

THE INFLUENCE OF SELFCARE GROUP TOWARDS CONFIDENCE OF LEPERS IN JENEPONTO REGENCY

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Abstract: Leprosy, one of neglected tropical diseases, is a contagious disease that is so feared by all of people. It is still become one of the problems that faced by the world society because it can lead to a very complex problem. People who are suffering from leprosy may have disabilities that are settled if it does not get healing and handling well. As impact, lepers who had been leprosy disease get some difficulties for instance, the anxiety to approach themselves into society, lost their social status progressively, isolated from family, friends, and society. therefore, the effort to avoid disability toward lepers is a self caring. Selfcare can prevent disability and encourage patient self-awareness to heals. It can be developed become a selfcare group that help lepers to support each other. Because there is a quote “camaraderie”. The method in this research is A cross-sectional study with 35 lepers was followed by a focus group discussion with facilitator and health workers. The results of this research, that majority of lepers were women (68.6%), mostly aged 36-45 years (28.6%), 25 respondents (71.4%) followed self care group activities, 62.9% (22 respondents) have good confidence. Result of analysis with Chi-square test showed there was correlation between participation in self care group with confidence of leprosy patient $p = 0,031$, OR = 7,389 (CI 1,441-37,883). In focus group discussion, the members of self-care group stated that the self-care group had an important role in improving the confidence of leprosy patients through interaction and communication between each member, motivation and other activities. as conclusions, Self Care Group very helpful to increasing lepers’ confidence. Suggestion: This activity can be developed throughout the health centers in Jeneponto. Also expected cross-sectoral cooperation in the development of Self Care Group.

Keywords: Selfcare group, Lepers, confidence

Introduction

Leprosy, one of neglected tropical diseases, is a contagious disease that is so feared by all of people¹. It is still become one of the problems that faced by the world society because it can lead to a very complex problem. The problem is not only in terms of medical treatment but extends to social, economic, cultural, and national defense². Lepers may have disabilities that are settled if it does not get healing and handling well. Disability in patients with leprosy is still stigmatization in society, so it is difficult lepers are accepted in society even though the disease has been declared cured. Disability arising in lepers is a striking defect in the manifestation of leprosy. it begins to show mild symptoms of disability in a small area with anesthesia in hand then become serious condition such as shortening of the fingers and thumb on both hands, wrists and a decrease in bilateral, ulceration and deformity remain on the both feet, making them incapable to walk³.

Beside that, lepers who get defect in the eyes should receive serious attention because it is the most disturbing of disability for patients compared with disabilities in the hands and feet. As impact, lepers who had been leprosy disease get some difficulties for instance, the anxiety to approach themselves into society, lost their social status progressively, isolated from family, friends, and society. lepers feel inferiority complex, depression and aloof and often ostracized by their families because of their disabilities. A fact that most

people with leprosy came from from lower middle class make the matters worse⁴. Generally, this stigma gives a negative impact on leprosy patients. It can make lepers become social psycho disorder. Most leprosy patients have a simultaneous psychiatric disorder. In addition, social environment involving not only themselves, but also their role of the labor, their role in the family and in other social roles (relationships with friends, neighbors, colleagues, social activities group and family members. patients have the possibility to have a functioning social disruption as a result of leprosy, consequent disability, social stigma and occupational impairment. The addition of psychiatric morbidity in the group can also deteriorate effect on social adjustment⁵. Therefore, to avoid disability in patients with leprosy, need to do self-care so that defects can be prevented and disability does not continue for those who already have disabilities. It can be developed become a selfcare group that help lepers to support each other. Because there is a quote “senasib sepenanggungan” or camaraderie.

Self-stigma, shame and secrecy were often reported. Discrimination and stigmatisation of ex-leprosy patients by people around them seems a less frequent problem. Yet, people affected by leprosy seem to be a forgotten group with a high social burden due to low self-esteem and reduced social participation. Medical experts do not seem to be aware of the severity of leprosy-related forms of stigma in their patients⁶. SCGs are involved in different activities and do not limit themselves to activities related to disability care. The majority of respondents expressed satisfaction about their participation in SCGs⁷.

