

Strengthening Moral and Material Support for Lupus Patients and Their Families at the Kupu Parahita Indonesia Foundation Through Cinematherapy

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ABSTRACT

Lupus patients and their families require adequate support to manage the disease's progression. This community service aims to help the Kupu Parahita Indonesia Foundation provide strengthened moral and material support for lupus patients and their families at the Kupu Parahita Indonesia Foundation. Methods: (1) Exploring the needs and desires of patients and families for moral and material support; (2) Exploring the patient's and family's interest in the specified film; (3) Organizing watching activities with others or cinematherapy with the Praktik Kerja Nyata Mahasiswa (PKNM) and Community Service Team; (4) Conducting cinematherapy at Sarinah Movimax Malang followed by a sharing session on the impressions of the messages obtained; and (5) Evaluation. Results: The cinematherapy planned by the PKNM and Community Service Team received much positive feedback from patients and families. The sharing session expressed that patients and their families are grateful for the opportunity to enjoy free recreation together. Enthusiasm comes with enthusiasm to meet people with fellow lupus. In conclusion, cinematherapy can help the Kupu Parahita Indonesia Foundation provide lupus patients and their families with more substantial moral and material support.

KEYWORDS *Family; Lupus; Material support; Moral support; Cinematherapy.*

INTRODUCTION

Until mid-2022, lupus is still a mystery to clinicians, researchers, academics, lupus patients, and their families at the Kupu Parahita Indonesia Foundation (Handono et al, 2017; Handono et al, 2018; Dewi et al, 2021). The clinical manifestations are diverse and different from one patient to another, enough to make lupus patients and their families feel they are not familiar with their disease (Dewi et al, 2016). This condition affects the emotion of patients and families (Dewi et al, 2021). Adequate assistance is needed for lupus patients and their families to become more familiar with lupus (Jannah et al, 2022). However, assisting patients and families take much work to implement. It requires knowledge, skills, time, and

adequate materials (Dewi et al, 2021; Lestari et al, 2021; Fathoni et al, 2022).

Various activities have been held at the Kupu Parahita Indonesia Foundation to increase moral and material support for lupus patients and their families (Dewi et al, 2021). These activities include visiting patients who are being hospitalized, conducting campaigns related to lupus in the broader community, training cadres as lupus educators, entrepreneurship training, seminars and workshops related to lupus, and recreation with lupus patients and their families (Dewi et al, 2021). As a result, lupus patients and their families at the Kupu Parahita Indonesia Foundation feel

happy and want similar activities to be carried out every year.

According to Priyanka's research from 2020, watching activities with others or cinematherapy can encourage emotional release that has a cathartic effect, make the audience happy, help understand one's own life, become a resting activity from the problems faced, and provide a feeling of relief because it stimulates the release of the hormone cortisol, which is followed by the release of the dopamine hormone that can cause feelings of pleasure. We intend to use cinematherapy as part of this community service to help the Kupu Parahita Indonesia Foundation fulfill its goal of providing more moral and material support to lupus patients and their families. The goal is for patients and families to no longer experience loneliness and to feel taken care of, appreciated, and having their needs met.

MATERIAL AND METHOD

These community service activities were carried out in September 2022 at Sarinah Movimax Malang. The activity was organized by the Community Service Team of the Faculty of Medicine and Faculty of Health Science Universitas Brawijaya and Group 7 Praktik Kerja Nyata Mahasiswa (PKNM) Faculty of Health Science Universitas Brawijaya Team. The activities were divided into five stages: (1) Exploring the needs and desires of patients and families for moral and material support; (2) Exploring the patient's and family's interest in the specified film; (3) Organizing watching activities with others or cinematherapy with the Praktik Kerja Nyata Mahasiswa (PKNM) and Community Service Team; (4) Conducting cinematherapy at Sarinah Movimax Malang followed by a sharing session on the impressions of the messages obtained; and (5) Evaluation. There were 104 participants from the Kupu Parahita Indonesia Foundation, including lupus patients, their families, and health professionals.

1. Exploring the needs and desires of patients and families for moral and material support

The first stage in this community service activity was to get in touch with the Kupu Parahita Indonesia Foundation's management to invite its members to participate in the planned activities. The communication's findings demonstrate that

the Kupu Parahita Indonesia Foundation has not updated patient and family conditions since the Covid-19 outbreak, especially regarding moral and material support. The Kupu Parahita Indonesia Foundation was then helped by the Community Service Team of the Faculty of Medicine and Faculty of Health Science Universitas Brawijaya and Group 7 PKNM Faculty of Health Science Universitas Brawijaya Team to update the conditions, needs, and desires of patients and families for moral and material support.

According to the timetable provided by the Kupu Parahita Indonesia Foundation, patients and families were contacted by phone to receive updates on their condition. The condition updates included asking about current conditions and future expectations for the Kupu Parahita Indonesia Foundation. The Kupu Parahita Indonesia Foundation then transforms the aspirations expressed by patients and families into the moral and material needs of patients and families.

