MENTAL HEALTH DISORDERS IN INDONESIA: Impact and Urgency Based on the Perspective of Psychology and Islamic Sociology

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Abstrak

Gangguan kesehatan mental adalah proses dimana individu tidak mampu mengenali serta memuaskan kebutuhan-kebutuhannya. Gangguan kesehatan mental lazim terjadi di masyarakat dan berdampak besar pada individu dan komunitas. Abstrak ini memberikan gambaran tentang berbagai gangguan kesehatan mental di lingkungan masyarakat luas. Metodologi yang digunakan adalah melakukan review literatur dengan menggunakan pencarian secara sistematis dalam buku maupun jurnal elektronik yang diterbitkan hingga Januari 2023. Hasil menunjukkan bahwa terdapat kekeliruan dalam menangani penderita gangguan kesehatan mental di Indonesia. Penderita gangguan mental dianggap berbahaya sehingga banyak masyarakat menghindari bahkan mengisolasi para penderita. Kesimpulan dari artikel ini adalah penjelasan tentang dampak dan urgensi utama untuk mengatasi permasalahan gangguan kesehatan mental yang terjadi di masyarakat berdasarkan pandangan Psikologi dan Sosiologi Agama.

Kata Kunci: *Gangguan Kesehatan Mental, Psikologi, Sosiologi Agama.*

Abstract

Mental health disorders are processes in which individuals are unable to recognize and satisfy their needs. Mental health disorders are prevalent in society and have a major impact on individuals and communities. This abstract provides an overview of various mental health disorders in the wider community. The methodology used is to conduct a literature review using a systematic search in books and electronic journals published until January 2023. The results show that there is a mistake in treating sufferers of mental health disorders in Indonesia. People with mental disorders are considered dangerous so that many people avoid and even isolate sufferers. The conclusion of this article is an explanation of the main impact and urgency to overcome the problems of mental health disorders that occur in society based on the views of the Psychology and Islamic Sosiology.

Keywords: Mental Health Disorders, Psychology, Islamic Sociology

Introduction

Mental health disorders are conditions in which a person cannot live normally in his environment. Sufferers usually experience difficulty in carrying out daily activities due to distortion of thoughts. As a result, sufferers are very prone to showing maladaptive behavior that is difficult for society to accept. Negative stigma towards mental health disorders is widespread, including in Indonesia. Stigma can take many forms, including social or public stigma (negative traits, emotions, and behaviors toward others with mental illness), self-stigma (internalized negative ideas about feelings about self, possible self-limiting or handicapped behaviors), and structural stigma (policies, procedures, and organizational systems that reduce rights and opportunities for individuals with mental illness).[1]

Citizen in Indonesian still adhere to the wrong understanding of mental disorders. The confusion in responding to mental health problems has led to a lot of speculation such as the statement that mental disorders cannot be cured, mental disorders come suddenly, disgrace in the family and society, and even mental disorders are said to be due to the influence of demon that possess the human soul. Misunderstandings in mental health feed society fear of people with mental disorders. Many people in Indonesia choose to stay away from, neglect, confine and even isolate people with mental health problems. Sufferers are considered as a disorder that can endanger the surrounding community. In an effort to avoid the adverse effects that may occur on sufferers, it is necessary to provide as much information and ideas as possible to the public to correct this ignorance. This can be done by providing education through scientific literacy or more specific and credible public services.

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[1] Keith S. Dobson and Heather Stuart, "*The Stigma of Mental Illness*". (London: Oxford University Press, 2021), p. 2.

Soebiantoro (2017) conducted research on efforts to eliminate bad stigma related to mental health disorders. Statistically, this study has shown that social stigma against people with mental disorders can be significantly reduced by reading lots of articles that contain intensive mental health education. This study has helped lead to a reduction in the level of personal and social stigma among users of mental health services in the context of the Indonesian sample. This research has also supported freedom from Pasung (Bebas Pasung) 2019 Indonesia program by researching appropriate methods to reduce stigma against people with mental disorders and mental health services.[2]

Ayuningtyas, Misnaniarti, and Rahyani (2018) also examined mental health cases in Indonesia. According to him, an intervention in the form of a public health approach is needed to change the wrong stigma against people with mental disorders. Prevention programs are said to be more cost-effective for reducing the risk of mental health disorders, especially for long-term outcomes. They recommended for the Government to carry out comprehensive management efforts, starting with the existence of policy regulations that form the basis of funding support and access to mental health services and are supported by a community-based approach.[3]

In addition, Handayani, Ayubi and Anshari (2020) also conducted research related to mental health literacy. The results of the study found that respondents who had high mental health literacy tended to choose to utilize mental health services compared to respondents who had low health literacy. This means that mental health literacy can affect a person's behavior in seeking formal help. These findings show that what is

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[2] Jonathan Soebiantoro, "Pengaruh Edukasi Kesehatan Mental Intensif terhadap Stigma pada Pengguna Layanan Kesehatan Mental", *Insan*: *Jurnal Psikologi dan Kesehatan Mental*. vol. 2. no. 1 (2017), pp. 1-14.

