



The influence of logotherapy in Low self-esteem patient in jambi province, Indonesia

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Abstract

Background: The purpose of this study was to look at the effect of logotherapy to improve the self-awareness and meaning of life in schizophrenic clients.

Methods: The Research design was used an experimental quasi pre-post with control group. The research was conducted on 74 respondents and separated in 37 peoples for intervention group and 37 for the control group. There are 4 sessions of logotherapy, in particular each session has 2 meetings for 60 minutes. Also This research is assisted by one numerator.

Results: The results of this study was showed that there were differences in self-esteem (cognitive, behavioural) in the intervention group before and after being given logotherapy with p-value 0,042. There were significant differences in the meaning of life in the intervention group before and after being given logotherapy with p-value 0.001. There is a significant relationship between self-esteem and meaning of life in the intervention group after being given logotherapy with p-value 0.002.

Conclusion: Logotherapy gives the impetus to choose, seek and discover for themselves the concrete meaning of personal existence. The impact of logotherapy improves the meaning of life and self-esteem. Logotherapy is highly recommended for low self-esteem clients.

Keywords: logotherapy, low self-esteem

Introduction

Mental health is an integral part of health. Health is a prosperous state of body, soul and social that allows every person to live socially and economically productive [2]. Mental health is a healthy feeling, happy and able to overcome the challenges of life can accept others as they are and have a positive attitude toward themselves and others [1].

Mental disorder is a disease caused by disordered thoughts, perceptions, and behaviours in which individuals are incapable of adapting to themselves, others, society, and the environment. The cause of the mental disorder itself is related to biopsychosocial factors [2]

Schizophrenia is a group of psychotic reactions that affect the function of the individual among other functions of thinking and communicating, receiving and interpreting reality, feel and show emotions and behave [3].

The prevalence of mental disorders according to WHO, in 2013 reached 450 million people worldwide, in one year according to gender as much as 1.1 women, in men as much as 0.9 while the number of lifelong mental disorders 1.7 women and 1, 2 men [2]. According to the National Institute of Mental Health (NIMH) based on the results of the US population census of 2004, an estimated 26.2% of the population aged 18 years or over are mentally ill [2].

Schizophrenia is also defined as a disease that affects the brain and causes thoughts, perceptions, emotions, movements and behaviors that are strange and disturbed.

A schizophrenic disorder is characterized by positive symptoms (an excessive increase in behaviour) such as speech disorder,

hallucinations, cognitive impairment and perception, negative symptoms such as evolution (decreased interest and drive), decreased interest in speech and poor speech content [2].

Symptoms such as disorganization of the mind, apathy, flat affect, lack of will, and excessive sadness, distrust of ability possessed, feeling less valuable and pessimistic will cause a person to experience low self-esteem.

Defining that low self-esteem is a negative self-evaluation and associated with feelings of weakness, powerlessness, hopelessness, fear of harm, weakness, fragility, imperfection, worthlessness and inadequacy [3].

Researchers developed group logotherapy into 4 sessions (modified Frankl & Bastaman). Session 1 Problem identification, Session 2 Creative Imagination Stimulation, Session 3 Bringing a meaningful situation and session 4 Meaning of Life [4, 5]. Obtained the result that there is a significant influence between the autobiography logotherapy program on the meaning of life and mental health in women alcoholics. Another study logotherapy group in Korea found that logotherapy effectively facilitates finding meaning in life [6].

According to research [7], the results are significant in prisoners' self-esteem of cognitive, behavioural, affective aspects before and after logotherapy.

Cohen's (2006) Study found that a person with high self-esteem tends to be more confident in his life than people with low self-esteem. Clients experiencing low self-esteem if not intervened to result in social isolation, hallucinations, wisdom, Risk Behavior Violence, and risk of suicide. to increase the client's self-esteem is an indispensable role of the nurse as a nursing intervention

nurse.

According to research [8] about Life Meaning of Patients with Schizophrenia that the meaning of the life of clients with schizophrenia is unique and individual. Exploring the meaning of a client's life with schizophrenia can start with a routine to make life more meaningful.

