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# Perak District, Jombang Regency Mental Health Cadres Stabilising Mental Disorder Assistance

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## KEYWORDS

*Disruption Soul  
Mental Health Cadre  
Companion*

**SUBMITTED:** 08/28/2023

**REVISED:** 09/15/2023

**ACCEPTED:** 09/20/2023

**ABSTRACT:** A Person with a disturbed soul is a problem that is reasonably severe and needs attention, especially in the Perak sub-district. In realizing that the sub-district is always alert in handling this to create a mentally healthy environment in the sub-district. In sub-district Silver, there is 13 Villages included, including Village Perak, Pagerwojo, Sumberagung, Kepuhkajang, Jantiganggong, Sembung, Gadingmangu, Plosogenuk, Sukorejo, Kalangsemanding, Glagahan, Temuwulan, and Cangkringrandu. Understanding family, which is minimal about maintaining the patient's soul, makes families tend to have a negative attitude towards people with a mental health condition. This activity aims to obtain an overview of efforts to heal people with mental health conditions and the obstacles they experience. This activity involved 25 people consisting of caring families, mental health cadres, and the village government. The data collection techniques were observation, interviews, and Forum Group Interview (FGI). The intervention methods used are advocacy (advice) and psychoeducation with the Wilcoxon test (analyzing the results of paired observations from two data, whether they are different or not). In psychoeducation activities, it was discovered that participants' knowledge, understanding, and skills increased, as shown in the change in scale score from 36.25 to 39.25. Families show behavioral patterns in providing care and treatment for people with mental health conditions. Through counseling activities, a mental health post can be formed that provides services every month to the families of people with a mental health condition, one of which is Poskeswa Seroja. Through advocacy (advice) activities, a mental health post can be created to provide monthly services to the patient's family.

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## 1. INTRODUCTION

People with mental disorders/people with mental health conditions are people who suffer from impaired mental function, so they experience changes in behavior (Melkonyan, 2022; Reed, 2019), thinking (Stein, 2020), and feelings (Cree, 2018), which manifest in various symptoms or changes in behavior that interfere with their function as human beings (Ströhle, 2019; Vigo, 2019). Symptoms can be looked at as a sign that someone is experiencing a mental disorder in a row that interferes with creativity (Purwasih & Dewi, 2023; Subramaniam, 2019).

Health, productivity, and relationships with other people. Something that can be understood as a sign of a mental disorder is irritability for no reason, worrying, and feeling anxious for more than 2 days or 3 weeks until it disrupts daily activities in relationships with others (Carleton, 2020; Kumar, 2020). Grancini (2009)

revealed that the causes of mental disorders vary greatly, and in some cases, the cause is unclear (Arango, 2018; Brådvik, 2018). Traumatic experiences that are very difficult to forget and have long-term psychological effects become stressors and cause a person to experience mental disorders (Auerbach, 2018; Wakschlag, 2019). Previously, people with mental health conditions were recognized by specific symptoms such as very drastic changes in mood (Alonso, 2018; Black, 2019). excessive fear, isolating themselves from social life, often feeling angry, and often committing acts of violence that could not differentiate between reality and fantasy (Khalsa, 2018; Walker, 2020). These symptoms are also followed by physical disorders such as headaches, digestive disorders, and other physical disorders (Bell, 2019; Usher, 2020).



The causes of mental disorders are very varied. In some cases, the cause is not clear, and the experience of trauma is difficult to forget and has long-term psychological effects in more detail (Hidayatullah et al., 2023; Saputri et al., 2023; Tricahyono et al., 2023). Mental disorders are usually caused by genetic factors, for example, hereditary factors in the family, relatives who have mental disorders, or brain damage (Hidayatullah et al., 2023; Putriani & Mujahidin, 2023; Setyaningrum et al., 2023). Chronic illnesses and use of drugs, bullying, wrong parenting patterns, conflicts, and challenging economic conditions, heavy psychological burdens, psychological factors are usually from a bad personality environment (Karunia et al., 2023; Putra et al., 2023a). Some consider supernatural factors as the cause so that treatment efforts are carried out, such as rakyat, going to a shaman before the family finally finds out information about the existence of a mental hospital (Febrian et al., 2023; Kusnawan et al., 2023).

