

## A STUDY ON COMMUNITY EMPOWERMENT FOR MENTAL HEALTH EDUCATION IN KLEAK VILLAGE, MANADO CITY, NORTH SULAWESI PROVINCE

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### *Abstract*

*This study aims to empower the community to detect mental disorders early in their environment. Through counseling and training, it will provide knowledge to the community about the early signs of mental disorders and how to identify them. The method used in this study is a descriptive research method with a qualitative approach. The focus of this study is community empowerment for mental health education. In this research, the location chosen is Kleak Village in Malalayang sub-district, Manado City, North Sulawesi, Indonesia. Community empowerment for mental health education in Kleak Village, Manado City, emphasizes a holistic approach with a focus on mental health education, active community participation, self-help, networking, and advocacy. Mental disorders are closely related to mental health, including conditions such as anxiety, bipolar, depression, eating disorders, delusions, schizophrenia and anxiety disorders. Causal factors involve family issues, genetics, drugs, and stress. The healing process varies depending on the patient's condition, involving consultation with a psychiatrist and admission to a psychiatric hospital. The role of the family is very important in the treatment of patients with mental disorders, supported by health workers such as doctors and psychiatric nurses. Mental health socialization in the community is needed to increase understanding of mental health disorders. Prevention involves regular medication, increased spirituality, quality mental health services, and community understanding. The government is expected to pay serious attention by providing facilities such as mental hospitals and increasing health programs that support mental health control both in agencies and at the community level.*

**Keywords:** *Community Empowerment, Mental Illness, Community*

## INTRODUCTION

Today, mental health is a problem that has yet to be fully resolved, both globally and nationally. According to Ipsos Global's Health Service Monitor 2023 survey conducted in July-August 2023, mental health ranked highest as the most profound health problem for 44% of global respondents. Ranked second was cancer, as the deadliest disease, with 40%

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of respondents. Meanwhile, stress, obesity and drug abuse ranked third to fifth with 30%, 25% and 22% respectively.

In Indonesia, the prevalence of mental disorders is significant in various categories. Data shows that 6% of the population has mild mental illness, while 0.17% have severe mental illness. In addition, 14.3% of the Indonesian population experiences *pasung* (restraint), a form of inhumane treatment of individuals with mental illness. A focus on the 15 to 24 age group shows that 6% of this age population also experiences mental illness.

A report from the 2018 Riskesdas noted that as many as 51% of individuals with severe mental disorders do not regularly undergo treatment. Furthermore, data from the 2022 national adolescent mental health survey shows that 34.9% of Indonesian adolescents, or around 15.5 million individuals, experience mental problems. Of these, 5.5% experienced mental disorders, yet only 2.6% accessed counseling services.

In North Sulawesi Province, the incidence of severe mental disorders stands at 7 per 1000 individuals. As per the 2018 Riskesdas data, the prevalence of mental and emotional disorders among adolescents aged 15 and above in this region reached 9.8%. Furthermore, the North Sulawesi Mental Health Program's data reveals a rise in the number of individuals with mental disorders, increasing from 4,179 people in 2016 to 7,089 people in 2019.

The importance of the community's role in increasing knowledge and awareness related to mental health cannot be ignored. With a good understanding, stigma and discrimination against individuals with mental disorders can be eliminated. This also allows recovering patients to be empowered and participate optimally in community life. Furthermore, a good understanding of the community also allows them to play an active role in early detection of people with mental disorders, so that they can immediately receive appropriate treatment. Thus, through joint efforts, it is hoped that the community can make a positive contribution to promoting mental health in Indonesia, in accordance with the Ministry of Health's 2023 outlook.

In line with this (Mitayasari, 2018) states that the treatment of people with mental disorders (ODGJ) does not only include pharmacological factors, but involves other factors that are very complex. In addition to appropriate pharmacological treatment, environment-based treatment is needed. This environment-based treatment utilizes the environment around the client as a means of therapy. Environmental therapy is able to

increase client interaction with family and the surrounding environment, increase client and family knowledge, increase client creativity and be able to prevent relapse (Rohmi, 2018).

Based on the above phenomenon, this study aims to empower the community to detect mental disorders early in their environment. Through counseling and training, we will provide knowledge to the community about the early signs of mental illness and how to identify them. In addition, this study will also build awareness and understanding of the importance of responding quickly to indications of mental illness. As such, the community will be more skilled in providing early support to individuals who may be experiencing mental health issues.

## **RESEARCH METHOD**

The method used in this research is a descriptive research method with a qualitative approach. Descriptive research is a type of research that seeks to describe or describe and describe the situation as it actually occurs based on existing facts, and try to find a way to solve it. Key informants in this study include Health Cadres, Village Heads, Neighborhood Heads, Religious Leaders, Bahu Health Center Health Workers, and the Village PKK Movement Team.

