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JOURNAL OF COMMUNITY SERVICE FOR HEALTH

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Empowering the Community Through Mental Health Cadre



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Article Information

History Article:

Received, 09/08/2023

Accepted, 01/11/2023

Published, 30/11/2023

Keywords:

cadre, mental health,
early detection

Abstract

Mental health is important in individual life. Individuals should not only physically healthy, but also psychologically. Early detection of family mental health is one of the main pillars in promotive and preventive efforts that can be carried out by mental health cadre. Through mental health cadre training activities regarding the early detection of family psychological, mental health cadres have the knowledge and skills to understand the mental health conditions of a family. This community service activity regarding early detection of family mental health were carried out by lecturers of the Nursing Education Study Program and Students of Professional Practice of Nurses Transfer Levels during the academic year of 2022/2023. The method used in this activity was the delivery of materials, question and answer session, and continued by practice on how to detect early mental health in the families. These activities were conducted on Bacem Village, Ponggok District, Blitar Regency. The number of mental health cadre involved in this activity was 15 people. A healthy mental environment can be started by empowering families through early detection of cases of mental disorders by mental health cadre. The result revealed that through training activities on family mental health detection, mental health cadre have the knowledge and skills to carry out mental health detection in families.

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DOI: <https://doi.org/10.26699/jcsh.v4i1.ART.p033-037>

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e-ISSN: 2746-5195

INTRODUCTION

Mental health is a state of well-being that is associated with a feeling of happiness, satisfaction, having achievements or accomplishments, optimism, and having clear expectations (Rosy & Elmukhsinur, 2022). Mental health is important in an individual's life, not only physically but also psychologically. Mental health currently needs to be the focus of global attention. This is due to many factors that can be at risk of affecting the quality of individual mental health, such as the very fast global development of the world both information and technology as well as other social problems such as poverty and also low levels of education (World Health Organization, 2001; Daulay, Wahyuni & Nasution, 2020). If individuals are not able to respond and adapt properly to changes and events that occur, it will increase the risk of mental disorders in individuals (Dulay, Wahyuni & Nasution, 2020).

According to the World Health Organization (WHO), in 2020 the suicide rate due to depression and mental disorders in Indonesia was estimated to be 2.4 per 100,000. If there is no concerted efforts in the prevention, mental disorders will go out of control. This shows that mental health problems need serious attention. In developing countries nearly one million people die each year by suicide. Based on the results of the Ministry of Health's Basic Health Research (Riskesdas) in 2013, the prevalence of severe mental disorders such as schizophrenia reached around 400,000 people or as much as 1.7 per 1,000 population. Meanwhile, the prevalence of mental emotional disorders as indicated by symptoms of depression and anxiety for ages 15 years and over reaches around 6% of the total population of Indonesia. In 2016 WHO data (in the Republic of Indonesia Ministry of Health) showed that there were around 35 million people affected by depression, 60 million people had bipolar disorder, 21 million had schizophrenia, and 47.5 million had dementia. These data show that the current condition of human mental health is very concerning and special treatment is urgently needed (Juwariyah, Priyanto & Nurhidayah, 2020). The impact or consequences of individuals who experience mental disorders include decreased productivity and the occurrence of violent behavior. Even worse, there is a stigma from family and society that people with mental disorders are a family disgrace, so sufferers are ostracized, locked up and even shackled (Ministry of Health, 2019; Suswinarto, et al., 2022). For this reason, promotive and preventive efforts are effective efforts to limit the rate of prevalence of mental disorders. The steps needed are how the community can understand the process of occurrence, signs and symptoms of mental disorders as early as possible driven by health cadres (Suswinarto, et al., 2022).

Mental disorders are a serious impact on the inability of individuals to function effectively for a long time which is characterized by damage to thought processes, moods and behavior (Canadian Mental Health Association, 2014; Daulay, Wahyuni &

Nasution, 2020). One form of community empowerment in community mental health services that is carried out in practice is to form and train mental health cadre (Keswa Cadre). Mental health cadre play an important role in the community because cadre can help people achieve mental health and monitor the mental health conditions of people in their area. Thus contributing to increasing access and equity of community mental health services (Hidayat & Santoso, 2018).

Health cadre who are part of the community play an important role in empowering the community at large. Health cadres are members of the community who are considered capable, willing and voluntarily provide their time to carry out health activities in the community (Wahyuni & Sari, 2020; Rosy & Elmukhsinur, 2022), considered to be able to mobilize the community in improving mental health. Mental health cadre play an important role in the community because cadre can help people achieve optimal mental health through community movements and improving mental health and monitoring mental health conditions in their areas (Rosy & Elmukhsinur, 2022).