[3] Dumilah Ayuningtyas, Misnaniarti, and Marisa Rahyani, "Analisis Situasi Kesehatan Mental pada Masyarakat di Indonesia dan Strategi Penanggulangannya". *Jurnal Ilmu Kesehatan Masyarakat*, vol. 9. no. 1. (2018), pp. 1-10.

known to individuals and what is accepted by society influences the seeking of help by practitioners such as psychologists and psychiatrists.[4]

This article aims to further discuss the concept of understanding mental health disorders, impacts, and the main urgency that must be carried out for sufferers of mental health disorders. The contribution of this scientific writing is to focus on promoting the importance of humanizing people with psychiatric disorders which are studied based on the views of Psychological and Islamic Sociology.

Mental Health Concept

Mental health disorders according to the perspective of the Diagnostic and Statistical Manual of Mental Disorder (DSM), Psychological reference, are a form of mental function disorder caused by a failure of the mental function adaptation reaction mechanism to external stimuli and tension, resulting in functional disturbances or structural disorders in the organs and mental.[5] Indonesia is a country that commonly discusses mental health issues. The Basic Health Research in 2018 (Riskesdas) conducted by the Indonesian Ministry of Health (Kemenkes) shows that more than 19 million people aged over 15 year experience mental emotional disorders, and more than 12 million people aged over 15 experience depression. The results of further data acquisition show that there is data on suicides as many as 1,800 people per year or 5

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[4] Trisni Handayani, Dian Ayubi, and Dian Anshari. "Literasi Kesehatan Mental Orang Dewasa dan Penggunaan Pelayanan Kesehatan Mental". *Perilaku dan Promosi Kesehatan: Indonesian Journal of Health Promotion and Behavior*. vol. 2, no. 1. (2020). pp. 9-17.

[5] Paisol Burlian, "*Patologi Sosial*". (Jakarta: Bumi Aksara, 2016). p. 68.

people commit suicide every day, and 47.7% of suicide victims are aged 10-39 years who are teenagers and productive age (Kemenkes, 2021).[6]

Professor of Gadjah Mada University, Wilopo (2021) examined discrimination related to sufferers of mental health disorders. One form of negative stigma circulating in Indonesian society is when someone goes to a psychologist, psychiatrist, or mental hospital, they are labeled as "crazy". Apart from that, many Indonesian people still associate mental disorders with mystical things, such as demonic possession and other traditional beliefs. In fact, people who are open about their mental problems are often seen as just looking for attention and just being the subject of negotiations for others. One form of suffering due to the stigma attached to people with mental disorders that is quite often heard in Indonesia is shackling. Shackling is usually done by the closest people, such as family. The sufferer is usually put in one room and the patient's legs are shackled using a wooden rod so that the patient cannot move. Communities or families who carry out shackling think that shackling can provide a sense of security for sufferers and the community. In fact, there are many good and wiser services that can be given to sufferers. But many families or communities do not have enough effort to provide this assistance to sufferers.[7]

According to the view of Sociology, social exclusion is the act of society to remove or exclude individuals or communities from the prevailing system. Exclusion and marginalization often occur in people who are considered to be deviating or deviating. This act of exclusion from society does not only apply to classes in society—such as

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[6] Widyawati, "Kemenkes Beberkan Permasalahan Kesehatan Jiwa di Indonesia", (Kemenkes RI, 07 Oktober 2021) URL: https://sehatnegeriku.kemkes.go.id/baca/rilis-media/20211007/1338675/kemenkes-beberkan-masalah-permasalahan-kesehatan-jiwa-di-indonesia/.

[7] Siswanto Agus Wilopo, "*Pemikiran Guru Besar Universitas Gadjah Mada*: *Menuju Indonesia Maju 2045*". (Yogyakarta: UGM Press, 2021). p. 40.

the working class and people with capital, rich and poor—but also applies to people who are sick, including ODGJ. People with chronic mental illness often get exclusionary actions as feedback from society, this happens because of the stigma attached to them from society.[8]

