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The Relationship between Personality Type and Recurrence Level Toward Schizophrenia Patient in Indonesia Mental Hospital

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| **Abstract** | **Case Report** |

This research aims to investigate the relationship between personality type and recurrence level toward schizophrenia patient in Indonesia mental hospital. In order to achieve the purposes of the research, The analytic survey design with cross sectional approach was used. This research was carried out in the Mental Hospital of Prof. Dr. Muhammad Ildrem Hospital Medan, North Sumatera Indonesia located in Let. Gen. Jamin Ginting S Km. 10 No. 21. This research was conducted from May to July 2018 with 35 patients selected as the sample of the research. The stages of this research were data collection, data management, data analysis, and composing the research results. Then all the data found was analyzed by using univariate and bivariate analysis using chi square test. The data found that patients with extrovert category were only 6 patients (17.1%), while patients with introvert reached 29 people (82.9%). The recurrence rate in the low category was 7 people (20%), the recurrence rate with moderate level was only 2 (5.7%), 26 people (74.3%) were investigated as the patients with the higher reccurence rate. Based on the results of the chi square test obtained ρ value, it was found that 0.007 (<0.05%) which means there is a relationship between the type of personality and the recurrence rate of mental disorders.
Keywords: Personality type, recurrence level, schizophrenia.

INTRODUCTION

It is generally known that people who have no mental health would defintely be possessing good health emotionally, psychologically, and sociologically that could be identified from satisfying interpersonal relationship, effective behavior, positive self-concept, and stable emotional shown in everday life. All these features would be appeared in the personality during the interaction with people. The personality is the characteristics that belong to human being in which it would be giving a great impact to the behavior in giving an unlimited reaction to all the things occured [1]. Everyone with their own unique personality has psychological stressor which is related to stress level. The appearance of peoples' stress level absolutely depends on the type of personality. For instance, personality type A, known as type "A" behavior pattern, is more vulnerable to have stress, while, personality type "B", known as type "B" with behavior pattern, that is immune from stress. Yet, this immediate fact does not mean that people with other types of personality will not experience stress, or in other words, the risk of stress level experinced by people with personality type A is completely higher than risk of stress level experinced by other personalities [2].

Related to the explanation above, recurrence is a medical term that describes the symptoms of the disease return after having a completely clear recovery. It shows that recurrence is one of the most influential aspects that leads to the importance of reccurence as it also increases the frequency of subsequent recurrence ahead [3]. Concerning with stress level and recurrence, Schizophrenia is specifically recoginzed as a form of functional psychosis with a major disruption in the process of thought and disharmony, such as; rift, fragility that occur among thought processes, emotion, willingness, and psychomotor aspect accompanied by distortion of reality. All those things absolutely occurs because of the ideology and hallucination which lead to the different associations, namely; inconherence, affect and emotion of bizarre behavior. Moreover, Schizophrenia is a form of psychosis that is encountered everywhere but the main factors cannot be clearly identified. Kraepelin called out this disorder as *precox dementia* [4].

According to WHO, the problem of mental disorders becomes being more serious in this world in which WHO stated that there is at least 1 of 4 people experiencing mental disorder. It is proved that there are approximately 450 million people in the world who

experience mental disorders. Based on Indonesian Basic Health Research, it was revealed that mental disorders in mental hospitals are 0.46%, in other words it is found that 1 million people of Indonesian people experiencing mental disorders which is called Schizophrenia [5].

Furthemore, mental disorder relates to the personality in which it is kind of behavior pattern that is possessed by oneself and others, inherented and continued to be existed including perceptions, attitudes, and emotions toward oneself and their surronding (Purwantini, 2015). Clearly, the data of WHO in 2013 showed that the number of people with schizophrenia reached 450 million worldwide, 35% experienced a recurrence and 20% -40% treated in hospitals, 20% - 50% attempted suicide, and 10 % of them died due to suicide. The comparison of the number of male and female sufferers is the same in which men aged 18-25 years and women aged 26-45 years experince schizophrenia with different impact (www.who.int/mental_health/management/schizophrenia/en/).

Moreover, according to Indonesian Basic Health Research the prevalence of severe mental disorders showed that through 1.7 Indonesian population is per mile, most severe mental disorders found in some cities, namely; D.I Yogyakarta, Aceh, South Sulawesi, Bali and Central Java in which there is 14.3% of people occured in rural era, while 19.5% people with mental disorder are population group with the lowest ownership index quintile. The prevalence of emotional mental disorders in the Indonesian population reached 6%. Then, The cities with the highest prevalence of mental emotional disorders are Central Sulawesi, South Sulawesi, West Java, D.I Yogyakarta, and East Nusa Tenggara. Specifically, the data from Yogyakarta Health Profile in 2014 found that Schizophrenia was included in the top ten outpatient diseases in hospitals during 2013 with 7,498 patients had been successfully investigated.

