



Overview of Stigma and Community Attitudes Towards the Development of Android-Based Mental Health Intervention Media in Addressing the Issue of Community Stigma Towards People with Mental Disorders

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ABSTRACT

Stigma towards People with Mental Disorders (ODGJ) is a serious problem in Indonesia. One of the efforts to address stigma against ODGJ involves promotional and preventive activities as part of a psychosocial approach, as outlined in Law No. 18 of 2014 on Mental Health. One of its goals is to eliminate stigma, discrimination, and human rights violations against people with mental disorders (ODGJ). In the digital era, android *smartphones* serve as communication tools and easily accessible sources of information due to their time, effort, and cost efficiency. The purpose of this research is to understand community attitudes towards the development of Android-Based Mental Health Intervention Media in addressing community stigma towards People with Mental Disorders (ODGJ) and to assess the stigma present in society towards ODGJ. This research is a descriptive quantitative study using purposive sampling on 100 community respondents. The study was conducted by distributing questionnaires on community attitudes towards the development of intervention media and questionnaires to assess community stigma towards ODGJ. The data was analysed descriptively and analytically. The results showed that the majority of the community stigma towards ODGJ remains low, at 59% (59 respondents), and community attitudes towards the development of intervention media applications are positive, at 62% (62 respondents). It is recommended that, with the positive attitude of the community towards the development of educational media to combat stigma against ODGJ, it can further reduce societal stigma towards ODGJ.

Keywords: android; community stigma; health intervention; people with mental disorders (ODGJ)

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INTRODUCTION

Mental disorders have become a serious health issue due to their increasing prevalence and their classification as chronic illnesses with long recovery processes. One of the main challenges in treating patients with mental disorders is the societal stigma that can hinder their recovery. Negative stigma from the surrounding environment not only isolates patients from their communities but also places a psychological burden on their families, which can further impede the patient's healing process (Hartanto et al., 2021). Promotional and preventive activities, as part of a psychosocial approach, are crucial at every stage of recovery for individuals with schizophrenia (ODS), as outlined in Law No. 18 of 2014 on Mental Health. This law aims to eliminate stigma, discrimination, and human rights violations against people with mental disorders (ODGJ), recognizing them as part of society. People with Mental Disorders (ODGJ) face two major challenges in their lives: managing the symptoms of their illness and dealing with society's misunderstanding of the unique symptoms, a phenomenon known as stigmatization. Stigmatization of ODGJ has been present throughout human history (Aiyub, 2018).

Stigma creates barriers to providing optimal mental health services, including obstacles in early detection, misdiagnosis, and neglect of both physical and mental complaints. This results in improper treatment, worsening the final condition of the illness (Soebiantoro, 2017). Patients with mental disorders also face issues such as stigma, which can affect the effectiveness of their treatment and their adherence to it. Social exclusion, prejudice, negative attitudes, and discrimination pose additional challenges for patients (Subu et al., 2021). Therefore, it is crucial to implement interventions aimed at reducing societal stigma towards individuals with mental disorders. One strategy is to provide and apply community-based implementation strategies to help reduce stigma. Soebiyantoro's (2017) research on reducing stigma and mental health treatment found that social stigma can be significantly decreased by reading psychoeducational articles intensively. Psychoeducation effectively increases patients' knowledge of their illness and treatment, serving as a supportive approach in the mental health recovery process, which helps improve public understanding of mental disorders (Wilson et al., 2018).

Several studies have focused on reducing stigma towards ODGJ (People with Mental Disorders), with psychoeducation playing a significant role in decreasing self-stigma. Psychoeducation enhances knowledge and awareness of the illness, facilitates adaptive psychological functioning, and reduces self-stigma in individuals with mental disorders (Kurniati, S.R., et al., 2023). Additionally, research by Thornicroft, G. (2015) highlights various groups that can be targeted for stigma-reduction interventions, including the general public, people with mental illness, students, healthcare staff, and family members of ODGJ, using the appropriate types of interventions.

Until now, no educational intervention has been found that can be used by the entire community and is easily accessible to reduce stigma. Therefore, one effective intervention that can be implemented is promoting mental health awareness in the community through an integrated method, combining research findings into a cohesive set of interventions. Before developing further interventions, researchers need to first understand the community's stigma towards people with mental disorders (ODGJ) and the community's attitude towards the development of an intervention application aimed at reducing stigma.

