

DOODLE ART THERAPY TO IMPROVE THE QUALITY OF LIFE VASCULAR DIMENSIA PREVENTION

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ABSTRACT

Vascular dementia is a cause of urgent public health problems. Cerebrovascular diseases such as stroke are often the main factor in the incidence of dimensionality. Doodle art as part of the art can be a therapy that provides sensory and cognitive stimulation for sufferers who experience neurological disorders such as brain injuries, strokes, and brain tumors. In this context, therapy is expected to decrease the risk of patients developing vascular dementia, and promote quality of life. This study aimed to evaluate the effectiveness of doodle art therapy on the quality of life in post-stroke patients. This study used quasi-experimental pre and post-test design without control group. The sample of this study was 25 post-stroke community dwelling adult, aged > 25 years, and able to communicate. Respondents participated in doodle art therapy in four session. After the intervention, the quality of life was measured. Univariate statistics were tested to see the respondents' characteristics and quality of life before and after treatment. The data were normally distributed using the Kolmogorov-Smirnov test. Thus differences in quality of life before and after treatment were analyzed using paired T-Test. After providing the intervention, cognitive function, level of independence and quality of life are tested again and see the difference. We use several tools including a MMSE and WH-QOL brief. Studies show that 87% of respondents are at risk of developing mild dementia, with a moderate quality of life of 60%. 73.5% of respondents were at mild to moderate levels of memory impairment based on MMSE. The quality of life scores was significant difference before and after therapy p value <0.05). Doodle art therapy in nursing interventions is significantly effective for improving the quality of life in the elderly. Doodle art therapy activates the part of the brain that is impaired. The application of doodle art therapy interventions in groups involves group processes in environmental orientation abilities. Doodle art therapy can be a recommendation in efforts to prevent dementia.

Keywords: doodle art therapy; quality of life; stroke; vascular dementia

INTRODUCTION

The process of aging is a health problem characterized by a decline in cognitive function called dementia. Vascular dementia is a cognitive decline and functional deterioration caused by cerebrovascular disease, usually hemorrhagic and ischemic stroke, also caused by ischemic substantia alba disease. In post-stroke cases The risk of cognitive deficits increases. (Kumalasari et al., 2018; Mendrofa et al., 2020)Vascular dementia (VaD) is generally the most commonly experienced form of dementia and is the second largest cause of dementia after Alzheimer's disease, and is a major health problem in the world.(Kumalasari et al., 2018) Dementia is a neurodegenerative syndrome caused by chronic and progressive disorders accompanied by a decrease in brain function. Alzheimer's associated neuropathological changes dementia with cognitive decline. related to attention, memory, assessment, calculation, and language that can interfere with daily activities.

Kumalasari et al (2018) These changes make various life activities including interactions with other people more difficult. Other dementia symptoms are characterized by progressive cognitive disability, a high prevalence of neuropsychiatric symptoms such as agitation, depression, and

psychosis, and a decrease in quality of life. (Kumalasari et al., 2018; Mustapa, 2022; Utama & Nainggolan, 2022) An approach that can be used in the modification of interventions to VaMCI is art therapy. Several studies identified art therapy instruments that can assess the degree of dementia, as well as a person's psychological status in carrying out daily activities. (Kim et al., 2012) In recent years, non-pharmacological approaches are widely used for the management of mild cognitive impairment, positively can prevent cognitive function decline as well as improve mood, especially widely studied in people with dementia (Lee et al., 2019). This study aims to assess the effectiveness of doodle art therapy on quality of life in post-stroke patients in Semarang (Baccaro et al., 2019).

Art Therapy is an intervention that is expected to affect the focus of attention, and the mood of the sufferer. (PPNI, 2016) The coloring activities of this doodle art, it can improve cognitive function, mood, and quality of life in patients with vascular dimensions. This is a challenge in health services, as well as the field of nursing research at Karya Husada University Semarang, this research focuses on this degenerative disease in line with the research master plan The problem of dementia experienced by the elderly, which is of concern to patients in the community. The community needs to be involved to become a support system for the elderly. As consideration for efforts to contribute to the existing literature, as well as referring to the strategic plan of Karya Husada University in optimizing research according to the needs of development priorities, this study aims to describe the quality of life in people with vascular dimension in Semarang.

METHOD

This study was a quasi-experimental design with pre-and post-test control groups. It is carried out between April- November 2022. The population is post-stroke sufferers in the Semarang City area. Each participant is informed of the nature, purpose, benefits, and right to refuse or withdraw at any time, as well as the confidentiality of the data, obtained. Data collection and treatment. Post-stroke patients who meet the criteria will be given doodle art therapy treatment, where each session begins with giving brain gymnastics activities first. Physical examination and quality of life measurements are again carried out at the end of the activity.

The instruments used in the study were informed consent, demographic questionnaire, the level of independence of the WHO-QOL. The instrument is a standard instrument so it does not require validity and reliability tests. Respondents reported their frequency of performing various activities during the activity. Before the final analysis, the data is filtered for assumptions of normality. Univariate analysis was performed to obtain a descriptive statistical picture of each variable including the characteristics of the respondents. Test the normality of the data with kolmogorof smirnov. If the data is normally distributed, the differences in levels of independence, cognitive function, before and after treatment are analyzed by paired t-test.

RESULTS

The study involved 25 respondents who were post-stroke sufferers. Demographic characteristics of age, gender, and education can be seen in Table 1.