The role of nurses in providing nursing clients low self-esteem is provided through the conduct of generalist and specialist therapies. General therapy aims to identify the positive ability of the client. Various types of specialist therapies given to clients with low self-esteem include three categories namely for individuals, families and groups. Group specialist therapy that can be administered to clients with low self-esteem is Logotherapy

Mental Hospital of Jambi Province is the only mental hospital in Jambi Province, which has 12 inpatient rooms with 295 beds with various problems experienced by clients including clients who feel worthless, do not want to interact with others, less eye contact, and feel his life is useless. Schizophrenia Client Data in the inpatient room of Jambi Provincial Mental Hospital as many as 3706 clients, with the number of clients low self-esteem as many as 317 clients which is the fourth rank after hallucinations, ideology and violent behaviour [9].

The number of clients with low self-esteem in May was 100 clients, according to interviews from seven nurses room clients with low self-esteem has been done individual therapy measures and HDR perceptual stimulation therapy group, but the result the client has not been able to assess the positive ability possessed and still assess themselves negatively, feel no longer have a purpose in life, therefore it is necessary for each client to have a meaning in life. Based on interviews from 4 clients in RSJ Jambi Province said that he felt not have the ability, lazy to do activities, feel ugly, unappreciated, the family no one cares about him.

Mental Hospital of Jambi Province Belim has ever done logotherapy on clients with low self-esteem, to follow up then required group logotherapy for clients with the low self-esteem that was treated at Mental Hospital of Jambi Province.

2. Methods of Research

The design of this research is pre-test and post-test control of group design, with a Quasy Experimental design that is the experiment group. The intervention group was given intervention in the form of logotherapy. Measurements were made 2 times, before logotherapy, called pre-test and after logotherapy, called post-test. The study was conducted from 18 September to 15 October 2015, after passing ethical clearance by the ethical committee of the National Nurses Association of Indonesia (PPNI) West Sumatra Province on September 16, 2015. The study was conducted to analyze the effect of logotherapy on low self-esteem clients taken from 11 rooms. Respondents were selected based on inclusion criteria ie Client with medical diagnosis of paranoid schizophrenia who had low self-esteem problem based on informed room nursing, age 18 - 55 years old, cooperative (able to communicate well, willing to be respondent, able to read and write, inpatient client at Mental Hospital Jambi Province Year 2015.

3. Result

In this study, researchers used Instrument 2 instrument. First: an instrument to measure self-esteem (cognitive and behavioural) expressed by respondents related to the self-esteem of 19 questions for cognitive questions 11 with negative questions 6 questions and 5 positive questions. The question of behaviour 7 questions with negative questions 1 question and positive question 6 this question refers to the concept of self-esteem [3], on cognitive and behavioural responses in individuals with low self-esteem. Instruments that fit the concept of theory are the instruments developed [10, 11] with measuring instruments are Self Esteem Inventory Scale by using Likert scale [1, 4], value 1 if never think/do, value 2 if rarely think/do, value 3 if ever think/do (2-3 times/day), value 4 if always thinking/doing (more than 3 times / day).

Second: the instruments used to measure the meaning of life expressed by the respondents' related ability to interpret life in terms of thinking, ideas responses, and opinions of clients low self-esteem to himself and other people environment as many as 8 questions with negative questions 1 questions and questions positive 7 questions. This question refers to the questionnaire MLQ (meaning in Life Questionnaire) using the Likert scale (1-4), the value of 1 if never think/do, value 2 if rarely think / do, value 3 if ever think / do (2-3 times / day), value 4 if always thinking / doing (more than 3 times / day). This instrument is very valid and reliable with Cronbach alpha of 0.906 larger than r table is 0.361.

Prior to logotherapy, the intervention group and the control group received general therapy without the stimulation of HDR perception for 2 days. After that, the researcher was assisted by one numerator to intervene logotherapy Value Awareness Technique technique to intervention group for 16 days. The intervention contents during the 4 sessions Logotherapy Value Awareness Therapy. the first session identifies the problem, the second session of Creative Imagination stimulation, the third session Brings up a meaningful situation

4. Meaning of Life

Table 2: Self-esteem and meaning to life Schizophrenia client at Jambi Province Hospital (n = 74)

Variable	Mean	Median	SD	Min-maks	P value homogenous
Cognitive	29.59	29	5.529	19-44	0.200
behavior	17.11	16	4.541	10-28	0.200
Self Esteem	45.28	44	7.838	31-68	0.200
Meaning of Life	21.85	21.50	4.586	13-32	0.200

In table two it can be concluded that the characteristics of self-esteem and the meaning of life in the intervention group and the control group is equivalent ($p > \alpha; 0,05$). Where the value of p-value on self-esteem variable 0.200 this shows that there is no significant difference in self-esteem characteristics and meaning of life between the intervention group and the control group. Each group has almost the same proportions.

