



Research Article

Education on sharia drug use in bipolar disorder patients during fasting month at Prof. dr. Soerojo Mental Hospital Magelang

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ARTICLE INFO

ABSTRACT

Article History

Submitted September 1, 2023

Revised October 1, 2023

Accepted, November 14, 2023

Published, November 30, 2023

Keywords

Bipolar
Medication Use
Sharia
Fasting
Al quran

DOI:

[10.22219/farmasains.v8i2.26127](https://doi.org/10.22219/farmasains.v8i2.26127)

Bipolar disorder is an emotional state or mood that ranges from manic (high) to depressive. The role of the Qur'an in dealing with mental disorders can be as a therapist in changing the mind, personality of the patient gradually, and as a healer for patients suffering from mental disorders. The purpose of this study was to determine the impact of sharia drug use education on bipolar patients at Prof. Dr. Soerojo Magelang Mental Hospital during the fasting month. Methods: This research is a descriptive qualitative research. Data collection for this study was conducted in February-March 2023. This study used a questionnaire as a tool to collect data and information media delivered through brochures. The results showed that bipolar disorder cases mostly had female gender characteristics (52%), and most had high school education (80%) as the last recorded education. With the results of the percentage value of understanding sharia drug use education in bipolar disorder patients, there is an increase in the influence on the success of patient therapy in peace of mind, quality of life and compliance in taking medication.

1. Introduction

Bipolar disorder (BD) is a chronic neuropsychiatric illness characterized by alternating episodes of mania and depression, significantly impacting personal and public health outcomes globally. Bipolar disorder is an emotional state or mood that ranges from manic (high) to depressive. When a person experiences a manic phase, behavior manifests as an escape from ideas, a decrease in the need for sleep, an increase in self-esteem, and delusions of greatness. People in a depressed mood experience loss of energy and interest, feelings of guilt, difficulty concentrating, loss of appetite and thoughts of death or suicide (Syifa et al., 2019).

The disorder is polygenic, with genetic studies highlighting its connection to other psychiatric illnesses and implicating dysregulation in neurodevelopment, mitochondria, and calcium homeostasis (Madeline et al., 2023).

Depression is one of the major mental health problems that gets serious attention today. In developing countries, the WHO estimates that by 2020, depression will be one of the most common mental disorders, and severe depression would be the second cause of death after heart attacks. According to WHO data from 1980, 20-30% of hospitalized patients in developing countries suffer from mental health disorders such as depression. Religious and spiritual approaches are necessary to support mental health. Usually those who suffer from the disease are accompanied by feelings of anxiety and unrest in the soul. In addition to taking medication, prayer and dzikir can calm a person's soul. Islam teaches the Qur'an and Sunnah (Syifa et al., 2019).

So there is a link between religion and health science that has evolved to this day, for the restoration of mental health that can not be cured only by medicines, but also by approaching its healer. Therefore, it is important to conduct drug use education aimed at making patients feel calm, protected and appreciated, as well as improving quality of life and compliance in treatment (Sabiti et al., 2022). The research is expected to increase readers' knowledge about psychological disorders, bipolar disorder, and the impact of Sharia medicine education on bipolar patients during the fasting month.

2. Research Method

The design of this study using descriptive qualitative design, conducted at Prof. dr. Soerojo mental hospital in Magelang from February 1, 2023 to March 24, 2023.

2.1 Sample

The sample in this study were Bipolar disorder patients with an age range of 15 to 19 years who underwent outpatient care with a total sample size of 25 respondents. This study also sets inclusion and exclusion criteria including willing to fill out the questionnaire, Bipolar patients who experience pain for at least 6 months and are Muslim.

This research uses a qualitative design by describing the results obtained through observations from before and after being given education related to the use of sharia medicine. The instrument in this study used a participant questionnaire which was then interpreted into a questionnaire of the patient's level of knowledge related to education in the use of sharia medicine as a data collection tool from respondents. The flow in this study is the first to find patient data related to the patient's name, age, gender, level of education and how long they have experienced Bipolar. Then the researcher asked for permission and explained the purpose and objectives of the study.

In the second phase, the researchers assessed the level of knowledge of the patient through a questionnaire before providing education related to the use of Sharia drugs, then given education about the usage of sharia drugs using brochures as a means of delivery of information, and the second stage, before providing educational related to use of the Sharia medication, the researcher assessed patient knowledge level with the questionnaire, then carried out education about use of Shari'a drugs through the media where the drug is used, after which the researcher asked the patient.

$$\text{Percentage} = \frac{\text{Number of Correct Values}}{\text{Number of Questions}} \times 100x$$

The information obtained can then be discussed and compared with existing research and theories. In the scale of measuring the resulting percentage, the following scale is used with a good category (>75%), sufficient (56-74%), less (<55%) (Arikunto, S, 2013).

