

A Qualitative Study: Stigma Among People With Mental Disorders

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ABSTRACT

Background: One of the problems in treating mental disorders is societal stigma. The stigma against people with mental disorders is in the form of negative views towards people with mental disorders.

Purpose: The aim of this research is to determine the public stigma towards people with mental disorders in Nglebeng Village, Panggul District, Trenggalek District.

Methods: This research design is qualitative with phenomenology approach. Informants were taken using a purposive sampling technique who met the inclusion and exclusion criteria with 4 informants. Data collection techniques through in-depth interviews and documentation with informants. Test the validity of the data where the researcher uses source triangulation. Data were analyzed using thematic analysis.

Results: Based on the results of this research. Based on the results of this research, 3 major themes were found, namely: 1. Community knowledge of people with mental disorders, 2. Factors forming community stigma towards people with mental disorders, 3. Community attitudes and behavior towards people with mental disorders.

Conclusion: Based on the research results, it can be concluded that the cause of the emergence of public stigma is the lack of information and public knowledge about what people with mental disorders.

Keywords: mental disorders, public knowledge, stigma

Received November 10, 2024; Revised December 12, 2024; Accepted January 3, 2025

DOI: <https://doi.org/10.30994/jnp.v8i2.651>



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BACKGROUND

Mental disorders are a health problem that focuses on disruption of a person's mental function. This situation can cause uncontrolled affects and emotions. Mental disorders according to the Practical Guidelines for the Diagnosis of Mental Disorders (PPDGJ) III, Maslim and Marasmis are a collection of abnormal conditions of a person which are typically related to a symptom and disorder, this is not only located in the relationship between the person but also with society (Yusuf, et al: 2015).

Mental disorders are a serious health problem because their numbers continue to increase, and include chronic diseases with a long healing process. One of the problems in treating patients with mental disorders is societal stigma which can hinder recovery. Negative stigma by the environment towards mental disorders patients not only causes the patient to be isolated from the environment, but also causes a psychological burden on the family which will become an obstacle to the patient's recovery (Hartanto et al., 2021). The causes of the emergence of stigma consist of both religious and cultural beliefs, level of knowledge, misinformation received by individuals from the environment, and lack of experience dealing with people with mental disorder directly (Herdiyanto et al, 2017).

Stigma is a negative view of a person due to religion, culture, level of knowledge, incorrect information received by the individual from the environment and lack of experience dealing people with mental disorder directly. Stigma is not only felt by people with mental disorder, but also families such as acts of violence such as feeling threatened by people with mental disorder, receiving different treatment such as separation, loss of status in the environment, and other social discrimination (Hanifah, 2021).

According to the World Health Organization (WHO), the problem of mental disorders throughout the world has become a very serious problem. WHO estimates that around 450 million people in the world experience mental health disorders. In 2020, it was reported that around 450 million people experienced mental disorders worldwide and it is predicted that this will increase, especially in developing countries. As many as 27% of the adult population aged 16-65 in Europe, Iceland, Norway and Switzerland experience mental disorders and it is predicted that 25% of people of a certain age will experience mental disorders (WHO, 2021).

This figure shows that the number of people suffering from mental disorders in society is still very high. There are several causes of health problems for people with mental disorders in the form of physical and emotional violence because society does not care about people with mental disorders (Ministry of Health of the Republic of Indonesia, 2015). People with mental disorders are declared cured and then returned to their families, but they often relapse because of the stigma of society which assumes that if they cannot recover, they are often ostracized in their environment, denied social roles and support and then bullied (Noorkasiani., Heryati & Ismail, 2009).

High stigma is influenced by the community's own environment as well as a lack of knowledge, good attitudes and actions for people with mental disorders. High stigma often gives people with mental disorder a bad attitude by giving negative nicknames or labels, lack of confidence and behavior that demeans other people which can make people's attitudes bad (Balingit, 2019). The stigma created by society towards people with mental disorders indirectly causes families or communities around people with mental disorder to be reluctant to provide appropriate treatment for people with mental disorder, which often results in people suffering from mental disorders not being treated properly. This makes sufferers have difficulty recovering and are vulnerable to recurrence (Edwar, 2020).

Efforts made to overcome the stigma of mental disorders based on Republic of Indonesia Law Number. 18 of 2014 is to carry out promotional efforts based on outreach

through programs to increase public understanding of mental disorders. There are still many cases of mental disorders in society that are handled incorrectly, so the government must maximize efforts to overcome mental disorders as a whole.