Meanwhile, based on the Ministry of Health of the Republic of Indonesia [6] the number of schizophrenics in Yogyakarta was around 16,000 people. Surely, it shows that the schizophrenia rate has doubled and this needs to be considered by the government. Furthermore, according to Syahrial, 32% of the people with mental disorder woldwide are Indonesian in which the data also shows that there is 46% in North Sumatra, 46% in Aceh. Mental hospital in North Sumatera and Aceh explained that mental disorder could occur because of violence which is

unpleasant physical uniform by someone to another person. Based on data in the Pusuk Buhit Room of the Mental Hospital Prof. Dr. Muhammad Ildrem from 2016 the total number of schizophrenic patients hospitalized was 2,212 people and outpatient 13,602 people. After conducting the initial survey at Mental Hospital Prof. Dr. Muhammad Ildrem Medan North Sumatra Pusuk Buhit Room In April 2017, there are 35 schizophrenic patients in the Pusuk Buhit room investigated by the researcher. Based on the previous survey conducted by researchers at the Mental Hospital Prof. Dr. Muhammad Ildrem on March 30, 2017, researchers found 35 schizophrenic patients. Considering this fact, the researcher was interested in conducting a study entitled "The Relationship of Personality Types Toward the Recurrence Level of Mental Disorder of Schizophrenic Patients in the Mental Hospital Prof. Dr. Muhammad Ildre North Sumatera Indonesia".

RESEARCH METHODS

In order to achieve the objectives of the research, this was carried out with analytic survey research with a cross sectional approach since this research attempts to investigate phenomenon of schizophrenic patients occured, specifically this research revealed the relationship between personality types and recurrence rates of psychiatric disorders of schizophrenic patients. This research was carried out in the Mental Hospital of Prof. Dr. Muhammad Ildrem Hospital Medan, North Sumatera Indonesia which is located in Let. Gen. Jamin Ginting S Km. 10 No. 21. This research was conducted from May to July 2018. The stages of this research were data collection, data management, data analysis and composing the research results. The subjects of the research were all schizophrenic patients of Mental Hospital Prof. Dr. Muhmmad Ildrem Medan North Sumatra in which there were 35 people selected because the researchers only conducted on April 2018. Moreover, there were two variables, namely; independent variable which was types of personality, and dependent variable which was recurrence level of mental disorder. All the data found would be tested through operational definition. Operational definition was the boundary of the scope or understanding of the variables observed or examined [7]. The measurement aspect was the rules including the means and measuring instruments, the results of measuring categories and measuring scales used to assess each variable.

FINDINGS AND DISCUSSION

Table-1: After analyzing the data, the measurement was showed in.

No	Independent Variable	Operational Definition	Instruments	The Results	Category	The Scale
1.	Types of Personality	Patients' behavior and their unlimit responds toward the condtion around them	Questionnaire 20 items, Interview, Observation 10 Extrovert characteristics 10 Introvert characteristics Yes =2 No =1	*Extovert* ; Patients dominantly showed Exrovert characteristics *Introvert* ; Patientst dominantly showed Introvert characteristics	2 1	Nominal
No	Dependent Variable	Operational Definition	Instruments	The Results	Category	The Scale
2	Recurrence Level f Mental Disorder	The signal showed by the patients during recovery period	Questionnaire 3 items	Higher Medium Lower	3 2 1	Ordinal

Based on the table above, all the data would be analyzed by using Univariate analysis in order to explain each characteristic of the study, namely personality type and recurrence level of mental disorder. In addition, Bivariate analysis was used to determine whether there was a relationship between the Independent variable and the dependent variable which was the relationship of the personality type to the level of recurrence of mental disorders of Schizophrenic patients in Prof. Dr. Muhammad Ildrem Mental Hospital. After analyzing the data, percantage of the characteristics of repondents identified from age, and education background was found as displayed in table 2.

Table-2: The Characteristics Of Repondents

No	Charateristcs	Total	%
A	Ages		
1	≤35 years	12	34.3
2	>35 years	23	65,7
	Total	35	100
B	Education Background		
1	Elementary	4	11,4
2	Junior High School	7	20,1
3	Senior High School	18	51,4
4	Tertiary	6	17,1
	Total	35	100

Based on table 2 above, it clearly showed that the characteristics of respondents were > 35 years old with 12 respondents (34.3%), while the respondents < 35 years old with 23 respondents (65.7%) and the education background of respondents was high school with 18 respondents (51.4%). Whereas, there was only 4 respondents (11.4%) with the lowest education bakground. Moreover, based on univariat analysis it was found that personality type frequency distribution at Mental Hospital Prof. Dr. Muhammad Ildrem Medan as seen in table 3.

