



## Case Study on Cognitive Behaviour Therapy (CBT) in Patients with Low Self-Esteem Disorder at RSJD Dr. RM. Soedjarwadi Hospital

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### ABSTRACT

**Introduction:** *Schizophrenia is a serious mental illness that is one of the leading causes of disability in the world and is often found in mental hospitals, including in Indonesia. The prevalence of cases is quite high, especially in Central Java. Schizophrenia sufferers generally experience negative symptoms such as negative self-perception and low self-esteem. Problems that arise from cases of low self-esteem can hinder the fulfillment of basic needs in the form of unfulfilled self-actualization. One way to increase low self-esteem is by changing negative perceptions into positive ones using Cognitive Behavior Therapy (CBT) techniques.*

**Objective:** *To provide comprehensive nursing care to patients with low self-esteem with Cognitive Behavior Therapy (CBT) interventions to improve low self-esteem.*

**Method:** *The method used is descriptive with a case study approach.*

**Result:** *at the assessment stage the patient said the patient often locked himself up, could not sleep, was restless and did not want to interact with others. The nursing diagnosis determined was Self-concept Disorder: Low Self-Esteem. The interventions and implementations used were 4 Low Self-Esteem Implementation Strategies with focused interventions being the provision of Cognitive Behavior Therapy (CBT). After the CBT technique was carried out, positive changes appeared in the patient, such as starting to dare to interact with others and being able to express his negative feelings and thoughts.*

**Conclusion:** *The conclusion of the Cognitive Behavior Therapy (CBT) technique intervention in patients with low self-esteem is proven to increase patient self-esteem, reduce withdrawal behavior and demonstrate social skills in daily activities. Conclusion: The conclusion of the Cognitive Behavior Therapy (CBT) technique intervention in patients with low self-esteem is proven to increase patient self-esteem, reduce withdrawal behavior and demonstrate social skills in daily activities.*

**Keywords:** *Cognitive Behavior Therapy (CBT), Schizophrenia, Low Self-Esteem*

## Introduction

Mental health is a condition in which a person is able to develop physically, mentally, spiritually, and socially, so that the individual can realize their abilities, cope with pressure, work productively, and contribute to the surrounding environment. One form of self-concept disorder that occurs commonly in patients with mental disorders is low self-esteem, which is a negative assessment of oneself characterized by feelings of worthlessness, inadequacy, and helplessness, (Keliat, BA, 2011).

Low self-esteem is a negative sense of self including loss of confidence, worthlessness, uselessness, helplessness, pessimism, hopelessness and despair. Self-esteem disorders are negative self-evaluations and feelings about the self or one's abilities that can be expressed directly or indirectly. Low self-esteem is a negative self-evaluation/feeling about oneself or one's abilities that is sustained over a long period of time, (Tukatman, 2023)

Schizophrenia is a condition of mental and behavioral disorders characterized by disturbances in thoughts, perceptions, feelings and consciousness of fully conscious and intellectually retained patients. By 2022, WHO reports that there will be 301 million people with anxiety disorders, 280 million with depression, 40 million with bipolar disorder, and 24 million with schizophrenia, or 1 in 300 people (0.32%) worldwide. The National Institute of Mental Health (NIMH) states that schizophrenia is among the top 15 causes of disability worldwide and that approximately 50% of patients in psychiatric hospitals are diagnosed with schizophrenia. It is most common in late adolescence and the twenties, and is more common in men than in women. (Akramah & Harahap, 2025). Low self-esteem can adversely affect the patient's healing process, as it affects motivation, participation in therapy, and social adaptation. Riskesdas data in 2018 shows an increase in the prevalence of mental emotional disorders that have the potential to develop into severe mental disorders if not treated comprehensively, (Istiningrum, 2025).

