

PSYCHOLOGICAL CONDITION RESIDENTS OF COMMUNITY SOCIAL ENVIRONMENT KEPUTIH SURABAYA

Laily Dzihni Kharisma¹, Tri Prasetyowati², Rizkah Intana Rahmah³, Findy Eka Maulidyah⁴, Ayong Lianawati⁵
Universitas PGRI Adi Buana Surabaya
lailydzihni41@gmail.com, tri.prasetyowati1954@gmail.com,
rizkahintana@gmail.com, findykamaal@gmail.com, ayong@unipasby.ac.id

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Abstract: Psychological is part of psychological science. Psychological health is very important in overall health. Psychology is a complex science. A psychological condition is a condition that can affect the daily life of an individual. This study aims to determine the psychological condition of the residents of the Pondok Sosial (Liponsos) Keputih Surabaya Environment. The method used in this study is a qualitative research method. The subjects or research samples amounted to 6 (six) people who were residents of the Pondok Sosial (Liponsos) Environment of Keputih Surabaya. From the observations and interviews that have been conducted, the residents feel that Liponsos is like a prison for them. Because they can't be free outside, they often feel bored and want to get out of Liponsos. Based on the results of data analysis, it can be concluded that the residents of Liponsos have various backgrounds of problems, with limited limitations because they are Cooperative ODGJ (Persons with Mental Disorders).

Keywords: Psychological, psychological condition, Liponsos.

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INTRODUCTION

A Psychological condition is a condition that exists within an individual that can affect the attitude and behavior of the individual. Psychological conditions include sources of self-control, self-confidence, and goal orientation. This psychological condition is the foundation of an individual's personality. This means that an individual's personality can be reflected in how his psychological condition.

Some resident are in Liponsos because they are drug addicts, some people have problems with their families, some are stressed because their loved ones have left them, and there is even an inmate who has limited communication. The residents have different stories about how they came to be in Liponsos. In

life, we will be faced with various kinds of problems. As humans, of course we will survive or survive even though we are surrounded by various problems. For that every individual needs to have the ability to deal with difficult situations or resilience. The problem faced by the residents of Liponsos is not only when they are not yet in Liponsos, but when they are in Liponsos they also feel that Liponsos is a prison. Based on the description above, psychological conditions are important for the residents of Liponsos. The researcher conducted the research aiming to find out the psychological condition of the Liponsos residents.

Mental health is an integral part of general health and is the basis for human growth and development. Mental health makes a person's physical, intellectual and emotional development develop optimally in harmony with the development of others (Law No. 36 of 2009). Mental disorders cause loss of productivity, and are easy to recover thereby increasing treatment costs.

The impact of mental disorders causes families to lose a lot of time to care, and experience emotional and social burdens due to stigma from society (Hogan, 2008). Clients with mental disorders not only need economic support but also need a social support system that includes emotional, informational, instrumental and assessment/award support to undergo recovery programs and deal with stigma in society. Schizophrenia is a common and multifactorial form of mental disorder, its development is influenced by genetic and environmental factors and is characterized by a positive, negative and cognitive decline (Jones et al, 2011). Symptoms include positive delusions, hallucinations, agitation, strange behavior, hostility, and disturbance of formal thinking. Negative symptoms include difficulty starting conversations, blunted or flattened affect, lack of motivation and attention, passivity, apathy and social withdrawal and discomfort (Videbeck, 2008).

A Psychological condition is a condition that exists within an individual that can influence the attitude and behavior of the individual. Psychological conditions include sources of self-control, self-confidence, and goal orientation. The phenomena that occur in Liponsos are related to psychological conditions, such as narcotics addicts. Narcotics are a substance or drug, whether natural, synthetic or semi-synthetic, which causes a decrease in consciousness, hallucinations and excitability. Narcotics Addicts are people who abuse or use Narcotics and are in a state of dependence on Narcotics, both physically and psychologically. Not only narcotics addicts, but the phenomenon that occurs in Liponsos Keputih Surabaya is also stress due to trauma. Trauma is the body's

emotional response to a horrific event such as an accident, punishment or natural disaster. It can also occur in response to physically or emotionally harmful events. Trauma can appear after the incident or in the long term.

Some factors cause this phenomenon to occur, among others, it could be due to economic factors, lack of closeness to family, and not having friends to tell stories to, this phenomenon can even occur due to bad experiences experienced. Bad experiences such as fire, loss of loved ones, exposure to sexual harassment, and so on. Because there are factors that cause the phenomenon to occur, it can cause various impacts. The impact that arises from the phenomenon that occurs causes families to lose a lot of time to care for, and experience emotional and social burdens due to stigma from society (Hogan, 2008). Another impact of the things above is that residents experience low self-esteem which can interfere with their daily lives of residents.

The author, who has a guidance and counseling background, hopes that there will be activities that can raise the spirits of the Liponsos residents. Such as bringing in an expert in the field of psychology and fields that are in great demand by residents. And this can also be balanced with friendly officers, but still able to control residents well.

