

**FAMILY'S PERCEPTIONS OF MENTAL DISORDERS PATIENTS  
AT REGIONAL MENTAL HOSPITAL Dr. ARIF ZAINUDDIN  
SURAKARTA**

**Tsania Brillianty H; Arum Pratiwi**

**Program Studi Sarjana Keperawatan, Fakultas Ilmu Kesehatan, Universitas  
Muhammadiyah Surakarta**

**Abstrak**

Mental disorders are a maladaptive response to stressors from the internal and external environment which are indicated by thoughts, feelings, and behaviors that are not in accordance with the norm and can interfere with individual social, occupational and physical functions (Eni and Herdiyanto, 2018). The family is an important source of treatment for sick family members. This study aimed to determine the family's perception of mental patients at Regional Mental Hospital Dr. Arif Zainudin Surakarta. This study was a type of quantitative research that used accidental sampling technique. There were 40 respondents in this study and used a questionnaire about perceptions of mental disorders. This study was conducted at Outpatient Clinic of the Arif Zainudin Regional Mental Hospital, Surakarta. The instrument used in this study was a questionnaire containing respondent demographics and family's perceptions of mental disorders. The results of this study showed that the majority of respondents had a good perception of Mental Patients. Judging from the majority of respondents have positive perceptions (87.5%) and negative perceptions (12.5%). In this study, the data analysis used was univariate central tendency analysis. Then, the data that has been analyzed will produce results in the form of tables and descriptions to determine family's perceptions of family members who experience mental disorders. Good perceptions will help the healing process of ODGJ. The role and involvement of the family in the process of healing and treating patients with mental disorders is very important, because the role of the family is very supportive in the recovery process for people with mental disorders. Researchers who will conduct research in the future are expected to be able to take research samples, expand the scope of research, and add other factors that can affect the healing process of patients with mental disorders.

**Keyword :** perception, family, mental disorders.

## **1. INTRODUCTION**

Mental health disorders are a maladaptive response to stressors, originating from the internal and external environment, which are manifested in thoughts, feelings and behaviors that are not normal and can interfere with a person's social, work and physical functions (Eni and Herdiyanto, 2018). Mental health disorders can

affect important functions in a person, such as the sufferer's activities, social life, work rhythm and family relationships. Maintaining mental health is very important because mental health disorders are a group of disorders that affect mental health, emotions, behavior and socialization or interactions with people around sufferers (Ika, 2018). The phenomenon of mental health disorders is currently increasing significantly compared to the previous year. According to data (WHO, 2016), around 35 million people suffer from depression, 60 million people have bipolar disorder, 21 million people suffer from schizophrenia, and 47.5 million people suffer from dementia. In Indonesia, the prevalence of psychoaffective disorders that cause symptoms of depression and anxiety in people over 15 years of age is around 6.1% of the entire Indonesian population (Widianti, 2018). In addition, currently there are around 400,000 severe mental disorders such as schizophrenia, or 1.7 cases per 1,000 population according to data (RI Ministry of Health, 2018).

Based on data from the Arif Zainuddin Surakarta Regional Mental Hospital in 2015 there were 35322 people, in 2016 there were 38210 people, in 2017 there were 43877 people, in 2018 there were 2146 people, in 2019 there were 43877 people, there were 2147 people, and in 2020 as many as 1939 people. Of the many patients with mental disorders, not only patients who have recently experienced mental disorders, but also patients with recurrent mental disorders (Medical Records RSJD Surakarta, 2017).

The family is an important source of treatment for sick family members. Good attitude through family and social support can help reduce the effects of stress and directly improve mental health. In addition, a good family attitude is an important coping strategy during times of stress. A good attitude in the family can also serve as a preventive strategy to reduce stress and its negative effects. In addition, the family has basic functions such as providing affection, providing a sense of security and belonging, and preparing individuals to carry out their adult roles in society.

However, in the current phenomenon, if one of the family members is diagnosed with a mental disorder, then other family members and the community will actually suggest reporting to a mental hospital or psychologist immediately,

even worse, the person with mental disorder will be exiled. chained, so as not to become a disgrace to the family. This has a negative impact on patients, who then experience a difficult recovery and frequent relapses. Therefore, people with mental disorders need to get support from their families in the healing process.

Based on the background above and the researcher's experience when conducting Psychiatric Clinical Practice, regarding the existence of patients in the RSJ who experienced relapse, one of which was because the family ignored and alienated them, the researcher was interested in conducting research on "Family Perceptions About Mental y Disordered Patients at Dr. Arif Zainuddin Surakarta.

