

## THE IMPLEMENTATION OF EMBROIDERY ACTIVITIES IN CLIENTS WITH LOW ESTEEM: A CASE STUDY

Aura Putri Dena<sup>1</sup>, Wahyudi Mulyaningrat<sup>2</sup>✉\*, Wahyu Ekowati<sup>2</sup>

<sup>1</sup> Professional Nurse Program, Faculty of Health Sciences, Universitas Jenderal Soedirman

<sup>2</sup> Department of Nursing, Faculty of Health Sciences, Universitas Jenderal Soedirman

\*Correspondence Author: wahyudi.mulyaningrat@unsoed.ac.id

**Background.** Clients with low self-esteem problems feel useless, lack socialization and will experience a decrease in positive abilities. If the problem of low self-esteem is left untreated, it can trigger other problems such as social isolation. One of the efforts to increase the positive abilities of clients with low self-esteem can be done by implementing embroidery activities. The purpose of this case study is to analyze the management of embroidery activities on clients with low self-esteem. **Methods.** The method used is a case study by implementing evidence based practice in nursing care. **Results.** The results obtained after implementing the low self-esteem intervention with embroidery activities for 4 days: there was a decrease in signs and symptoms of low self-esteem such as feelings of uselessness, increased level of activity ability and being able to socialize with other people. **Conclusion.** The conclusion in this case study is that embroidery activity is one of the positive activities that clients like and improves the client's motor skills and self-confidence. The results of the self-esteem scale measurement which was initially categorized as low turned into a medium category.

### KEYWORDS

Activities, embroidery, low self-esteem

### INTRODUCTION

Schizophrenia is a chronic disease that affects ± 20 million people worldwide and requires skills in long-term management<sup>15</sup>. According to Riskedasa information (2018) in Indonesia, since the age of 20, the percentage of mental stress has reached 8 percent or approximately 16 million people<sup>9,10</sup>. One of the causal/predisposing factors for schizophrenia is the self-concept/self-esteem factor. Low self-esteem, lack of self-confidence, loss of motivation, decreased moral control, unable to meet their needs are precipitating factors or triggers for schizophrenia<sup>11</sup>. This explanation explains that low self-esteem in individuals with schizophrenia is caused by self-actualization that has not been achieved and if maintained will cause depression.

Low self-esteem is a feeling of uselessness, if prolonged it will result in a negative evaluation of one's abilities<sup>3</sup>. Signs and symptoms of low self-esteem are

feelings of confusion, feelings of hopelessness, feelings of helplessness, feelings of worthlessness and uselessness, feelings of lack of attention, decreased memory in the long or short term, decreased ability, withdrawal and lack of socialization<sup>1</sup>. If the problem of low self-esteem is left untreated, it can trigger other problems such as social isolation and hallucinations<sup>13</sup>.

Nursing interventions for low self-esteem clients are discussing positive abilities and practicing them<sup>5</sup>. One of the sources of coping mechanisms is through hobbies and expressive art crafts<sup>12</sup>. Art therapy can increase self-confidence, manage anger and reduce stress complaints. Every mental health sufferer has an interest in therapeutic media. So that initial observations and interviews are needed to see interest in the media that will be given<sup>2</sup>.

Based on a preliminary study at the Sumbang I Health Center, there were 71 people with mental disorders (ODGJ) and 11 of them had a nursing

diagnosis, namely low self-esteem in Karanggintung Village. According to the results of interviews and observations with one of the clients, the client's interest in art therapy is in embroidery activities. Embroidery is an art therapy that trains confidence and creativity by depicting motifs on cloth as desired, practicing patience in the embroidery process and using simple tools such as needles, calico cloth and threads<sup>2</sup>. Therefore the author wants to try to implement interventions with embroidery activities to find out whether low self-esteem interventions combined with embroidery activities can improve and maintain the client's positive abilities.

## METHODS

The final scientific work carried out by the author uses the case study method in the form of the application of evidence-based practice in nursing care for clients with low self-esteem by embroidering. The sample for this study was 1 person, namely Mr.N and the research location was in the Karanggintung area. Art therapy can be done individually and in groups, therefore it is necessary to observe interest in art. Before the embroidery intervention was carried out, Mr. N said that he had an older brother who had died and had a hobby of embroidery. So in this study applying embroidery as a medium of art therapy. Implementation was carried out for 4 days and research evaluation could be measured through pre and post tests with a self-esteem scale according to Rosenberg's questionnaire (1965).

