

Yumeiho Therapy for Schizophrenia

Rahmi Fauzia

Abstract---Schizophrenia is a mental disorder followed by psychological and physiological symptoms. The study to determine the impact of Yumeiho Therapy on patients schizophrenia. The subjects are 4 people. The method used a single case design experiments with a type of reversal (A-B-A-B). The data collection used observation, interviews, documentations, questionnaire, check list, voice recorder, and video. Procedures performed a total of 12 study sessions. Based on the results obtained by the information that each of the subjects showed a decrease in conditions of psychological and physiological symptoms: IR subjects 23.80 % and 11.90 %; subject H 14.28 % and 19.85 % ; subject NM 38.09 % and 21.04 % ; subjects NJ 30.95 % and 9.52 % .

Keywords---Schizophrenia, Yumeiho Therapy, Single subject design, Experiment

I. INTRODUCTION

MENTAL health disorders are a serious problem, it is important and can be dangerous because of safety concerns and harm to self or others. The US Surgeon General states that the main contributing factor for illness and death are psychological and behavioral problems [3]. Ministry of Health in 2014 stated that there are approximately 1 million patients with severe mental disorders and 19 million patients with mild mental disorder in Indonesia. Schizophrenia is a severe mental disorder characterized by main problems on the mind, emotions, and behavior disorganization, so the ideas are not logically related to each other; erroneous perception and attention; flat affect or is not appropriate and a variety of disorders that bizarre motoric activity. People with schizophrenia withdraw from others and reality, often enter into the fantasy life full of delusions and hallucinations [2]. Schizophrenia has two types of symptoms, the psychological symptoms consisting of exaggerated and distorted things such as hallucinations, delusions and disorganized speech, while the physiological symptoms came out due to the psychological symptoms associated with bizarre behavioral disorganization [2]. Moreover, it also shows the behavior of repetitive-motion, posture becomes rigidity, and disorganized speech.

Actions taken against the symptoms of schizophrenia include two things that psychologically and physiologically by using the method of treatment which are psychotherapy, pharmacotherapy and physiotherapy. Physiotherapy is used as a method of treatment due to severe mental disorders such as schizophrenia, sufferers do lacking physical activity, so the impact of the decline in their physical health [14].

Several studies using physiological treatment to the psychological and physiological symptoms in psychiatric

Rahmi Fauzia is with Psychology Study Program, Medical Faculty, Lambung Mangkurat University, Jalan A. Yani Km. 36. Banjarbaru. Kalimantan Selatan. Indonesia. 70714. (rahmirahman12@yahoo.com)

disorders, performed by Fauzia [18] in patients with depression by giving Yumeiho therapy. Research conducted by Leach [7] with chiropractic method showed recovery from the symptoms of pre-menstrual syndrome, such as emotional problems (irritability/hostility), tension, inefficiency, unhappiness, lack of motor coordination, cognitive function, diet, habits, social decline and physical symptoms. Qi Gong techniques have been tested by Byeongsang, Choi, Inamori, Rosenthal, and Yeung [1] and showed significant recovery in depressed patients. In addition, Yoga is also effective for reducing stress, depression, anxiety and schizophrenia [5]-[13]. From these studies it is then the researcher intends to use Yumeiho therapy to determine its impact on patients with schizophrenia.

II. METHOD

This study used a single -case experimental design (design of experiments a single case), which focuses on the individual data as the study sample [11]. Total subjects were four people, two men and two women, respectively aged 30, 39, 34 and 40 years.

The study design used was a single case experimental design with the type of reversal (A-B-A-B). In the A-B-A-B design the first step was to collect data the behavior on the baseline condition (A1) of first -target, after the data became stable at the baseline condition, treatment (B1) is given.

Collecting data on the treatment carried out continuously until the data reaches the level of a clear trend. After that each of the baseline conditions (A2) and treatment (B2) is repeated on the same subject [11]

Prior to the implementation of the treatment, the researchers collected the symptoms experienced by the subject. Here are the symptoms experienced by subjects were collected by using observation and interviews:

TABLE I
SUMMARY OF PSYCHOLOGICAL AND PHYSIOLOGICAL SYMPTOM OBSERVED IN ALL SUBJECTS

| No | Psychological | Physiological |
|----|--------------------------------|------------------------------------|
| 1 | Worrying about something | Dressing not Neatly |
| 2 | Anxiety bad things will happen | Likes to wear colorful flashy |
| 3 | Sad for no reason | feels sleepy at day time |
| 4 | Angry by himself | Wake up in the middle of the night |
| 5 | Often angry to others | difficult to move a limb |
| 6 | Feels attacked by others | Lazy to move |
| 7 | Frequent headaches | Frequent nightmares |
| 8 | Dreaming about ghosts | Dizziness |
| 9 | Dreaming chased by wild animal | heart was pounding very fast |

