



Logotherapy towards self-esteem of leprosy patients at Tadjuddin Chalid Hospital in Makassar City[☆]



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Abstract

Objective: The purpose of this study was to determine the effect on self-esteem logotherapy leprosy patients in the Hospital Tadjuddin Chalid in Makassar.

Methods: This study used a quasi-experimental. Samples were taken by nonrandom one group randomized design with accidental sampling method (18 lepers). Data collection used the Rosenberg Self Esteem Scale questionnaire. Data is normally distributed by analyzing paired *t*-test.

Results: Characteristics of respondents in study group for male sex were 44.4%, female 55.5%, age 56–55 years 44.44% and elementary school 50%. Average self-esteem score before and after intervention, where mean \pm SD is 16.8 ± 5.49 becomes 28.5 ± 4.86 ($p = 0.000$), which means there are differences average self-esteem score was significant before and after being given a Logotherapy Intervention.

Conclusion: Logotherapy needs to be recommended to be used as therapy to treat patients who experience low self-esteem.

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Introduction

Leprosy is an infectious disease that can cause very complex problems, caused by *Mycobacterium leprae*. Leprosy remains a health problem in some parts of the world.¹ Official records of the World Health Organization Leprosy case amounting to 211,973 new cases and reported globally in 2015. The prevalence of leprosy in the world is still high.²

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The highest cases in Southeast Asian region Kaehler³ Indonesia is ranked third in the country with the most endemic leprosy after India and Brazil.⁴ Leprosy sufferers are often stigmatized as result of adverse social assessments of their illness. The stigma against leprosy affects the quality of life of people affected by leprosy, an understanding of the disease they experience and self-acceptance for sufferers themselves.⁵

Leprosy patients will mostly have low self-esteem, trying to avoid other people, do not like the changes in his body, and was reluctant to leave the house.⁶ Intelligence factors are also included to be one of the causes of low self-esteem to a person, since leprosy is closely connected with the knowledge factor which patients have low knowledge about leprosy. Leper with high knowledge will have adaptive coping mechanisms so that low self-esteem does not happen.⁷

Logotherapy is psychotherapy that can see individuals clearly and holistically which includes self-image, self-confidence and individual ability to deal with stress and is a therapy for how clients determine their own choices that are responsible for their lives in order to achieve a meaningful life.⁶⁻⁸ Purpose of this study was to determine whether there was an effect of Logotherapy therapy on the control of self-esteem levels in leprosy patients in Makassar's Tadjuddin Chalid Hospital.

Methods

Location and design of research

The study was conducted at Tadjuddin Chalid Hospital in Makassar City. This study uses quasi experimental. The sample was taken non-randomized pre post-test one group design with accidental sampling method.

Population and sample

The population in this study were all outpatient leprosy patients at Tadjuddin Chalid Hospital in Makassar City. A sample of 18 patients with leprosy selected by accidental sampling that have met the inclusion criteria that leprosy patients aged 20–65 years, the patients who live in the city of Makassar, can communicate well, not impaired vision and hearing loss, as well as willing to sign an informed consent which has been issued by the Ethics Committee of the Faculty of Public Health, Hasanuddin University.

Method of collecting data

Data collection carried out by researchers with distributing questionnaires or interviewing respondents during pre and post-test. The measuring instrument used is measuring the level of self-esteem using the RSES (Rosenberg Self Esteem Scale) measuring instrument. Control group, pre-test was given and then logotherapy was given after a few weeks ago post-test was carried out while in the control group pre-test and post-test were given simultaneously at the same week as the intervention group.

Data analysis

Logotherapy intervention was carried out 3 times then posttest after the third intervention. Data processed using STATA, and paired *t*-test.

Results

Data showed that majority of leprosy patients aged between 56 and 65 years 44.4%. The sex of the respondents was dominated by women 55.6% and the highest level of education, elementary school level 50%, highest number of occupations 50% with the most marital status married 44.4% (Table 1).

Respondents were given pre-test and post-test before and after Logotherapy intervention. Dominant age group had the highest self-esteem at age of 56–65 years 43.8%, highest sex who had high self-esteem was woman 62.5%, and men 37.5%. Education level more dominant at elementary level 50% who have high self-esteem and the other 37.5% are not in school. High self-esteem is also more dominant in IRT group 56.3% and those who do not work 37.5% of them are married and unmarried and the marital status that has the highest self-esteem in the post-test is married and widow, each of which is 37.5% (Table 2).

Self-esteem scores in pre-test 16.8 ± 5.49 with min–max (9–26) and after logotherapy 3 times post-test was given, average score of the self-esteem was 28.5 ± 4.86 with min–max (17–35). Self-esteem scores before and after logotherapy were normally distributed with values 0.317 and 1.219 > 0.05. Results of analysis showing that there are differences in self-esteem scores before and after being given Logotherapy $p = 0.000$ (Table 3).