## **2. METHOD**

This type of study is quantitative research with a descriptive narrative research design. Descriptive research design is research that tries to describe side effects, events that are currently happening, while the methodology is quantitative because it uses numbers, starting from various information, understanding information, and results (Wahyuningsih, 2013).

In this study, the population studied was families visiting families with mental disorders or families accompanying family members for treatment at the Outpatient Polyclinic, Regional Mental Hospital Dr.Arif Zainuddin Surakarta. The instrument used in this study used a questionnaire containing the demographics of the respondents, namely name, age range, gender, address, occupation, and relationship with the patient. Then the questionnaire also contains family perceptions about mental disorders. In the questionnaire there will be several questions regarding family perceptions of family members who experience mental disorders and the answers to these questions will use a Likert scale, namely Strongly Agree, Agree, Undecided, Disagree and Strongly Disagree.

In this study, the data analysis used was univariate central tendency analysis. Then the data that has been analyzed will produce results in tabular form and are described to determine family perceptions of family members who experience mental disorders.

### 3. RESEARCH RESULT AND DISCUSSION

#### 3.1. Results of Research

The results obtained from research conducted November 2022 – January 2023 are as follows

##### 3.1.1 Characteristics of Respondents

**Tabel 1. Distribution of Respondent Characteristics**

| Characteristics         | Total (n) | Percentage (%) |
|-------------------------|-----------|----------------|
| Gender                  |           |                |
| 1. Male                 | 24        | 60.0           |
| 2. Female               | 16        | 40.0           |
| Age                     |           |                |
| 1. 17 - 25              | 3         | 7.5            |
| 2. 26 - 35              | 9         | 22.5           |
| 3. 36 - 45              | 12        | 30.0           |
| 4. > 46                 | 16        | 40.0           |
| Job                     |           |                |
| 1. Entrepreneur         | 23        | 57.5           |
| 2. Retired              | 3         | 7.5            |
| 3. Unemployed           | 2         | 5.0            |
| 4. Civil Servant        | 3         | 7.5            |
| 5. Laborer              | 9         | 22.5           |
| Relations with Patients |           |                |
| 1. Father               | 8         | 20.0           |
| 2. Mother               | 5         | 12.5           |
| 3. Husband              | 3         | 7.5            |
| 4. Wife                 | 3         | 7.5            |
| 5. Sib                  | 16        | 40.0           |
| 6. Child                | 5         | 12.5           |

Characteristics of respondents (Table 1) In this study the majority of respondents were male, 24 people (60%), with the majority age > 46 years, 16 people (40%), had jobs as entrepreneurs, 23 people (57.5%) ) , and the majority had sibling relationships with patients as many as 16 people (40%).

##### 3.1.2 Univariate Analysis

The questionnaire contained questions about family perceptions of family members with mental disorders. This perception questionnaire contains 8 statements, where statements 1, 2, 3, 6, 7, and 8 are statements that are liked, and statements 4 and 5 are statements that are not liked. Assessment for statements 1, 2, 3, 6, 7, and 8 both have a value of 5: Strongly agree 4: Agree, 3: Simply Agree,

2: Disagree, and 1: Strongly Disagree while statements 4 and 5 have score 1: Strongly Agree, 2: Agree, 3: Fairly Agree, 4: Disagree, and 5: Strongly Disagree

**Tabel 2. Family Perceptions of Mental Disorders**

| <b>Family Perceptions</b> | <b>Total (n)</b> | <b>Percentage (%)</b> |
|---------------------------|------------------|-----------------------|
| Positive Perceptions      | 35               | 87.5                  |
| Negative Perceptions      | 5                | 12.5                  |

The results of the univariate analysis (Table 2) showed that the majority of respondents had a positive perception of mental disorders as many as 35 respondents (87.5%) and the remaining 5 people (12.5%) had a negative perception.

**Tabel 3. Data Analysis Questionnaire all questions**

| <b>Questionnaire</b> | <b>Total (n)</b> | <b>Percentage (%)</b> | <b>Mean</b> | <b>Std. Deviation</b> |
|----------------------|------------------|-----------------------|-------------|-----------------------|
| Strongly Disagree    | 76               | 23.8                  | 3.50        | 1.676                 |
| Disagree             | 31               | 9.7                   |             |                       |
| Simply Agree         | 18               | 5.6                   |             |                       |
| Agree                | 46               | 14.4                  |             |                       |
| Strongly Agree       | 149              | 46.6                  |             |                       |

The results of the analysis of the questionnaire (Table 3) given to the respondents found that of all the questions the majority of respondents chose to strongly agree in filling out the questionnaire, namely 149 respondents (46.6%) and the other 76 (23.8%). respondents chose strongly disagree with a mean of 3.50 and std. deviation 1676.

