Early Detection of Mental Health Problems in the Family: A Case Study of PRA Tirtonirmolo Selatan Bantul Yogyakarta

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Abstract. The globalization era has entered the industrial revolution 4.0 which encourages increased connectivity, interaction, and optimal use of communication technology in human life. This development has the potential to empower individuals and communities as it can create new opportunities in economic, social, and personal development. However, this trend is also accompanied by a significant increase in the number of mental disorders. This problem is felt by PRA of Tirtonirmolo Selatan, where people in the neighborhood tend to be ignorant and unconcerned about mental health symptoms that are actually already owned by several people around them. Awareness of the importance of mental health only emerged when there was a case of murder of one of its cadres by his own family members who experienced mental disorders. To anticipate the potential threat of mental disorders in the future, it is necessary to explore how the community in the Tirtonirmolo Selatan neighborhood understands mental health and what efforts to increase community awareness about potential mental health problems. The approach used was to conduct promotion and prevention aimed at cadres and members of PRA Aisyiyah as the driving force for early detection. The result was that there were misconceptions and negative perspectives about mental health. After raising awareness about mental health, an early detection movement for symptoms of mental health problems was carried out through the formation of an information cluster on mental health problems involving PRA of Tirtonirmolo Selatan cadres.

Keywords: mental health problems, Aisyiyah, globalization, technology

1 Introduction

The current era of globalization has entered the development of industry 4.0, which is marked by the unification of several technologies that combine automation technology with cyber physical system technology. This combination is characterized by the Internet of Things, Big Data, Cloud Computing, and Artificial Intelligence (Tjandrawinata, 2018; Rizkinaswara, 2020). In addition, 75% of jobs increasingly involve science, technology, engineering and math skills, the internet of things, and lifelong learning (Zimmerman, in Ministry of Research, Technology and Higher Education, 2018). This development can be felt through increased connectivity, interaction, and optimal utilization of technology and communication. The industrial revolution 4.0 has the potential to empower individuals and
communities because it can create new opportunities in economic, social, and personal development (Tjandrawinata, 2018). However, this trend is also accompanied by a significant increase in the rate of mental disorders (Hasanah, 2020).

According to WHO, mental health is a condition of well-being that individuals realize, in which there are abilities to manage reasonable life stress, to work productively, and to participate in their communities. Mental health is as important as physical health for humans. With a person's mental health, other aspects of life in him will work more optimally. A healthy mental condition cannot be separated from a good physical health condition. However, mental health conditions in Indonesia can be likened to an iceberg. The prevalence looks small, but many cases are not recorded. Based on data from the 2017 Global Health Data Exchange, the prevalence of mental disorders in Indonesia at productive age (20-54 years) reached 15.91 million people or 58.3 percent of the total number of people with mental disorders of all ages (27.26 million people) (Purwanto, 2019, October 10). This increase is supported by the presentation of Riskesdas by the Ministry of Health (2018) which shows the prevalence of emotional disorders at the age of 15 years and over reached 9.8 percent of the population. This figure increased if compared to 2013, which amounted to 6.1 percent. In addition, the 2018 Riskesdas results also explained that the prevalence of depression in the population aged >15 years reached 6.1% of the total population, and schizophrenia reached 7 per 1,000 population. The two trends of technological development and the increase in mental health problems are certainly an important concern for all parties. Technological advances lead to an era of modernity that demands automation and speed in various aspects of activities, especially in work. According to the World Economic Forum (2019) in The Global Risk Report 2019, complex transformations that connect social, technological and occupational aspects have a profound influence on the human experience. Issues such as psychological stress, related to feelings of inability to control or deal with uncertainty, require special attention to reduce the risk of reduced psychological well-being.

Pimpinan Ranting Aisyiyah (PRA) is the structural level of Aisyiyah at the village level, and is the spearhead for Aisyiyah's Islamic da'wah movement, as the PRA reaches out and interacts directly with Aisyiyah's members. In the course of women's social activities under Muhammadiyah, PRA of Tirtonirmolo Selatan experienced various social developments that demanded more serious involvement. One of them was the incident that happened to one of its cadres who was the victim of murder by her own family members who had mental health problems. This incident occurred on October 10, 2022. This incident became a trigger for the board to pay more serious attention to mental health issues. This is driven by several facts in the field
that people tend to be ignorant and even do not care about mental health symptoms that are actually already owned by several people around them. Moreover, the community tends to see mental health problems as being caused by various clichéd things such as black magic, witchcraft, and so on. According to them, mental health problems are not important, let alone getting intensive care and treatment. In addition, if a mental health case is found in a family, there is a tendency for other family members to try to cover up and hide it from the environment and even the closest health workers. This is driven by feelings of shame and considering it a disgrace to have a mentally ill relative.

From interviews with several PRA of Tirtonirmolo Selatan administrators, it was found that the community is less aware of the impact of globalization, especially the development of technology, communication and information, which has the potential to disrupt daily life, including in the aspect of individual mental health. In addition, the community is also less aware of what mental health problems are, the causes and symptoms that indicate someone around them is experiencing mental health problems, as well as the impacts/threats that can be caused. This leads to a lack of knowledge and experience in recognizing the symptoms of mental health problems and how to respond to them.

2 Methodology

To solve the problems mentioned above, the methods applied are:

a. Communicating the activity plan with PRA of Tirtonirmolo Selatan and completing the administrative requirements to carry out the activity.

b. Providing knowledge about the phenomenon of globalization and its impact on social life through counseling on the development of technological globalization on the potential for mental health disorders

c. Providing knowledge and understanding of what mental health is, its causes and impacts through counseling delivered by a clinical psychologist

d. Conduct a workshop to develop an early detection mechanism that can be carried out by PRA administrators and members to create an alternative early detection mechanism that can be done by PRA of Tirtonirmolo Selatan.

