

RELATIONSHIP BETWEEN SELF-STIGMA AND EXPECTATIONS IN SCHIZOPHRENIC PATIENTS

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ABSTRACT

This study aims to explore the relationship between self-stigma and expectations in schizophrenic patients. The method used is scoping review with a descriptive approach. The results showed a significant relationship between self-stigma and expectations in schizophrenic patients. Negative self-stigma causes schizophrenic patients to lose self-confidence and low expectations while recovering from symptoms of schizophrenic patients. Low negative self-stigma leads to high levels of expectation in schizophrenic patients. So nurses have an essential role in reducing negative self-stigma in schizophrenic patients. In conclusion, there is a relationship between self-stigma and expectations in schizophrenic patients. Internal and external factors influence self-stigma. So support from the family is essential in building a positive self-stigma against schizophrenic patients.

Keywords: Hope, Schizophrenia, Self-Stigma

INTRODUCTION

Schizophrenia is a psychotic disorder that has been known since a century ago as a medical illness that attacks the mentality of the sufferer. The course of the disease is chronic and long-term and the sufferer will experience disturbances in thought processes, perceptions, emotions and behavior (Temesgen et al., 2020). Until now the causes of schizophrenia are still diverse and cannot be found with certainty, however there are several factors that can influence the emergence of schizophrenia, namely genetic factors, individual parenting styles since childhood, and severe psychosocial pressure (Guan et al., 2020).

World Health Organization data shows that there are more than 21 million people in the world who are diagnosed with schizophrenia (Caqueo-Urizar et al., 2022). The prevalence of severe mental disorders including schizophrenia in Indonesia is 1.7 per 1000 population or around 400,000 people. And data from Riskedas (2018) shows that the highest prevalence in Indonesia is in Bali and DI Yogyakarta with numbers 11.1 and 10.4 per 1000 households (Engh et al., 2022; Öztürk & Altun, 2022).

The treatment and healing process given to people with schizophrenia can be done in two ways, namely pharmacology and non-pharmacology (Öztürk & Altun, 2022). In addition to pharmacological treatments that are often used, there are therapeutic methods that can be combined to help schizophrenia sufferers from various types of therapy based on the severity of symptoms by providing psychotherapy. Psychotherapy is a treatment that is carried out through verbal and psychological techniques that are given to someone who is experiencing psychological

disorders and mental pressure, useful for overcoming and reducing the problems that someone is facing such as mental pressure or sources of stress from life (Budiono et al., 2021; Stafford, 2021; Temesgen et al., 2020).

In the process of giving therapy, sometimes there are patients who decide to stop treatment at the beginning, even though the therapy given to patients has not all been completed and this action can reduce the clinical effectiveness of giving therapy. This can happen because of the expectations and expectations of patients who are dissatisfied with the treatment they are getting and also the role of the therapist who is considered lacking during the therapy process (Ahn et al., 2022; Sari & Subandi, 2021; Opoka et al., 2021; Stanley & Balakrishnan, 2021). Patients who have low expectations complicate the recovery process in schizophrenic patients. Expectations reflect an individual's perception of the ability to clearly define goals, take initiative and maintain motivation to use various strategies and develop specific strategies to achieve those goals. Hope becomes something that can be formed and can be used as a step for change. Useful changes and can make individuals get a better life. Changes related to these expectations can improve the quality of life of individuals (Caqueo-Úrizar et al., 2022; Opoka et al., 2021).

Negative self-stigma causes low expectations in schizophrenic patients. Hope considers positive aspects in the lives of schizophrenics and other significant people of schizophrenics (Clari et al., 2022; Temesgen et al., 2020). Schizophrenic patients who have low expectations make it difficult for schizophrenic patients to recover. In addition, patients are also not confident in carrying out schizophrenia recovery therapy (Ahn et al., 2022; Sari & Subandi, 2021; Yosep, et al., 2023).

Hope is an important aspect to improve quality of life and self-management in schizophrenic patients. The low expectation of schizophrenic patients causes the patient's psychological condition to be increasingly disrupted. One of the factors that affect the level of hope in schizophrenic patients is self-stigma. This study is the first scoping review to discuss the relationship between self-stigma and expectations in schizophrenic patients. This data will be a consideration for health workers in increasing expectations in schizophrenic patients. So the authors are interested in making a scoping review about the relationship between self-stigma and expectations in schizophrenic patients.