2. Exploring the patient's and family's interest in the specified film

After it was known that the primary needs and desires of most patients and families at the Butterfly Parahita Indonesia Foundation were to meet fellow lupus survivors, they offered plans to watch together or cinematherapy, and the majority agreed and were very enthusiastic. The Community Service Team of the Faculty of Medicine and Faculty of Health Science Universitas Brawijaya and Group 7 PKNM Faculty of Health Science Universitas Brawijaya Team surveyed cinemas and films currently showing in September 2022. Three choices of films were obtained: Mencuri Raden Saleh, Sayap-Sayap Patah, and Miracle in Cell No. 7. Most patients and families choose Miracle in Cell No. 7 because the film has a family theme, and some patients say they want to be mellow.

3. Organizing watching activities with others or cinematherapy with the Praktik Kerja Nyata

Mahasiswa (PKNM) and Community Service Team

The Community Service Team of the Faculty of Medicine and Faculty of Health Science Universitas Brawijaya and Group 7 PKNM Faculty of Health Science Universitas Brawijaya Team booked one movie theater at Sarinah Movimax Malang with a capacity of 104 seats and deluxe facilities. Watching the film *Miracle in Cell No. 7* is scheduled for Sunday, September 11, 2022. The equipment prepared includes attendance forms, consumption, jackets, health protocols, documentation, and committee.

4. Conducting cinematherapy at Sarinah Movimax Malang followed by a sharing session on the impressions of the messages obtained

The watching together activities or cinematherapy begins with participant registration at noon. Then, participants are welcome to occupy the seats provided. The film is shown at 1 pm with a duration of 145 minutes. After the film was shown, participants were allowed to convey their impressions and messages. The activity ended with a group photo and shared consumption.

5. Evaluation

The participants' facial expressions before and after watching together are observed for evaluation purposes. Additionally, it details the effects of bringing together lupus patients and their families before and after watching movies.

RESULT AND DISCUSSION

Community service activities with the theme "Strengthening Moral and Material Support for Lupus Patients and Their Families at the Kupu Parahita Indonesia Foundation Through Cinematherapy" are running according to goals and expectations. Participants came on time and enthusiastically, even though Malang was in a traffic jam because of the Indonesian Independence Carnival. Participants came from all over Malang, bringing their families to Studio 3 Sarinah Movimax Malang (Figure 1).



Figure 1. The situation before the cinema was played

The Kupu Parahita Indonesia Foundation members filled every seat in the theater (Figure 2), and the participants couldn't wait to see the movie they had selected, *Miracle in Cell No. 7*. The peaceful family-themed movie was successful in encouraging the audience to share their feelings. This is consistent with Priyanka's research (2020), which found that tragic storylines in movies can have a positive therapeutic effect. This is due to the plot's ability to make the audience feel more appreciative than the actual story they are experiencing.



Figure 2. The watching together or cinematherapy activities at the Sarinah Movimax Malang

The cinematherapy planned by the Community Service Team of the Faculty of Medicine and Faculty of Health Science Universitas Brawijaya and Group 7 PKNM Faculty of Health Science Universitas Brawijaya Team received much positive feedback from patients and families. The sharing session expressed that patients and their families are grateful for the opportunity to enjoy free recreation together. Enthusiasm comes with enthusiasm to meet people with fellow lupus. Patients' and their families' facial expressions revealed joy, emotion, and despair. Some claim

that they miss and think of their families back home. The Kupu Parahita Indonesia Foundation's social media accounts (Twitter and Instagram) were used to post the evaluation results after they had been compiled as a video. Video 1 presented documentation of feelings and messages prior to cinematherapy

(https://www.instagram.com/p/Ci82r_IJt_C/?hl=en), and Video 2 presented after the cinematherapy (<https://www.instagram.com/p/Ci85eTrJdfu/?hl=en>)

. It is evident from the videos that the objectives and targets of community service projects are met.

In line with Buskirk's research (2017), cinematherapy effectively deals with stress and anxiety in children with chronic illnesses. According to Cieffo (2022) cinematherapy can be used as a complementary therapy for chronic diseases such as cancer. Shin (2018) states that cinematherapy is an effective nursing intervention for reducing depression and increasing self-esteem, emotional expression, and interpretational relationship skills in young adults. This means that the provision of cinematherapy supports strengthening moral support, especially in patients with chronic diseases such as lupus.

Recreation and nutrition are basic human needs (Wisnasari et al, 2021; Wahono et al, 2022). In this community service activity, the recreational and nutritional needs of lupus patients and their families are met by the Community Service Team of the Faculty of Medicine and Faculty of Health Science Universitas Brawijaya and Group 7 PKNM Faculty of Health Science Universitas Brawijaya Team. Recreational activities are carried out with cinematherapy (Figure 3) and fulfillment of nutritional needs is carried out by distributing consumption which is measured for its nutritional value and adjusted to the needs of lupus patients (Figure 4). This means that the provision of cinematherapy and nutrition supports strengthening material support for lupus patients and families.



Figure 3. Community Service Activities: Strengthening Moral and Material Support for Lupus Patients and Their Families at the Kupu Parahita Indonesia Foundation Through Cinematherapy



Figure 4. Distributing consumption to participants

CONCLUSION

Cinematherapy can help the Kupu Parahita Indonesia Foundation provide lupus patients and their families with more substantial moral and material support.

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