## 3.2 Discussion

### 3.2.1 Characteristics of Respondents

Based on the gender of the respondents, it can be seen that the majority of respondents were male, namely 24 respondents (60%). One reason is the availability of time to take family members for outpatient treatment.

Characteristics based on the age of the majority of respondents aged 46 years and over with a frequency of 16 respondents (40%). Research conducted by Triana & Pratiwi (2019) also proved relevant, namely the results of the majority of respondents having an age range of 41 years and over with a percentage of 26.3%.

This age is included in the adult age group. Adults play roles and functions in family upbringing and are responsible for family decision making. Adults are considered ready to process new information obtained, so that the older a person is, the more confident they are to come to health care facilities (Rahayuni et al., 2017).

As many as 23 respondents (57.5) are self-employed because they have flexible working hours so they can take patients for outpatient treatment. Judging from the operational hours of the psychiatric polyclinic at RSJD Dr. Arif Zainudin Surakarta from 07.00 to 14.00 noon, so that the majority of those accompanying family members for outpatient treatment are self-employed. That's because at that hour they have more free time compared to other professions. Previous research by Cantika Marchellany (2022) showed results that were relevant to this study, namely the majority of respondents did not work as many as 14 respondents (35%).

Characteristics of the relationship status with sufferers are mostly relatives of sufferers as many as 16 respondents (40%). They are considered to have better knowledge and experience when compared to parents of sufferers so that their good attitude can provide positive support for people with mental disorders. . A good family attitude is one of the important coping strategies that individuals must have when experiencing stress. A good attitude from the family also serves as a preventive strategy to reduce stress and its negative consequences (Aji, S. S. (2021)).

### 3.2.2 Family perceptions of mental patients

Based on this study shows that the family's perception of patients with mental disorders is positive. Judging from the majority of families who have positive perceptions as much as (87.5%) and who have negative perceptions as much as (12.5). In line with research conducted by Nadya Novita Mentang, et al in 2021 that the majority of respondents had a good perception (90.1%), this means that if the family's perception is good for family members who have mental disorders, it will help the patient recover. process with mental disorders. Conversely, if the family's perception is not good regarding mental disorders, it will hinder and even

aggravate the healing process for patients with mental disorders because there is no support from the family.

#### **4. CLOSING**

Based on the results of the study, the conclusions that can be obtained are as follows

- 1) The characteristics of the majority of respondents are male with a percentage of 60%, the majority age is > 46 with a percentage of 40%, the majority work as self-employed with a percentage of 57.5%, and the majority of family relationships with ODGJ are relatives of ODGJ with a percentage of 40%
- 2) The results of the research conducted, some respondents had positive perceptions (87.5%) and negative perceptions (12.5%). It shows that the families of mental patients at the Dr. Arif Zainnudin Surakarta Regional Mental Hospital have a good perception so that this will also have a big influence as support for the recovery of these patients.

#### **BIBLIOGRAPHY**

- Anggraini, N. (2020). Pengaruh Pendidikan Kesehatan Jiwa Terhadap Pengetahuan dan Sikap Keluarga dalam Mencegah Kekambuhan Pada Orang Dengan Gangguan Jiwa (ODGJ). *Proceeding Seminar Nasional Keperawatan*, 6(1), 179-184
- Anshori, M., & Iswati, S. (2019). *Metodologi penelitian kuantitatif: edisi 1*. Airlangga University Press.
- Cronk, B. C. (2019). *How to use SPSS®: A step-by-step guide to analysis and interpretation*. Routledge.
- Hartanto, A. E., Hendrawati, G. W., & Sugiyorini, E. (2021). Pengembangan Strategi Pelaksanaan Masyarakat Terhadap Penurunan Stigma Masyarakat Pada Pasien Gangguan Jiwa. *Indonesian Journal for Health Sciences*, 5(1), 63-68.
- Ika (2018) Hubungan Pengetahuan dan Sikap Keluarga dengan Tingkat Kecemasan Dalam Merawat Anggota Keluarga yang Mengalami Gangguan Jiwa di Wilayah Kerja Puskesmas Sijunjung Kabupaten Sijunjung Tahun 2018', *Jurnal Keperawatan*.
- Kemkes RI (2018) Hasil Riset Kesehatan Dasar Tahun 2018', *Kementrian Kesehatan RI*, 53(9), pp. 1689-1699.



