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Supportive counseling for schizophrenia

Septia Purwandani^{1*}, Windy Rainata², Cahyaning Suryaningrum³, Latipun⁴

ABSTRACT
Participants (35 year old woman) who has been diagnosed with schizophrenia. Various unpleasant experiences in him cause clients to get treatment at the mental hospital for the first time. The client also has a husband who has a mental disorder. Various assessments were carried out to diagnose clients including interviews, observations, and psychological tests which included graphical tests (BAUM, DAP, and HTP), WAIS, SSCT, TAT, WWQ and emotional scales from Carlson. Based on the results of the assessment, the client is diagnosed with schizophrenia (in accordance with DSM V) with a problem of the client's lack of ability to control emotions. Interventions conducted to clients with supportive counseling that aims to improve emotional control in individuals who have a schizophrenic partner so that clients have a more meaningful and valuable life, from a psychological point of view so that individuals whose partners have schizophrenia can improve emotional control so that it is expected to manage stress in a way that more adaptive. The results after the client's intervention experience an increase in emotional control such as not being irritable and the client can cathartic negative emotions such as talking in the mirror and shouting at the pad when angry. In addition, clients are also more able to express their opinions.

Keywords: Supportive Counseling, Emotion, Meaningful and Valuable life, and schizophrenia

Schizophrenia is a disorder with a series of symptoms that include disturbances in the context of thinking, forms of thought, perception, affect, sense of self, motivation, behavior and interpersonal functions (Halgin & Withbourne, 2011). The prevalence of this disorder is less than one percent (American Psychiatric Association, 2013).

Schizophrenia causes serious damage to social, cognitive, affective, and daily functioning aspects (Halgin & Withbourne, 2011). An alternative view shows that schizophrenia is associated with neurocognitive disorders expressed at the present time or maybe even before, the clinician onset of disease but the deficit remains stable over time. With this view, schizophrenia is characterized by a weakening of the initial nerve which results in "static encephalopathy" proven for the rest of the lives of Kurtz's patients, (2005). Schizophrenia can usually develop in late adolescence or early adulthood, the appearance of the disorder right

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SUPPORTIVE COUNSELING FOR SCHIZOPHRENIA

by Cahyaning Suryaningrum

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when **the** individual begins to separate his life from the family and start his own life in the outside world (Nevid, Rathus & Greene, 2014).

Pharmacotherapy is effective in overcoming **active symptoms of schizophrenia and reducing susceptibility to relapse, but it does not** address residual deficits in cognitive and social matters, such as damage in social skills and some other abilities (Penn & Mueser, 1996).

A Schizophrenia in this case is not caused by family lineage factors. She is 35-year-old female patient, experienced disruption due to the client's inability to cope with stressors that occur either from the past or the present, the client's condition at that time was that the client had the first ex-husband who liked to be rude both psychologically and physically and lacked affection from the figure of a mother in her childhood, the client's mother tends to be rude and likes to look into the client's face. Plus, at this time the client has a new large family of her second husband who does not support social support and tend to be less friendly with clients. The client also has a husband who has a psychiatric disorder who relapsed 3 times. This has been an unpleasant experience for the client.

The unpleasant experience makes the client's primary goal unfulfilled and becomes a stressor for the client. Philips, Francey, Edwards, and McMurray (2007) stated that increasing stress on the social environment and life in individuals can increase the likelihood of recurrence, individuals who experience stressors and are unable to handle it are identified as being at high risk of psychotic disorders. Stressors caused by environmental factors also trigger an increase in negative mood in individuals.

Based on observations where the realities of clients' contacts tend to be good, the practitioner chooses supportive counseling for his intervention. Supportive counseling is given to the client because it suits the needs and conditions of the client. Clients have a quiet and closed personality, clients have unstable emotions because it represses the problem so that it causes the client difficulty in controlling negative emotions.