RESEARCH METHODS

Design

This research uses design scoping review. Scoping review is a methodological technique for exploring various topics that are currently developing in the world. The author chose this design to discuss research objectives with a broad conceptual scope. The stages used in this study consisted of 5 stages, namely: identifying research questions, identifying relevant articles, selecting the results of the study, collecting data, and reporting the results of the study. This literature review uses the PRISMA Extension for Scoping Review (PRISMA-ScR) to identify various topics that discuss the relationship between self-stigma and expectations in schizophrenic patients.

Search Method

The three databases used in the literature search are CINAHL, PubMed, and Scopus. The keywords used were: "hope" AND "social support" AND "schizophrenia".

The research question is: Is there a relationship between self-stigma and expectations in schizophrenic patients?

Inclusion and Exclusion Criteria

The eligibility criteria in this study used the PCC framework, namely: Population: people with schizophrenia. Concept: self-stigmatism, Context: hope

This study uses PRISMA Extension for Scoping Review (PRISM -ScR) which functions to identify various articles on the topic of the relationship between self-stigma and expectations in schizophrenic patients (Figure 1). The strategy used in selecting this article uses inclusion and exclusion criteria. The inclusion criteria for this study were schizophrenic patients, original research articles, using English, full text, and set within the last 10 years (2013-2022). Exclusion criteria in this study were patients who were not schizophrenic patients.

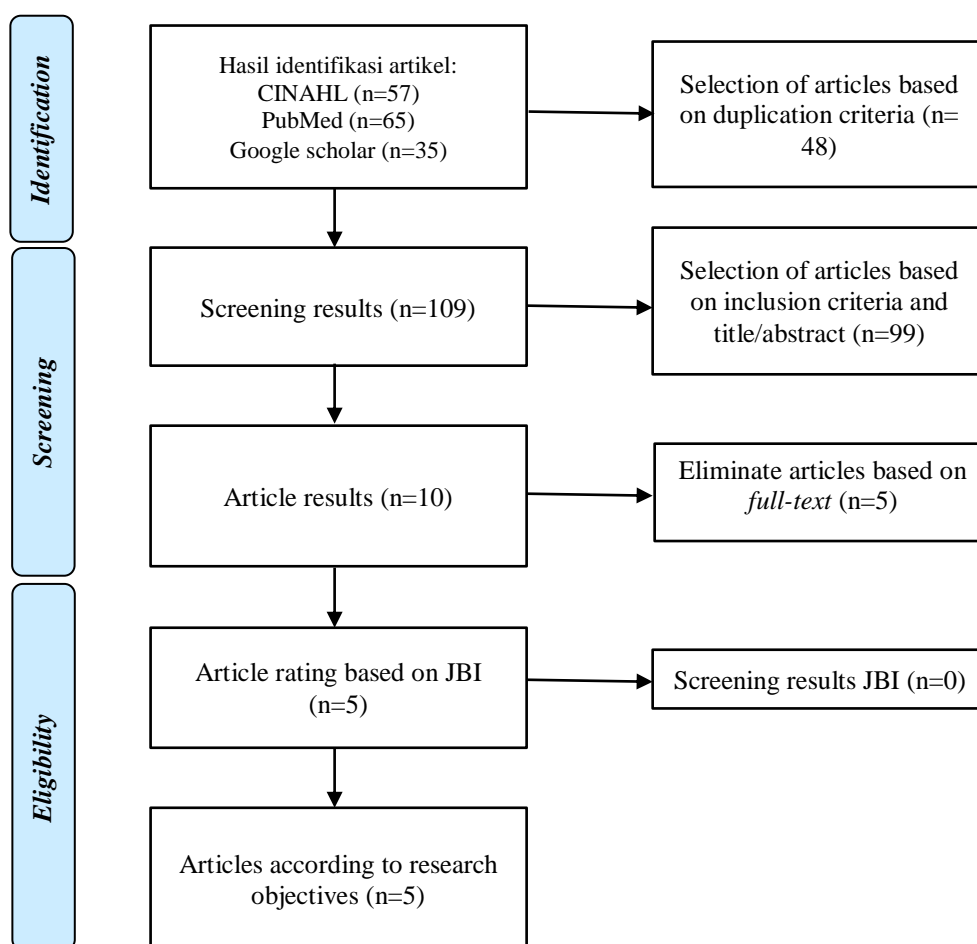


Figure. 1
PRISMA Flowchart

Data Extraction

The author uses manual tables for data extraction. The data extracted in the manual tables are author, year, country, research design, population and sample, scale, and research results.