In fact, people with mental health disorders will not disturb society, as long as they are given proper services and treatment. Moreover, many people with mental health disorders are still able to carry out their social functions properly. People with mental health problems fall into 3 groups. First are those with acute mental health problems such as normal depression following a loss or some other stressful event. In the second group are those who have acute mental health problems that are more serve or those who have chronic conditions but who can maintain normal role functioning. The third group is made up those with serious, chronic mental disease that involve significant functional disability.[9] Furthermore, In the context of mental health, known two terms for individuals who experience mental disorders. First, People with Mental Problems (ODMK) are people who have physical, mental, social problems, growth and development, and/or quality of life so that they are at risk of experiencing mental disorders. Second, People with Mental Disorders (ODGJ) are people who experience disturbances in thoughts, behaviors, and feelings which are manifested in the form of a collection of symptoms and/or significant changes in behavior, and can cause suffering and obstacles in carrying out people's functions as human beings.[10]

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[8] William, W. Eaton, and Daniele Fallin, "*Public Mental Health*". (The United Kingdom: Oxford University Press, 2019). p. 60.

[9] Teresa L. Scheid and Tony N. Brown, "*A Handbook for The Study of Mental Health*: *Social Contexts*, *Theories*, *and System*". (The United Kingdom: Cambridge University Press. 2010), P. 3.

[10] Undang-undang Nomor 18 Tahun 2014 tentang Kesehatan Jiwa. Jakarta. Republik Indonesia.

There are many classifications of mental health disorder diagnoses found in Indonesia, for instance: Depression, Anxiety, Bipolar, Post-Traumatic Stress Disorder (PTSD), Obsessive Compulsive Disorder (OCD), People with Mental Disorders (ODGJ) or schizophrenia, and so on.[11] In Indonesia, this is often seen by common people as a strange thing and is often encountered by those who label sufferers as "crazy people". This is certainly not a humane thing to do. Apart from being labeled, sufferers are also shunned and exiled. ODGJ often receive inhumane treatment such as hurting, violence, and even sexually demeaning. This is caused by a lack of literacy and knowledge about mental health disordes.

Impact of Mental Health Disorders for Sufferers

Psychological impacts on individuals with mental health disorders can vary widely depending on the specific disorder and its severity. However, some common psychological impacts experienced by individuals with mental health disorders include:

Emotional Distress: Mental health disorders often lead to intense emotional distress, such as prolonged periods of sadness, anxiety, fear, or irritability. These emotions can be overwhelming and interfere with daily functioning.

Social Isolation: Many individuals with mental health disorders may experience social isolation or withdrawal. They may struggle with maintaining relationships or participating in social activities due to feelings of stigma, shame, or a lack of energy or interest.

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[11] Kennedi Sihotang and Sahala Martua Solin. "*Rahasia Kematian*: *Suatu Tinjauan Tentang Makna Kematian Ilahi*". (Bandung: Media Sains Indonesia, 2022), p.171.

Low Self-Esteem: Mental health disorders can negatively impact self-esteem and self-worth. Individuals may develop negative self-perceptions, feelings of inadequacy, or a distorted self-image, leading to a diminished sense of confidence and self-belief.

Cognitive Difficulties: Mental health disorders can affect cognitive functions such as concentration, memory, decision-making, and problem-solving abilities. This can hinder academic or work performance and contribute to feelings of frustration and incompetence.

Disrupted Sleep Patterns: Many mental health disorders are associated with sleep disturbances, including insomnia or excessive sleepiness. Sleep disruptions can further contribute to fatigue, reduced cognitive function, and emotional instability.

Impaired Functioning: Mental health disorders often interfere with daily functioning, making it challenging for individuals to fulfill their responsibilities at work, school, or home. Tasks such as maintaining personal hygiene, managing finances, or organizing daily activities may become overwhelming or neglected.

Increased Risk of Substance Abuse: Some individuals with mental health disorders turn to substance abuse as a way to cope with their symptoms or alleviate emotional pain. This can exacerbate the mental health condition and lead to additional physical and psychological complications.

Suicidal Thoughts or Behaviors: In severe cases, mental health disorders can increase the risk of suicidal ideation or suicide attempts. Feelings of hopelessness, despair, and a perceived lack of support can contribute to these distressing thoughts.

It's important to note that each individual's experience with mental health disorders is unique, and the psychological impacts can vary significantly. Seeking professional help and support from mental health professionals, as well as implementing appropriate

treatment strategies, can greatly improve the psychological well-being of individuals with mental health disorders.[12]

Urgency Based on Psychological Perspective

Mental health emergencies can be extremely challenging and require urgent attention from a psychological perspective. Here are some key considerations:

Crisis Intervention: Mental health emergencies often involve acute distress, severe agitation, or potential harm to oneself or others. Crisis intervention techniques aim to de-escalate the situation, provide immediate support, and ensure the safety of the individual. Techniques like active listening, empathy, and reassurance are crucial during these critical moments.