Cognitive Behaviour Therapy (CBT) is a technique that combines cognitive and behavioral techniques. Cognitive behavior therapy (CBT) is one of the therapeutic techniques that has proven effective in improving self-esteem. CBT techniques are used in several studies because it sees the process of self-esteem formation that occurs in patients with low self-esteem disorders starting from negative experiences in life. Beliefs about oneself and the world are often the conclusion of experiences that individuals have gone through. If an individual has a lot of negative experiences early in life as a child or adolescent, then it is likely that the individual will develop negative self-beliefs. One effective therapeutic intervention to help patients with low self-esteem is Cognitive Behavior Therapy (CBT). CBT is a therapy that aims to change negative thought patterns and non-adaptive behaviors through a process of cognitive restructuring. In psychiatric practice, this therapy has been shown to help improve patients' self-esteem gradually through positive reinforcement and cognitive training. The application of CBT in mental health care is done through a structured, collaborative and problem - based therapeutic approach. The intervention focuses on exploring and replacing automatic negative thoughts and building a healthy self-concept through emotional support and positive behavioral reinforcement techniques, (Juniarni, 2021).

Based on the above background, it is important to conduct research in the form of a case study with the title “Cognitive Behavior Therapy (CBT) Intervention for Patients with Low Self Esteem Disorders” in the Kutabima Village Environment, which is expected in this writing patients with low self-esteem can apply the exercises according to the specified progress.

## **Objective**

To provide comprehensive nursing care to patients with low self-esteem with Cognitive Behavior Therapy (CBT) interventions to improve low self-esteem.

## **Method**

### ***Design and setting***

The research design used by the author is a case study with nursing care interventions, which involves systematic data collection. This case study uses an analytic descriptive method with the main objective of exploring problems, providing a comprehensive case description, and analyzing in depth nursing care involving Cognitive Behavior Therapy (CBT) interventions in patients with low self-esteem due to schizophrenia. The research was conducted in the Melati Inpatient Room of Dr. Soedjarwadi Klaten Regional Mental Hospital (RSJD), which is one of the mental health service facilities in Central Java.

### ***Population and sampling***

one client to be the subject of a case study on a schizophrenic client with low self-esteem disorder problems in the Kutabima Village Environment, Cilacap Regency, which has predetermined conditions or criteria.

The sample in this study was one schizophrenia patient who met the inclusion criteria. The sampling technique used purposive sampling, namely the selection of samples based on certain considerations tailored to the research objectives.

### ***Instrument and measurement***

The instruments used in this study are observation sheets and mental nursing care formats that contain indicators of low self-esteem. This instrument was used to assess the patient's response to the Cognitive Behavior Therapy (CBT) intervention, including verbal and nonverbal expressions that indicate an increase or decrease in self-esteem.

Measurements were taken periodically for five days using a daily evaluation format that had been adapted to mental health service standards.

### ***Data collection and analysis***

Data collection in this study was carried out through direct observation using a patient development observation sheet and Cognitive Behavior Therapy (CBT) intervention implementation format. Observation was carried out for three consecutive days in the Kutabima Village environment, by recording the subject's response to each intervention session provided. The participant in this study was one schizophrenia patient with low self-esteem, who was purposively selected based on the inclusion criteria.

Data were analyzed descriptively qualitatively, by observing the changes that occurred in the patient during and after the intervention. The aspects observed included self-expression, belief in self-ability, engagement in communication, and other verbal and nonverbal

responses that reflect self-esteem. The results of the analysis were used to assess the effectiveness of CBT therapy in helping to improve the patient's self-esteem.

## Result

After being given nursing care to Mr. P who suffered from self-concept disorders: low self-esteem on May 29, 2025. The nursing process starts from assessment, diagnosis, planning, implementation and evaluation of nursing and CBT therapy.

In the final report of this case study, the researcher obtained data on the initial assessment by conducting anamnesa on the client and in the patient's medical record book. The data obtained by the patient named Mr. P is 51 years old, the main complaint is that the client says that he is useless to his family and is reluctant to interact and when spoken to the patient is less cooperative but can answer questions little by little and says he feels embarrassed because he is useless so he is lazy to interact with others.