Mental health workers by families in Jatinggong Village, Silver, Kepuhkajang, and 10 other villages are still not optimal. According to information from the local village head, the family chose not to examine their family members who had mental disorders and provided minimal care, one of which was due to economic problems. This is in line with those who found that caregivers have an economic burden on the family, which has an impact on the care of people with mental health conditions. According to mental health cadres, families who care for people with mental health conditions are still oriented toward meeting their daily living needs as long as they don't disturb their families and always pay attention to them (Giovani et al., 2023; Kahlon, 2019; Rizdania et al., 2023a). With mental disorders still relatively low due to low levels of family education, the focus is still on fulfilling a whole life daily.

Efforts have been made by village governments in the Perak sub-district to facilitate picking up people with mental health conditions who are raging or who are almost recovered and taking people with mental health conditions to mental hospitals or providing routine treatment every month at the nearest health facility or if there is a complaint. The establishment of a mental health posyandu in the Perak sub-district, supervised by village officials and health workers, has been implemented from 2017 until now.

However, returning to each family's understanding, it turns out that there is still a lack of understanding regarding the care of people with mental health conditions, which often gives rise to negative attitudes (McKnight-Eily, 2021; Robillard, 2021; Trupin, 2017). Although No A Little also family mental patients in the Perak sub-district who support this poses (mental health posyandu) program in treating patients with mental disorders (Pan, 2021a; Sudiantini et al., 2023; Suharsiwi, Pandia, et al., 2023). Understanding of the diagnosis received and minimal

mental health literacy result in the emergence of stigma from family and community regarding the mental health status of each individual (Darmayanti, Hariyadi, et al., 2023; Suharsiwi & Choirin, 2023; Zahroh & Hartiningtyas, 2023a). This fear encourages families to hide the diagnosis of this mental disorder from their family members to local communities. Apart from that, fear of stigma also makes it difficult for them to seek treatment.

This raises problems with mental patients who come from the community or have minimal knowledge about mental patients (Suharsiwi, Savitry et al., 2023; Triono et al., 2023; Zahroh, Darmayanti, et al., 2023a). Impact on the care of people with mental disorders and efforts to optimize care. If this happens, the optimization of care for people with mental disorders must be improved further so that care is more precise and the realization of a village that is always alert and alert. Objective devotion This is a description of efforts to heal people with mental disorders and the obstacles they experience, as well as designing and implementing intervention programs to increase knowledge of family skills in caring for people with mental disorders (Too, 2019; Torous, 2020).

## 2. METHOD

Service with the title Stabilizing Mentoring Person in Disturbance Soul Together with Mental Health Cadres in Perak District, Jombang Regency, we focus on caring for people with mental disorders by families in various villages (Rizdania et al., 2023b). Region subdistrict Silver. Technique data collection: observation, interview, and focused group interviews. Several participants were involved in the activity. This amount was insufficient (Putra et al., 2023b; Zahroh & Hartiningtyas, 2023b). More than 20 people consisting of cadres, village heads, village assistants, sub-district public relations, and police stations.

The interview method used is psychoeducation and advocacy; psychoeducation aims to provide information, namely a perception scale, about the psychological condition of people with mental disorders and their treatment, which is appropriate to inhabitants And Perak sub-district government (Kurniawan et al., 2023; Zain et al., 2023). Psychoeducation for caring families to provide psychological conditions for people with mental disorders and treatment appropriate to family caring regarding family problems, recognizing people with mental disorders, managing family burdens, and stress management family.

The measuring tool used to determine participants' understanding before and after psychoeducation was carried out was a perception scale about mental disorders, which consisted of 14 statements. The measurement results are a score that describes the perception of people with mental disorders. Overall, the flow of community service activities can be seen in Figure 1.

