

**APPLICATION OF POSITIVE AFFIRMATION THERAPY TO IMPROVE  
THE QUALITY OF LIFE IN PATIENTS WITH LOW SELF-ESTEEM**

**AT DR.RM SOEDJARWADI MENTAL HOSPITAL KLATEN**

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**ABSTRACT**

**Background:** Low self-esteem is a psychological problem commonly experienced by patients with mental disorders, particularly schizophrenia, which can negatively impact their quality of life. One effective non-pharmacological intervention to enhance both quality of life and self-esteem is positive affirmation therapy. This therapy works by embedding positive thoughts through repeated self-statements aimed at shaping a better self-perception, boosting self-confidence, and reducing negative thinking patterns. **Objective:** This study aims to determine the effectiveness of positive affirmation therapy in improving the quality of life of patients with low self-esteem at the Flamboyan Ward of Dr. RM Soedjarwadi Mental Hospital Klaten. **Method:** This research employed a descriptive case study approach involving two patients diagnosed with low self-esteem. The positive affirmation therapy was administered twice daily for three consecutive days. The patients' quality of life was assessed before and after the intervention using the WHOQOL-BREF instrument. **Results:** The results showed an increase in quality of life in both patients. Patient Tn.B showed an improvement from a WHOQOL score of 50 (moderate) to 75 (good), while patient Sdr.A improved from 50 (moderate) to 100 (excellent) after receiving the positive affirmation therapy. **Conclusion:** Positive affirmation therapy has proven to be an effective, safe, and simple non-pharmacological method for improving the quality of life in patients with low self-esteem. This intervention can serve as a supportive therapy in mental health nursing, especially in strengthening patients' self-concept.

**Keywords:** HDR, Positive affirmation, Quality of life.