The diagnosis that emerged according to the SDKI in theory in this case study was self-concept disorder: low self-esteem (D. 0086) characterized by the patient saying that he was useless and felt embarrassed. On physical examination, BP 140/78 mmHg, N 98x/min, respiratory frequency 23x/min, temperature 36.4oC were obtained. The actions taken are based on interventions at the diagnosis of self-concept disorders: low self-esteem, namely 1. Build a trusting relationship (BHSP) by putting forward the principles of therapeutic communication 2. Greet the patient in a friendly manner both verbally and non-verbally. 3. Introduce yourself politely. 4. Ask the patient's full name and the patient's preferred nickname. d. Explain the purpose of the meeting. 5. Show empathy and accept the patient as they are. 6. And Cognitive behavior therapy (CBT).

Nursing implementation was carried out for 3 days starting from May 29-May 31, 2025 Based on the implementation carried out on the first day, SP1P created a trusting relationship with the results: The patient looked smiling while looking down embarrassed, the patient was able to practice how to get acquainted correctly, the patient also said "I feel I am useless to my family, especially my ex-wife and my children, I am ashamed but I try to be useful even if only a little like sweeping the house. Explaining cognitive behavior therapy.

Implementation of day two teaching cognitive behavior therapy. Result: the patient began to understand cognitive brhaviour therapy but still under guidance.

Implementation of the third day of teaching cognitive behavior therapy, results: the patient began to be able to independently understand cognitive behavior therapy, when experiencing low self-esteem disorders.

## Discussion

On the results of the assessment on May 29, 2024, the client showed signs of low self-esteem, characterized by statements of feeling useless to the family and reluctant to interact. Objectively, the client looked down and avoided eye contact during the assessment process. These symptoms are consistent with the findings of Afnuhazi & Sari (2023). Who identified subjective data of low self-esteem in the form of negative self-assessment, feelings of shame

or guilt, and feelings of inadequacy, as well as objective data such as passive attitude, downcast posture, lack of eye contact, and difficulty making decisions.

Similarly, Sari (2024), confirms that patients with low self-esteem tend to perceive themselves negatively, reject positive appraisals, and show feelings of hopelessness. Physically and behaviorally, patients look lethargic, speak softly, show reluctance to try new things, and have difficulty in making decisions - all of these features were also apparent in the case under study.

Based on the comparison between the case of Mr. P's case and the findings of the researchers, it can be concluded that there are similar signs and symptoms, both objective and objective. These similarities show that the characteristics of low self-esteem have a fairly uniform pattern, namely the presence of negative thoughts about oneself which are then reflected in passive behavior, social withdrawal, and low motivation. The difference in the client's slightly better condition is due to the initial interventions that have been provided by the hospital, both independently and medically. The client had gone through some stages of treatment, so there were some changes in symptoms. In this case, the client was given a Cognitive Behavior Therapy (CBT) intervention, which aims to change negative thought patterns into positive ones so that the client's self-esteem can gradually increase, both from cognitive and behavioral aspects.

The assessment data found subjective data in the form of "Patients say they feel embarrassed because they are useless so they are lazy to interact with others" and objective data the client's face looks down the lack of eye contact looks lethargic.

So that from the data in this case, a diagnosis of self-concept disorder can be established: low self-esteem related. Based on the results of research submitted by Sari (2024), it states that the diagnosis that appears is self-concept disorder: low self-esteem.

From the results of data analysis conducted by the author and the results of the comparison between the results of Sari's research (2024), the conclusion is that there are similar diagnoses. And the diagnosis that is the main priority in providing nursing care is self-concept disorders: Low self-esteem which if not done immediately, will threaten to cause harm to the client, the environment or others.

Nursing care interventions for patients with cases of self-concept disorders: low self-esteem are the application of implementation strategies with the main focus on providing cognitive behavior therapy (CBT). Based on the results of research by Sugihartati (2022). Interventions carried out in the form of nursing care from identifying problems and causes of low self-esteem, educating patients about self-esteem and negative thoughts, and applying cognitive behavior therapy (CBT) techniques.