| | | |
|----|--|---|
| 10 | Hearing people laughing | Pain on waist |
| 11 | see shadows of people who loved | stiffness in the back neck |
| 12 | see shadows of people who hated | frequent urination |
| 13 | Talking about on clear things | Wearing dirty clothes |
| 14 | Sad everyday | Keep moving their hands |
| 15 | Angry to others | Moving leg when sitting |
| 16 | Fear being alone | Used to made a fist |
| 17 | Doesnt like to talk to others | Riggid body |
| 18 | Repetition conversation | Cant perfome eyes contact |
| 19 | Forget about the things the said | Body tremors frequently |
| 20 | Screaming a lot | Hit himself |
| 21 | Mind and action are not appropriate | Repetitive fingers motion |
| 22 | Didnt like hanging out with friends | Lazy move |
| 23 | Lazy perform daily activities | Often feel stiff body, cant be moved |
| 24 | Always want to cry | Feels pain on body |
| 25 | Laughing alone | Lazy to exercise |
| 26 | Convinced that others people talking about him | Doesnt have appetite |
| 27 | Feels spied by other people | behave like children |
| 28 | Hear the whisper of devil | The body often trembled |
| 29 | Hear the voice command to commit a crime | Wearing thick clothes when the weather is hot |
| 30 | Seeing the scary image | Inability to sit still |
| 31 | Seeing the black and white shadow | Eat small meals |
| 32 | Feel happy when heard the sad news | |
| 33 | Hearing scary sound | |
| 34 | Smelling bad thing | |
| 35 | Feels for lump that move in the body | |

The study was conducted over 12 sessions with the details : the meaconvincement data on baseline conditions (A) six sessions and meaconvincement data on treatment condition (B) after the subjects were given six Yumeiho therapy treatment sessions , but to see more , additional treatment can be added if needed.

To meaconvincement the reduction in psychological and physiological symptoms in schizophrenic patients, recording data on the baseline phase (A1) for 2 days , treatment (B1) for 2 days , the baseline (A2) for 2 days , treatment (B2) for 2 days. Baseline (A3) for 2 days , and treatment (B3) for 2 days, if needed further treatment is carried out at baseline (An) for 2 days, treatment (Bn) for 2 days .

TABLE II
PROCEDURES FOR TREATMENT

| | | | | | |
|----|----|----|----|----|----|
| A1 | B1 | A2 | B2 | A3 | B3 |
|----|----|----|----|----|----|

Desc.

A1 condition without treatment session 1
 B1 treatment session 1
 A2: the condition without treatment session 2
 B2: treatment session 2
 A3: the condition without treatment session 3
 B3: treatment session 3

III. RESULTS

Based on the results of the study, obtained the following data:

Baseline 1: subject IR experience 13 of psychological symptoms and 12 physiological symptoms, subject H experience 16 of psychological symptoms and 21 physiological symptoms, subject NM experienced 16 of psychological symptoms and 13 physiological symptoms, subject NJ experienced 15 of psychological symptoms and 12 physiological symptoms. Furthermore, the researchers provide a B1 treatment Yumeiho therapy to the fourth subject. The implementations within 12 treatment sessions Yumeiho Therapy six sessions.

Baseline 2: subject IR has 13 symptoms of psychological and 6 physiological symptoms; subject H has 11 symptoms of psychological and 16 physiological symptoms, subject NM has 2 psychological symptoms and 6 physiological symptoms, subject NJ had 4 psychological symptoms and 8 physiological symptoms. After baseline 2, followed by treatment as in B1 B2.

Baseline 3: subject IR has 4 of psychological symptoms and 10 physiological symptoms, subject H has 11 of psychological symptoms and 17 physiological symptoms, subject NM has 0 of psychological symptoms and 8 physiological symptoms, subjects NJ has 3 of psychological symptoms and 9 physiological symptoms. A. Details of the psychological and physiological symptoms experienced by subjects before and after the study.

a. Subject IR

1. Psychological symptom

Prior research experience : worried, anxious, sad, angry with myself, feeling attacked, nightmares, ghosts dream , dream beast, hear laughter, see the shadow of a loved one, see shadows of people who hated, drooling, droopy.

After the study has decreased: sad, angry with yourself, feeling attacked, nightmares, dreams of ghosts, dreams beast , hear people laughing , seeing shadows of people who loved and hated, speaking clearly.

2. Physiological symptom

Prior research has: not neat , love to wear colorful clothes, sleepy, wake up in the middle of the night, feel difficult moving a limb, lazy move, headache, dizziness, heart pounding, back pain, stiffness in the neck and frequent urination.

After research declined: wearing colorful clothes, sleepy, back pain, stiff the back neck, hard to sleep at night, not appetite, eat small portions.

b. Subject H

1. Psychological symptom

Prior research experience: worry, sadness, anger towards self and others, fear of being alone, seeing a scary image, not like to talk with others, repeating conversations, forgotten, shouting, thoughts and behaviors are not appropriate, do not like to gather friends, lazy move, moody, crying and laughing alone.