Discussion

Results of preliminary study conducted by researchers at Tadjuddin Chalid Hospital illustrate that most leprosy patients increase their self-esteem problems, where price of low self-response is identified in people who refuse leprosy. In this study there were significant differences in self-esteem scores before and after being given logotherapy in leprosy patients at Tadjuddin Chalid Hospital in Makassar City.

Intelligence factors are also included as one of the causes of low self-esteem in a person, considering leprosy is very closely related to knowledge factors where sufferers have low knowledge about leprosy.⁷ Lepers with high knowledge will have adaptive coping mechanisms so that low self-esteem does not occur.⁹ One family function is function of care as study conducted Roosiermatie that unmarried status has significant positive relationship to patients who have disabilities.¹⁰

Logotherapy teaches individuals to discover the meaning of their lives even in difficult times.¹¹ This statement means that even in difficult situations, someone is expected to have hope for a happy life. The desire to have meaning in his life will make someone fill their days with activities that are beneficial for themselves and their future.¹² Low self-esteem indicates self-denial and self-hatred that is conscious or unconscious, where low will also cause individual productivity to decline due to the condition.¹³

Table 1 Characteristics of patients with leprosy before logotherapy.

Characteristics of respondents	Before (pre-test) (n = 18)	
	Low self-esteem n (%)	High self-esteem n (%)
<i>Age (years)</i>		
25–35	3 (21.4)	0 (0.00)
36–45	3 (21.4)	0 (0.00)
46–55	3 (21.4)	1 (25.0)
56–65	5 (35.7)	3 (75.0)
<i>Gender</i>		
Male	6 (42.9)	2 (50.0)
Female	8 (57.1)	2 (50.0)
<i>Education</i>		
Unschoolled	6 (42.9)	0 (0.00)
Elementary School	5 (35.7)	4 (100)
Junior High School	0 (0.00)	0 (0.00)
High School	3 (21.4)	0 (0.00)
<i>Occupation</i>		
Not-working	6 (42.9)	2 (50.0)
Farmer	0 (0.00)	1 (25.0)
Housewife	8 (57.1)	1 (25.0)
<i>Marital status</i>		
Merried	6 (42.9)	2 (50.0)
Single	3 (21.4)	1 (25.0)
Widow	5 (35.7)	1 (25.0)

Table 2 Characteristics of patients with leprosy after logotherapy.

Characteristics	Post-test	
	Low self-esteem n (%)	High self-esteem n (%)
<i>Age (years)</i>		
25–35	1 (50)	2 (12.5)
36–45	0 (0.0)	3 (18.8)
46–55	0 (0.0)	4 (25)
56–65	1 (50)	7 (43.8)
<i>Gender</i>		
Male	2 (100)	6 (37.5)
Female	0 (0.00)	10 (62.5)
<i>Education</i>		
Unschoolled	0 (0.00)	6 (37.5)
Elementary School	1 (50.0)	8 (50.0)
Junior High School	0 (0.00)	0 (0.00)
High School	1 (50.0)	2 (12.5)
<i>Occupation</i>		
Not-working	2 (100)	6 (37.5)
Farmer	0 (0.00)	1 (6.25)
Housewife	0 (0.00)	9 (56.3)
<i>Marital status</i>		
Merried	2 (100)	6 (37.5)
Single	0 (0.00)	4 (25)
Widow	0 (0.00)	6 (37.5)

Table 3 Difference in self-esteem score of patients with leprosy before and after logotherapy.

Self-esteem	Leprosy patient				
	Mean	Min-max	±SD	Shapiro Wilk	Paired <i>t</i> -test
Pre-test	16.8	9–26	5.49	0.317	0.000
Post-test	28.5	17–35	4.86	1.219	

Before logotherapy intervention, leprosy patients tend to experience low self-esteem with a score of <20 and after being given logotherapy the self-esteem score increases to high self-esteem, with a score of >20. Thus it can be said that logotherapy can control self-esteem in leprosy patients who experience low self-esteem. In line with research Rochmawati¹⁴ shown that giving logotherapy to the elderly had an impact on increasing the self-esteem of the elderly from low to high 73%. Prihandini¹⁵ study also showed after intervention logotherapy there was difference in changes in self-esteem of leprosy patients before and after logotherapy.

Conclusions

It can be concluded that there are significant differences in level of self-esteem of leprosy patients before and after the intervention is given, so that logotherapy is stated to control the level of self-esteem of leprosy patients. Efforts to control the level of self-esteem of leprosy patients, health workers and leprosy rehabilitation centres are recommended not only to focus on providing pharmacological drugs, physical rehabilitation or injuries, but also to apply logotherapy in an effort to increase self-esteem, self-confidence, and enthusiasm in dealing with community stigma.

Conflict of interest

The authors declare no conflict of interest.

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