

PENGARUH SUPLEMENTASI VITAMIN C TERHADAP NILAI LIMPOSIT DAN STATUS MENTAL PASIEN SKIZOPRENIA

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ABSTRACT

The number of patient psychiatric disorder needing to hospitalization of to lodge progressively mount, this matter caused to increase patient and length of stay. Data from five mental hospital property of government, only providing 0,4 bed every 10.000 resident, budget for the psychiatric hospital 5,3% from development budget, this matter cannot make balance to the increasing of the number patient psychiatric, while patient in care in RSJ amount more and more to mount. Aim of this research is to know the immune difference respond with the lymphocyte test and mental status the patient of psychiatric disorder after given vitamin C. The benefit impact this research is short length of stay.

Experimental method used to patient psychiatric disorder originally checked a immunity number with the test of lymphocyte and mental status, later then given vitamin C with the dose 1000 mg / day during 7 day. Patient divided to become two group, consisted of the group given vitamin C and control group which not given. The number of sample in this research 14 respondent.

Result of research of difference assess the lymphocyte and mental status the patient between given vitamin C and group control that is with the Z - 3,130 and - 3,141 with the value P 0,002. Respondent given vitamin C have the mean assess the higher lymphocyte and mental status better with group control. The following research with the specific immune system of CD4 and Interleukin.

Keyword : Schizophrenia, vitamin C, lymphocyte and mental status