After research declined: scolding others, fear of being alone, seeing scary shadows, forgotten, thoughts and behaviors are not appropriate, laughing alone.

2. Physiological symptom

Prior research has: not neatly, wearing dirty clothes, moving the hands and feet constantly, clenched hands, body stiff, can't perform eyes contact, sleepy, woke up in the night, trembling, hitting yourself, move the finger repeatedly, feel difficult to move the body, lazy move, headache, dizziness, pain in the body and soreness in the neck, lazy to exercise, no appetite.

After the study has decreased: a fist, hitting himself, difficult to move the body, body feels stiff, lazy to exercise and eat small portions.

c. Subject NM

1. Psychological symptom

Prior research experience: worry, anxiety, sadness, anger towards self and others, feel spied by others, nightmares, dreams of ghosts, dreams of wild animals, fear of being alone, hear the devil whisper and command commit crimes, see scary shadows/black or white, see the shadow of a loved one, a lazy move and happy to hear the sad news.

After the study has decreased: anxious, sad, angry with themselves and others, convinced others to talk about him, feel spied upon, nightmares, dreaming of wild animals, fear of being alone, heard whispers of demons and command commit crimes, see scary shadows/black or white, see the shadow of a loved one, a lazy move and was happy with the sad news.

2. Physiological symptom

Prior research has: not neat, move hands, behave like children, woke up, trembling, hitting himself, moving fingers repetitively, difficult moving the body, headache, dizziness, pain in the back neck.

d. Subject NJ

1. Psychological symptom

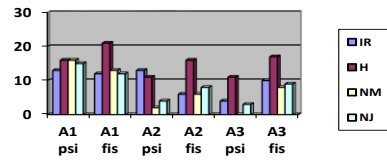
Prior research experience: anxious, sad, angry with himself, nightmares, dreams of ghosts, dreams of wild animals, fear of being alone, heard the scary sound, scary shadow/black or white, see the shadow of a loved one, moody, always want to cry.

Decreased after the study: anxious, sad, angry with himself, nightmares, dreaming of ghosts and beasts, hearing the scary sound, scary shadow/black or white, seeing the shadow of the people they loved, bad smell everywhere. Always wanted to cry.

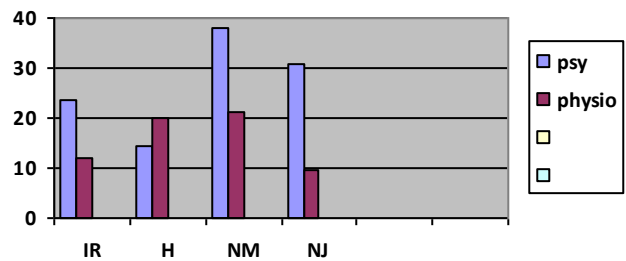
2. Physiological symptom

Prior research has: not neatly, wearing flashy colors, wearing thick clothes when hot, could not sit still, move the legs when sitting, behave like children, woke up, headaches, dizziness, body aches, pain on waist, eat small portions.

After research declined: behave like children, woke up, trembling, moving the fingers with repetitive movements, difficulty moving a limb, headache, dizziness fast, the body feels pain, stiffness in the neck behind, hard to move the body, lazy to exercise, move the legs when sitting.



Graph 1. The dynamics of psychological and physiological symptoms during the research process



Graph 2 Procentation of symptoms each subject before and after research

IV. DISCUSSION

Yumeiho therapy is a therapy that focuses on the treatment of the spine and joints, because the spine is the main area that regulates the functions of the organs and joints regulate the functions of both the physiological and psychological. The patients with schizophrenia, their physical condition experienced a drastic decline, along with the severity of psychological disorders they suffered. Physical symptoms become stiff and experiencing repetitive motion.

Certain areas of the body moves repeatedly without being asked. This condition is exacerbated by the lack of rehabilitation that conducted treatment to the physical condition, so that the patient will experience pain as a whole as psychological and physiological [18]

Studies using physical manipulation techniques for addressing issues of mental generate a proof that the problem of mental disorders must be addressed in a comprehensive manner [15] - [16] - [17]. Physical activity and physical treatment given to people with schizophrenia are able to balance their natural condition.

Based on experiments that have been conducted show decline of the number of those symptoms are pretty much going on a physiological symptom groups. It can be

understood that the provision of physical treatment, it will have an impact on the physical condition as well. There are some psychological symptoms also decreased, it is more due to physical condition began to stabilize leads to psychological instability [13]

V. CONCLUSION

Based on the research that has been done can be concluded that the therapy Yumeiho able to reduce symptoms of psychological or physiological the patients with schizophrenia.

VI. SUGGESTION

Yumeiho Therapy can be used to help the recovery process the patients with schizophrenia

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