Data analysis

Analysis of the data used in this study with a descriptive approach. The authors read and analyzed all articles from the initial study with inclusion and exclusion criteria. The stages in analyzing the data use a prism flowchart consisting of: (1) identifying duplication of studies; (2) filtering the titles and abstracts of the studies obtained; and (3) ensure studies have full text. After the writer analyzes the data, the writer makes a description of the findings obtained and then classifies the results of the data obtained based on the similarity of the findings.

RESEARCH RESULT

The number of articles obtained from the three databases is 157 articles. After being eliminated based on article duplication, 109 articles were obtained. Then, articles were eliminated based on inclusion criteria and screening of titles and abstracts, 10 articles were found. Then we read the full text articles and omitted them based on the exclusion criteria, and found 5 articles to be analyzed in this study.

The author found 5 articles that discussed the relationship between self-stigma and expectations in schizophrenic patients. The results of this study indicate that there is a relationship between self-stigma and the level of expectation in schizophrenic patients, the higher the self-stigma, the lower the expectations of schizophrenic patients. Self-stigma can be influenced by various aspects such as coping and community support for schizophrenic patients.

Table. 1
Extraction Data

Author's name, Article title, Type of literature	Year	Objective	Findings
Pribadi et al., Factors Associated with Internalized Stigma for Indonesian Individuals Diagnosed with Schizophrenia in a Community Setting, Cross sectional study	2020	Mengetahui hubungan antara stigma dan harapan di antara pasien dengan skizofrenia	Ada hubungan yang signifikan antara harapan dan stigma yang terinternalisasi
Wardani et al., Quality of Life of Schizophrenic Patients Perceived Through Self Stigma, Cross-sectional study	2018	Knowing the relationship between self- stigma and expectations	There is a significant relationship between expectations and self- stigma
Guan et al., Internalized Stigma and Its Correlates among Family Caregivers of Patients Diagnosed with Schizophrenia in Changsha, Hunan, China, Cross sectional study	2020	Knowing the relationship between stigma and internalized expectations	There is a significant relationship between expectations and self- stigma
Engh et al., Plasma Levels of the Cytokines B Cell-Activating Factor (BAFF) and A	2022	Knowing the relationship between expectations	There is a strong relationship between internalized stigma and expectations

Proliferation-Inducing Ligand (APRIL) in Schizophrenia, Bipolar, and Major Depressive Disorder: A Cross Sectional, Multisite Study Cross-sectional study		and internalized stigma	
Lim et al., An Asian Study on Clinical and Psychological Factors Associated with Personal Recovery in People with Psychosis, Cross-sectional study	2019	Knowing the relationship between self-stigma, self-esteem, and expectations	There is a significant relationship between self-stigma, self-esteem, and expectations

This study shows that the authors found 5 articles based on article searches in three databases. All studies discuss the relationship between self-stigma and expectations in schizophrenic patients. Articles published in the 2018-2022 timeframe. The results of the four articles show that there is a relationship between self-stigma and expectations in schizophrenic patients. Five articles were found using a cross-sectional study design.

The sample in this study is in the range of 66-2009 respondents. Based on the country of origin of the articles found, 2 articles are from Indonesia, 1 article is from China, 1 article is from Norway, and 1 article is from Singapore. The instruments used to assess the relationship between expectations and self-stigma are The Internalized Stigma of Mental Illness (ISMI) scale, Internalized Stigma of Mental Illness, Internalized Stigma of Mental Illness Scale for caregivers (ISMI-caregiver version) and Herth Hope Index (HHI) , Internalized Stigma of Mental Illness Scale and Herth Hope Index (HHI), and Herth Hope Index-abbreviated.

The characteristics of high self-stigmatization are self-isolating behavior, social withdrawal, supporting stereotypes and experiences of discrimination, only positive resistance to stigmatization with low stigmatization. The description of poor quality of life in schizophrenic patients includes quality of life in general, physical health satisfaction, physical health, psychology, social relations, environment.