METHOD

This study uses a descriptive quantitative approach to describe the community's stigma towards ODGJ (People with Mental Disorders) and the community's attitude towards the development of an intervention application to reduce stigma against ODGJ. The research was conducted from July to August 2024. The respondents were community members living with ODGJ in the working areas of Sidomulyo Inpatient Health Center and Umbansari Health Center. The sample was selected using purposive sampling, involving 100 respondents based on inclusion criteria. Data collection was carried out using a questionnaire on community stigma towards ODGJ, utilizing the Illness Stigma Scale modified from Purba's (2020) research, and a questionnaire on community attitudes towards the development of an intervention application, both of which had been tested for validity and reliability. Data analysis was performed using univariate analysis to obtain the distribution of respondent characteristics, community stigma, and community attitudes in percentage form. The study received ethical approval from the Research Ethics Committee of Hangtuah University Pekanbaru under approval number 237/KEPK/UHTP/VI/2024.

RESULT

Table 1.
Overview of Community Stigma Towards People with Mental Disorders (ODGJ)

Community Stigma	f	
Low	59	59
High	51	51

Based on the research conducted with 100 respondents, the results indicate that the majority of the community's stigma towards people with mental disorders falls into the low stigma category. There is a relationship between education level and lower community stigma. The higher the level of education, the more knowledge a person possesses, which helps them process external information better (Syarniah, 2014). Education is one of the factors influencing an individual's stigma. This is supported by Collins et al. (2012), who stated that protest, contact, and education can reduce a person's stigma towards others. Individuals with higher education levels are more likely to have lower (positive) stigma towards ODGJ. This is consistent with Purba's (2020) research, which found that the majority of the community holds low stigma or positive stigma towards ODGJ. This is due to direct interactions or exposure to ODGJ, which can help reduce stigma against people with mental disorders, particularly among those with higher education levels, such as high school graduates. This is further supported by research conducted by Mane et al. (2022), which found that the majority of respondents in Desa Lela Dusun Ruwolong held positive stigma towards ODGJ (People with Mental Disorders). This positive attitude is attributed to the community's belief that ODGJ are not cursed, do not need to be isolated from society, and can recover. Additionally, the respondents were exposed to information about ODGJ through mass media and electronic sources, which likely contributed to their understanding and acceptance.

Table 2.
Overview of Public Attitudes Towards the Development of Android-Based Mental Health Intervention Media in Overcoming the Problem of Public Stigma Against People with Mental Disorders (ODGJ)

Public Attitude	f	%
Positive	62	62
Negative	38	38

Based on the research conducted with 100 respondents, the results indicated that 62% (62 individuals) had a positive attitude towards the development of Android-based mental health intervention media to address community stigma towards people with mental disorders (ODGJ). Corrigan (2012) noted that education and contact have positive effects in reducing stigma towards individuals with mental illnesses, with contact being more effective for adults, while education is more effective than social contact for adolescents.

DISCUSSION

Overall, the community's positive attitude towards the development of this application is attributed to its alignment with current technological advancements, ease of use, and accessibility at any time. This finding aligns with Nurafiani's (2020) research, which found that the ease of using application features and online services was a key factor contributing to user satisfaction. This is consistent with the statement by Katz, Blumler, dan Gurevitch (1973) in the Uses and Gratification Theory, which suggests that the diverse factors prioritized by users indicate that individuals tend to seek information based on their specific goals. The researchers assume that the community's positive attitude towards the development of the application is due to its ability to integrate visual and auditory senses, allowing information to be absorbed more effectively through these sensory modalities, particularly the eyes and ears.

Knowledge plays a crucial role in shaping an individual's behaviour. This study aligns with Satriawan (2022) findings that media applications influence the increase in knowledge and attitudes toward preventive measures, such as how children can protect themselves from sexual violence.

The application is a media tool designed specifically to meet the needs of various activities and tasks, such as public services, business activities, advertising, gaming, and other engaging tasks that include attractive text and images (Pramana, 2022). One such initiative is the development of this Android-based educational application aimed at addressing stigma. It serves as an educational method to provide information about mental disorders, the signs and symptoms of these disorders, testimonials, and short videos from former ODGJ who have recovered and are now productive. *Smartphones* android are not constrained by geography and are usually used privately by one individual. This means that smartphone apps can be extremely flexible and attractive to users, empowered by the confidentiality of their engagement. Seeking help by downloading and using an application is well suited to the needs of young adults and other users with a high need for autonomy (Whittaker R., Et al, 2012). Android smartphones/apps are almost always accessible to the user, so they can be used in any context and in almost any environment. So this Android application is an effective educational intervention to overcome the problem of negative stigma in society.

CONCLUSION

The results of the study indicate that the majority of community stigma towards People with Mental Disorders (ODGJ) is low, categorized as positive, at 59% (59 individuals). Additionally, the community's attitude towards the development of Android-based mental health intervention media to address societal stigma towards ODGJ is positive, with 62% (62 individuals) expressing support for this initiative.

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