Negative emotion **problems** experienced by clients related to physiological **changes** and various thoughts. **Emotions are one of the important aspects in human life, because emotions can be behavioral motivators in the sense of improving, but can also interfere with intentional human behavior.** Goleman et al., (2002) suggests several kinds of emotions, namely anger (violent, angry, hateful, irritated, irritated), sadness (sad, sad, gloomy, gloomy, melancholy, self-love, despair), fear (anxiety, nervousness, worry, worry) , anxious, feeling very scared, alert, uneasy, horrified), pleasure (happy, happy, cheerful, satisfied, carefree, happy, entertained, proud, love, acceptance, friendship, trust, kindness, close feeling, devotion , respect, and intimacy), surprised, and annoyed (contemptible, disgusted, fed up, nauseated) and embarrassed (ashamed of heart, upset).

So that it is expected that by controlling the client's negative emotions into positive emotions, especially to the strength and virtue so that later it can improve a more meaningful and valuable life to the client, in accordance with the view of positive psychology (Seligman, 2005). The general goal of supportive counseling is to create client insight and to help people feel understood and supported in depth so that their healing process works better and they can find solutions to their problems (Cuijpers et al., 2012). As well as emphasizing what is right / good for someone or the positive side of humans rather than what is wrong and bad.

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The dynamics of the formation of schizophrenic disorders in clients can be explained through the stress diathesis model. The stress diathesis model views schizophrenia as an interaction or combination of diathesis, in the form of genetic or psychological predisposition to the development of the disorder, with environmental stress that exceeds the threshold or sources of individual coping (Nevid, Rathus, & Greene, 2002).

The biological basis for this diathesis itself cannot be determined precisely because no one has been able to find certain brain abnormalities that appear in all people diagnosed with schizophrenia (Nevid, Rathus, & Greene, 2002). This is where the diathesis model becomes relevant. According to the diathesis model, individuals can carry schizophrenic vulnerabilities which are expressed when individuals face stressors from the environment (Halgin & Withbourne, 2011). In addition to the biological basis, diathesis can also originate from personality which causes psychological vulnerability which also determines the onset of disorder (Friedman & Schustack, 2006).

So that supportive counseling techniques are needed aimed at increasing the ability of clients in controlling negative emotions in order to overcome the feeling of staying flexible in dealing with every problem in his life so that it is not susceptible to stress and does not sink in psychologically stressful circumstances.

METHODOLOGY

In addition to observation and interviews, psychological assessments are also carried out to extract data from clients. Psychological assessments were given in the form of personality tests and intelligence tests. The personality tests given are the Graphic Test, Woodworth Questionnaire (WWQ), Sack's Sentence Completion Test (SSCT), Thematic Apperception Test (TAT), Bender Gestalt (BG) and emotional scales from Carlson (Carlson, Collins, & Stewart, 1989).

Graphical tests aim to analyze comprehensive personalities from personalities ranging from dynamics to projected clinical symptoms of each object image. WWQ Woodworth questionnaire (WWQ) was given to determine the client's neurotic symptoms. Whereas SSCT aims to see the client's adjustment in aspects of family, sex, interpersonal relationships and adjustment (Widyastuti & Ridfah, 2012). TAT aims to find out the general description of the client's personality (Groth-Marnat, 2010).

The intelligence test given is the Weschler Adult Intelligence Scale (WAIS). Weschler Adult Intelligence Scale (WAIS) is given to determine the level of functioning of the client's intelligence, IQ scores and mental decline of the client (Anastasi & Urbina, 2007). Bender Gestal (BG) to determine motor visual abilities and impaired cognitive function. The psychological test included clinic test by using Woodworth's questionnaire (WWQ) in order to know early tendency in the client's clinic condition. Moreover, personality test or graphic test (BAUM, DAP, and HTP) was needed to recognize the client's personality deeply. The assessment was also involving SSCT test to know the client's attitudes toward himself and his environment. Intelligence test using Weschler Adult Intelligence Scale (WAIS) was also used to discover the client's intellectual capacity and the client's deterioration mental which is taken as schizophreniasign.

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Intervention

The intervention used in this case was supportive counseling. Counseling is as an interpersonal process, where one person is assisted by another person to increase understanding and ability to find the problem (Montersen (1964: 301). Counseling according to William Ratigan (1967) as an effort to help himself.

The target of supportive counseling interventions is to make the client insight and have an understanding that he is capable of controlling schizophrenics who have a schizophrenic partner so that their lives are more meaningful and valuable.