- Kusumaningtyas, R. (2017). Pengaruh Pendidikan Kesehatan Jiwa Keluarga Terhadap Pengetahuan dan Sikap Pencegahan Kekambuhan Gangguan Jiwa di Desa Makamhaji Kecamatan Kartasura Kabupaten Sukoharjo. Universitas Muhammadiyah Surakarta
- Lestari, F. S., Winarsih, S. K., Kep, N. E. M., & Kartinah, A. K. (2012). *Hubungan Persepsi Keluarga Tentang Gangguan Jiwa Dengan Sikap Keluarga Pada Anggota Keluarga Yang Mengalami Gangguan Jiwa Di Rumah Sakit Jiwa Daerah Surakarta* (Doctoral dissertation, Universitas Muhammadiyah Surakarta).
- Marchellany, C., & Arum Pratiwi, S. K. (2022). *Perbedaan Tingkat Pengetahuan Keluarga Tentang Gangguan Jiwa Sebelum Dan Sesudah Diberikan Penyuluhan Kesehatan Di Rumah Sakit Jiwa* (Doctoral dissertation, Universitas Muhammadiyah Surakarta)
- Mentang, N. N., & Azizah, F. N. (2021). Hubungan Persepsi Keluarga Tentang Gangguan Jiwa Dengan Dukungan Keluarga Dalam Pemulihan Orang Dengan Gangguan Jiwa (ODGJ) Di Wilayah Kerja Puskesmas Pajangan. *Jurnal Riset Daerah Kabupaten Bantul*, 21(4), 4075-4089.
- Muhlisin, A., & Pratiwi, A. (2017). Community-based participatory research to improve primary mental health services. *International Journal of Research in Medical Sciences*, 5(6), 2524-2528. <https://doi.org/10.18203/2320-6012.ijrms.20172441>
- Nurmaela, Suryani, & Rafiyah, L. (2018). The Relationship of Family Resilience with Relapse in the Schizophrenia Patients at Psychiatric Unit. *JKP*, 6(1), 18-24. <https://doi.org/10.24198/jkp>
- Oktarisa, A., & Arum Pratiwi, S. K. (2018). *Gambaran Faktor Faktor Pencetus Kekambuhan Pasien Yang Datang Kembali Ke Ruang Gawat Darurat Rumah Sakit Jiwa* (Doctoral dissertation, Universitas Muhammadiyah Surakarta).
- Pratiwi, A., Kartiko, J. M., Risnawati, P., Suwito, Muhlisin, A., & Widodo, A. (2020). Combination of antipsychotic medication and crisis intervention on outcomes of acute mental illness patient scale. *Biomedical and Pharmacology Journal*, 13(4), 1955-1962. <https://doi.org/10.13005/BPJ/2074>
- Rasiman, N. B. (2021). Pengetahuan Keluarga Tentang Perawatan Pada Orang Dengan Gangguan Jiwa Di Desa Suli Kecamatan Balinggi. *Pustaka Katulistiwa*, 2(1), 1-5.
- Roflin, E., & Liberty, I. A. (2022). *Metode Menghitung Besar Sampel pada Penelitian Kesehatan*. Penerbit NEM.
- Usraleli, U., Fitriana, D., Magdalena, M., Melly, M., & Idayanti, I. (2020).



Hubungan Stigma Gangguan Jiwa dengan Perilaku Masyarakat Pada Orang dengan Gangguan Jiwa di Wilayah Kerja Puskesmas Karya Wanita Pekanbaru. *Jurnal Ilmiah Universitas Batanghari Jambi*, 20(2), 353. <https://doi.org/10.33087/jiubj.v20i2.940>

Widianti (2018) Hubungan Stigma Gangguan Jiwa dengan Prilaku Masyarakat pada Orang dengan Gangguan Jiwa (ODGJ) di Jorong Surau Lubuak Kanagarian Tigo Balai Kecamatan Matur Kabupaten Agam Tahun 2018, Skripsi.

Widodo, A., & Pratiwi, A. (2021) Determinants of caregiver behaviour to the quality of life among psychiatric patients after removal of Shackles in Klaten and Sukoharjo. *Journal of Medicinal and Chemical Sciences*, 4(4)316-324 <https://doi.org/10.26655/JMCHEMSCL2021.4.2>

Widodo, D., Juairiah, J., Sumantrie, P., Siringoringo, S. N., Praghlapati, A., Purnawinadi, I. G., ... & Nasution, R. A. (2022). *Keperawatan Jiwa*. Yayasan Kita Menulis.

Yockbert, A., Ides, S. A., & Susilo, W. H. (2021). Persepsi Keluarga Terhadap Anggota Keluarga Dengan Gangguan Jiwa. *Carolus Journal of Nursing*, 3(2), 181-195.

