

Description of Mental Health Promotion Activities at the Moyo Utara Community Health Center, Sumbawa Regency

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ABSTRACT

Mental disorders account for 16% of the global burden of disease and injury in people aged 10-19 years. A significant share of the global disease burden is also represented by mental illness. The purpose of this study was to explore mental health promotion activities at the North Moyo Health Center. This research method uses a qualitative approach with a purposive sampling technique using the validity of source triangulation data. The results of this study are promotive and preventive activities carried out through interpersonal and group extension activities. Prevention activities through increased knowledge and early detection through screening using the SRQ instrument. Health problems regarding mental health really need serious handling, so that in implementing mental health promotion collaboration is needed with decision makers, health professional organizations, health education institutions, NGOs, health workers, private health services through advocacy processes, community empowerment to support promotive activities and preventive.

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INTRODUCTION

Emotional disturbance is one of the psychiatric problems which is a condition of emotional changes that can develop into pathology if it continues. Mental disorders are a global health challenge that has a significant impact due to the high prevalence and severe suffering borne by individuals, families, communities and countries. Mental disorders account for 16% of the global burden of disease and injury in people aged 10-19 years. A significant amount of the global disease burden is also shown through mental illness (Handayani, 2020).

Mental health is one of the four main health problems in developed countries. Although mental health problems are not considered as disorders that directly cause death, these disorders can lead to individual inability to behave which can disrupt groups and communities and can hinder development because they are not productive. Mental disorders can affect a person's life function. Sufferers' activities, social life, work rhythm, and relationships with family are disrupted due to symptoms of anxiety, depression, and psychosis. Someone with any mental disorder should get treatment immediately. Delay in treatment will further harm the

patient's family and society (Wijayati, 2020).

METHODS

This research used descriptive qualitative approach. The unit of analysis is the North Moyo Health Center. The unit of analysis was taken using a purposive sampling method and data collection techniques were in-depth interviews. This type of qualitative descriptive research is used to analyze the description of mental health program activities at the Puskesmas, including promotive activities (which include mental health counseling and counseling on mental health program activities), preventive activities (which include early detection, outreach of mental patients, and prevention of shackling). The validity of the data in this study used source triangulation, namely the person in charge of the mental health promotion program.

RESULT AND DISCUSSION

Result

1. Promotive

According to Law No. 18 of 2014 mental health preventive efforts aim to prevent severity, recurrence and risk factors for ODGJ in society in general or individuals, as well as prevent psychosocial impacts carried out in the family and community environment. Preventive activities carried out by mental health promotion staff at the Puskesmas are early detection using SQR instruments, outreach activities for outpatients, while shackling prevention measures are not carried out. These results are in accordance with the information given by informant C during the in-depth interviews.

"Counseling provides education when patients come for outpatient care at the poly, mental health can be carried out in the village along with posyandu activities and at school"

"for mental program holders must continue to attend training at the Sumbawa health office"

The same result was also conveyed by informant W who stated:

"Mental health promotion activities such as outreach to the community, to the family posyandu and we do training or workshops for program holders at the puskesmas"

2. Preventive

According to Law No. 18 of 2014 mental health

preventive efforts aim to prevent severity, recurrence and risk factors for ODGJ in society in general or individuals, as well as prevent psychosocial impacts carried out in the family and community environment.

Preventive activities carried out by mental health promotion staff at the Puskesmas are early detection using SQR instruments, outreach activities for outpatients, while shackling prevention measures are not carried out. These results are in accordance with the information given by informant C during the in-depth interviews.

"Screening soul we do with the SQR formula"

"The officer or person in charge of the Jiwa program visits or visits the patient's house to monitor taking medication and control injecting patients every month"

"Two months of not coming to take medicine we go to monitor taking medicine or not, usually there is a reason he doesn't take this medicine regularly, he feels that I know more about my disease, if I take this medicine I feel more dizzy or have a feeling of deafness he said so he stop"

"Nothing here is in stocks"

The results are the same as those conveyed by the triangulation informant, namely:

"SDQ screening for children and for teenagers or productive age and the elderly will use the SRQ later"

"Rules for patients with mental disorders should not be shackled"

Discussion

The implementation of mental health promotion carried out at the North Moyo Health Center has several promotive efforts, namely counseling conducted to the community during the implementation of Posyandu and preventive efforts, namely screening, the results of this study are in line with research conducted by Widodo et al in 2020 in Sukoharjo and Albertha et al in 2020 in Semarang.

Hernawati carried out different activities in 2018 promoting mental health by implementing a health

promotion model, namely partnerships, advocacy and building an atmosphere so that there is a community movement in preventing and overcoming mental health problems.

In addition to counseling, the implementation of mental health promotion at the Puskesmas can be carried out by utilizing the involvement of mental health cadres in promoting and preventing mental health in the community. This was implemented by Jayandi et al in 2019 through improving mental health through the role of mental health cadres through lectures and role-playing activities.

According to research conducted by Hasan et al in 2020 providing training to mental health cadres there is a change in behavior for cadres so cadres as an extension of basic mental health workers or Community Health Centers for mental health cadres can provide direct support to ODGJ, ODGJ families and the community around ODGJ so that the stigma that exists on ODGJ can be reduced.

Utilizing the existence of mental health cadres by facilitating cadres through training to improve knowledge and behavior can help mental health workers at the Puskesmas carry out mental health promotion to the fullest.

Health problems regarding mental health really need serious handling, so that in implementing mental health promotion collaboration is needed with decision makers, health professional organizations, health education institutions, NGOs, health workers, private health services through advocacy processes, community empowerment to support promotive activities and preventive,

CONCLUSION

Promotion of mental health at the North Moyo Health Center in promotive and preventive activities is carried out through interpersonal and group counseling activities. Prevention activities through increased knowledge and early detection through screening using the SRQ instrument.

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