Based on the description above, research was conducted on "Stigma "Against People with Mental Disorders in Nglebeng Village, Panggul District, Trenggalek Regency."

OBJECTIVE

The aim of this research is to determine the public stigma towards people with mental disorders in Nglebeng Village, Panggul District, Trenggalek District.

METHODS

This research uses the method study qualitative with phenomenology. This research was carried out in Village Nglebeng Subdistrict Regency Trenggalek. Election participant in this study using a purposive sampling method. Purposive sampling technique is a technique for taking research data sources with various considerations. These considerations include, for example, the person who is considered to know the most about what we expect, or perhaps he or she is the person who has the most control so that it will make it easier for the researcher to explore the object or social situation being studied, the impact is that the data produced is of high quality (Sugiyono, 2018).

RESULTS

This research produced three major themes from the results of the thematic analysis. The three themes produced were 1) Community knowledge of people with mental disorder? 2) Factors forming stigma towards people with mental disorder 3) Community attitudes and behavior towards people with mental disorder.

The resulting themes will be described based on the specific research objectives. The results of the analysis of these themes are as follows:

1. Theme 1: Community knowledge of people with mental disorders

This theme is built from one sub-theme, namely environmental stigma in mental disorder patients. Within this theme, sub-themes are found, below we will explain each sub-theme along with the sub-sub-themes and categories found.

a. Sub theme 1: Negative assumptions related to discrimination against people with mental disorders

In the community's response to mental disorder patients, it was found from participants that the initial response when finding a mental disorder patient experiencing a crisis phase for the first time was an emotional response, physical response and behavioral response which were sub-sub themes of the community's initial response to seeing a patient in the crisis phase. In this research, the emotional response sub-themes were built from firm categories as expressed by participants as follows:

P 1(1a) : What I know is that people who have mental disorders are strange people, sis, and should be avoided because usually, they like to get angry and can hurt the people around them."

From this statement, public knowledge of people with mental disorders is not yet clear enough. Many people still look down on people with mental disorders. Society assumes that all people with mental disorders must often go on rampages and be dangerous.

b. Sub theme 2: Negative assumptions regarding signs in people with mental disorders

The second sub-theme was obtained from the theme of public knowledge of people with mental disorders. This sub theme is built from the sub themes of emotional response and. The emotional response sub-themes are built from the mention categories as expressed by participants as follows:

P1 (2a): "The signs are that they are experiencing mental disorders and acting in a way that can harm society, and people who experience mental disorders are usually people who are being used."

c. Sub theme 3: Community response to the condition of people with mental disorders

The third sub-theme obtained from the theme of community responses to patients with mental disorders is the community's opinion about the condition of people with mental disorders. This sub-theme is built from the compassion response sub-themes. The sub-themes of compassion responses are built from the compassion category as expressed by participants as follows:

P1 (3a): "Honestly, I really feel sorry for you, but I'm confused about what to do, so if someone is crazy, it's better if I walk away so I don't feel disturbed."

2. Theme 2: Factors that form community stigma towards people with mental disorders

This theme is built from one sub-theme, namely societal stigma towards mental disorder patients. Within this theme, sub-themes are found, below we will explain each sub-theme along with the sub-sub-themes and categories found.

a. Sub theme 1: Negative thoughts about the behavior of people with mental disorders

In the community's understanding of the term people with mental disorders, it was found from participants that the public's understanding of people with mental disorders is first an emotional response and an explaining response. In this research, the emotional response sub-themes were built from firm categories as expressed by participants as follows:

P1 (1b): "People who experience mental disorders are people who behave abnormally, such as talking to themselves and laughing to themselves."

b. Sub theme 2: Community feelings regarding the presence of people with mental disorders

The second sub-theme was obtained from the theme of people's feelings regarding the presence of people with mental disorders. This sub theme is built from the sub themes of emotional response and. The emotional response sub-themes are built from the fear category as expressed by participants as follows:

P1 (2b): "Afraid, because usually people who experience mental disorders do not behave like normal people, they can hit or throw stones at anyone."

c. Sub theme 3: Society's pity about the condition of people with mental disorders

The third sub-theme is derived from the theme of people's thoughts when they see people with mental disorders (PEOPLE WITH MENTAL DISORDER). This sub-theme is built from a response of compassion. The sub-themes of compassion responses are built from the category of concern as expressed by participants as follows:

P1 (3b): "It is very worrying because they are sometimes not fully dressed and do not want to change clothes if they are given clothes they don't want"

