

Psychological Dynamics of Individuals with Schizophrenia Disorder

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Abstract: Schizophrenia is a severe mental disorder that affects an individual's thoughts, feelings, and behavior, marked by a loss of understanding of reality and self-awareness. Schizophrenia is generally characterized by fundamental and characteristic deviations in thought and perception, as well as inappropriate or blunted affect, while clear consciousness and intellectual abilities are usually maintained, although certain cognitive decline may develop later. This study aims to explore and understand the psychological dynamics in individuals with schizophrenia. This study employed a qualitative method with a case study approach. To achieve detailed data, assessment approaches involving autoanamnesis, alloanamnesis, also review of medical records as well as observation to identify the causes and symptoms of schizophrenia disorder in the subjects. The findings indicate that SAS's psychological dynamics show that the clients experience intense feelings of inferiority due to social inequality. A history of experiences of being bullied, failure becoming a veterinarian, also an unsupportive family environment and limited social relationships exacerbate feelings of inferiority and hinder the development of clients' social interests. In the end, client sets too high a final goal for his work to compensate for his feelings of inferiority, but this does not happen in the reality of the client's life.

Keywords: Schizophrenia, psychological dynamics, inferiority, superiority

1 INTRODUCTION

Schizophrenia is a severe mental disorder that affects an individual's thoughts, feelings, and behavior, marked by a loss of understanding of reality and self-awareness (Yudhantara & Istiqomah, 2018). According to PPDGJ-III, schizophrenia is described as a syndrome with varying causes (many of which are still unknown) and a disease course that is not always chronic or widely deteriorating, with outcomes dependent on the balance of genetic, physical, and socio-cultural influences. In PPDGJ-III, schizophrenia is generally characterized by fundamental and characteristic deviations in thought and perception, as well as inappropriate or blunted affect, while clear consciousness and intellectual abilities are usually maintained, although certain cognitive decline may develop later. Schizophrenia is classified into several types based on predominant symptoms, though these categories are not always clear-cut and symptoms may vary. According to PPDGJ-III, the main types include Paranoid Schizophrenia (F20.0), characterized by prominent hallucinations or delusions; Hebephrenic Schizophrenia (F20.1), which typically begins in adolescence and features disorganized behavior and inappropriate emotions; Catatonic Schizophrenia (F20.2), marked by extreme motor disturbances such as stupor or agitation; Undifferentiated Schizophrenia (F20.3), where symptoms do not fit into the other specific categories; Residual Schizophrenia (F20.5), which focuses on persistent negative symptoms after an initial psychotic episode; and Simple Schizophrenia (F20.6), noted for a progressive decline in negative symptoms without a clear history of psychotic episodes.

This manuscript will explore the psychological dynamics of schizophrenic and also explore the various factors contributing to schizophrenia. Schizophrenia is caused by several factors, including genetic, neurochemical, psychodynamic, and prenatal and postnatal factors. Schizophrenia is observed through various symptoms, including positive and negative symptoms. Schizophrenia is a multifaceted mental disorder marked by a variety of symptoms impacting thought, perception, and behavior. Positive symptoms include delusions, hallucinations, and disorganized behavior (Yudhistira & Istiqomah, 2018). Negative symptoms, such as neglect of personal hygiene, social withdrawal, and disorganized speech, reflect a reduction in normal functions (Maramis & Maramis, 2012). Behavioral disturbances,

including motor issues like catatonia, present as either immobility or excessive movement. Additionally, affective symptoms can result in blunted or inappropriate emotional responses. Understanding these symptoms is crucial for effective diagnosis and treatment. Considering the information provided, researchers are motivated to investigate and explore the psychological dynamics involved in individuals with schizophrenia.

2 MATERIALS AND METHODS

This study employed a qualitative method with a case study approach. Qualitative research is a methodological approach aimed at understanding phenomena from the perspective of participants, focusing on their experiences, perceptions, and meanings attributed to their lived experiences (Flick, 2018). Qualitative methods aim to provide an in-depth understanding of complex social phenomena by exploring the meanings and experiences of individuals through detailed data collection (Charmaz, 2022). Qualitative research methods aim to provide an in-depth understanding of human behavior by analyzing how individuals interpret their social and personal experiences (Seidman, 2021). Qualitative methods seek to gain an understanding of participants' lived experiences by examining the meanings they attach to their behaviors and interactions (McCoy, 2021). It is particularly valuable in studying complex social processes, behaviors, and interactions that cannot be easily quantified (Denzin & Lincoln, 2018). This study delves into the psychological dynamics encountered by an individual with schizophrenia through an in-depth case study approach. To achieve detailed insight, assessment approaches involving autoanamnesis and alloanamnesis, as well as observational methods. Interviews with subject's family were carried out to gather additional information, alongside a review of medical records. Autoanamnesis were conducted with the subject on several occasions to collect personal data.