Based on the report by the World Health Organization (WHO), received from 138 countries from all WHO regions, the prevalence of leprosy at the end of 2015 was 176 176 cases (0.2 cases per 100 000 people)⁸. The number of new cases reported globally in 2015 was 211 973 (2.9 new cases per 100 000 people). In 2014, 213 899 new cases were reported, and in 2013, 215 656 new cases. In 2015, Indonesia reported 17 202 new cases and 1,687 of them, found he was already disabled level 2 (defects appear)⁹. While in the province of South Sulawesi recorded 1220 cases with 131 cases of disability level 2. In Jeneponto number of patients amount 72 patients in 2015 and increased in 2014, namely 67 patients and 14 cases of which are disability level I and II. Community health center in Bontoramba district, recorded there are 208 people who had suffered from leprosy disease from 2005 to 2015 and there are 31 disabled level I and 23 disabled level II, and there are 5 new lepers in 2016. According to some informations, patients who have had leprosy still has limitations interact in society. So, they need to be treated for increasing their confidence.

Methods

Study Design

This was observational survey with cross sectional study approach. To show the influence of self-care groups towards confidence of lepers.

Study population

The study was conducted on 35 lepers identified by purposive sampling technique based on their involvement in self-care group (n = 25) and 1 leper willing to become respondents (n = 10)

Data Collection

Data collection was done by using questionnaires distributed to respondents. Afterwards, focus group discussion was conducted on the respondents along with the self-care group facilitators and health workers.

Data analysis

Data were analyzed by Chi-square test to see the correlation between respondent involvement in self care group and respondent self confidence.

Result

Self Care Group

Baji Minasa Self-care Group (SCG) in Community health center Bontoramba was formed since 23 september 2011. This program is a cooperation between wasor (deputy supervisor of Leprosy) in the community health center with wasor in regency and Nederland Leprosy Relief.

Each month, the Fasilitator lead the patients to do their selfcaring, mutual brainstorming and motivating each other. Currently the group has a membership of 25 participants and mutually motivate each other. In addition, there is a Leprosy Independent association, which also facilitated the needs of members of SCG both health-related problems as well as social and economic.

Confidence of lepers

In this study, the number of respondents as many as 35 people coming from SCG members as many as 25 respondents and not a member of 10 respondents. , majority of lepers were women (68.6%), mostly aged 36-45 years (28.6%), 25 respondents (71.4%) followed self care group activities, 62.9% (22 respondents) have good confidence. For more details can be seen in the following table

Tabel 1. Analisis univariat

Variabel	N=35	(%)
Age		
12-16 years	2	5,7
17-25 years	3	8,6
25-35 years	7	20,0
36-45 years	10	28,6
46-55 years	9	25,7
56-66 years	4	11,4
Gender	11	31,4
Man	24	68,6
Woman		
Partisipasi SCG	25	71,4
Member SCG	10	28,6
Non member SCG		
Confidence of lepers	22	62,9
Good confidence	13	37,1
Less confidence		

Influence self care group toward confidence of lepers

Result of analysis with Chi-square test showed there was correlation between participation in self care group with confidence of leprosy patient $p = 0,031$, OR = 7,389 (CI 1,441-37,883). Based on the results of the

analysis it can be concluded that there is a relationship between participation in self-care group with confidence lepers

Results from focus group discussion (FGD)

Stigma is a great fear against leprosy. With the stigma that developed in the community, then the patients will feel embarrassed by the disease they suffered, they feel embarrassed to socialize with relatives and their neighbors, so they prefer to spend time in the garden which is a place away from the crowds¹⁰. The realitativ activities granting motivated by PerMaTa (Perhimpunan Mandiri Kusta) which is an organization of leprosy patients and people affected by leprosy in which they have a good self confidence and has undertaken various activities especially in order to remove the stigma and discrimination of leprosy, and doing recreational activities, with the aim of bringing the patient to mingle with the public at large as well as to boost her confidence. And to explore the ability of the patient, in this case developed what they can do to improve the quality of life.

By exploring their ability with weaving, farming, and other handicrafts. Therefore, The self-care group has become one of the efforts to increase the confidence of leprosy patients, with various activities in it and their sense of camaraderie among SCG members.

Conclusions

Leprosy is a contagious disease that is greatly feared by the public. The disease is still one of the problems faced by the world community because it can lead to a very complex problem. The problem is not only in terms of medical treatment but extends to social, economic, cultural. With the self-care group will increase the confidence of lepers. Self Care Group very helpful to increasing lepers' confidence. Suggestion: This activity can be developed throughout the health centers in Jeneponto. Also expected cross-sectoral cooperation in the development of Self Care Group.

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