Table 1.
 Characteristics of the age of the respondents (n=25)

Characteristics	Median	Minimal	Maximum
Age	74	55	93

Table 2.
 Characteristics of the respondents (n=25)

Characteristics	f	%
Age		
Female	17	68
Male	8	32
Education		
Primary School	14	56
Junior High School	7	28
Senior High School	3	12
Diploma	1	4

Quality of Life

25 respondents took doodle art therapy as a community-based therapy pilot project. Before participating in doodle art therapy, the majority (60%) of respondents had a moderate quality of life, and 16% had a good category. The percentage of respondents with a good quality of life increased after therapy (66,7%) (Table 3).

Table 3.
 QoL before and after doodle art therapy

	Low		Moderate		Good		Total	
	f	%	f	%	f	%	f	%
Before	6	24	15	60	4	16	25	100
After	0	0	9	33,3	16	66,7	25	100

Statistical paired t-test showed a significant difference in quality of life scores before and after therapy, *p* value <0.05 (Table 4).

Table 4.
 Paired-T test of QoL

	Mean	SD	P	Mean & SD
Pre	82,83	9,998	0,004	12,92&12,39
Post	95,75	12,6		

DISCUSSION

Ectopic pregnancy occurs if the physiology of human reproduction is abnormal. The fetus is attached or embedded and mature outside the endometrium which ultimately causes fetal death (Widiasari & Lestari, 2021). Case studies are conducted on 3 pregnant women who have a disrupted ectopic pregnancy. The patient is in different areas and different times. Studies are carried out on risk factors that predispose the occurrence of ectopic pregnancy in respondents. Data

collection is carried out by studying or anmnesis, physical examination, supporting examination for diagnosis enforcement. The information or data will then be described as follows.

The course of complications of patients with ectopic pregnancy can be identified through history results. Each respondent complained about the vaginal blood of the vaginal blood at 5-11 weeks of pregnancy. Complaints of pain in the lower abdomen with abdominal distension are the most dominant sign between the three cases. The examination carried out was found to be shake pain in the portio, in the ultrasonography picture, there was a free liquid in the pelvis or in adnexa. Symptoms experienced by the three respondents are symptoms and a typical picture in disturbed ectopic pregnancy that implanted in Tuba Fallopii (Rahmadani & Sudiyati, 2017). The rupture of the implantation place occurs when the conception results have grown exceeding the capacity of the location. Tuba rupture occurs around 6-10 weeks of pregnancy and even accompanied by fetal death (Widiasari & Lestari, 2021).

Bleeding experienced by each respondent is quite different. This condition is influenced by the time of rupture of the implantation site. The greater the gestational age, the symptoms felt by the mother will be more severe. In respondents with 11-12 weeks' gestation, the pain felt was quite severe and the patient was even in a pre-syock condition. Mother's blood pressure and pulse become weak and fast. Bleeding experienced by respondents was heavier. Meanwhile, in respondents with pregnancy 5-6 and 6-7 weeks brownish bleeding and spots that come out continuously. Vital signs of respondents 2 and 3 are still at the normal tolerance limit. The respondents we learned in this case were at the age of 23-32 years. This age is a healthy reproductive age, but based on research on ectopic pregnancy, those who experience it at this age (Gomathi & Praba, 2022). Respondents who were at the age of 32 were women who were first pregnant at a very mature age of the function of her reproductive organs. Several studies have suggested that the event of higher ectopic pregnancy occurs in women from the age range of 20-40 years. Increasing age can increase the incidence of ectopic pregnancy 4 times greater. Increased age results in a decrease in the activity of myoelectric tuba (Asyima, 2018).

Analysis of Predisposing Factors The occurrence of ectopic pregnancy in this case study among others; Primigravida with age during pregnancy has been 32 years old. Respondents have a history of dysminorrhoe during menstruation. In addition, respondents also married and were pregnant at an old age. Hormonal conditions that have never adapted to changes in pregnancy and decreased function due to degerative have occurred at this age. With the case, the motility of the tuba became disrupted, so that the decline in myoelectric tuba was unable to encourage the results of the conception to continue to go to the uterine cavity (Asyima, 2018) (Triana, 2019).

Another factor that causes respondents to experience an ectopic pregnancy is the history of labor caesaria for the 2nd and 3rd respondents. In addition they also use IUD contraception (Intra Uterine Devise). Poor obstetric history is also owned by respondents. Respondents have a history of bleeding in the first pregnancy. Respondents also have a history of cysts on the uterus. Surgical measures or use of contraceptives in the womb can cause damage to the tubal cilia (Devi et al., 2022). The effect of inflammatory reactions or uterine surgery makes the tubes decrease in activity. The blastocyst that was formed was not pushed leaving the tuba, instead underwent implantation and developed in the fallopian tubes. Limited tubal capacity results in rupture of the tissue due to the growing fetus (Gennaro et al., 2022). Identification of symptoms with a more specific

assessment can help the right initial treatment of ectopic pregnancy. Follow -up to the ectopic pregnancy abortion or disturbed ectopic pregnancy treatment is the act of surgery and treatment with medicalization. Of course the handling is carried out at health service facilities that have operating facilities. Handling of ectopic pregnancy cases is disrupted in Salpingectomy. Postoperatively given treatment by medicalization

CONCLUSION

The most common ectopic pregnancy is a tubaphalloplan pregnancy. The specific symptoms are bleeding accompanied by lower abdominal pain with abdominal distension. The most specific symptoms are portio rocking pain and free fluid in the pelvic cavity. Proper history taking and treatment will prevent maternal mortality due to interrupted ectopic pregnancy.

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