

FAMILY ESTEEM SUPPORT IN ADOLESCENTS WITH THALASSEMIA

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ABSTRACT

Thalassemia is a condition that occurs due to blood disorders that are carried from birth. This condition is characterized by a lack of oxygen-carrying protein in addition to the presence of a number of red blood cells in the body that is less than normal. One form of treatment is a blood transfusion. Continuous blood transfusions can result in physical and psychological problems. Psychological problems that occur include the acceptance of a negative self-image. The purpose of this research is to analyze the support of family self-esteem on self-image thalassemia adolescents. Research using cross sectional approach. The research sample consisted of 30 thalassemia adolescents at PT RSUP Dr. Soeradji Tirtonegoro Klaten which is recorded as routinely carrying out blood transfusions. Data was collected using a questionnaire. Data analysis used the pearson product moment test. The results of the study found that the majority of families provide good family esteem support and most adolescents with thalassemia have a positive self-image. The conclusion of the study is that the better the appreciation support given by the family, the more positive the self-image of adolescents with thalassemia will be.

Keywords: appreciation support; self-image; thalassemia

INTRODUCTION

Thalassemia is a disease that affects the hematological system that affects many people in the world (Marengo-rowe, 2007). Thalassemia is characterized by decreased or even absent synthesis of one of the α , and β or other globin chains that form the normal structure of the main hemoglobin molecule in adults (Shafique et al., 2023). Thalassemia causes the body to always lack blood so that the flat bone marrow will work harder which can cause changes in the bone structure such as a protruding forehead, the distance between the eyes becomes far apart, protruding cheekbones and crooked teeth (Karakas et al., 2016).

The Indonesian Thalassemia Foundation-Association of Parents of Patients with Thalassemia (YTI-POPTI) in 2018 stated that there were around 9,000 patients with Thalassemia in Indonesia and increased to 10,973 cases in June 2021 (Handayani, Choiriyah, Supardi, & Indarwati, 2022). Based on data from the Central Java Provincial Health Office 2019, the prevalence of thalassemia in Central Java Province is 0.02% (Dinkes Provinsi Jateng, 2019). Meanwhile, according to Satuti et al., (2021) the prevalence of thalassemia in the Greater Solo area is 3.08%.

Obat yang digunakan untuk menyembuhkan thalassemia yang secara tuntas masih dinyatakan belum ditemukan. Salah satu terapi yang diberikan pada penderita thalassemia mayor yaitu dilakukan transfusi darah rutin. Blood transfusion is a therapy that is carried out to save the life of thalassemia patients, but blood transfusions that are carried out continuously can result in a buildup or accumulation of iron in the body, especially in the liver, heart and endocrine organs (Dreuziyab, Bhukhaiab, Leboulchabcd, & Payen, 2016). Iron deposits in the basal layer of the epidermis and around the sweat glands can cause skin hyperpigmentation. One of the signs

shown in people with thalassemia is that the skin looks brownish bronze or grayish color (Rafika, Marwoto, & Hayati, 2019).

Even though Thalassemia Treatment has been carried out, it turns out that it can have another impact on the body, especially on the psychology of the sufferer. The results of research by Sartika & Allenidekania, (2020) found that there were psychosocial problems in the form of a negative self-image in adolescents with thalassemia. Treatment of thalassemia major affects the appearance of adolescents such as bone deformities and short stature. Abnormalities in the shape of the facial bones, namely face cooley (slanted eyes, protrusion on the forehead, long distance between the two eyes, hypertrophy of the maxilla, presence of dental malocclusion).

The results of the research from (Yanitawati, Mardhiyah, & Widiанти, 2017)also found that there was sick behavior in the psychosocial aspects of adolescents with thalassemia, including 68.8% had high anxiety, 69.8% had high resistance to illness and 54.2% had intense anger. tall. This result is reinforced by the findings from Siburian & Sahputra, (2020) where in the self-image of adolescents with thalassemia it shows that 21.9% of respondents often said they did not like their pale skin color, 12.5% of respondents very often said they felt their appearance was unattractive because of their big belly.

Self-image is an assessment and feeling related to the size, shape, function, appearance, and potential of the body's present and past which is continuous with new experiences of each individual. This assessment can be in the form of an emotional behavior (anger, hate) towards someone who cannot be controlled. Individuals who have a negative self-image can have an impact on the emergence of depression (Quittkat, Hartmann, Düsing, Buhlmann, & Vocks, 2019). Research conducted by Behdani et al., (2015) shows that 80% of children with thalassemia major have at least one psychiatric disorder. Psychological problems that are often experienced by children with thalassemia major are depression. as many as 26.7% of thalassemia major adolescents were noted to have experienced depression.

Adolescents with thalassemia need an environment that can support self-acceptance. The results of Siagian, (2018) show that there is a significant relationship between parental support for self-concept in adolescents. This study shows that the better the parental support, the better the adolescent's self-concept or leads to a positive self-concept. This means that in self-concept, the role of parents is very important. The way parents raise their children will affect how children judge themselves. If a child gets a good experience in the family, then he will be able to develop and assess himself well too. The existence of a sense of warmth in the relationship between children and parents makes children have cooperative social attitudes, stable emotions, accept themselves and respect others. Seeing the existing background, this study aims to find out the support of family rewards in adolescents with thalassemia at RSUP Dr. Soeradji Tirtonegoro Klaten.