The results of the study concluded that there was a relationship between self-stigmatization (closed behavior, supporting stereotypes, withdrawing from the social environment, rejecting stigmatization) and the expectations of schizophrenic patients. The higher the self-stigmatization, the lower the expectations of schizophrenic patients. There is a relationship between the resistance of schizophrenic patients to self-stigma and expectations, where the direction of the relationship is positive, the higher the self-stigma resistance, the higher the quality of life of schizophrenic patients.

DISCUSSION

The author found that the 5 journals had the same factor that influenced the expectations of schizophrenic patients, namely the self-stigma factor. Self-stigma has a significant relationship with the level of expectation in schizophrenic patients. In addition, self-stigma is related to general expectations, satisfaction with physical health, psychological, social relationships, and the environment with the direction of

the relationship, the higher the self-stigma, the lower the quality of life of schizophrenic patients.

Self-stigma is the most painful stigma with a destructive effect that has a negative impact on the effects of treatment, self-stigma has three components of cognition that affect behavior according to stereotypes, prejudice and discrimination which have a major impact on the quality of life of schizophrenics (Temesgen et al., 2020) . Schizophrenia self-stigma is at a high level of self-stigma, namely self-isolation, inattention, social withdrawal, and negative feelings can reduce expectations in schizophrenic patients (Cai et al., 2022; Desalegn et al., 2020; Temesgen et al., 2020). Research conducted in 14 European countries stated that 41.7% of schizophrenic patients had high self-stigma. High self-stigma affects the expectations of schizophrenic patients (Öztürk et al., 2022; Yosep et al., 2023). Another study showed that the average value of total self-stigma in schizophrenic patients in Australia was 74.15 with a standard deviation (SD) of 14.25 in the high self-stigma range (Clari et al., 2022).

High self-stigma in schizophrenic patients is positively related to high negative symptoms and low social functioning which is manifested in low self-confidence and a lack of concern for life (Opoka et al., 2021). Based on the assessment of the Internalized Stigma Of Mental Illness (ISMI) score, schizophrenic patients have a high level of self-sigma (Budiono et al., 2021; Sari et al., 2021). Another study also showed that 50 respondents (52.1%) among 96 respondents with schizophrenia had high self-stigma. Another study shows research which states that self-stigma is widespread in schizophrenic patients in China which greatly affects the lives of schizophrenic patients (Guan et al., 2020).

This study shows that there is a relationship between self-stigma and expectations in schizophrenic patients with a negative relationship, meaning that the higher the self-stigma, the lower the quality of life of schizophrenic patients. Self-stigma and quality of life are often associated with the emergence of symptoms, self-view, quality of life, and self-efficacy in schizophrenic patients (İpçi et al., 2020). Negative self-stigma in schizophrenic patients makes it difficult for patients to have hope in controlling schizophrenic symptoms (Caqueo-Urizar et al., 2022; Yosep et al., 2023). So that schizophrenic patients need positive thinking to increase hope during the recovery process from schizophrenic symptoms.

Previous studies have shown that nutrient pan is low among self-stigmatized individuals (Clari et al., 2022; Díaz-Cutraro et al., 2022). Discussion of previous research on self-stigma which affects the quality of physical and psychological health of schizophrenic patients which is reflected in the patient's ability to maintain the body and coping abilities against perceived stressors (Cai et al., 2022; Yosep et al., 2022; Yousef et al., 2022). Schizophrenia with a negative self-stigma raises low expectations, resulting in low self-esteem and self-ability so that it is directly related to the recovery process in the form of decreased awareness or self-view of the disease which in turn greatly impacts the quality of life of schizophrenic patients.

CONCLUSION

This study shows that there is a relationship between self-stigma and the level of hope in schizophrenic patients. Schizophrenic patients who have negative self-stigma lead to low levels of expectations. So that schizophrenic patients need to reduce the negative self-stigma to increase hope so that it can improve the symptom recovery

process of schizophrenic patients. The implication of this study is that there is a foundation for nurses to increase hope in schizophrenic patients by reducing negative self-stigma.

SUGGESTION

Suggestions for further research are the need for nursing interventions to increase expectations by reducing self-stigma in schizophrenic patients.

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