at the mental health post. The first step in this program is an initial location survey whose purpose is to find out the problems and potential that exist in the posyandu. After the problems and potential can really be utilized, the next step is licensing and consulting with cooperation partners to conduct research.

In this study, the ability to make salted eggs of ODGJ both before and after treatment can be known from the total score obtained through the measurement instrument. In the pre test, the total score of the ability to make salted eggs of ODGJ was obtained before giving the procedure for making salted eggs and in the post test, the total score of the ability to make salted eggs of ODGJ was obtained after giving the procedure for making eggs. After the activities with the workshop, the following results were obtained:

Table 1. Statistical Description

Statistic	Pretest	Posttest
Sample size	13	13
Min	45	75
Max	65	90
Median	50	80
Mean	50,76923	81,15385
Range	20	15
Standard deviation	6,071159	5,063697

Descriptive Ability of ODGJ's salted egg making ability before using the ODGJ egg making procedure (pre test), ODGJ who participated in activities before using the egg making procedure method totaled 13 people. The minimum score obtained by this group was 45 and the maximum score was 65. The calculated mean value obtained after the data was grouped was 50.76, the median (Me) was 50, and the standard deviation was 6.071. Descriptive of

ODGJ's salted egg making ability after using the egg making procedure (pre test), ODGJ who participated in the activity before using the egg making procedure totaled 13 people. The minimum score obtained by this group was 75 and the maximum score was 90. The calculated mean value obtained after the data was grouped was 81.53, the median (Me) was 80, and the standard deviation was 5.063.

Table 2. Statistical Normality Test Results

Data Source	Lo	L table 0,05	Conclusion
Pre test	0,012	0,234	Normal
Post test	-0,040	0,234	Normal

#### a. Pre Test Data Normality Testing

Testing the normality of pre-test data based on data on the ability to make salted eggs ODGJ from a sample of 13 ODGJ people with a real level = 0.05 obtained a Lo value of 0.012 and for the Ltable value of 0.234. Thus it can be concluded that the H<sub>0</sub> hypothesis is accepted because  $Lo < L_{table}$ . This means that the data is normally distributed.

#### b. Post Test Data Normality Testing

As with testing the normality of pre-test data, testing the normality of post-test data is also based on data on the results of the ability to make salted eggs ODGJ from a sample of 13 ODGJ with a real level = 0.05 obtained Lo value of -0.040 and for the Ltable value of 0.234. Thus it can be concluded that the H<sub>0</sub> hypothesis is accepted because  $Lo < L_{table}$ . This means that the data is normally distributed.

Table 3. Statistical Analysis Results

	Mean	Variance	Observations	df	T count	T table
Pre test	50,76923077	36,85897436	13	12	6,820852014	2,178812827
Post test	81,15384615	25,64102564	13	12		

Based on the results of hypothesis testing using the statistical test formula, the average result of the ability to make salted eggs in the pre-test is 50.76 and the average result of the ability to make salted eggs after treatment or post test is 81.15. The difference in the ability to make salted eggs between before and after giving the treatment is stated at a significant level, namely = 0.05. From the calculations in the appendix obtained a t value of 6.82. From the t distribution list table obtained  $t = 2.17$ . By comparing t count and t table, it is obtained  $t_{count} > t_{table}$ . There is a significant difference between the ability to make salted eggs before and after being given occupational therapy for making salted eggs. The difference shows the effect of giving salted egg making occupational therapy on the ability to make salted eggs ODGJ.

## DISCUSSION

Occupational therapy has a belief that the provision of therapy in the form of activities aims to improve human performance and achievement, prevent physical, mental and social dysfunction. Globally, occupational therapy can be interpreted as the recovery of individuals with the use of activities that have goals according to the needs of each individual (Widiyawati W. 2020). According to Iwasil et al (2019) occupational therapy is a form of health service to the community or patients who experience physical or mental disorders using exercises or work activities. Occupational therapy can improve an individual's ability to engage in daily life activities (Ponto, et al.2015). Occupational therapy can be done with physical exercise activities to improve mental health, activities with a cognitive approach, activities that spur patient creativity, skills training and play therapy.

Based on the results of the data analysis above, it shows that there is a difference in the ability to make salted eggs before and after treatment by using the method of providing occupational therapy as a treatment. The difference in the results of the experimental test proves that the method of giving salted egg making occupational therapy affects the ability to make salted eggs. In this study, the average ability to make salted eggs before being given the treatment of salted egg making occupational therapy is 50.76 while the average ability to make salted eggs after being given treatment or occupational therapy is 81.15 This also proves that the ability to make salted eggs increases after the provision of salted egg making occupational therapy.

The increase in the ability to make salted eggs in the workshop that we did was the same as the results of research conducted by Warih, et al in Ngestiharjo village, in the study that resulted in a positive increase in productivity from ODGJ by processing salted eggs (Warih, 2020). This is the same as the results of a previous study conducted by researchers Rositasari, N E, et al, that with the occupational therapy program based on the plantation, creative industry, livestock and fisheries sectors carried out, ODGJ patients and ex-ODGJ have a routine daily agenda such as maintenance of each sector. The ex-ODGJ can implement mental occupational therapy and give a good response in doing each sector so that it can increase the independence and entrepreneurial spirit of ODGJ and ex-ODGJ.

## CONCLUSION

Based on the above results, it shows that the provision of occupational therapy for making salted eggs can increase the independence and ability of ODGJ at the Ngletih Mental Health Center Posyandu. This can be seen from the results of research that has been done resulting in increased ability and independence of ODGJ. Before being given the treatment of occupational therapy for making salted eggs, the average value is 50.76 while the average ability to make salted eggs ODGJ after being given treatment or occupational therapy is 81.15 This proves that the ability to make salted eggs increases after the provision of occupational therapy for making salted eggs.

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