

## Provision of Nursing Care Through Expressive Writing Therapy on Self-Disclosure Ability in Mr. E And Mr. S With Hallucinations at The Harapan Sentosa II Social Welfare Institution

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### Abstract

Mental disorders, including schizophrenia, are a significant global health issue with increasing prevalence. One of the primary symptoms of schizophrenia is hallucinations, which can interfere with an individual's ability to express themselves and interact socially. Based on an initial survey of medical records from the Harapan Sentosa II Social Welfare Institution, there are approximately 900 patients, with a monthly increase in diagnosed hallucination cases. In the last six months, about 50 patients were diagnosed with auditory hallucinations, and another 50 with visual hallucinations. Expressive Writing Therapy is an intervention believed to improve self-disclosure abilities in hallucination patients. This study aims to analyze the effect of Expressive Writing Therapy on self-disclosure in Mr. E and Mr. S, both diagnosed with hallucinations at the Harapan Sentosa II Social Welfare Institution. Using a qualitative case study approach, data were collected through interviews and observations over a specific period. The results indicated a significant improvement in self-disclosure abilities. Before therapy, patients exhibited withdrawal tendencies and difficulty expressing their emotions. After therapy, they demonstrated enhanced control over their hallucinations and a greater willingness to communicate with others. This study concludes that Expressive Writing Therapy is an effective non-pharmacological intervention for improving self-disclosure among schizophrenia patients experiencing hallucinations.

**Keywords:** Hallucinations, Expressive Writing Therapy, Self-Disclosure, Psychiatric Nursing

### Introduction

Schizophrenia is a chronic mental disorder that disrupts thought processes and impairs an individual's ability to distinguish between reality and delusions. According to the World Health Organization (WHO), approximately 24 million people worldwide suffer from schizophrenia, with a higher prevalence in low and middle-income countries. Patients with schizophrenia often experience sensory perception disorders, such as auditory and visual hallucinations, which can significantly affect their social interactions and emotional well-being.

In Indonesia, schizophrenia remains a critical mental health issue. According to the 2018 Basic Health Research (Riskesdas), 1.7 per 1000 people suffer from severe mental disorders, including schizophrenia. Many patients do not receive adequate treatment, leading to prolonged social withdrawal and impaired self-disclosure abilities. The Harapan Sentosa II Social Welfare Institution in Cipayung, Jakarta, accommodates around 900 patients, with an increasing number of diagnosed hallucination cases each month.

Expressive Writing Therapy has been recognized as an effective intervention for improving self-expression among individuals experiencing psychological distress. This study aims to assess the impact of Expressive Writing Therapy on the self-disclosure abilities of two patients diagnosed with hallucinations at the Harapan Sentosa II Social Welfare Institution.

### **Identification of Problems**

The increasing prevalence of schizophrenia and hallucinations among institutionalized patients highlights a pressing need for effective non-pharmacological interventions. Key issues identified include:

1. A significant number of patients experiencing auditory and visual hallucinations.
2. Difficulties in expressing thoughts and emotions, leading to social withdrawal.
3. Limited implementation of non-pharmacological therapies, such as Expressive Writing Therapy, within the institution.

### **Implementation Methodology**

This study employed a qualitative case study approach to analyze the effects of Expressive Writing Therapy on self-disclosure among two patients diagnosed with hallucinations. Data collection methods included:

1. Interviews: Conducted with patients to assess their self-disclosure abilities before and after therapy.
2. Observations: Documenting behavioral changes and interactions.
3. Expressive Writing Therapy Sessions: Conducted over five days, where patients were guided through structured writing exercises focusing on emotions and personal experiences.

### **Results and Discussion**

The study's findings indicate a significant improvement in self-disclosure abilities among the participants:

1. Before Therapy: Patients exhibited withdrawal tendencies, struggled with self-expression, and had difficulty managing their hallucinations.
2. During Therapy: Patients engaged in structured writing exercises, expressing emotions and experiences more openly.

3. After Therapy: Both patients demonstrated improved emotional regulation, increased willingness to communicate, and better control over their hallucinations.

These findings align with previous studies, suggesting that Expressive Writing Therapy can serve as a valuable complementary intervention for patients with schizophrenia.

## **Conclusion**

Expressive Writing Therapy has been shown to be an effective non-pharmacological intervention for enhancing self-disclosure among patients experiencing hallucinations. The therapy provides a structured means for individuals to express emotions, process thoughts, and improve social interactions. Implementing this approach within psychiatric care institutions can contribute to better patient outcomes and overall mental well-being.

## **Acknowledgments**

The authors express gratitude to the Harapan Sentosa II Social Welfare Institution for facilitating this research and to Universitas Nasional for supporting this initiative.

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