This research is important, because with this research the existing gaps related to psychological conditions can be changed and repaired into healthy psychological conditions. As has been explained that the psychological condition is very important for individuals, because of how a behavior can affect health. This research can find out how the impact of trauma, depression and things that can affect psychological conditions.

METHOD

This study uses a qualitative descriptive research method. Qualitative descriptive research, descriptive is a formulation of the problem that guides research to explore or photograph social situations that will be thoroughly, broadly and deeply examined. According to Bogdan and Taylor quoted by Lexy.J. Moleong, a qualitative approach is a research procedure that produces descriptive data in the form of written or spoken words from people and observed behavior. Qualitative research focuses on social phenomena, giving voice to the feelings and perceptions of the participants under study. A qualitative approach is an approach that intends to understand the phenomenon of what is experienced by research subjects, for example, behavior, perceptions,

interests, motivations, and actions, using descriptions in the form of words and language. This qualitative approach aims to obtain complete information to determine the Psychological Conditions of Residents of the Social Islamic Boarding School (Liponsos) Surabaya.

The subjects or research samples amounted to 6 (six) people who were residents of the Pondok Sosial (Liponsos) Environment of Keputih Surabaya. The problems experienced by the subject include psychological conditions of various types, including trauma, depression, and self-esteem. By using data analysis in the form of observation and interviews.

Method of collecting data

Observation Method

The observation method used is the participatory observation method and naturalistic observation method. The participatory observation method can be described as an observation method in which the researcher positions himself as a participant like other people being observed. In positioning themselves as participants, researchers still have to keep their distance so that the element of objectivity is maintained. Naturalistic observation method, where the process involves observing and studying the spontaneous behavior of participants in an open or natural environment. The role of the researcher is to find and record anything that can be seen and observed. This technique involves observing and studying the spontaneous behavior of participants in their natural environment. Researchers simply record what they see in any way they can. In unstructured observation, the researcher records all relevant behavior without a system.

Observation Steps

1. Determine to whom the interview will be conducted
2. Prepare the main issues that will be discussed
3. Initiating or opening the interview flow
4. Inform a summary of the results of the interview and end it
5. Write the results of the interviews into field notes
6. Identify follow-up interview results that have been obtained

Interview Method

The interview method that we use is the unstructured interview method. Where free interviews or often called unstructured are types of interviews that are not guided by a list of questions. Typically, this type of interview tends to be more casual or less formal. The thing to note is that the question must relate to the desired data and avoid uncontrolled questions.

Interview Steps

1. Know the knowledge first. The first thing you have to do is to know the science of observation first. This will make it easier for you to make observations, so that there is no failure or the results obtained are not subjective results.
2. Determine the object to be observed. So that in your observation you don't experience confusion, determine the object to be observed first. This will be a limitation for you and will narrow the observation space which will streamline time and energy when the observation process begins.
3. Knowing the purpose of the problem. If the object of observation has been determined, you need to know the purpose of the problem you are raising. This requires research or existing references, so you can compare with the results obtained after you make observations.
4. Prepare for observation. In observation, preparation is needed so that the process runs smoothly. You need to prepare tools and materials if needed. And the most important thing is to determine where you will make observations.
5. Determine the secondary data needed. If you need secondary data, it's a good idea to prepare from the start. This is to assist the observation process and to assist you in concluding the observations.
6. Record results. The important thing in observation is to record the results. Some of the observation fields require detailed recording and you must be prepared to take notes.

FINDINGS AND DISCUSSIONS

From the observations and interviews that have been conducted, the residents feel that Liponsos is like a prison for them. Because they can't be free outside, they often feel bored and want to get out of Liponsos. But residents also sometimes feel happy to have friends who understand each other and are together, but they still feel that being in Liponsos is like being imprisoned and feel tired of continuing to help officers so they can get what they want.

There is someone who is a drug addict, let's call him Mr. HA. Narcotics addicts are people who use or abuse narcotics and are in a state of dependence on narcotics, both physically and psychologically. Even though he used to be a drug addict, to slowly cure himself of his addiction, he has regularly taken drugs to reduce his addiction. Baliau also ran away from Liponsos and then came back again. From this it can be seen that he began to be able to control the resilience

within himself. Resilience is a person's ability to overcome, go through, and return to his original condition after experiencing a stressful event (Reivich & Shatte, 2002). This ability is very important to use to manage stress in everyday life. Individuals who can develop resilience skills well will be more successful in dealing with life's problems that are being faced.

In Liponsos, there is a person who, if you look at him, is quite old, but he always smiles, let's call him Pak NF. When communicating with us, he often repeats the word "fire", if it can be related he is like experiencing trauma in his past. Trauma is the body's emotional response to a horrific event such as an accident, rape or natural disaster. It can also occur in response to a physically or emotionally harmful event. Trauma can appear after the incident or in the long term. This depends on the type of trauma experienced.

Types Trauma

1. Acute trauma. This occurs after an event that endangers safety.
2. Chronic trauma. It occurs after repeated and prolonged exposure to events. Examples include child abuse, intimidation or domestic violence.
3. Complex trauma. This occurs after exposure to a traumatic event.