Table 3: Analysis of Self-Esteem (Cognitive, behaviour) Changes Groups receiving logotherapy with groups not receiving logotherapy at Jambi Province Hospital

Kelompok	Variabel	n	Mean	SD	SE	T	P Value
Intervention	Cognitive Pre Test	37	30.51	6.619	1.088	1.535	0.133
	Post Test	37	28.57	5.064	0.832		
	behaviour Pre Test	37	16.41	5.439	0.894	-5.615	0.0005
	Post Test	37	22.11	3.107	0.511		
	Self-Esteem Pre Test	37	46.91	9.95	1.63	-2.108	0.042
	Post Test	37	50.68	7.05	1.15		
	Difference		-3.77	2.9	0.48		
Control	Cognitive Pre Test	37	28.35	5.438	0.894	-1.444	0.157
	Post Test	37	30.14	6.188	1.017		
	behaviour Pre Test	37	19.38	4.675	0.769	2.05	0.046
	Post Test	37	17.24	4.974	0.818		
	Self-Esteem Pre Test	37	48.68	10.225		0.589	0.559
	Post Test	37	47.38	9.7311			
	difference		1.3	0.494			

The result of the analysis in Table 3 shows that in the intervention group, there is a change in mean value of cognitive response between pre and post-test. The cognitive response rate decreased by 1.94 and it showed that respondent cognitive response in the intervention group experienced better cognitive change compared to before logotherapy. The decreased mean cognitive response of cognitive response in the intervention group was not statistically significant, where the p-value was greater than the alpha value (α), ($0.133 > 0.05$). The results showed that there was no significant difference in cognitive response in the intervention group before and after the intervention. This means that the administration of logotherapy in the intervention group has not been able to change the cognitive response towards a better than before.

Table 3 also shows that in the control group there was an increase in mean values before and after -1.79. Increasing the mean value of cognitive response in the control group showed no change in cognitive response towards the better. The change of cognitive response value in the control group was not statistically significant where the p-value was greater than the alpha value (α), ($0.157 > 0.05$). The results showed that there was no significant difference in cognitive response in the control group between pre and post-test.

The result of the second analysis in table 4 shows that the intervention group changes the average value of behavioural response between pre and post-test. The value of the behavioural response increased by -5.7 and it showed that the behavioural response of the intervention group experienced a better behavioural change than before getting logotherapy. The increase in the mean value of behavioural response in the intervention group was statistically significant, where the p-value was less than the alpha (α) value, ($0.0005 < 0.05$). These results indicate that there were significant differences in behavioural response in the intervention group before and after obtaining logotherapy. This means that the administration of logotherapy in the

intervention group is able to change the behavioural response towards the better than before.

table 4 also shows that in the control group there was a change in the mean values of pre and post behavioural responses of 2.14. The decline in the mean value of behavioural responses in the control group showed that the provision of generalist therapy on self-esteem enhances the behavioural response. The change in behavioural response in the control group was statistically significant, where the p-value of 0.046 was below the alpha value ($\alpha = 0.05$). This means that there is a significant difference in behavioural response in the control group between pre and post-test. So it can be concluded that generalist therapists can improve behavioural responses towards the better.

Based on the overall results of cognitive responses and behavioral responses in the intervention group, it is concluded from table 4 that the respondents in the intervention group experienced better self-esteem changes than before the logotherapy that there was a significant change in the self-esteem of the intervention group before and after the intervention in which the client's self-esteem was low after the intervention from score 46.91 to 50.68. In table 3 it can be seen also self-esteem of control group no significant change from score 48.68 decreases to 47.38.

Table 4: Analysis of change of meaning of life of intervention group and control group before and after intervention in RSJD Jambi Province

Group	Variable	n	Mean	SD	SE	T	P Value
Intervention	Meaning of life Pre-test	37	22.35	4.877	0.802	-3.332	0.002
	Post-test	37	26.22	4.289	0.705		
	Different		-3.87	0.588	0.097		
Control	Meaning of life Pre-test	37	22.41	5.156	0.848	9.73	0.337
	Post-test	37	21.35	4.283	0.704		
	Different		1.06	0.873	0.144		

Table 4 shows that there is a significant change in the meaning of a life of the intervention group before and after the intervention where the client's self-esteem is low after the intervention from score 22.35 to 26.22. In table 5.8 while in the control group can be seen also the meaning of life no significant change from the score 22.41 decreased to 21.35