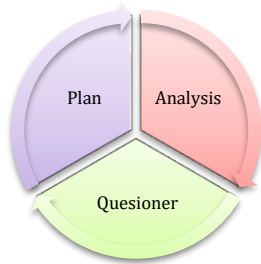


Figure 1. Channel activity Devotion to Public

Activities are carried out by making preparations in advance, namely coordinating with the village head, nurses, or Perak sub-district health workers regarding the objectives of this community service research. After obtaining permission, the next step is to collect data using interview, observation, and focused group interview methods. After collecting all the data and information, the next step is to design and implement interventions by providing psychoeducation and advocacy.

### 3. RESULTS AND DISCUSSION

All community service research results are presented by the objectives that have been formulated, namely obtaining an overview of efforts to heal people with mental disorders and the obstacles they experience, as well as designing and implementing intervention programs to increase family knowledge and skills. A nurse is a disturbed soul (Kim, 2020; Maben, 2020).

#### *Tips for Stabilizing the Recovery of People with Mental Disorders*

Based on the results of *focused group interviews*, information was obtained that most families who care for people with mental disorders take alternative treatment such as shamans or kya (Darmayanti, Arif, et al., 2023; Jannah et al., 2023; Rizki et al., 2023). Still, some families take them to the nearest clinic for appropriate medical treatment, and then the family carries out treatment at home or provides routine check-ups. Periodically (Ahmed et al., 2023; Mubarak et al., 2023). The role of the family in caregiving can influence numbers in reducing relapse rates, for example, controlling mental states and supporting emotions, helping in a way economy as well as tolerating change in behavior (Ahmed et al., 2021; Darmayanti, Suyono, et al., 2023; Mustafa et al., 2023).

One of the people experiencing mental disorders in the Perak sub-district worked odd jobs to be able to buy the drug. Subdistricts facilitate special pick-up of patients who are going on a rampage to be

taken to a mental hospital. The Perak sub-district mental health care team also evacuated people with a mental health condition for treatment by coordinating across sectors. The team of Perak sub-district health workers also returned mental patients to the community to monitor the condition of people with mental health conditions after returning to the public.

#### *Inhibitor and Consequence which experience in caring for the Patient's soul*

Economic growth is the most significant inhibiting factor in preventing people with a mental health conditions, especially in terms of meeting the needs of mental patients because they do not yet have a Healthy Indonesia Card. Access to the hospital is quite far to travel, so the family also needs transportation (Ridho'i et al., 2023; Sefira et al., 2024; Zahroh, Darmayanti, et al., 2023b). Matter This has an impact on families who end up with minimal care because it takes a lot to pay for the treatment of people with a mental health condition, such as buying medicine, routine check-ups, and transportation costs to get to health services. Especially for families who have to take care of more than one family member who is sick. Meanwhile, there are no other family members who are willing to help with care and treatment to support the recovery of people with mental health conditions. There are also family members who talk to people with mental health conditions in high tones.

In other cases, family members do not live in the same house as people with a mental health condition, so they cannot control drug consumption. Non-adherent behavior with this medication has an impact on relapse symptoms. Some people with mental health conditions feel traumatized when they have to visit the hospital. Negative family perceptions of House Sick Soul make Families reluctant to have their family members examined because they fear their family members will be neglected or neglected (Firth, 2019; González-Blanco, 2020; Linardon, 2019). This also has an impact on family members who refuse offers of help from residents to take people with a mental health condition to treatment. The side effects of the medication taken make people with mental health conditions increase their appetite and become sleepy, resulting in problems in Which the patient is unable to carry out self-care activities independently.

Being a caregiver for a person with a mental health condition is not something that can be chosen or planned so that it can experience deep burdens in parenting, being able to do things that previously could be done so that families feel that people with mental health conditions only depend on their caregivers, which results in a burden for the family. The impact of the difficulties experienced by families in caring for people with mental health conditions is almost despair and *overthinking* to the point of disrupting activities. Caring for people with a mental health condition and carrying out work causes



caregivers to experience stress and emotional burdens such as dissatisfaction, anger, and stress when they have to be responsible for caring for people with a mental health condition. The burden experienced by caregivers, if they do not receive proper preventive attention and treatment, can hurt their physical health. Psychological, emotional, cognitive, social, and behavioral influences the role of the caregiver. Families feel hurt when family members who experience mental disorders are bullied by their environment (Asgafi et al., 2023; Choirudin et al., 2021; Jayanti et al., 2023). This bullying causes people with mental health conditions to be reluctant to socialize because they are embarrassed and afraid of being rejected by their environment. Discrimination from society is the heaviest burden that must be accepted by people's family and trigger emergency burden, physical attacks, and emotional.