3. Results and Discussions

This study has been conducted on Bipolar disorder patients who are on outpatient treatment. Bipolar affective disorder is basically a temporary psychiatric disorder characterized by mania, hypomania, depression, and usually recurrent mixed symptoms that can persist for life (Noor and Perwitasari, 2021).

Characteristics of Respondents

In this study, respondent characteristics were grouped into several groups, including gender, age, and education.

Table 1. Number of Respondents by Gender

Respondent Characteristics		Quantity (n)	Percentage (%)
Gender	Male	12	48
	Female	13	52
Age (years old)	15	5	20
	16-19	20	80
Education	Junior high school	5	20
	Senior high school	20	80

This suggests that the majority of people with bipolar disorder are women. Men were less likely to develop bipolar disorder (48%) than women (52%), although there were no significant differences. This may be because more men experience manic episodes and more women experience depressive episodes, so the prevalence between both sexes is balanced. In addition, hormonal effects, labor effects, psychosocial stressors increase the incidence of depression in women.

Based on the age category, the most respondents were in the age range of 15 years, namely 5 people (20%) compared to the age range of 16-19 years, namely 20 people (80%). According to the level of education, the most respondents were at the high school education level, namely 11 people (73%) compared to the junior high school education level, namely 4 people (27%). This shows that most of the Bipolar disorder patients who are on outpatient treatment at Soerojo Hospital Magelang are adolescent category Bipolar disorder patients with an age range of 15-18 years, which in adolescence does have a high risk of excessive stress to cause Bipolar disorder.

Based on the category of education level, the most respondents were at the high school education level, namely 20 people (80%) compared to the junior high school education level, namely 5 people (20%). This shows that most Bipolar disorder patients who are on outpatient treatment at Soerojo Hospital Magelang are adolescent category Bipolar patients with an age range of 15-19 years, which in adolescence does have a high risk of excessive stress resulting in Bipolar disorder. The relationship between changes in G-proteins and the development of bipolar disorder has been investigated in previous studies. Peripheral blood cells in patients with bipolar disorder who did not receive medical treatment showed increased levels of certain $G\alpha$ subtypes but not $G\alpha$ mRNA, indicating that $G\alpha$ has only a post-transcriptional influence. In patients with manic episodes who do not take medication, G-protein activity is increased in white blood cells, and in bipolar depressive episodes, $G\alpha$ and $G\beta$ levels are decreased in white blood cells (Lee et al., 2022).
Translated with DeepL.com (free version) (Jourdan W et al., 2021).

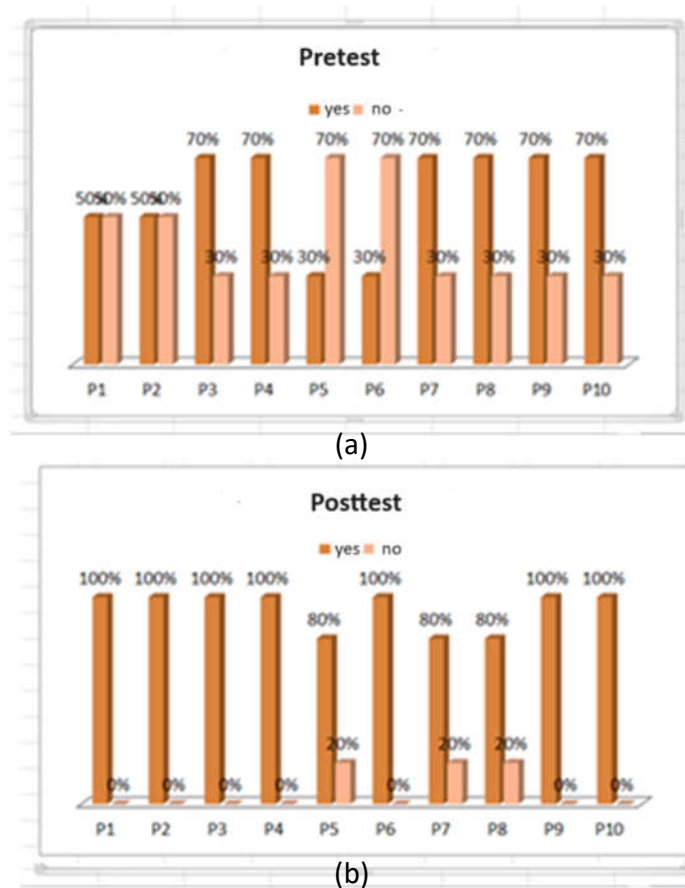


Figure 1. (a) Description of Pretest using drug; (b) Description of Posttest using drug

