

**THE APPLYING A DAILY SCHEDULE OF SELF-CARE TO IMPROVE  
INDEPENDENCE SELF-CARE IN PATIENTS WITH  
SCHIZOPHRENICS IN THE GRIYA PMI  
CITY OF SURAKARTA**

AJJAMUDDIN TIVANI  
[ajjamtivani@gmail.com](mailto:ajjamtivani@gmail.com)  
STIKES Aisyiyah Surakarta

**ABSTRACT**

***Background:** Schizophrenic patients have a decrease in daily activities because of loss of motivation and apathy, its means losing energy and interest in life so the self care is often neglected. One way to resolve the disruption of self-care is by using a daily schedule of self-care, which is the division of time for self-care based on an activity plan with a detailed time division of implementation. **Aim;** describe the results of applying a daily schedule of self-care to improve self-care in patients with schizophrenia. **Method;** This study uses a descriptive method, which is to systematically and accurately describe the facts and characteristics regarding certain field populations. **Results;** there is an improvement independence on self-care after the implementation of the daily self-care schedule in the daily schedule is carried out every time after 7 days of activity. **Conclusion;** the application of a daily schedule of self-care can increase the independence of self-care in stages in schizophrenic patients in the PMI city of Surakarta.*

*Keywords ; schizophrenia, Self care, daily schedule.*