3 Result and Discussion

Based on Law No. 18 of 2014 concerning Mental Health, it has been stated that efforts to improve mental health are carried out to realize an optimal degree of mental health for each individual, family, and community
with a promotive, preventive, curative, and rehabilitative approach which is organized in a comprehensive, integrated, and sustainable manner by the Government, Regional Government, and/or the community. The promotive and preventive approach aims to increase knowledge about mental health and reduce the occurrence of mental disorders. This approach involves various parties not only the government with its various apparatuses, but also involves individuals, families and communities. In this approach, the involvement of the immediate environment of an individual who has the potential or mental health problems plays an important role in being able to detect the possibility of the appearance of symptoms of mental disorders. The outcomes of the promotive approach are intended to promote positive mental health by improving psychological well-being, competence and resilience, as well as fostering a supportive environment, while preventive outcomes are achieved as an accompanying result of promotive efforts, for example by increasing positive mental health, it can reduce the risk of mental disorders. Mental health promotion and prevention can be carried out in the widest possible environment in the form of psychoeducation, early detection, and counseling, especially in improving community mental health literacy. Jorm (2012) explains that mental health literacy is not as simple as a matter of knowledge alone, but the knowledge is manifested in actions that are beneficial to oneself and others. Furthermore, Jorm (2012) outlines the components of mental health literacy, including knowledge about the prevention of mental disorders, the development of mental disorders, alternative help and treatment, effective self-help strategies for mild mental problems, and first aid for others who are indicating mental problems.

In the curative approach, services can only be provided by medical personnel, including doctors, psychiatrists, and clinical psychologists, as this involves diagnosis and treatment of people with mental problems or mental disorders. Meanwhile, the rehabilitative approach can take the form of psychiatric-psychosocial rehabilitation and/or social rehabilitation that aims to prevent or control disability, restore social and occupational functions, and prepare and enable people with mental illness or even mental illness to be independent in the community. Thus, effective collaboration of these various approaches can work complementary, so that the number of cases of mental disorders can be reduced. Mental health efforts must be carried out collaboratively within an ecological framework, to achieve optimal results, roles are needed from the individual, family, community, to the state level.

In a simple ecological framework of various multi-actor roles in mental health issues, Ward (2014) describes the relationship between these actors as illustrated in the following figure:
Figure 1
A simple ecological framework of different roles in mental health

In the figure presented by Ward (2014) above, the community level such as society, peers, professionals, and other groups have a role in education, assistance, and support. The family level is the core support group that is important for each individual's mental health needs. Healthy family relationships and good parenting will build mental health for each family member, and most importantly, individual awareness and responsibility in managing their health. One of the most important aspects that individuals must have is self-awareness. Ward (2014) explains that self-awareness involves awareness of thoughts and feelings, coping mechanisms, strengths and vulnerabilities, as well as most of the values that motivate our goals and actions. It is at this community level that the role of community organizations such as PRA of Tirtonirmolo Selatan can play an important role in mental health issues. Aisyiyah, whose members are all women, can play a strategic role as an agent for the dissemination of knowledge about mental health as well as early detection and prevention of mental health problems. Members and administrators should at least convey the information at the level of their nuclear family, and then in the wider environment around them. The hope is that there will be a snowball effect in spreading knowledge and early detection of mental health problems by maximizing the network of members and administrators of PRA of Tirtonirmolo Selatan.

Based on the results of questionnaires and interviews after the counseling on globalization and explanation of mental health issues, it was found that in general, members and administrators of PRA of Tirtonirmolo Selatan know what globalization is and its impact on life. However, the majority of them stated that they did not know the impact of globalization, especially its effect
on mental health. They tend to understand that mental health problems are caused by genetics and clairvoyant factors such as black magic or bad ghost. Rarely do they realize that mental health problems can be caused by environmental factors, especially the impact of globalization. The use of technology such as mobile phones with various social media applications, television, radio, etc. that provide massive and sometimes unfiltered information and entertainment have a negative impact on mental health. In addition, a small number of participants did not realize that mental disorders were caused by excessive stress not resolved. Stress is the pressure that we feel in life. The fact is that stress is unavoidable, we need it as a dynamic of life, and everyone has it, but he has different reactions to stress. These reactions often trigger mental health problems. In the counseling, some information is also provided on how to identify someone experiencing mental health problems, from the mildest to the level that needs medical care. This knowledge is very useful to prevent mental health problems from progressing to advanced levels and is the initial capital to build early detection in a wider environment.

During the workshop, participants discussed mechanisms to build an early detection network among members and PRA of Tirtonirmolo Selatan administrators. Based on the results of the discussion in the workshop, considering that the majority of members and administrators already have cellphones and have joined the Whatsapp group as the communication media, if there is a detection in the surroundings that someone has a mental health problem, so this finding is reported in the PRA of Tirtonirmolo Selatan Whatsapp group. This information can then be reported by the Health Assembly management to the nearest health center. This networking system is then referred to as a mental health problem information cluster. It is hoped that with this cluster, mental health problems in PRA of Tirtonirmolo Selatan environment can be reduced and resolved quickly. Efforts to manage potential threats from mental health problems are made to increase knowledge about mental health issues and how to handle them within the family and the environment. The role of the community is central, especially the network of members and administrators in efforts to early detection of mental health.

4 Conclusion

The development of globalization, including the development of technology and transportation, has brought various positive and negative consequences to human life. One of them is mental health problems. If this problem is not detected quickly, the resulting impact can threaten the life of an individual and the environment in which he or she comes from.
Reference


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