Table-3: The Frequency of Personality Types

No Types of Personality	Total	
	f	%
Extrovert	6	17,1
Introvert	29	82,9
Total	35	100

Besides, this research also revealed the frequency of recurrence rates of mental disorders in Mental Hospital Prof. Dr. Muhammad Ildrem Medan, Indonesia as shown in table 4.

Table-4: The Frequency of Recurrence Rates

No Recccurence Rate		Total	
		f	%
1	Higher	7	20
2	Medium	2	5,7
3	Lower	26	74,3
Total		35	100

Based on table 4. above, it can be seen that the number of respondents who have a high recurrence rate is quite often occured with 26 respondents (74.3%) and those who have a moderate recurrence rate are only 2 respondents (5.7%) while 7 respondents (20%) respondents experience recurrence rate. Relating to the finding above, the further analysis showed that the relationship between personality types and the level of recurrence of mental disorders in schizophrenic patients in mental hospital of Prof. Mental Hospital Dr. Muhammad Ildrem Medan, North Sumatera Indonesia is visualized in table 5.

Table-5: The Relationship between Personality Types and the Level of Recurrence

No	Personality Types	Level of Recurrence								ρ_{value}
		Lower		Medium		Higher		Total		
		f	%	f	%	f	%	F	%	
1	Extrovert	4	11,4	0	0	2	5,7	6	17,1	0,007
2	Introvert	3	8,6	2	5,7	24	68,6	29	82,9	
	Total	7	20	2	5,7	26	74,3	35	100	

Based on table 5, it showed that 6 people (17.1%) experienced extroverted personality, 4 people (11.4%) have a low recurrence rate, 0 (0%) has a moderate recurrence rate and those who have a high level of recurrence are 2 people (5.7%). Then, the data also showed that 29 people (82.9%) with the type of introverted category, 3 people (8.6%) with low recurrence rate, while 2 people (5.7%) and high 24 people (68.6%). Based on the results of the chi square test obtained p for ρ of 0.007 and therefore the value of ρ <0.05 means that there is a relationship between the type of personality and the level of recurrence of mental disorders in schizophrenic patients in the nursing room at Mental Hospital of Prof. Muhammad Ildrem Medan in 2017. In details, the results from cross tabulation in table 5 above shows that 6 people (17.1%) have extroverted personality, 4 people (11.4%) have low recurrence rates, 0 (0%) who had moderate recurrence rates. and those who had a high recurrence rate are 2 people (5.7%), then 29 people (82.9%) had the type of introverted category, 3 people (8.6) with low recurrence rate, 2 people (5.7%) with moderate level, and 24 people (68.6%) with higher level.

Based on the results of the chi square test of 0.007 and therefore the value of ρ <0.05 (0.007 <0.05) which means that Ho is rejected and Ha is accepted. Thus, it can be stated that there is a relationship between personality types with recurrence rates of mental disorders in schizophrenic patients in sterile rooms at mental hospital of Prof. Dr. Muhammad Ildrem Medan in 2017. The treatment plays an important role in recovery process of patients. In other words, patient with introvert personality needs more treatment including having drugs regularly, caring from family, being dicipline during recovery process since introverted patients tend to hestitate. So, both nurse and family should avoid leaving them alone. The patients with intovert personality will obviously be healed more easily. It is supported by the research conducted by Muhammad Fadli in the village of Banaran, Kulon Progo, Yogyakarta, which states that there is a relationship between the type of family and the recurrence rate of mental disorder in schizophrenia. Similarly, research conducted by Sandriani [8] also shows that there is a relationship between medication adherence and recurrence rates in schizophrenic patients. Personality is the characteristics of a person who is depicted in his behavior and his unlimited reaction. The characteristics are aspects that attach to someone and become a reference that distinguishes itself from others. The uniqueness of each personality is

the distinctive ways of being a person that is influenced by life experience between behavioral reactions and a person's unique traits.

CONCLUSION

Based on the results of the study regarding the relationship of personality types with the accuracy of recurrence of schizophrenic mental disorders, it was concluded that patients with extrovert category were only 6 patients (17.1%), while patients with introvert reached 29 people (82.9%). The recurrence rate in the low category was 7 people (20%), the recurrence rate with moderate level was only 2 (5.7%), 26 people (74.3%) were as the patients with the higher reccurence rate. Based on the results of the chi square test obtained ρ value, it was found that 0.007 (<0.05%) which means there is a relationship between the type of personality and the recurrence rate of mental disorders.

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