3. Theme 3: Community attitudes and behavior towards people with mental disorders**a. Sub theme 1: Feelings of being disturbed by the presence of people with mental disorders.**

In society's understanding of the term people with mental disorders, it was found from participants that society's first understanding of people with mental disorders was the public's response to people with mental disorders. In this research, the sub-themes of community responses about people with mental disorders are built from the category of explaining something they feel as expressed by participants as follows:

P1 (1c): "Actually, I'm not too bothered because it's not our family either, but I just feel uncomfortable because of his strange and dangerous behavior."

b. Sub theme 2: Community support in handling people with mental disorders

In society's understanding of handling people with mental disorders in this research, the sub-themes of community treatment for people with mental disorders are built from the category of responding to something they feel as expressed by participants as follows:

P1 (2c): "Strongly agree that people who experience mental disorders recover quickly so that they don't disturb the people around them and don't bother their family members."

c. Sub theme 3: Society's attitude towards people with mental disorders

The third sub-theme is derived from the theme of community attitudes and behavior towards people with mental disorders. This sub-theme is developed from the community's attitude towards people with mental disorders. The sub-themes of community attitudes and behavior are built from the category of feelings of indifference as expressed by participants as follows:

P1 (3c): "As long as they don't disturb them, leave them alone. If they are annoying, it's best to avoid them."

Based on the research results, it appears that the level of public knowledge about people with mental disorders still varies. Most people have limited knowledge. Public knowledge of people with mental disorders is still very lacking. There are several factors in the formation of public stigma. These factors include people's perceptions, people's feelings when they are around people with mental disorders, and people's thoughts about people with mental disorders. Society's perception of people with mental disorders is a major factor in the formation of stigma.

DISCUSSION**Negative stigma in society towards people with mental disorders**

Based on the research results, it appears that the level of public knowledge about people with mental disorders still varies. Most people have limited knowledge. Public knowledge of people with mental disorders is still very lacking. This is proven by the results of in-depth interviews with the public regarding the understanding of the term people with mental disorders. Society thinks that people who experience mental disorders are people who should be avoided. Many people still look down on people and also think negatively about people with mental disorders. This is the cause of the emergence of societal stigma towards people who experience mental disorders, one of the causes of which is people who view that people who experience mental disorders are people who behave abnormally and have no sense of shame. Society even doesn't care about these people because for them, people who experience mental disorders are also not members of their family.

Factors forming public stigma towards people with mental disorders

Based on the research results, it is known that there are several factors in the formation of public stigma. These factors include people's perceptions, people's feelings when they are around people with mental disorders, and people's thoughts about people with mental disorders. Society's perception of people with mental disorder is a major factor in the formation of stigma. People who do not have access or the opportunity to learn about mental disorders tend to have wrong and negative views. People feel afraid when they are around people with mental disorders, they assume that these people often go berserk and can even hurt the people around them. Many people feel afraid and worried when they are around people with mental disorder. This fear is often caused by stereotypes that people with mental disorder are dangerous or unpredictable. They are often avoided or excluded from social activities, which worsens their mental condition.

Community attitudes and behavior towards people with mental disorders

Based on the research results, it shows that the majority of people still have a negative attitude towards people with mental disorder. This was proven by interviews with the public, including an uncomfortable attitude towards people with mental disorders because of their strange and dangerous behavior, many people felt afraid or uncomfortable being around people with mental disorder. Community behavior towards people with mental disorder also tends to be negative. Several findings show that people with mental disorder often experience discriminatory treatment, such as being avoided in social interactions, shunned from the work environment, and even becoming victims of verbal and physical violence. This shows that the stigma against people with mental disorder is still very strong in society.

CONCLUSION

Based on the results of this research, 3 major themes were obtained, namely:

1. Public knowledge of people with mental disorders

Public knowledge about people with mental disorders is still diverse. Most people have limited knowledge. Society thinks that people who experience mental disorders are people who should be avoided.

2. Factors that form community stigma towards people with mental disorders

Several factors in the formation of public stigma include public perception, people's feelings when they are around people with mental disorders, and people's thoughts about people with mental disorders. Society's perception of people with mental disorders is a major factor in the formation of stigma.

3. Community attitudes and behavior towards people with mental disorders.

Community behavior towards people with mental disorder tends to be negative. People with mental disorder often experience discriminatory treatment, such as being avoided in social interactions, and even becoming victims of verbal and physical violence. However, apart from that, the community also supports if people with mental disorder is given special treatment by the health team.

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