### Psychoeducation intervention program

#### 1. Psychoeducation for representatives of residents and sub-district government Silver

After implementing psychoeducation, participants were asked to fill out a perception scale about mental disorders, which consisted of 15 statements; there were only four alternative answers, namely, agree, strongly agree, disagree, and strongly disagree. Participants' *post-test* and *pre-test* results:

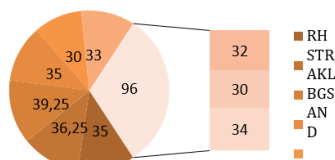


Figure 2. Mental Patient Perception Score

Based on the results of Figure 2, the average score shows an increase from 36.25 to 39.25. Analysis using the *non-parametric 2-related sample test* with the Wilcoxon test showed a significant difference between the pre-test and post-test scores. It can be concluded that there is an increase in understanding of mental disorders after being given psychoeducation (Dunning, 2019; Jamilian, 2019; Parletta, 2019).



Figure 2. Perak sub-district mental health post



Figure 3. Advice and psychoeducation with residents, village officials, and people with mental health conditions who have recovered

When carrying out personal/social education (psychoeducation), there are participants who believe that people with mental health conditions are caused by possession by spirits, jinn, devils, and the like and believe in rakyat or shaman treatment as an alternative treatment for people with mental disorders, paranormal treatment is the family's main alternative for patients if unnatural behavior appears which is believed to be interference from spirits the. After being given psychoeducation about recognizing that people with mental disorders are not caused by spirits, new residents or families of people with mental health conditions understand that it is a myth that people with mental disorders are disturbed by spirits and the like.

#### 1) Personal/social education for families nurse person in disturbance soul

Personal/social education for families caring for people with mental health conditions runs smoothly. The first psychoeducational material is about the difficulties of caring for people with mental health conditions. Participants provide input to each other in caring for patients with mental disorders. Some of the difficulties expressed by families in caring for people with a mental health condition are that they often ask and force them to buy something, and the family is late in buying medicine until the person with a mental health condition shows symptoms. Recurrence is difficulty looking for patients at home who walk or go without direction (Aryseta et al., 2023; In'am et al., 2023; Zahroh, Rachmawati, et al., 2023).

The responses given to the participants can be summarized as follows: providing understanding to people with a mental health condition regarding their current condition and not always fulfilling their wishes, remembering routine control schedules and monitoring medication administration regularly without interruption, locking the house if the person with a mental health condition is in the house alone and supervise people with a mental health condition when they are at home. All participants can receive input from other participants (Muhammad et al., 2023; Vidyastuti et al., 2018; Widodo et al., 2023). Regarding treatment for people with mental health conditions, three mental patients have been there for three months. No delivery controls Because assume the patient's condition is fine. Some have never

controlled mental patients at all because they don't have a Healthy Indonesia Card. The following three patients every month still regularly deliver control routine, And two patients, others new.

One week ago, I took the patient to a mental hospital. One of the participants responded that if a person with a mental health condition stops taking their medication, they are worried that they will return to their initial condition before taking the medication or it will get worse. Participants even responded that they do not need treatment in a mental hospital but can be treated or treated At a home-sick public health center by using a first health facility referral letter. This was only discovered by other participants; one of the other participants immediately sought treatment.

After psychoeducation, participants know and understand the characteristics of people experiencing mental disorders and the importance of drinking drugs as well as controlling the routine for the patient's soul. Spicoeducational material The second is to recognize the patient's soul and characteristics. Then, participants share their knowledge and participants can understand it and ask for books containing material so they can be read and understood at home; the third is the burden and support of families in caring for people in disturbance soul that is delivered controls routinely remind you to take medicine, eat and shower soap, play And get along outside House with neighbors, this can be applied to people with a mental health condition who have recovered, as well as providing direction or advice to people with a mental health condition. After psychoeducation, participants can state what they should or should not do when treating people with a mental health condition to minimize relapse.