METHOD

In this study using a cross sectional design. The population participating in this study were all adolescent thalassemia patients at RSUP Dr. Soeradji Tirtonegoro Klaten who was recorded as routinely undergoing blood transfusions totaled 113 patients. Sampling technique total sampling. Instrument for collecting data using a questionnaire that has been tested for validity and reliability. Data analysis used the pearson product moment test.

RESULTS

The results of the univariate analysis showed that the average age of the respondents ranged from 16.13 ± 3.38 year. The majority of respondents are female (60%) and the majority respondents have senior secondary education.

Table 1.
Average Age of Respondents (n=30)

	N	Min	Max	Mean	SD
Age	30	11	21	16,13	3,38

Table 2.
Distribution of Respondents by Gender and Education (n = 30)

Karakteristik	f	%
Gender		
Male	12	40
Female	18	60
Level of Education		
Elementary School	6	20
Junior High School	7	23,3
High School	15	50
College	2	6,7

Table 3.
Results Of Univariate Analysis of Research Variables

Variable	f	%
Family Rewards Support		
Well	25	83.3
Currently	5	16.7
Self Description		
Positive	26	86.7
Negative	4	13.3

The following are the results of family esteem analysis supporting adolescent self-image with thalassemia tested using the pearson product moment correlation:

Table 4.
Analysis of Family Appreciation Support with Self-Description of Adolescents with Thalassaemia

Variable	n	p-value	r-count
Family Rewards Support	30	0.00	0.646
Self Description	30		

The results of the analysis in table 4 show that self-esteem is supported by the family very closely related to the self-image of adolescents with thalassemia.

DISCUSSION

The results of the data analysis concluded that family esteem support is related to the self-image of adolescents with thalassemia. These results indicate that if the family is able to provide good esteem support will clearly affect the self-image of adolescents with thalassemia in a positive direction. Thalassaemia disease is a disease that requires lifelong treatment. treatment in thalassaemia patients is necessary undergo regular blood transfusions in order to meet the reduced blood cell count. Repeated blood transfusions can be a cause of widespread iron

accumulation. this can cause complications and changes in physical appearance. This change in physical appearance causes appearance sufferers become different from other people, thus making adolescents with thalassemia have a negative self-image and social withdrawal Sartika & Allenidekania, (2020) in their literature study concluded that changes in the physical appearance of adolescents with thalassemia can cause anxiety, decreased self-esteem, and even depression so that it can have an impact on reducing the quality of life of adolescents with thalassemia major.

The results of this study found that 13.3% of respondents had a negative self-image. This situation is indicative that there are respondents who have not been able to accept the situation. This condition is understandable because thalassemia sufferers have a different physical appearance different from other people. This can increase feelings of shame and low self-esteem. Shame and Low self-esteem that lasts a long time will make people with thalassemia feel a burden on the family, even people with thalassemia can blame themselves. These findings are in line with the results of Anjarwati & Hurriyati, (2020), whose research results show that 49.3% of respondents have low self-acceptance.

The results of this study are also in line with the findings from Purbaningsih, Karlina, & Aini, (2022) that there are still 11.9% of respondents with breast cancer who have a negative self-image. Thalassemia, like breast cancer, is a chronic disease that has an impact on the physical and psychological aspects of the sufferer. However, in this study it was found that 86.7% of respondents had a positive self-image, this means that respondents had a positive view of themselves and respondents were able to accept their condition. The results of this study were supported from Thirafi, (2016) research where the results showed that even though patients with thalassemia were quite severe, the respondents still had high psychological well-being. Anjarwati & Hurriyati, (2020) mention self-acceptance is the ability to accept one's own strengths and weaknesses. In someone who has good self-acceptance about himself usually he will not feel inferior or ashamed of the shortcomings that happen to him. Based on the results of this study, there is evidence that respondents have a positive self-image, that is, most respondents are still enthusiastic and enthusiastic to continue their education. as evidenced by the education level of the majority of respondents with high school and vocational education.

The positive self-image in most thalassemia sufferers can also be due to support from the family, especially esteem support. Family appreciation support for adolescents with thalassemia can be done by giving praise when they are willing to receive transfusions and taking medication regularly, receiving input or suggestions when there are family meetings and being invited to take part in family events outside the home. The results of this study are in line with research from (Bracken, 2009) showing the results that there is a significant influence between positive reinforcement techniques and positive self-concept, especially adolescent self-image. Positive reinforcement techniques that can be done include giving praise for positive things done by teenagers, receiving input from teenagers and involving teenagers in family events or important events.

Teenagers who get good family support will feel more accepted and cared for, this will make teenagers feel more able to accept their condition so that they will form a positive self-concept. Self-concept in a person will be able to improve the quality of life. Research from Artamia, Rakhmawati, & Shalahuddin, (2019) found that families provide high support in the treatment of people with thalassemia and concluded that there is a correlation between family support and the quality of life of children with thalassemia (Budiarti, Budhiana, & Mariam, 2022).

CONCLUSION

The conclusion of the study is that the better the appreciation support given by the family, the more positive the self-image of adolescents with thalassemia will be.

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