



The Implementation of Expressive Writing Therapy to Improve Self-Esteem in Patients with Low Self-Esteem at Hospital Grhasia Yogyakarta

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ABSTRACT

Background: Low self-esteem is a psychological condition in which individuals hold a negative perception of themselves, feel worthless, incapable, and lack self-confidence. Among psychiatric patients, particularly those treated in mental hospitals, low self-esteem can hinder the recovery process. One non-pharmacological intervention used to address this condition is expressive writing therapy, which allows patients to freely express their deepest thoughts and feelings through writing.

Objective: To describe the implementation of expressive writing therapy in reducing the signs and symptoms of low self-esteem in psychiatric patients at Grhasia Mental Hospital, Yogyakarta.

Method: This study used a descriptive case study design involving one patient with chronic low self-esteem. The intervention was carried out over five consecutive days, with a duration of approximately 15 minutes per day. The instruments used included an observation sheet for signs and symptoms of low self-esteem and the Rosenberg Self-Esteem Scale (RSES).

Results: The study showed a decrease in the number of low self-esteem signs and symptoms from 13 to 2 (a reduction of 84.61%), as well as an increase in the RSES score from 12 to 16, indicating a shift from low to moderate self-esteem.

Conclusion: Based on the case study conducted at the Sembodro Ward of Grhasia Mental Hospital, expressive writing therapy was proven effective in helping patients express negative feelings, improve self-perception, and gradually increase their self-esteem.

Keywords: *Expressive writing therapy; Low self-esteem; Mental disorders; Psychiatric nursing; Rosenberg Self-Esteem Scale.*