Research Article

The Influence of Stigma on Community Attitudes Towards People with Mental Disorders in Gampong Krueng Juli, Kuala District, Bireuen Regency

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ABSTRACT: Stigma is a negative label attached to an individual by society and influenced by the surrounding environment. In reality, individuals with mental disorders often experience greater stigma and discrimination from the community compared to those suffering from other medical illnesses. Ideally, the community should serve as a support system for people with mental disorders. This study aims to determine the influence of stigma on community attitudes toward individuals with mental disorders in Juli Seupeng Village, Juli Subdistrict, Bireuen Regency. This research is a quantitative study with a cross-sectional design. The sample consisted of 46 respondents, selected using purposive sampling. The study was conducted in Gampong Krueng July from August 10 to August 15. Data were analyzed using the Chi-square test. The univariate analysis showed that the majority of respondents had a high level of stigma (32 respondents or 69.6%), and most community attitudes were categorized as negative (38 respondents or 82.6%). The bivariate analysis revealed a p-value of 0.016, which is less than the significance level of 0.05 ($\varrho = 0.016 < \alpha = 0.05$), indicating a significant relationship between stigma and community attitudes toward individuals with mental disorders. Therefore, the alternative hypothesis (Ha) is accepted, and the null hypothesis (Ho) is rejected. It is recommended that communities change their mindset and perspectives, as negative attitudes can trigger relapses in people with mental disorders.

Keywords: Community Attitudes, People with Mental Disorders, Stigma

1. INTRODUCTION

Mental disorders are health conditions that significantly affect a person's feelings, thinking, mood, and behavior. These disorders can be mild to severe, and have an impact on the sufferer's social functioning, work, and quality of life. According to data from the World Health Organization (WHO), it is estimated that more than 1 in 8 people in the world, or around 970 million people, lived with a mental disorder in 2019, with anxiety and depression disorders being the most common (WHO, 2022).

In Indonesia, mental disorders are still one of the public health problems that have not been fully addressed properly. Based on the 2018 Basic Health Research (Riskesdas), the prevalence of severe mental disorders such as schizophrenia/psychosis was 0.18% and emotional mental disorders in those aged ≥15 years reached 9.8% (Ministry of Health of the Republic of Indonesia, 2018). Aceh, as one of the provinces in Indonesia, also experiences serious problems related to mental health, including high cases of shackling and low public access to mental health services. This is inseparable from the views and stigma that are still strong against people with mental disorders.

Stigma towards people with mental disorders can be defined as a negative label or negative assessment given by society to individuals with mental health problems. Stigma can be public (public stigma) or internal (self-stigma). Public stigma refers to negative perceptions and treatment from society towards people with mental disorders, such as considering them dangerous, incapable of recovery, or bringing shame to the family. Meanwhile, internal stigma occurs when sufferers begin to believe and internalize these negative views, which ultimately lowers self-esteem and the desire to seek help (Corrigan & Watson, 2002).

One of the main impacts of stigma is the low acceptance of people with mental disorders by society. Acceptance by society is a form of social acceptance of the existence and role of individuals with mental disorders in the social environment. This acceptance includes an attitude of respecting the rights of sufferers, a willingness to interact normally, and providing social support in the recovery process. Unfortunately, many people still reject the existence of people with mental disorders in their environment, both openly and covertly, such as through discrimination, exclusion, and restrictions on social roles (Stuart, 2016).

Aceh provincial health profile (2023) the number of cases of mental disorders is quite significant, reaching 21,508 people. This figure indicates a major challenge in efforts to improve the welfare of the Acehnese people. This condition is exacerbated by various factors, ranging from biological, psychological, to social environmental factors. Therefore, there needs to be a comprehensive effort from various parties to overcome mental health problems in Aceh.

Bireuen Regency has a number of people with mental disorders that continues to increase every year, in 2023 the number of people with mental disorders reached 2,556 people from the previous year which was 2,516 people. The stigma of society towards people with mental disorders in Bireuen Regency is greatly influenced by existing cultural values. Lack of public understanding of mental disorders is one of the main factors causing stigma. Many people still believe in myths and misconceptions about mental disorders, such as the assumption that people with mental disorders are dangerous or cannot be cured. This causes people to tend to avoid and ostracize sufferers, worsening their psychological condition (Aceh Health Office, 2023).