Next is the fourth psychoeducational material, namely regarding family stress management due to caring for people with a mental health condition. Playing and looking for entertainment at a neighbor's or relative's house. The participants were not aware of progressive muscle relaxation as a way to relieve stress. The participants were trained to do or train progressive muscles while playing relaxation music. Mental health cadre members also provide opportunities for participants To sing And jog variations. Those who like or have the talent to sing, even if they don't have the talent, are also welcome (Hamadani, 2020; Pan, 2021b; Zheng, 2018).

Participants or families expressed feeling worried when leaving people with a mental health condition at home alone. The participants felt comfortable and less worried after practicing the progressive muscles by listening to music and singing. Follow-up activities with Silver Critic health workers were carried out in three psychoeducational weeks. The local health nurse revealed that participants who had not yet checked their family members who had mental disorders were now starting to take care of BPJS with the help of health workers, including a

participant Who asked for help from the midwife village to take his family members for treatment to a mental hospital after not taking medication for 3 months. According to the information, previous participants did not want their family members to be included as mental patient participants, so their family members were not willing to enter House Sick Soul.

However moment, his family members are willing to ask for help from mental health nurses or mental health cadres to accompany family members who are disturbed souls to House Sick Souls (Jamilian, 2019; O'Connor, 2020). From the total smaller population of more than 27999 people, there are approximately 180 people who experience emotional or psychotic mental disorders. There were 20.8% of residents with indications of mild neurosis, 2.2% of residents with indications of severe neurosis, 0.5% of residents with indications of psychoactive substance disorders, and 3.7% of residents with indications of psychotic disorders. At the end of the defense or advice, the health posts can facilitate the care and treatment of people with mental health conditions to lighten the burden on the families caring for them. Mental patient nurses said they would stabilize assistance for mental patients with mental health cadres in the sub-district Silver.



Figure 5. outbound activities in Wonosalam

## 2) Defense or advice

Defense or advice (Advocacy) begins by asking participants to reveal the difficulties experienced by families in caring for people with mental disorders, as well as difficulties when delivering patients to treatment (Akhfudi, 2009). The mental health nurse revealed that the discourse regarding the formation of a mental health post already existed and had been realized, one of which was the Seroja Poskeswa in the Perak sub-district, and had already formed an organizational structure for social health cadres. To date, all participants from various villages throughout the Perak sub-district are very enthusiastic about the existence of the Poskeswa lotus to benefit people with mental disorders. Mental health post-activities are carried out once a month. Keswa cadres visit the homes of each person with a mental health condition in their respective RT, one of which is a mental health check, and the entire team of Keswa cadres reports the results of their monitoring.

#### 4. CONCLUSION

From the various activities carried out, it is known that problems with people with a mental health condition from the family and community have an impact on negative attitudes of the patient soul, especially condition economics, and knowledge about people with mental disorders is very minimal. Treatment for people with a mental health condition cannot be handled optimally due to limited costs, one of which is not having BPJS and not having regular check-ups at the nearest health facility or hospital. After psychoeducation happens, increasing knowledge, understanding, care, and treatment for people with mental health conditions is more optimistic, and families of people with mental health conditions are starting to strive for healing by providing treatment and routine check-ups. The village community health cadres facilitated the delivery of people with a mental health condition who experienced relapse to the hospital, and residents also provided medical assistance at the nearest health facilities/puskesmas for people with a mental health condition. Poskeswa activities have succeeded in stabilizing assistance for people with mental disorders and providing services and activities every month for people with mental health conditions, especially for patients who have recovered. Suggestions for the Perak Jombang sub-district government are that it is hoped to continue to be actively involved in providing outreach about people with mental disorders and supporting postkeswa activities in the Perak sub-district. Mental health cadres are expected to continue to provide family support programs for people with mental health conditions on a scheduled basis for families who care for them. The community must participate in supporting the recovery of people with mental disorders by providing opportunities to get involved in activities held in the sub-district so that people with mental health conditions feel appreciated and recognized for their existence.

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