Table 5: Comparison analysis of self-esteem and meaning of life of intervention group and control group after intervention at Jambi Province Hospital

Variable	Group	N	Mean	SD	SE	P Value
Self-Esteem (Post)	Intervention	37	50.68	7.052	1.159	0.099
	Control	37	47.38	9.731	1.600	
Meaning of Life (Post)	Intervention	37	26.22	4.289	0.705	0.0005
	Control	37	21.35	4.283	0.704	

Table 5 average self-esteem after intervention in intervention group 50.68 with a standard deviation of 7.052, whereas in the control group the mean of self-esteem was 47.38 with a standard deviation of 1600. The result of the statistical test was found that $p = 0.099$ means that in the alpha 5% there was no significant difference in the self-esteem of the intervention group and the control group after the intervention. In table 6 can be seen also mean life meaning after intervention in intervention group 26.22 with standard deviation 4,289, meanwhile, in the control group mean of life mean is 21.35 with standard deviation 4,283. The result of the statistical test was found that $p = 0.005$ means that in alpha 5% there was a significant difference in the meaning of a life of the intervention group and control group after the intervention.

Table 6: Analysis of differences in self-esteem and meaning of life of intervention group and control group after intervention at Jambi Province Hospital

Variable	Group I	Group 2	Mean Diff	SE	P Value
Self Esteem (Post)	Intervention	Control	3.297	1.976	0.099
Meaning of Life (Post)	Intervention	Control	4.865	0.997	0.0005

Table 6 Differences in self-esteem showed that in alpha 0.099 there was no significant difference in self-esteem after intervention in the intervention and control group. In table 5.10 it can be seen also the difference in the meaning of life shows alpha 0.0005 there is a significant difference in the meaning of life after intervention in the control group and intervention group.

4. Discussion

a. The influence of logotherapy on self-esteem (Cognitive) clients low self-esteem The results showed that there was no difference or changes in self-esteem (cognitive) in the intervention group before and after obtaining logotherapy (Table 5.7 in chapter v) with p -value $0.133 > 0.05$. But from the average result of cognitive response occurs better than before the logotherapy. This is similar to the results obtained in the control group on pre-and post-test self-esteem changes (cognitive) there is no difference in self-esteem (cognitive) with p -value $0.157 > 0.05$. The condition explains that logotherapy research intervention has not succeeded in improving cognitive respondents in terms of a positive assessment or evaluation of self and life.

This research is not in line with research conducted [7], to self-esteem (Cognitive) obtained p -value. $0.00 < 0.05$. Logotherapy is an awareness-raising / cognitive therapy of the individual to be able to understand the potential of oneself and increase the life-giving situation so that life becomes more meaningful [12]. In logotherapy respondents are trained to be able to think to recognize and understand the potential and positive values of self as a source of meaning in living in the face of negative values source of meaning in the face of negative values and issues of life situation. The principle of logotherapy is not to negate directly the negative thoughts or problems experienced, but by facing and raising expectations in life and making discoveries of meaning behind negative thoughts [13]. Logotherapy on clients convince clients to be aware of the conditions experienced, have hope over the condition so that having a hope/desire will make the client more motivated in trying to do the existing logotherapy. Changes in action in behaving data occur because of the power/encouragement/provision of information and discussion. Through the administration of logotherapy in the elderly will occur the process of learning and become effective if done while practising directly) [20].

Several studies related to the success of logotherapy include studies [14], prisoners of imprisoned drug users found that 8 out of 10 inmates in 1 group get conditional free remission after logotherapy. It shows the inmate's mindset for achieving the meaning of his life during the time of detention. Meanwhile, at the Norco rehabilitation centre, it was found that logotherapy given for 1 year could increase the meaningfulness of life from 45% to 11% [15].

b. The influence of logotherapy on the self-esteem (behaviour) of the client's self-esteem is low The results showed that there were differences or changes in self-esteem (behaviour) in the intervention group before and after obtaining logotherapy with p -value $0.0005 < 0.05$. The average result of behavioural response occurs better than before logotherapy. This is similar to the results obtained in the control group on the change of pre-esteem (behaviour) pre and post-test there are different changes in self-esteem (behaviour) with p -value $0.046 < 0.05$. These conditions suggest that logotherapy research interventions have improved the behaviour of better respondents.