Purpose:

1. With supportive counseling techniques are expected to have an understanding that he can improve his life more meaningful and valuable.
2. Where the client can not express the feelings and desires that he kept so far.
3. This technique is defined as the ability to describe feelings / contents of heart / emotions precisely. This technique can help clients to express feelings and improve social relationships.

Prior to the application of counseling, the family was given an explanation of schizophrenia to increase concern for clients and committed to provide support in terms of care after discharge from the hospital. What's more the client also has a husband who has a psychiatric disorder that relapsed several times and is in client care. Information provided to families includes schizophrenia in general, the importance of regular consumption of drugs and family collaboration to support patients through the provision of direction and control in an effort to prevent relapse.

Furthermore, the counseling procedure is applied to the client before the beginning of the first session preceded by informed consent. Counseling is applied through 7 sessions for one week with 60-90 minutes of presentation. The sessions in counseling consist of 7 sessions divided into 3 stages, namely the pre-counseling stage, the implementation of counseling, and post-counseling.

Following are the details of counseling sessions that are used to resolve client problems.

Pre-counseling stage

Session 1: Building rapport.

Session 1 aims to establish closeness and foster trust between clients and therapists. The therapist does rapport to establish closeness and foster trust in the client. Clients respond well to rapport given by the therapist. As a result the client can establish a good relationship. In this session also included the provision of informant consent to the client and the consent of the client's family.

Counseling implementation stage

Session 2: Identifying problems. In this session the therapist provides an opportunity for the client to identify the event that he experienced and the problems caused by the event. In this session the client identifies the event he is experiencing as well as the problems caused by that event. The client told me the client had a husband who suffered from schizophrenia who relapsed several times and while he also suffered from schizophrenia and was hospitalized for the first time. Where the results clients can express the feelings they experienced having a husband who has a mental disorder that has been relapsed several times.

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Session 3: Problems that require the client to immediately realize the current situation and begin to recognize and accept the current situation. Clients At this time klen has a husband who has schizophrenia who relapsed several times and while he also suffered from schizophrenia and was hospitalized for the first time. With this counseling session the client is given support so that he can be aware of his current situation and begin to accept his present situation. Clients can accept their present situation and are more grateful and hope that they will always be happy with their beloved husband.

Session 4: Emotional Catharsis Search for potential. Helps involvement in life. In this session the therapist begins to explore hope, unpleasant experiences in the life of the client that traumatizes the client, what beliefs and efforts he will take so that he can have a self-understanding in order to control his emotions. In this case the client revealed that the experience that was not pleasant that the trauma client had a husband who liked to beat and mother-in-law who did not like it and this was repeated or happened again in his second marriage life. The client has hopes that his marriage life is happy, and can tell his husband that he also has a child from a previous marriage. After emotional catharsis the client feels relieved.

Session 5: Advice and suggestion. In this session the therapist makes the client aware of the potential he has, the client begins to realize that he is a person who has potential and has a positive meaning for his life in order to live a better life. Where in this case the therapist invites the client to talk about church / humanitarian activities that are often carried out by the client with her husband, as well as the client's daily busyness in helping her mother-in-law's business. Clients are enthusiastic in telling stories about their activities and will find routine activities such as being active in church activities and helping their parents-in-law's efforts. And most importantly the client will be more grateful for the situation at this time.

Session 6: Support. Therapy gives clients support to live their lives better and accept the reality they face by drawing closer to God and being grateful. The client understands the support and respond well given by the therapist. Clients will be more grateful and sincerely accept the reality they are experiencing at this time.

Post counseling stage

Session 7: Evaluation and termination. At the time after giving treatment, the client begins to develop positive things in himself such as being aware of his current condition, potential, goals, expectations and beliefs. This makes the client to be able to fully understand himself so that the client can manage his emotions and can slightly overcome past experiences that make the client traumatized. Besides that, it is expected that the client also practices ways so that the client is accustomed to expressing problems by talking to himself in the mirror, confide in those closest to him and shouting at the pillow when he is upset. The client fills in his daily activities helping his father-in-law's business and is active in church activities.

