

## Application of Positive Affirmation Therapy in Increasing Self-Esteem in a Patient with Low Self-Esteem: Case Study

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### Abstract:

Low self-esteem will experience negative feelings which cause loss of self-confidence, feelings of worthlessness and pessimism about oneself. Positive affirmation therapy is giving positive sentences which are usually about ideals and hopes expressed in thoughts or writing which are done repeatedly. This research aims to analyze how positive affirmation therapy is applied in providing mental nursing care for people with low self-esteem. The method used in this scientific work is a case study of a client in the Wijaya Kusuma room at Radjiman Wediodiningrat Lawang Hospital with a nursing problem of Chronic Low Self-Esteem adjusted to the Low Self-Esteem SP and then receiving additional non-pharmacological therapy in the form of positive affirmation therapy for 10 minutes at every 5-day meeting. Interventions for clients with chronic low self-esteem are adapted to SP chronic low self-esteem and self-esteem promotion interventions and substance abuse education. After that, Positive Affirmation therapy is given for 10 minutes at each meeting. This positive affirmation therapy can free oneself from negative thoughts and can increase an individual's ability to have positive thoughts. There is a need for non-pharmacological therapy that is easy, effective and economical, namely positive affirmation therapy to increase client self-esteem for clients in nursing care for clients with low self-esteem.

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## INTRODUCTION

Narcotics are addictive substances that contain potentially dangerous components that can cause a feeling of dependence or addiction in users (Purbanto & Hidayat, 2023). Cases of narcotics abuse continue to increase every year; this can be seen from the prevalence rate, which continues to increase from 2019 to 2021 (Golose, 2022). In just two years, narcotics use has increased, as evidenced by the increasing prevalence of drug abuse cases. This condition is also often found among young people and teenagers. There are several causes of chronic narcotics use in teenagers, such as curiosity or curiosity, hereditary factors, and environmental factors, including family factors and social environment (Elisabet et al., 2022). Addicts also tend to have a low self-concept regarding their abilities and lack optimism and confidence in facing challenges (Yuliana & Khoirunisa, 2023). According to Aldiyus & Dwatra (2021), narcotics users experience a decrease in self-esteem due to treatment, such as looking at themselves with a cynical face which makes them feel unappreciated. This condition causes teenagers with a background of narcotics use to have a sense of fear and low self-esteem generally.

Adolescents who have low self-esteem will certainly have an impact on their ability to socialize with other people. The results of the Ministry of Health's Basic Health Research (Riskesdas) said that in 2013, the prevalence of emotional mental disorders indicated by symptoms of depression and anxiety for those aged 15 years reached around 14 million people or 6% of Indonesia's population. This increased in 2018 to reach 9.8% (Widianti et al., 2021). Adolescence is one of the stages of development that is most at risk for mental health. Mental health problems are the third largest cause of adolescent death. One of the factors causing mental health problems in teenagers is low self-esteem. Adolescents with low self-esteem tend to fear and have low self-confidence, view themselves as useless and have no positive abilities that they cannot be proud of (Thursina, 2023; Kurniyawan et al., 2023).

This condition must, of course, be addressed immediately. Efforts that can be made to increase the self-esteem of adolescents with a history of narcotics abuse are by providing nursing strategies such as identifying the client's ability to carry out activities and the client's positive aspects. Apart from that, additional non-pharmacological interventions can be carried out to increase adolescents' self-esteem, namely positive affirmation therapy. Affirmation is a way in which people express something to themselves repeatedly, which can be said aloud or silently (Suharli & Sriati, 2023). An affirmation will be embedded in a person's subconscious mind, which can later change reactions, behavior, habits, and actions in a person's response to repeated words (Hasanah, 2023). Positive affirmation therapy aims to form a person's understanding of themselves in interacting with the social environment. This can help someone love themselves, become more confident, and have a positive view of themselves (Suharli & Sriati, 2023). This positive affirmation therapy can be done at least 3 times, lasting 10 to 15 minutes each time.

Based on the description above, it can be found that in terms of implementation time, one that does not require too much time and also a mechanism for implementing therapy that is easy, effective, and efficient in increasing self-esteem in adolescents aged 15 years with low self-esteem is positive affirmation therapy. Therefore, the author is interested in carrying out nursing actions to complete a scientific paper as an effort to analyze "Application of Positive Affirmation Therapy in Providing Mental Nursing Care to An. A with Low Self-Esteem in the Wijaya Kusuma Room at Radjiman Wediodiningrat Lawang Hospital."

## STUDY DESIGN

This research uses descriptive research methods with a case study research design. Data was collected on March 25, 2024, in the Wijaya Kusuma Room at Radjiman Wediodiningrat Lawang Hospital. Data collection was carried out by direct interviews with patients regarding their problems. Data was also obtained from medical records and questionnaires with several questions that had to be answered. The questionnaire used in this research used the Rosenberg Self-Esteem Scale (RSES), translated into Indonesian.