The subject of this study is identified by the initials SAS with diagnosis of schizophrenia disorder. Below is the subject identity.

Table 1. Subject Identity

Name	: SAS
Place and Date of Birth	: Malang, November 6th 1997
Age	: 26
Sex	: Female
Ethnic	: Javanese
Religion	: Islam
Last Education	: Bachelor Degree
Job Title	: -
Marital Status	: Single
Address	: Surakarta
Order in Family	: 1 of 2 siblings
Hobby	: Watching and playing social media

3 RESULTS

Based on the autoanamnesis, SAS is the eldest of two siblings, has faced significant family challenges following her parents' divorce. The family is geographically dispersed, with SAS residing in Japan, her mother in Surabaya, her father in Madiun, and her younger sister in Pacitan. This separation has deeply impacted SAS, especially since her father

have remarried. SAS's relationship with her family deteriorated during high school, marked by frequent conflicts between her parents and a noticeable decline in their mutual affection. Her experience involved emotional neglect and financial strain, worsened by overhearing their arguments. Her mother's role as the primary caregiver during her upbringing, despite lacking stringent rules and a more relaxed approach to education and discipline, contrasted sharply with the emotional instability SAS experienced.

SAS an intelligent student who consistently ranked at the top, excelled throughout elementary and junior high school. Despite being bullied in junior high for being the poorest and having few close friends, she participated in an acceleration program and completed her education in two years. In high school, she focused on science, consistently placing second in her class, and received support from her peers with no further bullying. SAS pursued a degree in Veterinary Medicine at a prestigious university in Indonesia. During college, SAS worked part-time at a laundry before focusing on her thesis. After graduation, she moved to Batam for a customer service job but was laid off. She then trained for a job in Japan and in 2021 began working as a production operator at a bakery in Okayama. After falling ill, she resigned and took a part-time job at a sushi restaurant in Kobe while training for elderly care. She eventually worked as an elderly caregiver in Hyogo, Japan. Despite managing her finances reasonably, SAS still faces debt from online loans. SAS often isolates herself to reflect while working in Japan and feels envious of friends who have successful careers become a veterinarian. She feels envious of her friends who has become a veterinarian with a good salary. She aspires to become a doctor and is satisfied with her achievement of graduating as a veterinarian due to her hard work. Although she enjoys attention, she prefers solitude. Regarding her romantic life, SAS had a good relationship with a boyfriend who eventually disappeared after they broke up.

SAS, who has a history of mental health issues, began seeking treatment after experiencing severe symptoms during her time working in Japan in 2021. Diagnosed with manic bipolar disorder, she was admitted to a psychiatric hospital in Japan for three months due to episodes of unprovoked anger and erratic behavior. During the period, SAS exhibited delusions of grandeur, including beliefs that she was a significant religious figure such as Jesus Christ or Prophet Muhammad, and that she possessed extraordinary powers. She felt as though everyone around her was merely acting in a play where she was the main character. After her discharge, SAS returned to work, but delusions reemerged in early 2024, once again affecting her personal relationships. She left home without informing her family and went to Sarangan, seeking to alleviate her mental burden. Upon arrival at Hospital X in Surakarta, she reported that her delusions persisted only in the initial days but ceased afterward. Additionally, she experienced persistent eye pain throughout her stay at the hospital. Based on the allonamnesis, SAS's mother noticed behavioral changes in her daughter after she started working in Japan, suspecting they might be due to romantic issues. However, due to limited contact, she is unsure, and SAS has been hesitant to discuss her problems during phone calls. Her mother also reported that prior to being admitted to the psychiatric hospital, SAS exhibited signs of restlessness, including shouting incoherently, running aimlessly around the house, and repeatedly running from the front yard to inside the house. SAS's younger sister reported that SAS was taken to Hospital X in Surakarta after fleeing to Sarangan from their aunt's home in Pacitan. Before this, SAS showed signs of restlessness, such as shouting incoherently and running around the house. After escaping to Sarangan, her mother and uncle promptly brought her to Hospital X in Surakarta

4 DISCUSSIONS

SAS is a 26-year-old woman who was raised by her parents along with her younger sister. She is the first child in her family. In this case study, SAS has been diagnosed with schizophrenia since 2024 at Hospital X in Surakarta and is considered a new patient there. However, it was discovered that she has a history of being admitted to a mental hospital in Japan. SAS was admitted to Hospital X in Surakarta due to her aggressive behavior, which included getting angry and lashing out at people at home. The primary symptoms of schizophrenia exhibited by SAS include thought echo, where she frequently believes she is the incarnation of a deity; thought insertion or withdrawal, where she feels she has been granted powers by a god; and various delusions, where she claims to be Jesus, the Prophet Muhammad, and Prophet Isa. She also believes that everyone likes her and that she has the ability to control the world.