Mr. N's assessment was carried out on

Monday, 7 February 2023 at 10.00 WIB through interviews and observations of client behavior. The results of the study found that Mr. N is 29 years old, male, the client lives in Karanggintung Village RT 03/RW03, is Muslim and is not married. The client does not work and has the last level of education in elementary school. Based on the predisposition study, the family said the client had experienced mental disorders in the past around 2013 when the client was in class 2 at Vocational High School. The family said that in 2013 there was an unpleasant past, namely bullying from friends due to economic factors. The client's family said that at that time there was a change in behavior. Clients are often alone. Based on information from the school that the client is less sociable because he is insecure and his friends refuse to be friends with the client. This incident caused the client to decide to stop going to school, even though the family said that since elementary school the client was a smart child, until he entered the Pharmacy Vocational School with a scholarship. The client has never experienced physical abuse, sexual violence, family violence and criminal acts.

Around 2018 the client had received outpatient mental treatment at Siaga Medika Hospital in Banyumas, because the client had burned school books and afterwards the client appeared to have locked himself in his room. The client's family is a family that has a fairly low economy which results in being unable to pay for the client to continue their education. The family also says that the client feels afraid and avoids meeting people. The family said that the client had received a history of medical therapy

from Siaga Medika Hospital Banyumas in the form of psychiatric drugs: Clozapine 1x25 mg, Trihexyphenidyl 1x2 mg, Seroquel XR 1x200 mg, Clobazam 1x10 mg.

The current condition of the client seems to avoid meeting new people and is no longer taking medication from Siaga Medika Hospital. Based on the physical examination of Mr.N, the results of BP: 110/70 mmHg, N: 89x/m, S: 36, RR: 20 x/minute, BB: 58kg and TB: 169cm. Then the results of the psychosocial study Mr. N is the 5th child of 6 siblings, currently the client lives with his mother, father and younger sister. The client's self-concept is that the client feels normal about himself, nothing special about himself. The client says he is being sober with his current situation. The client said that he was not confident and embarrassed when conversing with other people and neighbors for fear that the client's neighbors could not accept the client's situation. Clients are more comfortable conversing with the client's family. The client said that currently the client is going to school to catch up on packages at SKB Purwokerto, when leaving by bicycle. The client says that at SKB they don't have friends, so the client leaves when there are exams such as UTS / UAS only. The client says that he wants to graduate from school and then work but the client feels inferior. Mr. N felt himself useless and troubled his parents.

In social relations, the client never participates in social activities held in his home environment such as voluntary work because the client feels embarrassed and insecure when interacting with neighbors because he is afraid that his neighbors will

not accept his situation. Clients are more often silent in the room. The client is a Muslim, the patient believes that God exists but does not want to explain in more depth because the client mentions that it is a matter of privacy. When the client is spoken to, the client only answers questions with very short answers, never asks anything when given the opportunity to ask. The client is very passive when making a conversation, never asking the other person. The client's motor skills, namely the client looks lethargic and looks down. The client's affect appears blunted covering the answers to questions. There is a change in mood when discussing the client's past to students.

Clients often lower their heads, there is no eye contact and sometimes like daydreaming. Based on the explanation above, Mr. N has a source of maladaptive coping, namely being unable to solve his own problems. Based on the results of the study above, the authors analyzed the data and then formulated a nursing diagnosis using the Indonesian Nursing Diagnosis Standards (PPNI 2018). Mr. N's nursing diagnosis is Chronic Low Self-Esteem b.d Exposure to Traumatic Situations (D.00086)<sup>6</sup>.

