

DESCRIPTION OF ADOLESCENT PERCEPTIONS OF PEOPLE WITH MENTAL DISORDERS

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Abstract

People with mental disorders who return to their environment after treatment often interact with the surrounding environment. One of the groups of society who interact with people with mental disorders is teenagers. In the acceptance of people with mental disorders who return to society, adolescent have a role in accepting people with mental disorders in society, so it is necessary to know the perception of adolescents towards people with mental disorders. This research is research with a descriptive design. Using a perception questionnaire by Faidah (2017) which has been tested for validity with Pearson Product Moment with an r table result of 0.376 and a reliability test using Cornbach's alpha with a value of 0.711. The sample in this study was 100 respondents. The data analysis used is univariate analysis. The results of the distribution of characteristics, namely from 100 respondents, it was found that the majority of respondents were in their middle adolescence (15-17 years) 44 people (44%), with the majority gender being male 78 people (78%). At the education level, the majority are junior high school students, 48 people (48%). The general opinion of adolescents towards people with mental disorders is that 59 people are neglected (27,4%). It can be concluded that adolescents' perceptions of people with mental disorders are good, namely 79% of adolescents have good perceptions of people with mental disorders and 21% have bad perceptions. It is recommended that health workers who work in the community provide outreach and education to adolescent about people with mental disorders so that adolescent have a good perception of people with mental disorders in their environment.

Keywords: adolescents, people with mental disorders, perception

INTRODUCTION

Mental disorders are disorders that occur in an individual's thought patterns, emotional regulation or behavior. This is related to distress or disturbance in areas of brain function (WHO, 2022). Mental disorders can be experienced by all ages, from children, teenagers, adults to the elderly. Because people with mental disorders can affect all age groups, the prevalence of people with mental disorders increases every year (Syahputra et al, 2021)

The prevalence of mental disorders throughout the world according to data from the World Health Organization (WHO) in 2019 showed that in 2019 there were 264 million people experiencing depression, 45 million experiencing bipolar, 50 million experiencing dementia, and 20 million people experiencing schizophrenia. According to National Institute of Mental Health (NIMH) 2020 data, one in five adults in the United States experiences mental disorders with a total of 52.9 million mental disorders. Based on Basic Health Research (Risikesdas) in 2018, it shows that the prevalence of mental disorders in Indonesia is 9.8%. In 2018, Riau Province was ranked 22nd out of 34 provinces in Indonesia with serious mental disorders with a prevalence of 6.1/1000 population (Risikesdas, 2018).

Mental disorders require special treatment, if people with mental disorders are not treated properly it can have an impact on the sufferer. The impact is such as painful symptoms, or self-limitation in the direction of crucial functions with an increased risk of death, suffering, pain, loss of freedom and disability (O'Brien, 2017). Therefore, the role of all parties such as health workers, families and the community is needed to treat people with mental disorders.

In dealing with people with mental disorders in society, it is not uncommon to find people with mental disorders carrying out actions that are detrimental or dangerous to society, such as beatings, physical or verbal violence, theft and others. This shows that people with mental disorders can have a negative impact or terror in society and help shape perceptions in society (Hakim, 2021)

Perception is the process of understanding or giving meaning to a stimulus received (Sumanto, 2017). Community perception or good community views and assessments can help people with mental disorders, namely the community can be a strengthener, prevention of relapse and rehabilitation of people with mental disorder (Bedaso et al, 2016).

People with mental disorders are expected to return to their roles in society starting from social, economic and psychological aspects. The role of all parties in handling people with mental disorders is very much needed. One group of people who need to gain an understanding of people with mental disorders is adolescent. According to Erikson's stages of development, adolescents fall into the age range from 12 to 20 years (Knight, 2019). Adolescents' perceptions of people with mental disorders are formed due to interactions between adolescents and people with mental disorders in community life. The perceptions formed by high school adolescent are better than those of elementary school and junior high school students because elementary and junior high school students are still not consistent and are easily influenced by their surrounding environment (Villatoro, A. P., et. all. 2020).