2. Respondents' level of understanding of education on how to take medicine in a sharia manner

Figure 1. Data on Pretest and Posttest Results Based on Figure a and b. It can be seen that the percentage results of 10 questions during the pretest and posttest with the answer "Yes or No". Question 1

results show that as many as 50% of respondents answered "Yes" in the pretest measurement and increased in the posttest measurement by 100%. Question 2 results show that as many as 50% of respondents answered "Yes" in the pretest measurement and increased in the posttest measurement by 100%. Question 3 results show that 70% of respondents answered "Yes" in the pretest measurement and increased in the posttest measurement by 100%. Question 4 results show that 70% of respondents answered "Yes" in the pretest measurement and increased in the posttest measurement by 100%. Question 5 results show that 70% of respondents answered "Yes" in the pretest and posttest measurements by 80%. Question 6, the results show that 70% of respondents answered "Yes" in the pretest measurement and 100% in the posttest measurement. Question 7, the results show that as many as 30% of respondents answered "No" to the pretest measurement and 80% of respondents answered "Yes" to the posttest measurement. Question 8 results show that as many as 30% of respondents answered "No" to the pretest measurement and 20% of respondents answered "Yes" to the posttest measurement. Question 9 results show that as many as 30% of respondents answered "No" and in the posttest measurement as many as 100% of respondents answered "Yes". Question 10 results show that 70% of respondents answered "Yes" in the pretest measurement and increased in the posttest measurement by 100%. This shows that there is an increase in the percentage of understanding in how to take medicine after being given information and education during the process of handing over drugs to patients and families of patients with bipolar disorder regarding how to take medicine in a Sharia manner. For this reason, patients and families of patients must know about the drugs that are being used, because each drug has a good effect but also has side effects that can be detrimental if used not according to the recommended dose and rules. During the fasting month of Ramadan, the use of medications that require administration twice daily, such as taking one tablet every 12 hours, can be adjusted to fit the fasting schedule by taking one dose at suhur (pre-dawn meal) and the other at iftar (post-dusk meal). This adjustment is crucial for maintaining the efficacy of the medication while adhering to fasting rules. For instance, diabetic patients who need to manage their blood sugar levels can safely fast by carefully planning their medication schedule, ensuring they take their medications at suhur and iftar, and regularly monitoring their blood glucose levels to avoid complications like hypoglycemia or hyperglycemia (Adem et al., 2023). In psychiatric patients, frequent dosing schedules and side effects of psychotropic medications are common reasons for non-fasting, highlighting the need for clinicians to choose drugs with fewer side effects and simpler dosing regimens to support patients during Ramadan (Deeba et al., 2023). Additionally, it is important to educate patients about the types of medications that do not break the fast, as some medications can be taken without invalidating the fast, such as those administered via non-oral routes (Chilmia et al., 2023).

The other studies showed a strong relationship between the role of health workers and patient compliance in taking anti-tuberculosis drugs. Health workers play an important role in improving the quality of health services to be maximized in providing services and helping the community in the healing process of pulmonary tuberculosis patients, especially in terms of patient treatment compliance (Nabila, 2023). In line with Tukayo's research (2020), that health workers act as a support system for patients who assist in providing information, assistance or actions that involve emotions or influence the behavior of the recipient. It is known that treatment is not only by taking medicine but also getting closer to the giver of healing which aims to restore and calm the mind, make oneself happy and improve the quality of life based on the verses of the Qur'an and the Sunnah of the Apostle.

As Allah's Word in the Quran in Surah Yunus: 57

يَأْتِيهَا النَّاسُ قَدْ جَاءَتْكُمْ مَوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ

Meaning: " O people, surely your Lord has given you guidance and a cure for the sicknesses of the breasts, and a guide and a mercy for those who believe. (Yunus, 57). The Qur'an is a healer or a cure for those who have sickness and disturbance in the soul, who cure illness. The measures to take medication according to sharia are:

1. Take medicine in a seated position, and use your right hand.
2. Reading Bismillahirrahmanirrahim
3. Reading Bismillaahisy shafiii bismillahil kaafii bismillaahil mu'aafii bismillaahil ladzii laa yadlurru ma'asmih syai-un fil ardli walaa fis samaa-i huwas samii'ul 'alimu. Meaning: "In the name of Allah, the Lord of healing, in the name of Allah, the Lord of health, in the name of Allah, in whose name there is nothing harmful, neither in the earth nor in the heavens, and He is the All-Hearing, the All-Knowing".

Take medicine with water on time and regularly. As a reminder of the time to take medicine, you can make a note posted in a visible place or an alarm reminder of the time to take medicine.

And be sure, that healing is only from Allah SWT and medicine as an intermediary for healing (Sabiti et al., 2022).

4. Conclusions

Bipolar disorder cases mostly have the characteristics of female gender, and most have the characteristics of High School (SMA) as the last recorded education. With the results of the percentage value of understanding of sharia drug use education in Bipolar disorder patients, there is an increase in the influence on the success of patient therapy in peace of mind, quality of life and compliance in taking medication.

5. Acknowledgment

Thanks to the Islamic University Sultan Agung University Semarang for facilitating this research.

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