Follow Up

Evaluate changes in social functioning 1 month after the intervention by conducting interviews with clients and families

The supportive counseling techniques used in this study are reassurance, counseling and externalization of attention. The counseling technique used depends on the psychological condition and problems faced by the subject. A paradigm scheme as a framework for thinking: the object of behavior is fear, worry, guilt, anger, and sadness. It is hoped that after

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supportive counseling, the client will produce behavior that is expected to be brave, calm, not worried, patient and happy.

RESULTS

The counselor sees and analyzes periodically the symptoms that exist in the client that describe conditions of low emotional control such as anger, worry, disgust, fear, guilt, and sadness. The client is a 35-year-old woman who has first experienced a psychiatric disorder and has a partner who has schizophrenia. Clients tend to give in to circumstances, have feelings of fear, worry, feel guilty, angry and sad.

Based on pattern matching, it shows the target behaviors that exist on the client, namely the existence of fear, worry, guilt, anger, disgust and sadness. Until slowly the client is able to improve the ability to control emotions, through supportive counseling, being: brave, calm, not feeling guilty, patient, accepting and happy.

From the results of the analysis, the client shows good development and is slowly able to do things that were initially impossible to do such as assertive communication, more optimism, more understanding of her husband's condition and better understanding the consequences or consequences of negative emotions that he displayed through behavior.

Clients can understand emotional states that make it unable to manage distress so that it reduces the stress of distress due to the burden of negative emotions that exist before being given counseling.

The choice of supportive counseling approach is based on the consideration that supportive counseling techniques will help more individuals to gain a better understanding of the individual's situation and alternatives, help individuals to increase their self-esteem and resilience and work to meet their expectations, strengthen healthy psychological functions and patterns Adaptive behavior in individuals, reducing intrapsychic conflicts that produce symptoms of mental disorders, helping individuals to function better by providing personal support, helping to evaluate themselves, looking back on how to live life, exploring the choices available to individuals and groups and asking questions yourself desirable things in the future, helping clients make the decisions or changes needed to adapt, both to changes in the environment such as the loss of a loved one or severe disappointment, or a chronic situation , such as ongoing disease.

With psychological control of emotions can function fully in a more positive way so that individuals have the ability to make a wide distance from emotions that make individuals a unique person and continue life. An indication of healthy emotions is the ability to remain flexible in dealing with the ups and downs of quality of life.

Thus, it can be concluded that with emotional control, individuals have the ability to be able to overcome their feelings so that they remain flexible in overcoming every problem in their lives so that they are not susceptible to stress and are not slumped in a psychologically stressful state. The following is an overview of the results of the development of the Intervention results. This analysis is made to see the progress of the intervention results on the expected behavioral goals.

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Table 1. Results of client emotional control before and after the intervention