Based on research by Faidah (2017) which examined the perceptions of high school students in the city of Bandung towards individuals who have mental disorders, it was found that 92.7% of high school students with an average age of 16 years had a good perception and another 8.3% had a bad perception. This shows the formation of adolescents' perceptions of people with mental disorders studied by Faidah, namely adolescents in senior high school. However, the range of research subjects is shorter and fewer, so the data obtained is less varied, so researchers are interested in researching a wider range of adolescent perceptions, namely from ages 12-20 years, with varying levels of education.

Data from Pekanbaru City Health Service found that the number of people with mental disorders was 715 people and they were spread across 21 Community Health Centers. The health center that is ranked first with a total of 75 people with mental disorders is the Sidomulyo Health Center (Pekanbaru City Health Service, 2021). A preliminary study was conducted on December 27th 2022 by interviewing 9 adolescents living in the Sialang Munggu sub-district with the highest number of people with mental disorders in the Sidomulyo health center

working area, namely 21 people. In a preliminary study conducted on 9 adolescents (12-20 years), researchers conducted interviews. The results of interviews conducted by researchers found that 5 adolescents had good perceptions, namely adolescents stated that people with mental disorders could recover if they were treated and did not need to be shunned, nor were they afraid if there were people with mental disorders around their environment. Meanwhile, 4 other people had bad perceptions about people with mental disorders, namely adolescents who said that people with mental disorder should be avoided, and that it was scary. Based on this phenomenon, researchers are interested in examining "Description of Adolescents' Perceptions of People with Mental Disorders."

RESEARCH METHODS

This type of research is quantitative research with a descriptive research design. The research population was all adolescents in Sialang Munggu sub-district, the Sidomulyo health center working area, namely 14.750 people. The sampling technique uses a probability sampling method, which is Stratified Random Sampling.

This research uses univariate analysis. Univariate analysis was used to determine the characteristics of adolescents and how adolescents perceive people with mental disorders. This research uses descriptive statistical tests.

RESEARCH RESULT

Table 1. Frequency Distribution of Respondent Characteristics

Characteristics	Number of respondent (n=100)	Percentage (%)
Respondent age:		
1. Early adolescence (12-14)	36	36%
2. Middle adolescence (15-17)	44	44%
3. Late adolescence (18-20)	20	20%
Total	100	100%
Sex :		
1. Male	72	72%
2. Female	28	28%
Total	100	100%
Education/grade :		
1. Elementary school	16	16%
2. Junior High school	48	48%
3. Senior High School	23	23%
4. University Student	13	13%
Total	100	100%

Table 1 shows that out of 100 respondents, the majority of respondents aged 15-17 were in the middle adolescent phase, namely 44 respondents, with the majority being male, amounting to 78

respondents. At the educational level, the highest level of education was found, namely respondents who were at the junior high school level, namely 48 respondents.

Table 2 *Distribution of General Opinion towards People with Mental Disorders*

General opinion towards people with mental disorders	Number of answer (n=212)	Percentage (%)
Views on people with mental disorders		
1. Incurable disease	38	17,7 %
2. Neglected people	59	27,4 %
3. Curable disease	41	19,1%
4. Hereditary disease	42	19,5 %
5. Cursed disease	35	16,3 %
Total	215	100%

In table 2, the general opinion regarding people with mental disorder is that the majority of teenagers have the general opinion that people with mental disorders are neglected people at 27.4% and it is a hereditary disease at 19.5%.

Table 3 Adolescent Perspective

Adolescent perspective	N	%
Good perspective	79	79%
Bad perspective	21	21%
Total	100	100%

Table 3 shows that out of 100 respondents, the results of adolescents' perceptions that were formed were 79% good perceptions, but there were still 21% who had bad perceptions.

DISCUSSION

Respondent Characteristics

The majority of respondents were middle teenagers in the age range of 15-17 years, namely 44% or 44 adolescents out of a total of 100 respondents. In research by Huntoro (2020), the results of the age characteristics of adolescents showed that respondents in the 18-20 age group were the largest age group, namely 35 people (37%). Meanwhile, research by Fidah (2017) found that the majority of adolescents aged 16 years were 113 people (59.5%).

Adolescence is a transitional phase from the childhood phase so that many physical changes occur and the behavior and thoughts of adolescents also change as they get older. Adolescence is divided into 3 phases, namely early adolescence, middle adolescence and late adolescence. Erikson in Knight (2017) divides age into several stages, namely, babies (0-3 years), toddlers (3-5 years), pre-school (6-12 years), adolescence (12-20 years), early adults (20-40 years), middle adulthood (40-65 years), late adulthood (>65 years). Age is a

determining factor in the information a person has, even for teenagers. In middle adolescence, teenagers will reach maturity and so will their understanding.