The inclusion criteria in this study were patients with a nursing diagnosis of low self-esteem in the Wijaya Kusuma Room, Radjiman Wediodiningrat Hospital, Lawang. The patient is calm, willing to be given positive affirmation therapy, and cooperative. Meanwhile, the exclusion criteria in this study were patients who could assess their positive side. Signs and symptoms that appear in patients with low self-esteem include feeling ashamed of their current condition and feeling like they have nothing to be proud of. The patient has a habit of walking with his head down, speaking in a low tone, looking weak and lethargic, and lacking eye contact. Based on the conditions that arise in patients, a nursing implementation is needed that is able to increase the self-esteem of patients with a history of narcotics abuse and the patient's age is still a teenager. In this study,

patients with chronic low self-esteem referred to SLKI and SIKI were given implementation strategies for low self-esteem (SP 1-5) and received additional non-pharmacological therapy and positive affirmation therapy to increase the patient's self-esteem. Positive affirmation therapy is carried out on clients for 5 days with a duration of 10 minutes once every day. This positive affirmation therapy intervention will begin on March 26, 2024, to March 30, 2024.

### **PATIENT INFORMATION**

In this study, the case of a 15-year-old female patient who was undergoing treatment in the Wijaya Kusuma Room at Radjiman Wediodiningrat Lawang Hospital with a medical diagnosis of mental and behavioral disorders due to multiple drug use. The patient's last education is an 8th-grade junior high school student who has not yet worked. However, the patient missed school several times, and before being taken to Radjiman Wediodiningrat Hospital, the client missed school for 5 days. The patient came to the emergency room at Radjiman Widioidiningrat Hospital because he had been taking Y pills since grade 7 and also consumed alcohol 5 months ago (3 glasses). The patient also often left the house and did not go to school for 5 days. The patient said the family realized that there was a strange condition in patient and had his condition checked by a psychologist on February 16, 2024. The patient said that after being checked by a psychologist, he tried to run away to Malang for 3 days. This is because the patient heard the results of discussions between parents and psychologists that they planned to undergo inpatient treatment at Radjiman Wediodiningrat Hospital. The patient fled to Malang by boarding a truck to avoid his family and did not want to be taken to hospital. After four days had passed, he was found by his parents and older brother on February 24, 2024, and taken to Radjiman Wediodiningrat Hospital on February 26, 2024.

During the assessment, data was found that patients tended to be less close to their families. This is proven by the patient who said that if he had a problem, he rarely told his parents, but more often told his girlfriend. The patient said that if there was a problem with the family, he preferred to stay quiet and run away from home. In the body image data obtained from the assessment, the client said he was insecure about his body and did not like his narrow eyes and short body since he met his ex-girlfriend who was considered more beautiful in 2022. The patient said that this condition arose because of his own feelings without any bullying. In the role data, the patient explained that he felt that all his friends at school only made friends with him if there were certain needs since the end of grade 7. The patient also said that he felt underappreciated as a child by not being given trust by his parents. Apart from that, when in the community, the patient's role is less contributing because they are often gossiped about, so patients limit themselves from interacting. Then for data on self-esteem, the results showed that the patient said he felt insecure about his appearance, having narrow eyes and a short body. The patient also feels ashamed of his current condition and feels that he has nothing to be proud of. The patient has a habit of walking with his head down, speaking in a low tone, looking weak and lethargic, and lacking eye contact when spoken to. The results of the study found that there were objective and subjective data that supported the nursing problem of chronic low self-esteem in patients. This is in accordance with the signs and symptoms, both major and minor, if adjusted to the SDKI, which, according to [SDKI, 2016], defines chronic low self-esteem as self-evaluation or negative feelings, such as meaningless, worthless, or helplessness, that last for a long period of time. long time. The patient has been undergoing treatment in the Wijaya Kusuma Room at Radjiman Wediodiningrat Hospital for approximately 28 days. At that time, the patient receives pharmacological therapy of aripiprazole 5 mg 0-0-0-1 tablet (oral), which must be consumed regularly.