In Gampong Krueng Juli Village, Kuala District, Bireuen Regency, there are still cases of people with mental disorders who have not received optimal treatment. The community in this area tends to show an attitude of rejection or avoidance of people with mental disorders, which can be caused by a lack of understanding and the strong social stigma that is developing. In fact, the recovery of patients with mental disorders is very dependent on the support of the social environment, including family and the surrounding community. If the community can accept their existence positively, then the opportunity for rehabilitation and social reintegration will increase.

"Based on data from the UPTD Puskesmas Juli-2 (2024), it states that there are 140 people registered as patients with mental disorders in the UPTD Puskesmas Juli-2 work area. Meanwhile, data from Gampong Krueng Juli Village, Kuala District,

Bireuen Regency, there are 13 people who are patients with mental disorders. There are several factors causing the increase in people with mental disorders in Bireuen Regency, including due to economic, health, conflict, infidelity and also drugs.

Interview results from 8 people from Juli Seupeng Village obtained 5 people said that people with mental disorders are dangerous, people do not dare to approach them and should avoid them, while 3 other people said that that person with disturbance soul should no need feared or even avoided, it is better to be given encouragement so that they can recover quickly from the mental disorder they are experiencing. This means that the stigma of society regarding people with mental disorders is positive and negative.

Based on the results of the description of the problem, the researcher is interested in conducting a study entitled "The Relationship between Stigma and Community Behavior Towards People with Mental Disorders in Gampong Krueng Juli Village, Kuala District, Bireuen Regency".

2. METHOD

This research is a type of analytical research, namely research seeking a relationship between one condition and another. Given that the measurement of independent factors and dependent factors in this type of research is carried out at the same time, it is called a cross-sectional study approach (Machfoedz, 2018). The population in this study were residents of Gampong Krueng Juli Village, Kuala District, Bireuen Regency aged 20-40 years, totaling 612 respondents. Furthermore, this research sample is part of the number and characteristics of the population that is expected to be able to represent the population in the study (Sugiyono, 2019). In this study, the sampling technique used was the Purposive Sampling method.

The research instrument used was a closed questionnaire that had been tested for validity and reliability. The questionnaire consists of two main parts, namely questions about community stigma, the community stigma questionnaire contains questions using the Guttman scale totaling 10 statements (Yusuf, 2019). The Guttman scale is one of the most common measurement methods used in social research to measure the attitudes, opinions, or perceptions of a person or group of people towards something. The second part of the community behavior questionnaire contains questions using the Guttman scale totaling 10 statements (Aiyub, 2019). To measure behavior, the Guttman scale is; 1 for the answer "Yes", 2 for the answer "No" for positive statements and vice versa

Data analysis was conducted in two stages, namely univariate analysis and bivariate analysis. Univariate analysis aims to describe the characteristics of respondents and the frequency distribution of research variables. Meanwhile, the bivariate analysis used is the *chi square technique* using *the SPSS version 17 program* with the basis for making decisions to accept the hypothesis based on the level of significance (value α) as big as 5% obtained mark $p \leq \alpha$ ($\alpha = 0.05$; df = 1) so hypothesis The research (Ha) was accepted and (Ho) was rejected, meaning that the results of the statistical calculations showed that there was a relationship between stigma and community behavior towards people with mental disorders in Gampong Krueng Juli Village, Kuala District, Bireuen Regency.

3. RESULTS

Table 1 . Distribution Characteristics Respondents

Characteristics	Frequency	Percentage (%)
Age		
18-25 years (Teenagers) End)	6	13.0
20-35 year (Early Adult)	8	17.4
35-40 year (Mature Intermediate)	24	52.2
≥40 years (Elderly)	8	17.4
Amount	46	100
Gender		

Man	18	39.1
Woman	28	60.9
Amount	46	100
Work		
Housewife	12	26.1
civil servant	16	34.7
Students (i)	10	21.8
Self-employed	8	17.4
Amount	46	100
Education Final		
The end Elementary School/Equivalent	2	4.4
High School/Equivalent	29	63.0
Diploma/College Tall	15	32.6
Amount	46	100

Table 1 show that majority The age of the research respondents was 20-40 years with a frequency of 24 people (52.2%), female gender with a frequency of 28 people (60.9%), high school education with a frequency of 29 people (32.6%).

Table 2 . Frequency Distribution of Community Stigma

Stigma		Presentation
Low	14	30.4
Tall	32	69.6
Total	**46**	**100**

Table 2 shows that the stigma of the community in Juli Seupeng Village, Juli District, Bireuen Regency is mostly in the high category with a low frequency of 32 people (69.6%).

