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## INCREASING KNOWLEDGE ABOUT PERSONAL HYGIENE OF THE PEOPLE WITH MENTAL DISORDER (ODGJ) IN THE KUTOREJO DISTRICT, MOJOKERTO

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### ABSTRACT

Community Service Activities organized by the Dian Husada Nursing Academy in collaboration with Al Hidayah Kutorejo Mojokerto shelter house held health counseling with participants of all ODGJ patients (People with Mental Disorders) with the theme “Increasing Public Knowledge About Personal Hygiene in ODGJ (People With Mental Disorders)”. Health counseling will be held on Wednesday, April 14, 2021 at the Al Hidayah Kutorejo Mojokerto shelter. This activity was carried out in a team consisting of two Akper Dian Husada lecturers, 2 students, and a team from the AL Hidayah Kutorejo Mojokerto shelter. The activity was arranged by the team for two weeks, starting from determining the theme of the activity, the form of the activity, the timing of the activity, and first socializing the activity to ODGJ patients. This activity was witnessed by all patients with ODGJ (People with Mental Disorders). The form of evaluation of this community service activity that went smoothly was the enthusiasm of ODGJ patients (People with Mental Disorders) in participating in the activity by asking questions about personal hygiene to the presenter.

Keywords: Knowledge, Personal Hygiene, The People with Mental Disorder.

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## INTRODUCTION

Mental health in the world today is a very significant health problem, including in Indonesia. WHO data in 2016 there were about 35 million people affected by depression, 60 million bipolar people, 21 one million skinzophrenia, and 47.5 million dementia (Mutumanikam & Rahmiaji, 2019). According to RISKESDAS data, 2018 shows that the prevalence of schizophrenia or psychosis mental disorders in Indonesia of 7 per household mile, meaning that per 1,000 households there are 7 households with patients with mental disorders.

Mental health according to the Law of the Republic of Indonesia Number 18 years is a condition that allows an individual to develop physically, mentally, spiritually, and socially so that the individual is aware of his own abilities, can cope with pressure, and can work productively. Mental health efforts carried out by the government, in an effort to overcome mental disorders, can be carried out through several approaches, namely promotive, preventive, curative, and rehabilitation which are carried out in a comprehensive manner. Promotive effort is an activity or a series of activities in the provision of mental health services that are mental health promotion. Preventive efforts are activities to prevent the occurrence of mental disorders. Curative efforts are activities of providing health services to mental patients which include the process of proper diagnosis and management so that mental patients can function normally again. Rehabilitation efforts are activities or a series of mental health service activities or are intended to prevent disability, restore social function, restore occupational function and provide the ability of patients with mental disorders to be independent in

hospitals and in the community (Mutumanikam & Rahmiaji, 2019).

Signs that appear in schizophrenic patients include decreased or inability to communicate, impaired reality, unnatural or blunted affect, cognitive impairment and have difficulty performing daily activities. People with psychotic disorders usually don't care about their appearance, don't pay attention to their appearance, don't pay attention to their surroundings and how the surrounding community views themselves, both problems in self-care, bathing, decorating problems, and defecating or urinating (toileting). The decline in the ability of schizophrenic patients causes patients to experience significant self-care deficits and do not pay attention to hygiene needs. Emotional problems also cause patients to experience a decrease in self-care abilities which can be triggered by an increase in anxiety arising from delusions, hallucinations (Hastuti & Rohmat, 2018). Maintenance of personal hygiene is needed for individual comfort, safety, and health as in healthy people can meet their own personal hygiene needs, self-care methods are complicated due to physical conditions, emotional states and personal social factors (Yusuf & Fitryasari, 2019). The role of nurses in providing nursing care and increasing training in personal hygiene fulfillment for patients with self-care deficits in the form of implementing implementation strategies in meeting personal hygiene needs (Wulandari, 2015).

## OBJECTIVES

### *General Purpose*

After being given health counseling for 40 minutes, it is hoped that people with ODGJ can understand the importance of personal hygiene in daily life.

### *Special Purpose*

After 40 minutes of health education, it is hoped that the community will be able to:

1. State the meaning of personal and environmental hygiene.
2. Mention the parts of personal and environmental hygiene that must be maintained every day.
3. Applying personal hygiene to ODGJ themselves.

### **PLAN OF ACTION**

#### *Strategy Plan*

The strategic plans implemented include:

1. Coordinate with the manager of the AL Hidayah shelter in Kutorejo Mojokerto to carry out community service activities in the form of providing health education to people with ODGJ (People with Mental Disorders).
2. Determine the time contract with the AL Hidayah shelter management team and determine the model of activity to be carried out.
3. Provide health education about personal hygiene to people with ODGJ (People with Mental Disorders).

#### *Implementation*

Actions taken in the implementation of these activities, among others:

1. Prepare the place and all the equipment needed for the implementation of health counseling.
2. Delivering material about the importance of personal hygiene to ODGJ (People with Mental Disorders).

#### *Setting*

This health counseling was held at the AL Hidayah Kutorejo Mojokerto shelter on April 14, 2021.

### *Target*

The target of this health education event was patients with ODGJ (People with Mental Disorders) at the Al Hidayah Kutorejo Mojokerto halfway house.

### **RESULTS AND DISCUSSION**

Health counseling with the theme "Increasing Public Knowledge About ODGJ (Personal Hygiene for People with Mental Disorders)" will take place on April 14, 2021, which will last for 40 minutes from 10.00 to 10.40 WIB. Activities are carried out according to a predetermined plan. This activity was attended by 12 ODGJ patients who all seemed enthusiastic in the process of delivering health education materials. This is indicated by the questions asked by patients with ODGJ (People with Mental Disorders). In delivering the material, the speaker uses language that is easily understood by ODGJ patients (People with Mental Disorders). The media used in this health education include laptops, Powerpoints, speakers, sound, cameras, LCDs.

### **CONCLUSION**

Increasing Public Knowledge About Personal Hygiene in ODGJ (People with Mental Disorders) can reduce the dependence of ODGJ (People with Mental Disorders) in meeting the personal hygiene needs of each patient.

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