The author makes nursing outcomes based on the Indonesian Nursing Outcome Unit (PPNI 2018). Nursing output Mr.N namely Self-Esteem (L.09069) with the aim that after nursing interventions indicators of feeling of having advantages, self-confidence and positive abilities increase<sup>7</sup>. Furthermore, the authors made an intervention plan based on the Indonesian Nursing Intervention Unit, namely Art Therapy (I.09329)<sup>8</sup>. Based on research by Veronica Gracia

(2022) embroidery skill therapy is carried out for 2 days by training in making motifs and the embroidery process<sup>14</sup>. Embroidery activity was chosen as art therapy based on the results of observations and interviews of interest in art on Mr.N, besides that the authors added it to 4 days because there was monitoring of the results of the pre and post self-esteem tests on Mr.N. Implementation on Mr.N was carried out for 9 days. On Tuesday, 07 February 2023 at 09.30, Wednesday, 08 February 2023 at 16.00 WIB, Thursday, 09 February 2023 at 09.30, Friday, 10 February 2023 at 17.00, Saturday, 11 February 2023 at 09.30 the author conducted a study and intervention SP 1 namely discuss the abilities and positive aspects that the client is still using, such as arranging a daily schedule.

Furthermore, the author intervenes in SP 2, namely training clients to carry out other activities according to the interests and abilities of the client, one of which is the ability to embroider. Embroidery activities were intervened within 4 days on Monday, 11 February 2023 at 16.00, conducted a pre-test of self-esteem according to the Rosenberg questionnaire (1965), introduced embroidery equipment and how to make designs, then on Tuesday 14 February 2023 at 17.00 introduced embroidery techniques, Wednesday, February 15, 2023 at 10.00 to monitor embroidery activities and Friday, February 17, 2023 at 19.00 as evaluation material to carry out a post test to measure the client's self-esteem scale<sup>4</sup>.

Evaluation of the case study showed that there was an increase in pre and post test results. The pre-

test assessment which had a score of 9 was in the low self-esteem category after the intervention increased to 21 in the moderate self-esteem category. The client admits that he is happy with embroidery activities, such as treating feelings of longing for his older siblings and will make embroidery activities a positive activity when the client feels bored. "Thank you, Miss. I enjoy being taught to embroider, besides learning this is useful for entertaining me when I'm bored." "Yes, you are enthusiastic, it turns out that I am able to do activities like my friends, I will study harder later." "Okay madam, I will continue to do other positive activities as you have taught me".

## RESULTS AND DISCUSSION

After the intervention of embroidery activities for 4 days there was an increase in pre and post test results. The pre-test assessment which had a score of 9 was in the low self-esteem category after the intervention increased to 21 in the moderate self-esteem category. The point of change occurred in increasing feelings of worth explained that the client said he had embroidery talent, good things, the ability to do something, self-acceptance, feeling satisfied, appreciated and useful. Clients also say they are happy with embroidery activities, such as treating feelings of longing for their siblings and will make embroidery activities a positive activity when clients feel bored.

Objective evaluation data after the intervention of embroidery activities is carried out, namely when the client is invited to speak, the client answers with open answers, the client actively asks the other person and the client's fine motor skills increase by being able to

complete the embroidery process well. Based on research conducted by (Sutinah, 2018) shows that there is an effect of implementing low self-esteem strategies on the self-esteem of schizophrenic patients, with the aim of changing maladaptive client behavior to be adaptive.

The goals of these actions for patients include:

1) clients are able to build trusting relationships with other people; 2) able to recognize the problem of low self-esteem; 3) able to identify the ability or other positive aspects of the client; 4) able to practice the abilities that patients have and apply them in everyday life<sup>16</sup>. This is in line with research conducted by Veronica Gracia (2022) where there is a modification of behavior after embroidery activities. The Art Therapy that is given can provide high enthusiasm for the participants. In the process of embroidering the participants became calmer than before embroidering<sup>14</sup>.

As for another study conducted by Jatra and Fouzi (2019) which said that embroidery skill therapy at KPSI was based on their hobbies and interest in crafts. As explained by one of the informants as follows: "Giving a hobby and who knows, if you can embroider the right thing, you can make money too." Skills rehabilitation therapy at KPSI is expected to be useful for people with schizophrenia to grow their self-confidence<sup>2</sup>. Nursing care for patients with mental disorders which are usually schizophrenia, low self-esteem and social isolation so basically rehabilitation therapy is an act of nursing to build self-confidence and want to socialize, this is related to the skill therapy chosen by schizophrenics based on their hobbies or in

the act of nursing with low self-esteem (HDR), namely assessing and improving what the patient has, be it knowledge, will, ability, or hobby so that later it can spur the patient's self-confidence so that they are able to create optimal mental health. Therefore, in the case study, embroidery activities provide adaptive changes for clients.