Table 3 . Frequency Distribution of Community Attitudes

Attitude	Frequency	Presentation
Positive	8	17.4
Negative	38	82.6
Total	**46**	**100%**

Table 3 shows that the attitudes of the community in Juli Seupeng Village, Juli District, Bireuen Regency are mostly in the negative category with a low frequency of 38 people (82.6%).

4. DISCUSSION

Results study This show that the stigma of society in Gampong Krueng Juli Village, Kuala District, Bireuen Regency is mostly in the high category with a low frequency of 32 people (69.6%). According to Agusno (2018) Community stigma is a negative label attached to certain individuals or groups, which causes them to be viewed differently, ostracized, and discriminated against. In the context of mental disorders, this stigma often arises due to a lack of understanding, myths, and prejudices that develop in society. This is in line with research conducted by Putriyani & Hasmila (2022) on the stigma of society towards people with mental disorders in Kuta Malaka District, Aceh Besar Regency, the conclusion of which states that the stigma of society towards ODGJ in Kuta Malaka District is categorized as high, namely a frequency of 35 with a percentage of 51.5%. The stigma that arises can worsen for ODGJ who experience it because they feel isolated. In general, people with severe mental disorders are given treatment and treated in hospital. Treatment for ODGJ is a very challenging journey or a journey of

Challenge that continues. People with mental disorders find it difficult to recover from a single treatment, but it takes a very long process to recover.

The results of the study were also strengthened according to Goffman's theory in Major & O'Brien (2014) which stated that stigma is a very broad attribute and can cause someone to lose trust and become something frightening. The way it works is like there is bad treatment and direct discrimination, the process of confirming expectations, the emergence of stereotypes automatically and the emergence of threats to individual identity. According to the researcher's assumption, the large percentage of people in Juli Seupeng Village who have a high stigma towards mental patients is because most of the respondents more often give negative nicknames or labels. People in Juli Seupeng Village have the view that mental patients are dangerous because they can disturb the environment and the people around them. The majority of respondents also feel afraid and avoid if there is a mental disorder that approaches them. This data is reinforced by the analysis of the research questionnaire conducted by the researcher, it was found that the stigma of the community towards mental patients is high. This should be eliminated so that the community has a good stigma towards mental patients.

Based on table 3 above, it is found that the behavior of the community in Gampong Krueng Juli Village, Kuala District, Bireuen Regency is mostly in the less category with a low frequency of 38 people (82.6%). The attitude of the community towards patients with mental disorders is greatly influenced by the stigma attached to mental disorders. This stigma often arises due to a lack of accurate knowledge about mental disorders, giving rise to negative perceptions such as the assumption that individuals with mental disorders are dangerous or weak. In addition, personal experiences in interacting with individuals with mental disorders also shape community attitudes. Positive direct contact can increase empathy and acceptance, but negative experiences can strengthen the existing stigma. (Wiharjo, 2018). This is in line with research conducted by Abolfotouh, et al. (2019) which states that the majority of samples (87.5%) reported a lack of knowledge about mental disorders and (54.5%) had negative attitudes towards mental disorders. Patients with mental disorders avoid reactions from society to their illness by not disclosing their mental symptoms to others.

Assessment can be the background for an attitude to occur. Individuals must have experience interacting with someone and knowledge that is related to psychological objects in order to have assessment and appreciation. Individuals who have a positive attitude towards psychological objects when the individual likes or has a favorable attitude, conversely, individuals who are said to have a negative attitude towards psychological objects when they do not like or have an unfavorable attitude (Aditama, 2019). According to the researcher's assumption related to the majority of people who have negative attitudes are caused by the experience of people who have less interaction with mentally ill patients and have less knowledge about ODGJ. This finding in line with previous research that emphasizes the importance of the role of management in shaping a patient safety culture. Good management can create a supportive work environment practice safety, like existence policy Which clear, communication Which effective, as well as transparent incident reporting system. Without strong managerial support, health workers tend to have difficulty implementing safety protocols optimally. Therefore, leadership that proactive And based on data very needed in increase quality safety patient.

CONCLUSION

This study concludes that there is a relationship between stigma and community behavior towards mental patients in Gampong Krueng Juli Village, Kuala District, Bireuen Regency. Therefore, efforts are needed so that the community can change their way of thinking or views that can cause people with mental disorders to experience relapse. With this study, it can increase public knowledge so that they can treat mental patients in their surroundings well.

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