## THERAPEUTIC INTERVENTION

According to SIKI (2016), nursing interventions include all forms of therapy or actions nurses will carry out to achieve the desired results. It is believed that determining this intervention will be able to achieve observable and measurable outcomes that include the condition, behavior, or views of the patient, family, and local area as a result of the nursing plan that will be chosen (SLKI, 2016). In the nursing care applied in this case to patients with nursing diagnoses of chronic low self-esteem following SLKI and SIKI (2016) as well as 5 implementation strategies (SP) for low self-esteem who received additional non-pharmacological therapy, positive affirmation therapy to increase self-esteem to the client. Apart from that, there are also other nursing interventions besides implementing SP, namely the promotion of self-esteem and education on substance abuse. Furthermore, the implementation of positive affirmation therapy is carried out on patients for 5 days with a duration of 15 minutes once a day and is carried out after providing implementation strategies (SP) regularly by saying positive sentences. The patient is expected to be able to apply positive affirmation therapy independently to increase self-esteem (Hasanah, 2023).

This positive affirmation therapy can free oneself from negative thoughts and increase an individual's ability to have positive thoughts, where the individual will feel happier, healthier, more successful, and able to readjust themselves (Hasanah, 2023). This is also in accordance with research conducted by Zebua et al. (2022), which explains that positive affirmation therapy can help someone to appreciate themselves more and perceive the world as a protected and satisfying place, reduce fear, and help people in see themselves as being better or positive. Providing positive affirmation therapy can form an individual's understanding of how he/she is defined in harmony with the social environment so that it can help the individual to appreciate himself, eliminate fear, and help the individual see himself more positively (Suharli & Sriati, 2023).

In this case, implementation begins with implementation strategies (SP) 1-5, which are given simultaneously with the implementation of low self-esteem promotion and substance abuse education. This implementation will be given from Monday, March 25, 2024, to Saturday, March 30, 2024. Apart from that, the next implementation is non-pharmacological therapy, which can increase chronic low self-esteem, namely positive affirmation therapy, which is carried out for 10 minutes every day starting 5 days from Tuesday, March 26, 2024, to Saturday, March 30, 2024. Before implementing positive affirmation therapy, the Rosenberg Self-Esteem Scale (RSES) questionnaire was filled out to determine the client's self-esteem level before being given the intervention. This is also done after being given positive affirmation therapy on March 30, 2024, with the hope of an increase in the client's self-esteem both before and after being given positive affirmation therapy.

## RESULT AND DISCUSSION

The patient is a 15-year-old teenager. Based on data obtained from (BNN, 2016 in (Rusdiyanto et al., 2024) students have a percentage of 4.7% of the population who abuse illegal substances. This is also supported by data from the 2021 National Survey on Drug Abuse. The age group of 15-19 years is ranked first as a drug user with a percentage of 29% (Golose, 2022). school for 5 days. Based on data obtained from (Golose, 2022) it is said that narcotics users with a junior high school/MTS education level are ranked second highest with a percentage of 22.5%.

From the assessment of patient nursing care, it was found that there was data focused on self-concept. In the body image data obtained from the assessment, the client said he was insecure about his body and did not like his narrow eyes and short body since he met his ex-

girlfriend who was considered more beautiful in 2022. The patient said that this condition arose because of his own feelings without any bullying. In the role data, the patient explained that he felt that all his friends at school only made friends with him if there were certain needs since the end of grade 7. The patient also said that he felt underappreciated as a child by not being given trust by his parents. Apart from that, when in the community, the patient's role is less contributing because they are often gossiped about, so clients limit themselves from interacting. Then for data on self-esteem, the results showed that the patient said he felt insecure about his appearance, having narrow eyes and a short body. The patient also feels ashamed of his current condition and feels that he has nothing to be proud of. The patient has a habit of walking with his head down, speaking in a low tone, looking weak and lethargic, and lacking eye contact when spoken to. This is in accordance with research (Aldiyus & Dwatra, 2021) which explains that drug users experience a decrease in self-esteem due to treatment such as looking at themselves with cynical faces which causes them to feel unappreciated. This condition causes teenagers with a history of drug abuse to tend to have low self-confidence, self-concept and self-esteem.

The intervention given in this case was a nursing diagnosis of chronic low self-esteem following SLKI and SIKI (2016) as well as 5 implementation strategies (SP) for low self-esteem, which received additional non-pharmacological therapy and positive affirmation therapy to increase the client's self-esteem. Apart from that, there are also other nursing interventions besides implementing SP, namely the promotion of self-esteem and education on substance abuse. Furthermore, the implementation of positive affirmation therapy is carried out on clients for 5 days with a duration of 10 minutes once a day. It is carried out regularly after providing implementation strategies (SP) by saying positive sentences. The patient is expected to be able to apply positive affirmation therapy independently to increase self-esteem (Hasanah, 2023).