Adler uses the term Individual Psychology to emphasize that each human personality is unique and different. He argues that humans cannot be divided into separate aspects, Adler believes that humans are a unity with self-consistency (Saifuddin, 2022). According to Adler, life problems are always social in nature, involving the sense of togetherness with others and caring about their well-being. Social drives are innate, although the specifics of relationships with people and social institutions are shaped by experiences interacting with society (Alwisol, 2019). Related to individual psychology theory Adler, there are underlying factors the emergence of symptoms of schizophrenia in clients, namely style life neglected. As explained by Alwisol (2019), a child who feels unloved and unwanted will develop a neglected lifestyle. According to Adler, there are no individuals which is completely ignored. SAS felt that she was not close to her father, and her father stopped gave an act for her since she went to college. Her father who cheated and remarried

finally had a new life away from her. SAS quits been provided for by her father since the 5th semester college, this makes SAS lose his role of her father, and since then she have been rare communicate with her father. This too influence the development of social interests, where according to Adler the father's fault was deep ignoring the child makes the development of interest the child is confused and inhibited (Alwisol, 2019). According to Adler, social interest is an inherent part of human nature and varies in degree across different behaviors. This social interest enables individuals to pursue superiority in a healthy manner and avoid falling into maladjustment (Alwisol, 2019). Development of social interest, children also need the role of mother, but in SAS story, her mother plays the role of taker decisions in the family and being dominant especially after divorcing SAS's father. From here it can be analyzed that her social interests are not develops and this can be the cause of everything type of maladjustment and tends to make goals who is too tall, adopts a rigid lifestyle, and live in their own world.

Adler's theory emphasizes that individuals continually strive to overcome feelings of inferiority and aim for superiority. For Adler, inferiority refers to the feeling of weakness and incompetence in facing tasks that need to be completed (Alwisol, 2019). Superiority, on the other hand, means continuously striving to improve and get closer to the final goal (Alwisol, 2019). Everyone always tries to compensate for their weaknesses, with this effort being shaped by their lifestyle and pursuit of perfection, known as superiority (Fatwikiningsih, 2023). In the pursuit of superiority, subjective perceptions shape behavior and personality, ultimately defining one's final life goals. The final goal is the result of an individual's creative power, the ability to shape one's behavior, and to create one's personality. Humans move towards superiority through their lifestyle and creative self, which originate from feelings of inferiority and are constantly driven by these fictional goals (Fatwikiningsih, 2023). In relation to this theory, SAS's feelings of inferiority are evident in several unpleasant experiences, such as being bullied and mocked as a poor child by her classmates when she was 13 years old. These experiences led SAS to become withdrawn at school and lack friendships. Her sense of inferiority drove her to develop a sense of superiority, as seen in her consistent academic achievements, such as always being at the top of her class and participating in various competitions. This pursuit of superiority is further reflected in her dedication to continuous learning and active participation in extracurricular activities during high school. Another challenging experience occurred when she was unable to continue her co-assignment after graduating with a degree in veterinary medicine in 2019 at the age of 21, due to financial constraints. This setback caused SAS to lose confidence, especially as her peers became doctors. The difficulties she faced also led to fewer friendships and feelings of sadness and disappointment following a breakup with her partner. At this point, SAS experienced a complex of inferiority, which contributed to the emergence of schizophrenia symptoms.

In Adler's theory, neurotic individuals create safeguards to protect their self-esteem. SAS employs safeguarding mechanisms through aggression and withdrawal. SAS demonstrates aggression by self-accusation, such as demeaning herself and feeling worthless in her community. Additionally, SAS tends to withdraw, showing hesitation and indecision when facing her problems. SAS has developed a fictional final goal of working in Japan for a high salary. This fictional final goal is influenced by her creative self, as she strives to secure a better job by participating in training programs and other opportunities. Her creative self plays a crucial role in helping her achieve this final goal. In this context, SAS expresses her sense of superiority by aiming to work in Japan to earn a substantial income. She believes that the salary in Japan is promising and will meet her and her family's needs. On the other hand, SAS also feels superior due to her intelligence, which is recognized and respected in her work environment.

5 CONCLUSIONS

Through Alfred Adler's individual psychology theory, it can be seen that clients experience strong feelings of inferiority due to social inequality. Adler's theory states that all individuals will try to achieve feelings of superiority from feelings of inferiority. A history of experiences of being bullied encourages clients to achieve superiority through academic achievement. The client's history of failure in becoming a veterinarian encourages the client to achieve superiority through his work achievements. An unsupportive family environment and limited social relationships exacerbate feelings of inferiority and hinder the development of clients' social interests. Pressure from the client's family and social expectations also add to the emotional burden felt by the client. The client's difficulty in social interaction can be seen from the client developing a neglected lifestyle. The client sets too high a final goal for his work to compensate for his feelings of inferiority. However, this does not happen in the reality of the client's life.

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