Risk Assessment: Assessing the level of risk is essential in a mental health emergency. Mental health professionals evaluate the individual's suicidal or homicidal ideation, the presence of a safety plan, access to lethal means, and overall risk factors. This assessment guides the appropriate interventions and level of care required, including hospitalization if necessary.

Emotional Regulation: Individuals in a mental health crisis may be overwhelmed by intense emotions and struggle to regulate them effectively. Psychological interventions focus on helping individuals identify and manage their emotions through techniques such as grounding exercises, deep breathing, mindfulness, and coping strategies. These techniques aim to promote emotional stability and reduce distress.

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[12] William, W. Eaton, and Daniele Fallin, "*Public Mental Health*". p. 141.

Psychiatric Evaluation: Mental health emergencies often warrant a comprehensive psychiatric evaluation to assess the individual's mental state, potential psychiatric diagnoses, and the need for immediate intervention. This evaluation helps determine the appropriate treatment plan and supports ongoing care.

Collaborative Care: Mental health emergencies often involve collaboration between mental health professionals, emergency medical services, and other healthcare providers. Effective communication and coordination among the involved parties are crucial to ensure a comprehensive and seamless approach to care.

Post-Crisis Support: Following a mental health emergency, individuals may require ongoing support to aid their recovery. This may include referrals to outpatient mental health services, therapy, medication management, or community resources. Post-crisis support aims to help individuals rebuild their coping mechanisms, enhance resilience, and prevent future crises.

Trauma-Informed Care: Mental health emergencies can be traumatic experiences for individuals and may exacerbate existing trauma. Adopting a trauma-informed approach involves creating a safe and supportive environment, recognizing the impact of trauma, and tailoring interventions accordingly. This approach fosters trust, empowerment, and promotes healing.

Family and Social Support: The involvement of family members, friends, and social support networks is vital during a mental health emergency. Psychological interventions may include providing education, guidance, and support to these individuals, helping them understand the situation, cope with their own emotions, and facilitate the recovery process.

Mental health emergencies require a multidimensional approach, involving psychological, medical, and social interventions. Prompt and appropriate response,

along with ongoing support, can greatly contribute to the well-being and recovery of individuals experiencing a mental health crisis. [13]

Urgency Based on Islamic Sociology Perspective

Apart from a psychological perspective, in Islamic sociology, mental health is considered a significant aspect of overall well-being. Urgency in addressing mental health issues is recognized, as they can have profound effects on individuals, families, and communities. Islamic teachings emphasize the importance of seeking knowledge, including psychological knowledge, in order to understand and address mental health challenges. Islamic sociology encourages a holistic approach to mental health, taking into account both spiritual and worldly dimensions. It emphasizes the interconnectedness of the mind, body, and soul and recognizes the impact of social, cultural, and environmental factors on mental well-being. Given the urgency surrounding mental health, Islamic sociology advocates for early intervention and prevention of mental health problems. It promotes fostering a supportive community environment that promotes understanding, compassion, and empathy. This involves creating safe spaces for individuals to seek help without fear of stigma or judgment. Islamic teachings also emphasize the role of faith and spirituality in coping with mental health challenges. They encourage individuals to turn to prayer, seek solace in the remembrance of God, and cultivate a strong relationship with their Creator. Islamic counseling and therapy approaches integrate spiritual guidance with evidence-based psychological interventions. In conclusion, from an Islamic sociology perspective, addressing mental health urgency involves recognizing the importance of an early

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[13] WHO. Prevention of Mental Disorders, Effective Intervention and Policy Options (Summary Report). Geneva: World Health Organization collaboration with the Prevention Research Centre of the Universities of Nijmegen and Maastricht. 2004.

intervention, community support, and integrating spiritual well-being with psychological interventions.[14]

Conclusion

In conclusion, mental health disorders in Indonesia are a pressing issue that requires attention and action. The prevalence of these disorders, coupled with social and cultural factors, underscores the urgency of addressing them effectively. Collaboration between psychologists, sociologists and community leaders is essential for a comprehensive approach to addressing mental health disorders in Indonesia. By combining psychological and sociological insights with religious teachings, a holistic framework can be developed to promote mental well-being, provide effective support, and reduce the stigma associated with mental health issues. Ultimately, the successful management and treatment of mental health disorders in Indonesia require a multidimensional approach that encompasses psychological, sociological, and religious aspects. By working together, we can create a society that prioritizes mental health, supports those in need, and strives for the well-being of all individuals.

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[14] Nuryani Astrida Fitri, and Muhammad Tegar Kusuma Taajmehru. "*PPKM dan Orang dengan Gangguan Jiwa* (*ODGJ*): *Sebuah Perspektif Sosiologi Media*", (Klaten: Lakeisha, 2021).

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