Trauma Trigger Factors

1. Biological condition: experiencing a terminal illness, or severe accident.
2. Environment: poverty, living in a noisy, polluted and unhealthy environment, lack of education, lack of nutrition and nutritional intake, full of violence, or low economic level.
3. Life experience: experiencing physical or sexual violence, losing parents in childhood, having been in military combat/war.
4. Mindset: comparing yourself to others, feeling yourself lower than others.
5. Negative habits: unhealthy lifestyle, smoking, a habit of drinking alcoholic beverages, lack of exercise.
6. Dynamics of life: divorce, death, childbirth, miscarriage, dismissal, conflicts with colleagues or partners, debt.

If from what Mr. NF told, it is very likely that he was traumatized by the fire incident in his past. The trauma caused Mr. NF to become stressed so that at this time he is experiencing a psychiatric disorder, he often smiles and sometimes the questions given get answers that are far from the questions he asked.

Next there is a mother, let's call her Mrs. SW. He is someone who in his past faced bad things. She got pregnant out of wedlock to have children. Little did he tell us so we got little information. So if you look at his story, he could have experienced the same thing as Mr. NF.

Moving on to the next problem, which is about someone who often makes noise in his past, let's call him Mr. HR. He was in Liponos because he often caused fights, which according to his statement there would be no fights if other people didn't say things that made Mr. HR ridicule. Judging from what he has said, he has low self-esteem. In psychology self-esteem can be referred to as self-esteem. Self-esteem is an aspect that is considered important in the world of psychology. With self-esteem, a person can believe in himself more, love himself, respect himself, and accept his strengths and weaknesses. High or low self-esteem is determined by many factors, such as self-confidence, feelings of insecurity, self-identity, and feelings of competence. Living with low self-esteem can harm mental health and lead to problems such as depression and anxiety.

Characteristics Of Low Self-Esteem

1. Believing that others are better than oneself.
2. Always fixated on self-weaknesses.
3. Fear of failure in trying something new.
4. It's hard to accept compliments from others.
5. Forget about yourself and always put others first.
6. It's hard to turn down someone else's request if you don't want to do it.
7. Don't believe in yourself.
8. Always compare your quality of yourself with others.

Next, let's just say Mr. C. He is a person who has experienced deep sadness in his past. He experienced a difficult economy and was also abandoned by his loved ones, namely his mother, who left Mr. C forever. From what he said, it seems he was depressed. Depression is a normal reaction when someone experiences failure and disappointment in life. Depression is a mood disorder that occurs for more than 2 weeks or more. Often, people refer to it as "depression," but clinically, depression is much more than just feeling sad.

Depressive Symptoms

1. A deep sense of sadness
2. Loss of appetite
3. Irritability

4. Inability to concentrate, make good decisions and remember to be frustrated over little things
5. Loss of interest in activities previously enjoyed
6. Anxiety and restlessness
7. Self-loathing and feelings of worthlessness. Fatigue or lack of energy.
8. Sleep disorders such as insomnia or excessive sleep
9. Suicidal thoughts or thoughts of death occur frequently

Often, depression occurs many times in a person's life. People who are depressed may feel miserable without knowing why. The symptoms usually persist for a long time and interfere with a person's ability to live a normal life. In some cases, depressive symptoms are part of an even more complex psychiatric problem. There are various types of clinical depressive disorder, with symptoms ranging from mild to severe.

As for someone who has difficulty communicating, let's call her Mrs. AS. He has communication limitations, so it's difficult for us to communicate because we can't communicate using sign language. Therefore, we have very little information. However, what is most visible is that he is passionate and energetic. Enthusiasm in the sense that he always smiles, tries to listen to people's stories well and pays attention to someone who is telling a story, tries to be like other friends, for example he wants to progress to take part in games.

The following are the results of observations and interviews that we obtained from some of the residents we interviewed. It is certain that every resident feels bored in Liponsos and wants to go home. Why is that? This can happen because the activities carried out by residents are always repeated, there are no new activities that make residents feel comfortable. Like in Liponsos there are no activities that make them happy when doing these activities.

CONCLUSION AND RECOMMENDATION

Based on the results of data analysis, it can be concluded that the residents of Liponsos have various backgrounds of problems, with limited limitations because they are Cooperative ODGJ (Persons with Mental Disorders). bored because they feel they are not free, and the activities they do are limited.

Related to the findings of this study, the researchers suggest that it is necessary to hold a variety of renewal activities or bring in resource persons who can make the residents feel excited again.

The renewal activities carried out can be in the form of inviting students to interact about fun activities, holding music performances, making routine activities (competitions) fun every year, supervisors giving good examples such as not smoking or using cellphones when interacting with Liponsos residents, giving directions in a positive tone. stable, and organize activities outside of the Liponsos environment once a month so that Liponsos residents don't feel bored.

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Laily Dzihni Kharisma¹, Tri Prasetyowati², Rizkah Intana Rahmah³, Findy Eka Maulidyah⁴, Ayong Lianawati⁵

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