

## **Implementing Token Economy to Improve Life-skills on Schizophrenics Patients Without Antipsychotics Medication**

Annisa Prameswari Kesumaningrum

Monty P. Satiadarma

Denrich Suryadi

Tarumanagara University

### **Abstract**

A high number of schizophrenic patients who do not take antipsychotics medication causes the treatment of *schizophrenia* not optimal. The absence of antipsychotics medication makes the schizophrenic symptoms persist and very difficult to be treated by any kind of therapy that relates to cognition and affection. This research is aimed to know whether the application of token economy can improve the life-skills of the schizophrenic patients without antipsychotics medication. Token economy is an intervention program which uses token as reinforcement on changing the behavior. Participants of this research were 3 schizophrenic patients who do not take antipsychotics medication. The intervention was conducted for 20 days, and each day consisted of 3 sessions of observation. The life-skills of the participants were being measured by Life Skills Profile which was designed to describe the life-skills for mental illness patients. The life-skills on this research consisted of 4 aspects which are *self-care*, *bizzare*, *withdrawal*, and *antisocial*. The data was analyzed by quantitative methods by comparing the mean score of the pretest and posttest, and by quantitative methods to describe the observation results. The results indicated that token economy is applicable to improve life-skills on schizophrenic patients without antipsychotics medication. This research also found that self-care skill is the most improved aspects among other life-skills aspects.

**Keywords:** *Token economy*, *Life-skills*, *Schizophrenia*, *Behaviour Modifications*, *Antipsychotics*.