## CONCLUSIONS AND RECOMMENDATIONS

After implementing the low self-esteem intervention with embroidery activities for 4 days, the results were obtained that: 1) The results of the pre-test assessment which had a score of 9 were in the low self-esteem category after the intervention increased to 21 in the moderate self-esteem category, 2) The point of change occurred in the increase the feeling of worth is explained that the client says he has the talent to embroider, good things, the ability to do something, self-acceptance, feelings of satisfaction, respect and use, 3) Embroidery activity is one of the positive activities that the client likes and increases the client's confidence. Suggestions for clients to be able to develop embroidery activities into activities that have ergonomic value in crafts. For nursing education, it is necessary to develop nursing interventions for patients with low self-esteem. Then for health services, there is a need for collaboration between the puskesmas and local cadres for clients with low self-esteem to develop embroidery activities so that they have a selling price.

## REFERENCES

Bisri Mustofa, M., Luthfiyatil Fitri, N. & Hasanah, U (2022). "The Application of Drawing Therapy in Patients with Low Self-Esteem". *Journal of Young Scholars*. Vol. 2, pp. 227–231.

- Jatra, B, and A Fouzi (2019). "The Experience of Schizophrenic Patients Undergoing Skills Therapy at Graha Atma Bandung." *Masada Healthy Journal*. XIII.
- Kinasih, L.P., Rohmi, F. & Agustiningih, N (2020). "Literature Review: The Effectiveness of Occupational Therapy in Low Self-Esteem Patients". *Caring: Journal of Nursing*. Vol. 9. No. 2. PP. 110–117.
- Keliat, B. A. (2014). "The 1st ed Jakarta Mental Nursing Process". EGC
- Keliat, B. A. (2019). "Chronic Low Self-Esteem". In *Mental Nursing Care* (pp. 171–172). EGC
- PPNI, T.P.S.D (2018), Indonesian Nursing Diagnostic Standards Edition I Print II, Indonesian National Nurses Association, Jakarta.
- PPNI, T.P.S.D. (2018), Indonesian Nursing Outcome Standards (SLKI) Edition I Creakan II, Indonesian National Nurses Association, Jakarta.
- PPNI, T.P.S.D. (2018), Indonesian Nursing Intervention Standards (SIKI) Edition I Print II, Indonesian National Nurses Association, Jakarta.
- Risikesdas. (2018). "Main Results of Health Riskesdas 2018". 20–21. [http://www.depkes.go.id/resources/download/infoterkini/materi\\_rakorpop\\_2018/Hasil\\_Risikesdas\\_2018.pdf](http://www.depkes.go.id/resources/download/infoterkini/materi_rakorpop_2018/Hasil_Risikesdas_2018.pdf).
- Rahayu, S., & Daulima, N. H. C. (2019). "Changes in Signs, Symptoms and Capability of Patients with Chronic Low Self-Esteem". *Educational Journal of Nursing (JEN)*. Vol.2. No. 1
- Stuart & Sundeen (2008). "Psyche Nursing Pocket Book". Jakarta: EGC.
- Stuart, G.W. (2017). "Principles and Practice of Mental Health Nursing". Jakarta: Elsevier
- Sutinah. (2018). "The Effect of Implementing Low Self-Esteem Strategies on the Self-Esteem of Schizophrenic Clients". *Journal of Nursing* STIKES Harapan Ibu Jambi. 3(2),12-17.
- Veronica, Gracia (2022). "The Effect of Embroidery Art as a Means of Art Therapy (Art Therapy) for Sufferers of Mental Disorders of Schizophrenia at Rumah Berdaya, Denpasar, Bali." *Visual Journal* 18(1): 36–48.
- WHO. (2019). Schizophrenia. [https://www.who.int/news-room/fact-sheets/1819 detail/schizophrenia%](https://www.who.int/news-room/fact-sheets/1819-detail/schizophrenia%20)
- Wuryaningsih, E. W., Windarwati, Dewi, E. I., & et al. (2020). "Textbook of Mental Health Nursing 1". Jember: UPT Printing & Publishing University of Jember.