

Research Article

Psychological Dynamics of Patients with Schizophrenia Psychological Disorders Psychological Dynamics of Schizophrenia Psychological Disorders Patients

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Abstract

The number of people with schizophrenia is increasing every year. Schizophrenia is also a severe psychological disorder. The research objective was to determine the dynamics of schizophrenia through knowing the internal and external causative factors and the interaction of the two factors. This research uses a case study method with a qualitative approach. The number of research participants is one person, namely Ryan, who has been diagnosed with schizophrenia since 2010. The examination used interview, observation, and several psychological test kits. The results indicate that several factors influence the appearance of schizophrenia. Internal factors include personality type, maladaptive coping skills in dealing with problems, and consumption of illegal drugs, especially those containing amphetamines. External factors in the form of upbringing and the problems faced. These internal and external factors interact with each other to make a person susceptible to schizophrenia and trigger relapse. The results of this study can help prevent future schizophrenic disorders through parental psychoeducation and interventions on coping skills and emotional regulation of people with schizophrenia.

Keywords: external factors, internal factors, schizophrenia disorders

Abstrak

Jumlah penderita skizofrenia meningkat setiap tahun. Skizofrenia juga merupakan gangguan psikologis yang parah. Tujuan penelitian untuk mengetahui dinamika skizofrenia dengan mengetahui faktor penyebab internal dan eksternal serta interaksi kedua faktor tersebut. Penelitian ini menggunakan metode studi kasus dengan pendekatan kualitatif. Jumlah partisipan penelitian adalah satu orang yaitu Ryan yang didiagnosis skizofrenia sejak tahun 2010. Pemeriksaan menggunakan wawancara, observasi, dan beberapa alat tes psikologi. Hasil penelitian menunjukkan bahwa terdapat beberapa faktor yang mempengaruhi munculnya skizofrenia. Faktor internal meliputi tipe kepribadian, kemampuan coping yang maladaptif dalam menghadapi masalah, dan konsumsi obat-obatan terlarang terutama yang mengandung amfetamin. Faktor eksternal berupa pola asuh dan masalah yang dihadapi. Faktor internal dan eksternal ini saling berinteraksi sehingga membuat seseorang mudah terserang skizofrenia dan memicu kekambuhan. Hasil penelitian ini dapat membantu mencegah gangguan skizofrenia di masa depan melalui psikoedukasi orang tua dan intervensi terhadap keterampilan coping dan regulasi emosional penderita skizofrenia.

Kata kunci: faktor eksternal, faktor internal, gangguan skizofrenia

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Introduction

Schizophrenia disorder is also one of the most severe psychological disorders. These disorders can impact cognitive, emotional, perceptual, and motor functions (Dziwota, Stepulak, Włoszczak-Szubzda, & Olajosy, 2018). Another thing that makes schizophrenia so severe is that it is economically detrimental. (Barbato, 1998) stated that schizophrenia disorder is a mental disorder that becomes a social and economic burden. Schizophrenic disorders can cause disability due to negative symptoms and decreased cognitive function (Ayano, 2016).

The number of people with schizophrenia is increasing every year. Indonesian Ministry of Health data shows an increase in the prevalence of schizophrenia from 1.7% in 2013 to 7% in 2018. The prevalence of schizophrenia sufferers in Indonesia in 2016 was 400,000 people or 1.7 per 1,000 people. (<http://www.depkes.go.id/>). As many as 75% of people with schizophrenia disorders are aged 16-25 years (Ministry of Health, 2015). A person's lifetime risk of developing schizophrenia is 0.5-1%, has an early age of onset, and a high prevalence rate. (Ayano, 2016).

The latest data from the 2018 Basic Health Research states that 282,654 people in Indonesia are affected by schizophrenia. Java Island is the largest contributor to schizophrenia sufferers. The highest number was in West Java with 55,153, followed by East Java with 43,890, and Central Java with 37,516. The number of people with schizophrenia is increasing, especially in urban areas, especially Java.