Based on the results of the research proposed by Sugihartati (2022) and the case there are similarities, namely both using a cognitive therapy approach (CBT) as the main intervention to improve low self-esteem, and both emphasize the importance of identifying negative thoughts, patient education, and evaluating the results of the intervention.

From the results of the explanation of the research results and the results of the case, the similarities occur because of the same theoretical basis and nursing principles, namely by changing negative mindsets to positive ones to improve self-esteem and the principles of

mental nursing care in the form of assessment, intervention, and evaluation, so the basic steps will be similar.

Nursing and therapeutic actions were carried out for three days and began with building a trusting relationship through therapeutic communication, recognizing the patient's problems and positive aspects. The client was guided to identify, assess, select, and practice his positive abilities. In addition, Cognitive Behavior Therapy (CBT) interventions and regular medication schedule training were provided. The second day focused on the evaluation of the activities and training on the utilization of skills in daily life, while the third day was aimed at transmitting the entire process and results of the previous activities.

The implementation of this intervention is in accordance with the implementation strategy (SP) from Afnuhazi & Sari's research (2023), which includes: SP1 (recognizing problems and positive aspects of self), SP2 (identifying and speaking skills), SP3 (practicing selected skills), and SP4 (evaluation and continued support by involving the family). This strategy aims to increase the patient's self-confidence and reduce symptoms of low self-esteem.

The application of CBT in nursing care is proven to help patients with low self-esteem to form a more positive mindset. Support from the surrounding environment, including praise and social reinforcement, is an important factor in the patient's healing process.

The evaluation was conducted after a three-day surgical intervention (29-31 May 2024) on Mr. P in Kutabima Village. The results showed that the patient began to be able to recognize and assess his abilities positively, and participate in planned activities. The application of Cognitive Behavior Therapy (CBT) proved to be effective, as indicated by increased self-confidence, eye contact, and the client's ability to carry out daily activities with more calm and confidence.

This finding is in line with research by Sugihartati et al. (2022) which showed that after the application of cognitive therapy, the patient's self-esteem level increased from the "less" category to 'sufficient' or "good". Evaluation is carried out formatively and summatively, as described by Alwi (2025), namely by integrating changes in behavior during the therapy process and comparing the results with the previously set killing goals.

### ***Restate the Key Findings***

"This study shows that the application of Cognitive Behavior Therapy (CBT) for three days can gradually improve the self-esteem of schizophrenia patients. This is shown through changes in patients' attitudes and behaviors, such as starting to make eye contact, recognizing their abilities, and engaging in daily activities with more confidence."

### ***Interpret the Results***

"The finding that CBT therapy can improve the self - esteem of patients with schizophrenia has important significance in the context of life protection. These results support the theory that low self - esteem is closely related to negative mindsets. Practically, this suggests that non-pharmacological interventions such as CBT can be an effective option in psychosocial recovery efforts, especially in remote communities or areas such as Kutabima Village. This study also reinforces Sugihartati (2022) and provides an empirical contribution to the standard of mental care interventions in schizophrenia patients."



### ***Compare with Previous Studies***

The results of this study indicate that the application of Cognitive Behavior Therapy (CBT) for three days in patients with low self-esteem has a positive impact on improving self-efficacy, self-confidence, and involvement in daily activities. The changes were characterized by the emergence of eye contact, more open posture, and active participation in discussions and positive skill exercises.

This finding is in line with a study by Sugihartati et al. (2022), which showed that CBT was able to improve patients' self-esteem through the reconstruction of negative thought patterns. In her study, Sugihartati noted that patients who were initially in the "fair" and 'poor' self-esteem categories improved to the "good" category after undergoing the intervention. These similarities reinforce the belief that CBT is an effective method in improving self-esteem, not only in formal healthcare institutions, but also in community-based approaches such as the case in Kutabima Village.