These results are in line with research [3], about the influence of logotherapy on prison inmates (behaviour) obtained p -value. $0.00 < 0.05$ means there is a change in self-esteem (behaviour) after the intervention. In the implementation of logotherapy that is in the third session, respondents are trained to perform or demonstrate daily activities that can bring the meaning/wisdom in life. That there are three ways to find meaning in life through activities, experiences of interacting with others, starting with simple young activities performed, will be useful to improve the motivation of life, maintaining adaptive behaviour [4]. supports Frankl's assertion that one way to maintain self-existence naturally and to discover the meaning of life through creative work/activity results.

According to the researcher's assumption, the success of logotherapy in this research is because previous respondents have

participated in activities in the room such as sweeping, mopping, cleaning bathroom, singing together, gardening, embroidering, sewing, sports, cleaning environment and so forth so much easier for respondents to choose and do activities that can give meaning to his life. In addition, the relationship between fellow friends between rooms used for the achievement of the meaning of life becomes more meaningful that they finally feel that his life is valuable to others. Logo Therapy is based on the principle that human beings have a meaning in life and each individual has the freedom to find his own meaning in life in his own life under any condition with confidence ^[5].

c. The influence of logotherapy on the self-esteem (cognitive and behavioural) clients of low self-esteem.

The overall results of self-esteem (cognitive and behavioural) in the study showed self-esteem in the intervention group before obtaining logotherapy of the mean score of 46.91 and in the control group a mean score of 48.68. Self-esteem owned in each group of respondents is not enough to raise self-esteem on client's low self-esteem, so that needed logotherapy to increase self-esteem experienced

The result of the research after the intervention showed that the provision of logotherapy able to increase the client's self-esteem from the average value of 46.91 to 50.68, with p-value 0.042 <0.05, this means there is a change of self-esteem before and after the logotherapy. While self-esteem in the control group decreased from 48.68 to 47.38 with p value of 0.559 > 0.05, this means no change in self-esteem before and after the intervention. The difference in self-esteem increase was not significant between the intervention group and the control group.

d. Self-esteem is an individual's judgment of self-achievement by analyzing how behaviour suits the self-ideal ^[7]. Logotherapy is a therapy that awakens the cognitive awareness of the individual to be able to understand self-potential and increase open life situations so that life is more meaningful ^[12]. In logotherapy, respondents are trained to be able to think to recognize and understand the potential and positive values of self as a source of meaning in the face of negative values and problems of life situations. The principle of logotherapy is not to negate directly the negative thoughts or problems experienced, but to face them to bring hope and explore the potential/values in life and to process the process of finding and discovering the meaning behind negative thoughts ^[13]. Thus, the goal to be achieved is a happy and meaningful life with the problems that exist. Several studies related to the success of logotherapy include studies ^[15], at a rehabilitation centre in Norco, found that logotherapy given for 1 year can increase can improve meaningfulness of life.

According to the authors of the success of logotherapy to changes in respondents' self-esteem because researchers have conducted activities in accordance with the stages in his theory and the number of activities that have been done by respondents during the care. According to Das (2004), there are 4 stages of logotherapy process: first is self-detachment that is helping group members to get closer to the problems and symptoms experienced, second is the modulation of attitude helps group

members to see the situation themselves from different perspectives and facilitate in choosing attitudes which give meaning, the third is self-transcendence, helps the individual to accept the problem situation experienced and finds new meaning and the fourth is prophylactic, convincing the individual to expand all the potential experienced to pursue a meaningful life purpose no see the situation of self from different perspectives. The four stages are applied in 4 sessions in logotherapy with session 1: problem identification, session 2: Creative imagination stimulation, session 3: present meaningful situation, and session 4: evaluation ^[16].

Based on the process and stages of logotherapy activities, the achievement of self-esteem changes with low self-esteem obtained from sessions 1,2 and 3. In session 1, respondents trained to think to recognize and assess the problems themselves. at session 2, respondents are trained to think about recognizing expectations achieved, recognizing the source of potential / positive values in themselves and imagining and understanding the value of meaning from potential sources that exist. While in session 3 respondents are trained to perform or demonstrate daily activities that can bring the meaning/wisdom in it. In the execution of logotherapy session 2, therapy provides stimulus questions that are open so that the respondents have the freedom to express their thoughts, furthermore, the researcher directed the thinking pattern of respondents towards the values of life meaning by giving positive reinforcement to the respondents. According to Lantz (1997), argues that positive reinforcement in group therapy is beneficial to enhance the feelings of respondents to be more valuable, feel valued and feel welcome in groups. In the implementation of logotherapy session, 3 researchers motivate the group to perform or mendemosstrasikan usual daily activities done so as to give meaning to life. According to Gutsman (1996), there are three ways of the meaning of life that is through activity/activity, experience values interact with others and through suffering. Such activities do not have to be complicated but can start with simple activities ^[4]. Thus based on the above explanation it can be concluded that logotherapy succeeded in giving effect to the better chance of self-esteem in the intervention group.

