

## **ABSTRACT**

# **THE EFFECT OF SCHEDULING DAILY ACTIVITY BASED ON BEHAVIOR THERAPY ON THE FULFILLMENT OF ACTIVITY DAILY LIVING (ADL) IN SCHIZOPHRENIA PATIENT**

**A Pra-Experimental Study in Psychological C Room Dr. Soetomo Hospital**

**By : Umi Latifah**

Schizophrenia is one of psychopathology which mind process interference, is caused schizophrenia patient uncapable to arrange and do activity daily living well. Scheduling based on behavior therapy was expected to be able to make living of schizophrenia patient more organized and have ADL more adequate. The objective of this study was to analyze the effect of scheduling daily activity based on behavior therapy on the fulfillment of activity daily living in schizophrenia patient.

Design used in this study was pra-experimental one group pretest-posttest design, sample consisted of 15 respondents, enrolled using purposive sampling method. The independent variable was scheduling daily activity based on behavior therapy, while the dependent variable was the fulfillment of activity daily living in schizophrenia patient. Data were collected using observation and questionnaire. Data were analyzed by using Wilcoxon Signed Rank Test with level of significance of  $<0,05$ .

The result showed that scheduling daily activity based on behavior therapy had strong effect with fulfillment of ADL (Activity Daily Living) and attitude to do activity daily living in schizophrenia patient, with the result of statistical test had same significance level of  $p= 0,001$

It can be concluded that scheduling based on behavior therapy is effective for helping schizophrenia patient to fulfill their activity daily living. Recommendation for the nurse and parents help schizophrenia patient to fulfill their ADL by giving scheduling based on behavior therapy, giving motivation and support to do it. Further study scheduling daily activity based on behavior therapy applied for schizophrenia patient to decrease hallucination.

**Key word : Scheduling, Behavior Therapy, ADL (Activity Daily Living), Schizophrenia.**