In addition, this study also reinforces the data presented by Afnuhazi & Sari (2023) and Sari (2024) regarding subjective and objective indicators of low self-esteem. They identified that patients tend to be negative, feel useless, hopeless, and have difficulty in making decisions. These data were also found in the assessment of Mr. P's patient, both from the patient's direct statement (Mr. P's direct statement). P, both from the patient's direct statement ("I am useless to my family") and from behavioral observations such as lack of eye contact, downcast posture, and passivity. This suggests that the phenomenon of low self-esteem has a consistent pattern across settings and populations. There are no notable differences between the results of this study and previous studies, but the community approach in this study is an added value. Whereas most of the previous studies were conducted in hospital settings or health institutions, this study extends the application of CBT to community settings, proving that freezing interventions can be effectively applied outside hospitals, even to individuals living in remote areas with limited access to services. The similarity of these results also shows that the principle of CBT - which is to change negative mindsets into positive ones through recognition, assessment, and training of self-efficacy - can be applied flexibly according to patient needs and environmental conditions. This strengthens the role of psychiatric nurses in conducting psychosocial interventions based on individual and community approaches, as has been proven by Sugihartati (2022), Afnuhazi & Sari (2023), and Sari (2024) in their research.

### ***Highlight the Implications***

The practical implications of this study suggest that Cognitive Behavior Therapy (CBT) can be applied by nurses in community settings as an effective non-pharmacological intervention to treat low self-esteem in schizophrenia patients. This intervention does not require special tools or facilities, making it suitable to be applied in areas with limited access to health services such as Kutabima Village.

Clinically, this study encourages mental health providers to consider integrating CBT into standardized care plans, especially for patients with self-concept problems.

Theoretically, these results support the psychosocial approach in enveloping the psyche which emphasizes the importance of cognitive-based interventions to modify negative thought patterns as the root of low self-esteem.

This study also opens up opportunities for further studies, such as the application of CBT in a wider group of patients, a longer duration of therapy, or a combination of CBT with family therapy to strengthen the results achieved.

### ***Discuss the Limitations***

The main limitation in this study is the use of a single case study design, so the results obtained cannot be generalized to the entire population of schizophrenia patients. This study represents the success of the intervention in an individual context, rather than a generalized view of the entire population with similar problems.

### **Suggest Future Research**

Based on the findings and limitations, future research is recommended to use a design with a larger sample size so that the results can be generalized to a wider population.

## **Conclusion**

Based on the results of the implementation of the shelter on Mr. P in Kutabima Village Environment for three days since May 29, 2025, it can be concluded that Cognitive Behavior Therapy (CBT) has proven effective in increasing the self-esteem of schizophrenia patients. During the assessment process, the patient showed positive changes both objectively and objectively, such as the ability to change negative thoughts into positive ones, eye contact began to be established, and increased confidence in activities and interactions.

The nursing diagnoses were self-concept disorder: low self-esteem, and social isolation related to low self-esteem. Interventions were carried out through trusting relationship training, validation of feelings, recognition of problems and potential, to positive skills training through CBT stages (SP 1-4), including habituation to an activity schedule and taking medication regularly. The implementation is done consistently and tailored to the patient's needs.

The evaluation showed that after being given CBT, the patient was able to improve his self-esteem by thinking and acting more positively, as well as being more confident in carrying out daily activities. The entire action process has been recorded in the documentation which includes assessment, diagnosis, planning, implementation, and evaluation, indicating that the intervention objectives were successfully achieved.

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### Author Contribution

The author independently conducted the entire series of research activities, starting from preparation, data collection, implementation of Cognitive Behavior Therapy (CBT) interventions, to analysis of results and preparation of the final report. The author is also responsible for manuscript writing, content revision, and reference preparation, with guidance and direction from the supervisor.

### Conflict of Interest

The authors declare that they have no financial, personal, or professional conflicts of interest that could influence the results and interpretations of this study.

### Ethical Clearance

This research has received ethical approval from the Health Research Ethics Committee of STIKes Muhammadiyah Ciamis. Prior to the data collection, the author obtained informed consent from the patient involved in the case study. The ethical principles of confidentiality, anonymity, and voluntary participation were upheld throughout the research process in accordance with the Declaration of Helsinki guidelines.

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