Schizophrenia is a mental disorder characterized by at least two of the following symptoms, namely delusions, hallucinations, mental disorders, catatonic behavior, and negative symptoms. (Association, 2013). Symptoms may not be noticeable at all but are evident during a psychotic episode (Fatani, Aldawod, & Alhawaj, 2017). There are several types of schizophrenia based on the symptoms that appear. DSM IV-TR (Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision (DSM-IV-TR), 2000), divides schizophrenia into five types, namely paranoid type, hebephrenic or disorganized schizophrenia, catatonic, residual, and schizophrenia in no detail.

It is not clear what causes schizophrenia. The interaction between genetic factors and environmental factors at risk of giving rise to schizophrenia (Gilmore, 2010). Genetic factors, such as neurotransmitter defects, make a person more susceptible to schizophrenia (Ayano, 2016). External risk factors such as interference during pregnancy (Gilmore, 2010), taking drugs containing amphetamines such as marijuana or cannabis (Ayano, 2016); Siddiqui et al., 2018) as well as problems in someone's life (RS et al., Nd).

Method

This research aims to look at the psychological dynamics of hebephrenic schizophrenia through knowing the internal and external factors that cause schizophrenic disorders and the interaction of the two factors. This objective is consistent with the characteristics of a case study, which generally has descriptive objectives (Babbie, 2015). The number of participants was one person named Ryan, with the criteria of having schizophrenic hebephrenic disorder since 2010. Through the selection of a participant, the researcher wanted to see if Ryan's case deviated from the predetermined characteristics of the schizophrenic hebephrenic disorder. This is called (Burawoy, Burton, Ferguson, & Fox, 1991) as "theoretical gaps and silences" in the case study

method. Selection of participants through a purposive sampling method, which is based on determining criteria (Sugiyono, 1999). The first time Ryan was diagnosed with schizophrenia, Ryan was only 16 years old. Ryan has been admitted to a mental hospital five times because of his schizophrenia. The following is the participant's identity.

Table 1. Participant Identity Table

Name	:	Ryan (Nickname)
Gender	:	Male
Date of birth	:	Surabaya, March 27, 1993
Age	:	26 years
Address	:	Surabaya, East Java
Last education	:	SMK
Profession	:	Does not work
Tribes	:	Java
Cultural Background	:	East Java
Religion	:	Islam
Order of Birth	:	8 of 9 siblings

Several methods were used in analyzing the data, namely interviews, observation, and psychological tests, including the Wechsler-Bellevue Intelligence test, WWQ, and projection tests (graphic and Thematic Apperception Test). In-depth interviews were conducted with participants and their parents to obtain information about life history from childhood to date, history of disorders, and relationships with other people—observation to determine the description of behavior during dealing with researchers. Intelligence tests are used to determine cognitive abilities and the impact of schizophrenia on these abilities. The projection test is to determine the psychological dynamics of the participants, while WWQ is to determine the psychotic disorders experienced and to assist in establishing the diagnosis.

Result and Discussion

The results of the examination showed that the participants fit the criteria for schizophrenia disorder (Association, 2013). Based on the results of the examination showed that Ryan had a schizophrenic disorder with a hebephrenic type. Compared to other types in (Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision (DSM-IV-TR), 2000), Ryan fits into the hebephrenic type because of the symptoms of a mental disorder are more prominent than other symptoms. These symptoms arise from Ryan's behavior that is angry and rambunctious during his active phase. Ryan has a history of conduct disorder with adolescent-type onset. Conduct disorder is categorized as unconcerned about performance with mild severity category. Indications of disturbance can be seen from his behavior that intentionally damages other people's property, often lies to get goods or assistance or to avoid obligations, steals worthless objects without facing the victim, and runs away from home. The impact is Ryan skips school for one year and goes to jail.

Ryan's schizophrenic disorder started when he got into an argument in prison. Ryan was transferred to a small cell and given a sedative by injection. The drug made him unconscious for one week, so his parents took him to a mental hospital. Ryan's condition improved over the past five years when the disturbance reappeared when he came home from work, and the house

was empty (no family members) and dirty. Another trigger is Ryan feeling angry with neighbors who are considered slandering his father. Ryan was admitted to a mental hospital again for the fourth time for wasting items he considered dirty.