Data collection techniques are interviews, observation, and documentation. In supporting the data collection process and obtaining the desired data, researchers use instruments in the form of: (1) interview or interview guide, which is a list of questions asked to informants. This is useful in directing researchers in data collection, especially in conducting interviews. (2) Supporting tools which include field notebooks and stationery used to record what is heard, seen, and thought in the context of data collection in the field. Data analysis was carried out in several stages, namely data collection, data reduction, data presentation, and conclusion drawing.

## **RESULTS AND DISCUSSION**

People with mental disorders (ODGJ) are people who experience disturbances in thoughts, behaviors, and feelings that are manifested in the form of a set of symptoms and meaningful behavioral changes, and can cause suffering and obstacles for the person so that they cannot be economically and socially productive. In society, people with mental disorders still receive discriminatory treatment, stigma, and are excluded from the environment (Mane et al., 2022). Mental illnesses include various mental disorders that affect a person's thoughts, emotions, and behavior. Some examples of common mental

illnesses include depression, anxiety, bipolar, schizophrenia, and eating disorders (Yusmaliani, 2019).

Various respondents' views on mental disorders created a diversity of perspectives. Health workers from the pukesmas provided a comprehensive overview of mental disorders by detailing some of the conditions included, such as anxiety, bipolar, depression and eating disorders. This approach provides a broad framework for understanding the complexity of the issue.

The high prevalence of ODGJ (People with Mental Disorders) in Indonesia is a serious problem. A high quality of life is followed by a large social role. Previous research states that the relationship between other individuals and ODGJ (People with Mental Disorders) will affect, change, or improve the behavior of other individuals considering that humans are social creatures so in social relationships, humans can realize life and can develop into a whole human being, the term social refers to relationships between people groups such as the family environment. So the support or role of other individuals can affect the quality of life of ODGJ (People with Mental Disorders) (Afconneri & Puspita, 2020).

Stigma is one of the inhibiting factors in the recovery of people with mental disorders (Danukusumah et al., 2022). The community has a role in overcoming mental disorders, and mental health cadre training is carried out in order to increase knowledge, self-efficacy, and early detection skills of mental health cadres in the community (Mawaddah & Wisnusakti, 2022).

Meanwhile, a religious figure emphasized the importance of treatment for people with mental illness, and voiced the view that patients should be treated in mental hospitals. By focusing treatment on environments specifically aimed at treating mental illness, he highlighted the need for a more specialized and targeted approach to treating individuals with mental health issues.

The quality of life of ODGJ is highly influenced by support from the family. Good family support will improve the quality of life of ODGJ. This cannot be separated from the function of care or health maintenance by the family. In this function, the family also plays a role in the concept of health and illness when family members experience health problems so that the health needs of their family members can be met (Sanchaya et al., 2018).

Most people in Indonesia still negatively view patients with mental disorders as someone who is dangerous and whose illness cannot be cured (Pangestika et al., 2019). This happens because people do not have a good understanding of the causes and treatment of patients with mental disorders (Pangestika et al., 2019). Although some mental disorders may be chronic, many people with mental disorders can experience significant improvement through appropriate treatment. The role of family and community is also important in supporting the healing process of patients with mental disorders (Ridfah et al., 2022). The community's negative view of mental disorders often leads to inappropriate treatment of sufferers, even though proper understanding and social support can help the healing process (Pangestika et al., 2019).

Religious leaders have also condemned the practice of pasung, emphasizing that it is not good. Their statements reflect concerns for the human rights and welfare of individuals who may be subjected to inhumane treatment in attempts to address mental illness. As such, discussions on mental illness not only enrich understanding of the condition, but also open up space for critical reflection on treatment practices that may be controversial or harmful.

Caring for family members who experience mental disorders is the responsibility of the family as long as the patient lives with the family. Families must have a lot of patience in caring for mentally ill patients, especially since mental health services in border areas are difficult to reach (Tatangindatu & Pangandaheng, 2020). This is in line with the statement of the Head of the Neighborhood, showing awareness of the complexity of factors that cause mental disorders. His understanding includes family, genetic and drug issues as potential contributors to the condition. By identifying these factors, he provides a foundation for more effective preventive and treatment measures. His recommendation for regular treatment at a psychiatric hospital demonstrates an understanding of the importance of long-term management of mental health.

On the other hand, statements from Kelurahan Kleak highlighted the collaborative aspect of responding to mental health issues. The importance of cooperation from all parties, including the government, reflects the view that solutions to mental illness are not only the responsibility of individuals or families, but also involve the full support and participation of the community and government authorities. As such, her response

emphasized the importance of a cross-sectoral approach and cross-agency cooperation to achieve positive change in community mental health.