e. The Influence of Logotherapy on the Meaning of Life of Low Self-Clients in Jambi Province Hospital

The results showed the meaning of life in the intervention group before getting the average logotherapy value of 22.35 and in the control group the average value of 22.41. The meaning of life that is owned in each group of respondents is not enough to improve the meaning of life on clients low self-esteem, so it takes logotherapy to improve the meaning of life on the client's low self-esteem.

The result showed that logotherapy was able to increase the mean life of the client from the average value of 22.35 to 26.22, with p-value 0.002 <0.05, this means there is a change in the meaning of life before and after the logotherapy. While the meaning of life in the control group decreased from the average value of 22.41 to 21.35 with the value of p-value 0.335 >0.05, this means no change in the meaning of life before and after the intervention. The difference in the increase in the meaning of life was not

significant between the group receiving logotherapy and the group that did not receive logotherapy.

This research is in line with the research done [7], the result is 0,005 (P value $\leq 0,05$) with significance value $\alpha = 0,05$ hence this research show the influence of applying logotherapy to the meaningfulness of life in elderly self-esteem.

The theory of logotherapy has been widely published, for this study aims to determine the effect of applying logotherapy to self-esteem and meaning of life. Logotherapy is a process of therapeutic or healing therapy to discover the meaning of one's life and spiritual development. The meaning of life when finding and fulfilled will cause life to be felt so meaningful and valuable [5].

[18], states that each situation is unique and offers the potential for specific meanings because each moment cannot be repeated. This results in the meaning of another situational situation, from one individual to the other the individual will experience change. Response to this specific meaning will lead people to a more meaningful life. Logotherapy activity aims to help a person meet the meaning of life so that the purpose of life and happiness is achieved [19].

Several studies have suggested about logotherapy. Showed that logotherapy counselling can improve meaningfulness of life in the elderly [17]. Another study found a more significant reduction in depression in elderly people in groups given logotherapy and family psycho-education than those who were only given family psycho-education [20].

The ability to make sense of life is a matter that greatly affects the life of someone. People who do not have the meaning of life will feel empty, feel useless, not valuable and have no motivation to move so that influence to quality and productivity of life. States that the meaning of life is the goal of one's life in achieving the purpose of life that affects one's value, purpose, success and self-esteem [21].

Logotherapy has three working principles that can give a significant influence on the improvement of the meaning of life that in every life situation has a meaning, every human being has the freedom to find the meaning of his life and man has the ability in how to deal with the situation he faces [5]. These three principles motivate the client's low self-esteem to recall the true meaning of his life, to remember, and to realize his potential and to re-create the lost passions of the emptiness that he experiences. This will help the client know and be aware of the best course of action he or she should use to address the situation that ultimately avoids the client's problems.

In this study, the average respondent experiences a void of life that is often expressed through a statement no more hope to heal, useless because not worth it because the family did not visit it, helpless and resigned to the conditions experienced, the meaninglessness of life because of the delay or failure of the individual in fulfilling the desire for meaningful life is marked by loss of interest, lack of initiative and empty feeling because it no longer has the certainty of what to do or do [22].

To obtain maximum results should provide logotherapy given in longer time in each meeting (60 minutes), but it also needs therapist's creativity in providing therapy so that clients do not get bored in the therapy, environment and time conducive in providing therapy and involving nurses room in therapeutic activities.

5. Summary

The average age of schizophrenic clients in the early adult age ranges, most of whom are high school educated, with employment status mostly employed, while judging by the marital status of some unmarried. There was no significant difference in self-esteem (cognitive and behavioural) in schizophrenic clients prior to logotherapy. There were significant differences in self-esteem (cognitive and behavioural) in schizophrenic clients before and after logotherapy. There were significant differences in self-esteem (cognitive and behavioural) after logotherapy in the intervention group. There is a significant correlation between the effects of logotherapy on increasing self-esteem and the meaning of the life of schizophrenic clients.

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