Implementation on patients is carried out every day for 5 consecutive days, from Tuesday, March 26, 2024, to Saturday, March 30, 2024. Clients do SP1 – SP5 and do positive affirmation therapy after doing morning exercises or going for a morning walk, namely around 09.00 WIB. SP 1 by making a schedule of activities that will be carried out while in the hospital and determining one activity that will be carried out, the patient can determine one activity or activity that he likes, namely playing badminton. Implementation of SP1 was carried out on Tuesday, March 26, 2024, and there was an additional intervention, namely self-esteem promotion management. SP 2 by evaluating the first activity carried out and the two activities that will be carried out, the patient chose to carry out drawing and playing badminton. Implementation of SP2 was carried out on Wednesday, March 27, 2024. SP 3 by giving praise and helping the patient choose three activities to do, the patient chose to do cleaning, sweeping and coloring activities. SP3 implementation was carried out on Thursday, March 28, 2024, and there was an additional intervention, namely substance abuse education. SP 4 by helping patients choose four activities to do: cleaning, playing badminton, drawing, and washing dishes. This implementation was carried out on Friday, March 29, 2024. Then the last implementation carried out was SP5 by helping patients to choose five activities to do and assessing the increase in patient self-esteem; patients chose to do cleaning activities, play badminton, wash dishes, change bed sheets, and read the Koran. The patient said that the feelings of low self-esteem or insecurity he currently feels only appear when the atmosphere is quiet. The implementation of SP 5 will be carried out on Saturday, March 30 2024. After SP1 to SP5 has been implemented, positive affirmation therapy will be implemented for 10 minutes every day, starting for 5 days from Tuesday, March 26, 2024, to Saturday, March 30, 2024.

Before and after implementing positive affirmation therapy, the Rosenberg Self-Esteem Scale (RSES) questionnaire is filled out, which aims to determine whether or not there has been a



change in the patient's level of self-esteem. The following are the results of applying positive affirmation therapy to patients during the 5 days of implementation.

Table 1. Results of Positive Affirmation Therapy on RSES scores

No	Date	Rosenberg Self-Esteem Scale (RSES) Score
1.	March 26, 2024 (Pre Positive Affirmation Therapy)	27
2.	March 30, 2024 (Post Positive Affirmation Therapy)	31

The results of daily implementation are always recorded and documented in the form of the Rosenberg Self-Esteem Scale (RSES) questionnaire to measure the patient's level of self-esteem. The measurement results obtained on day 1 pre-RSES were 27 and on day 5 post-RSES were 31. The score results on the Rosenberg Self-Esteem Scale (RSES) measurement or the patient's level of self-esteem showed progress before and after being given positive affirmation therapy for 5 consecutive days. Also, the self-esteem or RSES questionnaire score was originally 27 to 31.

According to Suharli & Sriati (2023), someone who makes positive affirmations can form an individual's understanding of himself and his ability to interact with the social environment to love himself, increase his self-confidence, and view himself more positively. The positive affirmation therapy implemented can help clients increase their self-confidence and view themselves more positively. Clients feel that the feelings of inferiority that they previously always felt have reduced and sometimes appear when the atmosphere is quiet. This positive affirmation therapy intervention enters the soul's mind and can form and influence new tendencies. Certain sentences can influence behavior, relate to the brain and subconscious mind, and then enter through the Reticular Activating System (RAS). The Reticular Activating System (RAS) is where the subconscious mind enters without selection from the left side of the brain. Following what is embedded in the subconscious mind, affirmations cause changes in behavior, memories, and emotional states. According to Zebua et al. (2022), after the affirmation sentence is recorded in the subconscious mind, it will then be passed on to a thought pattern, resulting in changes in behavior, memories and new emotions that will adapt to the affirmation sentence. If the sentences contained in it are positive things, then the recording of the sentences conveyed to the conscious mind will also have positive value. Conversely, if the sentence given is negative, the recorded message will be communicated as something negative.

Nursing evaluation is an activity carried out to determine the effectiveness of nursing interventions and implementation that have been carried out and determine whether the nursing plan will be continued, revise the plan, or stop the nursing plan. This evaluation determines whether the goal or outcome has been achieved. If the goal is not achieved in the assessment, finding the cause and determining further action is necessary. This study obtained a nursing evaluation of the patient's ability to determine and carry out positive activities. In addition, when implementing positive affirmation therapy in patients with low self-esteem, there was an increase in the Rosenberg Self-Esteem Scale (RSES) score from 27 to 31, where the increase in the RSES score indicated an increase in the patient's self-esteem.

## CONCLUSION

Based on the results of the application and analysis of positive affirmation therapy in patients with chronic low self-esteem nursing problems in the Wijaya Kusuma ward of Radjiman

Wediodiningrat Lawang Hospital, it was concluded that patients with low self-esteem nursing problems, if given intervention strategies for implementing low self-esteem, self-esteem promotion, substance abuse education as well as additional positive affirmation therapy following the SDKI, SLKI, and SIKI guidelines, nursing problems can be resolved and the patient's level of self-esteem and ability to carry out positive activities increases.

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