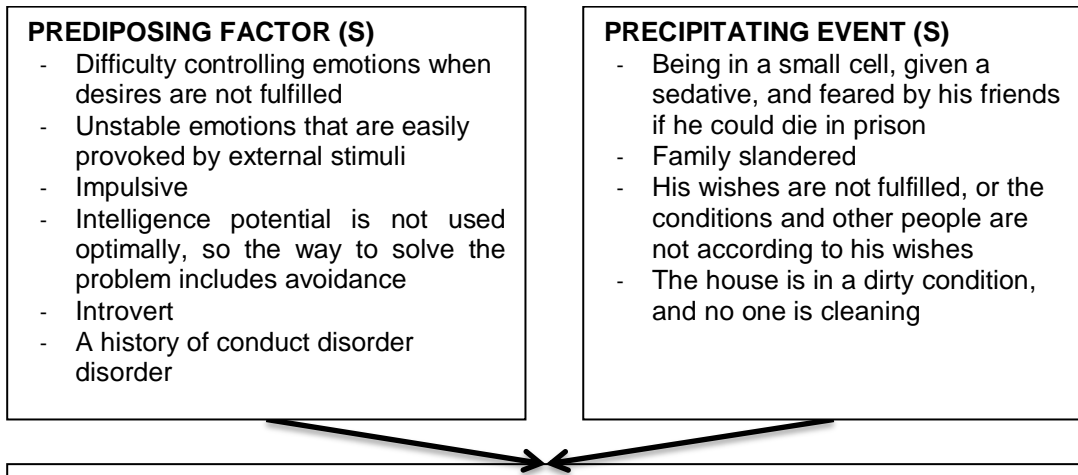
The trigger for Ryan to be admitted to the hospital four times was when his family did not fulfill his wish, such as when he asked his father to clean water from a glass far away, but he did not do it, and the family asked him to take a vacation, but he did not agree with his vacation spot. This shows that when the condition and other people are not what they want, it triggers the emergence of Ryan's schizophrenia disorder or relapse. In addition, Ryan also felt that he was not sick, so he did not want to take the medication that triggered his relapse. Ryan's schizophrenic condition has several causes. The first is the parenting of neglecting parents since they were young because they both worked. Second, the relationship with family members is not close so that the planting of affection norms and needs is obtained from friends. Third, Ryan has a history of using illegal drugs, namely Double L, which contains amphetamine, which accelerates the development of schizophrenia.

Ryan's relationships with other family members are not close. This makes affection needs, and norms unfulfilled from his family. Ryan's great affection needs are met through his friends. Bad company friends made Ryan a teenager who smoked, drank, took drugs, and stole. There are no examples of right and good behavior from the family, accompanied by bad associations that make Ryan impulsive and less able to control his emotions. As a result, Ryan is easily offended by what friends and family say. Impulsive behavior makes Ryan dare to smoke, steal, consume alcohol, and illegal drugs. Ryan did not think about the consequences of this behavior, including when he ran away from home. Ryan's way of solving problems is also avoiding and letting go. Ryan smokes to calm his mind and chooses to stay at home when he has problems. He harbored his own problems and did not tell the people closest to him. When Ryan does not agree with what happened, he cannot convey and bury his feelings. At the time of the disturbance, Ryan expressed his feelings with anger.

The current problem of the participants is schizophrenic hebephrenic disorder. The age of onset of the disorder is classified as early in adolescence. Participants also had a history of conduct disorder personality disorder. Both of these are characteristics of the schizophrenic hebephrenic disorder, namely the age of onset earlier than other types and having a bad personality. (Lent et al., 2000). A history of using illegal drugs that contain amphetamine makes participants vulnerable to schizophrenia and accelerates the breakdown (Hoque, Awang, Baharu, & Siddiqui, 2018; Meyer & Nasrallah, 2009; Stefan, Travis, Murray, & Keshavan, 2002). The coping skills used by the participants were maladaptive and less able to be used in dealing with problems so that they triggered the relapse. (RS et al., Nd). Coping used is the coping commonly used by schizophrenia patients, namely avoidance, avoiding problems by letting it be (Lysaker, Bryson, Marks, Greig, & Bell, 2004). Participants' cognitive function also began to decrease due to schizophrenia disorders that inhibited the problem-solving thinking process.