The majority of respondents were men, namely 72 people (72%) while 22 people (22%) were women. This is different from research by Faidah (2017) where in this research the majority of respondents were female, 54.2%. Adolescents, both male and female, have a good understanding and acceptance of information, although this can be influenced by internal and external factors. In research by Huntoro (2020), the results showed that the majority of respondents were female, 51 people (54%). According to Wattson, et.al. (2016) Female adolescents have more empathy and use feelings in presenting things, while male adolescents use more logic and perception towards people with mental disorders. So the results of the interpretation of adolescents' perceptions of people with mental disorders will be different between female and male adolescent.

At the education level, the majority were junior high school with 48 people (48%), followed by high school with 23 people (23%), then elementary school education level with 16 people (16%), and university student with 13 people (13%). This is different from Faidah's (2017) research where the research was conducted on high school students.

In research by Huntoro (2020), it was found that the majority of respondents had a high school student of 42 people (45%) and 18 people had a junior high school student (19%). According to Knight (2019), the level of education that adolescent have also shapes adolescents' perceptions as a result of the education and knowledge that adolescent receive about a thing or event so that adolescent with a higher level of education or advanced level of education have a better perception of something. So the higher the level of education, the higher the level of understanding of a phenomenon and the information held. So, with higher levels of education, adolescents are expected to have better perceptions.

In general opinion towards people with mental disorders, adolescent have the largest opinion, namely that people with mental disorders are neglected people at 27.4% and 19.5% are hereditary diseases. In line with research by Mazwarni (2020), people with mental disorders are often found abandoned in the community who are then found and given treatment by the authorities or in foundations for the rehabilitation of people with mental disorders. Based on research by Petterson et al (2018), it was found that people with mental disorders are hereditary diseases. This was shown based on research on 8 types of mental disorders, it was found that heredity was the main factor which was more dominant in causing people to experience mental disorders compared to other factors. environment. Adolescents' opinions towards people with mental disorders are formed naturally in the social life of adolescents and people with mental disorders in society. This opinion arises as a result of the stimulus provided by the environment to the individual. (Sumanto, 2017).

Adolescents' perceptions of people with mental disorders

Based on research conducted on 100 respondents in Siang Munggu sub-district, it was found that most adolescents had a good perception, namely 79 people (79%) had a good perception

while 21 people (21%) had a bad perception. In line with research by Faidah (2017) which examined 190 high school students, 176 (93.7%) high school students had good perceptions of people with mental disorders and 10 (5.3%) others had bad perceptions and none had perception is very bad.

In research by Hurnoro (2020) who conducted research on 94 adolescents, the results showed that 81 (86%) adolescents had good perceptions, 10 (10%) had good perceptions and 3 (4%) others had bad perceptions. Adolescents' perceptions can be formed due to the stimulus given to adolescents regarding a thing or object so that adolescents interpret the stimulus received to create a meaningful image (Robbins, 2015). The results of this interpretation can be actions or actions or individual utterances that are based on the perceptions created by that individual. This process also occurs in adolescents (Sarwono, 2018). Perception is closely tied to knowledge and attitudes. Good perceptions can create positive actions in adolescents' interactions with people with mental disorders.

This is in line with research by (Sahulang, 2020), perceptions influence the attitudes created between adolescents and people with mental disorders. People with mental disorders are not treated badly, harshly, bullied, or shunned in extreme ways and will be helped by individuals around them on the basis of good thoughts or perceptions and knowledge possessed by the individual.

On the other hand, individuals with bad perceptions tend to give stigma or bad labels to people with mental disorders and carry out harsh actions against people with mental disorders (Reyes, et.all, 2020). So adolescent need to get education to gain good knowledge about people with mental disorders so that good perceptions are formed and will create interactions and positive attitudes towards people with mental disorders.

CONCLUSIONS AND SUGGESTIONS

Based on the research results above, the majority of teenagers have a good perception, but there are still 29% of teenagers who have a bad perception. It is recommended for future researchers to examine the relationship between perceptions, stigma and attitudes of adolescents towards people with mental disorders

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