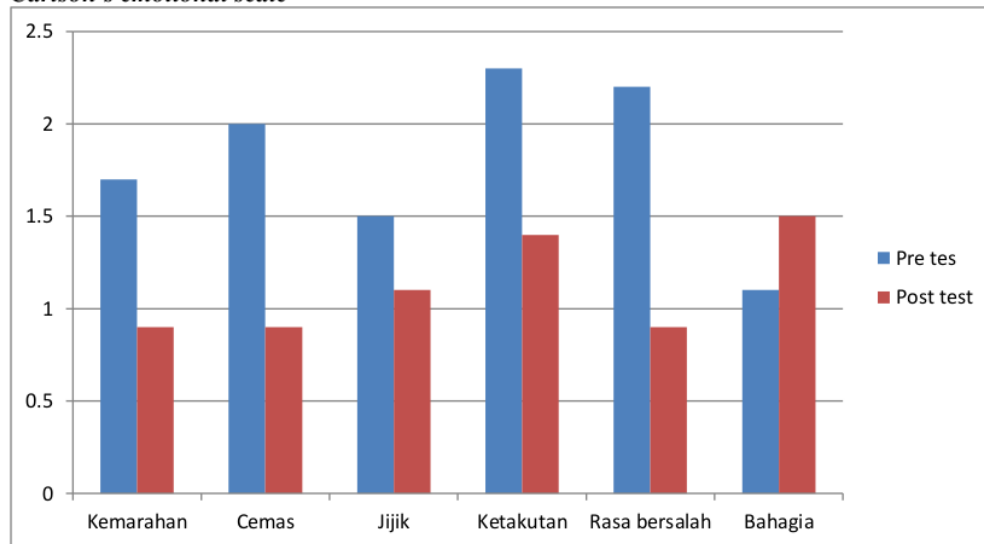
Before	After
Subject never had the opportunity to freely express the various feelings and thoughts that had been buried. The subject felt that there was no one who could be invited to talk about the problem, including her husband. There is only his father-in-law who can be invited to talk, but it feels the subject is still not optimal	Subject has the opportunity to express a variety of feelings and thoughts that have been a pressure in his life. The subject realizes that there are people who can show a caring attitude in their current condition. Subjects get a feeling of relief and light because they have cried and cathartic. Especially to his father-in-law. In this case what the clinic experienced in her previous marital life is repeated in her present life.
Subject has never thought about the patterns of behavior that are factors causing his unstable condition so far.	Subject gained the understanding that the recurrence of the symptoms of schizophrenia could be caused by various external or internal factors that the subject had never thought about. The subject was able to explain the patterns of behavior that caused his recurrence..
he subject considers that happy parents can only be done with money, the subject's orientation at this time is money, so the subject is willing to marry an arranged marriage with a schizophrenic man..	subject gained the understanding that making parents happy and living happily is not only with money. The subject gained understanding in order to accept his current condition by having a schizophrenic husband who had relapsed several times and could not be invited to exchange ideas and opinions.
	The subject is able to conclude that money is not everything, happiness is number one..
The subject recognizes the potential that exists in him, but lately the subject is too busy with his life problems with her husband..	After recognizing the potential that exists in him, such as the subject of making plans ahead, such as helping the work of his father-in-law in used goods or jokes and active in church activities that were often done by the subject by inviting her husband to participate in church activities..
	The subject has a small notebook from the therapist that can be used to write anything down, including things that have been obtained during the therapy process. The subject also wrote down what are the goals going forward, the things that must be done and which must be abandoned

Based on the data from the supportive counseling results development table above shows the emotional changes in the client after being given counseling, which is as follows: Feelings of fear are reduced after being treated by the client to be more courageous in dealing with reality and family conditions by remembering positive things that he still have now. Then the feeling of worry / anxiety becomes calmer. This makes the client better understand his condition so that he no longer feels confused and disappointed in himself. Feelings of guilt become more patient while maintaining the values of commitment in loving their partner. Feelings of sadness are reduced and able to face and accept the reality of her husband's condition so that he no longer feels sad to himself, more happy with accepting and grateful for the situation. Feelings of anger become more patient in dealing with life and caring for her husband like

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giving medicine to her husband and also in terms of caring for themselves such as the subject has started dressing up and wearing jewelry. Likewise, feelings of disgust are also reduced. This is because clients begin to understand and accept the reality that exists with more grateful for the situation.

Graph 1. The results of client emotional control before and after the intervention using Carlson's emotional scale



DISCUSSION

The application of supportive counseling can help individuals improve their emotional control abilities. Clients show changes in their emotional control abilities such as being more patient, calm, accepting the way they are, brave, not feeling guilty, and happy. This result is strengthened by the results of the emotional scale with the results of the pre-test and post-test that has changed. After intervention, the expected behavior is achieved.

The client's emotional control can be obtained by increasing spiritual intelligence through the activities of praying, meditating, helping others, worshiping and being more grateful by seeing positive things. Then not bound to the past, present or future (mindfulness) as more resigned and do not expect many things. By better understanding the value of life so that clients get education about schizophrenia and treatment of schizophrenia patients so that they better understand ways of handling that can strengthen positive emotional control.

This is in accordance with the theory revealed by Goleman et al., (2002) that it is very important for individuals to recognize and manage their emotions so that individuals can psychologically function fully more positively. Research (Eklund et al., 2012) prove that through positive activities, schizophrenics find meaning in their lives again. One of them through meaningful work. This is because schizophrenics feel that they are significant individuals again through positive activities. May (Olson & Hergenahn, 2011) suggested that individuals who begin to realize positive things in themselves such as goals, beliefs and hopes can make him develop himself toward better personal growth. Individuals can choose what actions make themselves meaningful so they can organize their lives.

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Conflict of Interest

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