The maladaptive coping skills of the participants were also caused by a lack of relationship with their siblings. Research by Eweida, Maximos & Sharaf in 2017 shows that support from people around you can help people with schizophrenia learn other coping skills. (Holubova et al., 2015), also stated that a close relationship with siblings helps improve coping use in people with schizophrenia disorders. Participants are not close to relatives, so they do not get the opportunity to learn other coping skills and only use coping avoidance. When relapse occurs, participants have difficulty controlling how to express emotions. Participants tend to be reactive

in expressing emotions without using appropriate emotional regulation strategies (Khoury & Lecomte, 2012). Especially participants get angry easily



when desires are not fulfilled and are easily offended by what others say. Angry behavior is shown by wasting items, slamming glasses, and the smell of the chicken coop in his house. People with schizophrenia have problems with impulsivity and emotional regulation. Impulsive behavior is caused by negative emotions that are not well regulated. Poor regulation triggers the aggressiveness of those with schizophrenia (Hoptman, 2015).

Conclusion

External factors that influence the appearance of the disorder are parenting styles, and the problems faced. Parenting style is neglected because it does not show affection and control for their children (Baumrind, 1991). Parents of participants are busy working, so they do not have time for their children. They leave their children without showing affection, which increases a person's risk of developing schizophrenia. The behavior of parents who allow this is a form of inappropriate behavior shown in children or called maltreatment. Other maltreatment behaviors such as children experiencing physical, sexual, and emotional abuse (Matheson et al., 2017).

Problems that occur in a person's life can trigger a psychological disorder. Various kinds of things can be a problem, depending on each person. The theory of stress-sensitization explains that psychological disorders occur because a person has a biological vulnerability and experiences very pressing problems (Mayo et al., 2017). In participants, the traumatic problem that occurred was going to prison, then the problem that triggered schizophrenia disorder again was when their desires were not fulfilled.

Below is attached a picture 1—participant case formulation.

Based on the results presented previously, schizophrenia is formed due to the interaction of various internal and external factors. The researchers did not find any deviation from the Ryan case with the description in the DSM. People with poor personality types and coping skills are more prone to developing schizophrenia. Bad personality types such as impulsivity and difficulty controlling emotions are risk factors for someone to develop the schizophrenic hebephrenic disorder (Lent et al., 2000). Impulsivity can cause a person to be unable to properly regulate negative emotions, which are at risk of developing schizophrenia (Hoptman, 2015). Research by (Khoury & Lecomte, 2012) shows that people with schizophrenia are reactive in showing emotions.

The poor coping skills of people with schizophrenia make them prone to problems and even exacerbate the disorder by bringing up relapse (RS et al., Nd). Coping is used to avoid and let the problem not help solve. Problems as a trigger for schizophrenia disorders. If a person has maladaptive coping skills and faces pressing problems, he is at risk of developing schizophrenia. Another external factor is the wrong parenting. Parenting lets the child or neglect put the child at risk for schizophrenia. Parents who do not show love and control are behaviors that are not properly shown to children, or it is called maltreatment (Matheson et al., 2017).

The existence of this study shows that parenting styles, coping skills in dealing with problems, personality types, drug consumption, and poor emotional regulation make a person prone to schizophrenia. These factors can be prevented by preparing parents to raise their children so that they have good coping skills and emotional regulation. Psychoeducation can be given to parents to prevent their children from having bad associations and not taking illegal drugs. For people with schizophrenia, disorders can be given interventions regarding coping and emotional regulation so as to prevent it relapse.

Limitations of the study are the number of participants, limited time, and have not conducted a biological assessment. Future studies can increase the number of participants to be more than one. The biological assessment also needs to be done to be able to thoroughly discuss the causes of schizophrenia.

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