People with mental disorders need intervention and rehabilitation to be able to live a decent life. Family, community and government support is needed to achieve healing and prevent relapse. (Habita, 2017) suggests that support from family, community, and government is a crucial factor in the healing process and prevention of relapse. The presence of family support reflects a very vital role in providing protection and attention to individuals who experience mental disorders. In addition, support from the community can create a social environment that supports recovery and reduces stigmatization of people with mental illness. The role of the government is also recognized as an important factor, as government involvement can shape policies and programs that support recovery and relapse prevention efforts for individuals with mental illness. This analysis highlights that a holistic approach involving various parties can have a positive impact on improving the quality of life of people with mental illness.



**Figure 1. Activity during counseling**

The role of mental health cadres in counseling by approaching families with mental disorders, and monitoring the development of individuals with mental disorders. In line with cadres who are committed to the treatment of mental disorders, they believe that treatment and care in mental hospitals can be an effective solution to overcome this problem. In their view, the role of family and doctors is very important in ensuring the recovery of patients with mental disorders. They believe that family support and medical guidance can create a supportive environment for recovery.

Research conducted by Iswanti & Lestari (2018) and Nafiah & Kamalah (2021), cadres have an important role in overcoming mental health problems in the community, such as approaching families with mental disorders, monitoring the development of

individuals with mental disorders, and providing information to mobilize families to refer patients with mental disorders.

A Health cadre, highlighted the urgency of socialization to improve public understanding of mental disorders. A better understanding among the community is considered a crucial step towards eliminating the negative stigma surrounding mental health issues. This socialization is expected to help create a more inclusive and supportive social environment for individuals with mental illness. Overall, the views of the Health Cadres reflected the importance of a holistic approach in the treatment of mental illness. Medical treatment in mental hospitals is balanced with the active role of families and socialization efforts in the community to create comprehensive support for individuals facing mental health challenges.

The views of the PKK Movement Team revealed that it provides a holistic and comprehensive perspective on mental health treatment. Tim Penggerak PKK not only advocates for curative measures, which involve direct medical treatment, but also highlights promotive, preventive and rehabilitative aspects. Her inclusive approach reflects a deep understanding of the complexity of mental health issues, and she is likely to prioritize prevention and rehabilitation efforts as an integral part of the solution. Another cadre, meanwhile, gave a strong assessment of the practice of pasung, stating that it violates human rights. Her recommendation to bring the sufferer to a mental hospital demonstrates her belief in a more holistic and humane medical approach to dealing with mental health issues. Thus, their views together highlight the complexity and urgency of mental health treatment, and emphasize the need for a comprehensive approach in accordance with human rights principles.

One health cadre strongly emphasized the importance of treatment in mental hospitals and reporting cases of mental illness to social services. In her view, this reflects the need for a holistic approach to handling mental health problems in the community. According to her, not only medical treatment is needed, but also social support, the role of the family, and government attention. Socialization is key to increasing public understanding of mental health issues, while medical care and the role of the family can provide consistent support to sufferers.

The importance of reporting cases of mental illness to the social service office shows that handling this problem is not only individual, but also requires the involvement of

authorities and effective resource management. The conclusion is that cross-sectoral cooperation, including the active role of the government, is needed to address mental health issues as a whole. By involving various parties and focusing on social aspects, medical care, the role of the family, and government support, it can be expected that the number of mental disorders can be reduced and the quality of life of patients can be significantly improved.

Several studies have highlighted the role of families in caring for patients with mental disorders and the factors that influence patient adherence to treatment. For example, one study showed that the role of family is crucial in the recovery process of patients with mental disorders, especially in preventing relapse (Manda et al., 2018). In addition, factors such as economic ability, distance, perception, and trust also affect patient compliance with treatment (Manik, 2020). This shows the complexity of treating mental disorders and the need for active roles from various parties, including families and communities, in supporting people with mental disorders.

Suggestions that can be given to the Government in relation to mental health control in the community are to increase training and counseling for mental health cadres and families regarding early detection, management, and first aid for mental disorders. This is important to ensure that mental disorders can be detected and treated appropriately and quickly. In addition, it is recommended to continue to provide regular counseling and training programs to improve the knowledge and skills of the community in dealing with family members with mental disorders.

## **CONCLUSIONS**

The results of the analysis emphasize the importance of community understanding of early detection of mental health disorders, by increasing community education about community-based mental health disorder control efforts. From the results of interviews with informants, it appears that their understanding of efforts to control mental health disorders is quite adequate. However, they still tend to rely on health facilities and medical personnel. Therefore, it is necessary to increase education so that the community can be more active in detecting and understanding their role in controlling mental health disorders in the community. Thus, it is hoped that greater awareness and participation from the community can be created in maintaining the mental health of themselves and those around them.



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