The above problems are a challenge for STIKes Patria Husada Blitar through community service activities which are expected to have an impact, especially in increasing the capacity of cadre in dealing with mental health problems. Based on the above background, the STIKes Patria Husada Blitar lecturer team is interested in carrying out community service activities with the title "Community Empowerment Through Mental Health Cadre".

METHOD

This community service was carried out at the Bacem Village Hall, Ponggok District, Blitar Regency. The servant of this activity was lecturers in the Mental Team of the Nursing Education Study Program with a total of 3 people, mental health specialist nurses from Dr. Radjiman Lawang Hospital as many as 1 person, and STIKes Patria Husada Blitar students who were carrying out the Nursing Professional Practice of the Department of Psychiatry's Level Transfer Program as many as 29 students. The method used in this activity was the provision of material online, which was followed by the implementation of the implementation of family mental health detection at the RW Siaga Sehat Jiwa, Bacem Village, Ponggok District, Blitar Regency. The number of the cadre involved in the training was 15 people.

The implementation of the activity began with the preparation of all needs by students of the Nursing Profession STIKes Patria Husada Blitar. Lecturers and students coordinate with the targets and presenters. After the coordination session, it was finally agreed that cadre training activities would be held on Wednesday, November 2, 2022 in Bacem Village, Ponggok District, Blitar Regency. The mechanism of the activity begins with the provision of material by a mental health specialist nurse from dr. Radjiman

Lawang online. After the presentation of the material was finished, the supervising lecturer and students immediately carried out a family mental health check in the RW Siaga Jiwa area, Bacem Village, Ponggok District, Blitar Regency. The number of families

visited was 10 families. After the detection is complete, students and lecturers explain the results obtained as well as provide education about the importance of mental health.

RESULTS

The community empowerment activities through mental health cadre were carried out on Wednesday, November 2, 2022 in Bacem Village, Ponggok District, Blitar Regency with 15 trained cadre.



DISCUSSION

This activity was carried out for 1 day, on November 2, 2022 at the Bacem Village Hall, Ponggok District, Blitar Regency. The basis for implementing the activities was in accordance with the needs of mental health cadre in Bacem Village, Ponggok District, Blitar Regency related to the detection of family mental health. The implementation of cadre training activities aimed to provide knowledge to mental health cadre regarding the prevention, management and rehabilitation of mental disorders. The material provided was about family mental health detection which includes the definition of family mental health detection, the purpose of family mental health detection and steps to detect families. The results of the training for mental health cadre in Bacem Village went smoothly. Several questions were asked by cadre related to the material provided. All participants played an active role during the activity.

Health cadre in carrying out their roles are influenced by various factors which include attitudes,

motivation, knowledge and years of service. This is in line with research by Ratih, Zulkifli & Dian, 2012 in Daulay, Nasution, Wahyuni & Purba, 2022 where knowledge and attitudes influence the role of cadre. Knowledge is very important in the effort to carry out the duties of cadre. The role of cadre in mental health programs is to assist health workers in managing village programs, especially those related to mental health.

The high problem of mental disorders requires active participation from various parties, including mental health cadre. Efforts to deal with mental health problems include primary, secondary and tertiary prevention (Dulay, Nasution, Wahyuni & Purba, 2022). Primary prevention, community health cadre identify risk groups, provide information about mental health problems in the community, provide social and emotional support for clients or families who are in stressful situations. Secondary prevention, mental health cadre are involved in carrying out early detection besides that cadre motivate families or

communities to get involved in mental health programs. In tertiary prevention, mental health cadre can assist clients in the rehabilitation process and motivate clients to exercise control and receive therapy. Community empowerment is a process of developing the potential knowledge and skills of the community so that they are able to control themselves and be involved in fulfilling their own needs. Management of community empowerment in this case is Mental Health Cadre (Dulay, Nasution, Wahyuni & Purba, 2022).

The ability of mental health cadre to carry out activities needs to be maintained, developed and improved through cadre empowerment management that is consistent and in accordance with current developments in science and technology. Mental health cadre development is described as a process of managing cadre motivation so that they can carry out activities properly. Cadre are community workers who are considered closest to the community and it is hoped that they can do their work voluntarily without demanding compensation in the form of money or other materials. Voluntary cadre are willing to play a role in implementing and managing health activities in the community (Dulay, Nasution, Wahyuni & Purba, 2022).

Mental health service efforts need to be carried out in an integrated manner starting from the central level to the primary level health services (Puskesmas) so that community-based mental health services are formed. Starting from cadre training on detecting family mental health which will later form a Mental Health Alert Village (DSSJ). The importance of DSSJ is to provide continuous mental health services and continuous care between mental hospitals and the community so that ODGJ can be productive in society (Mariyati, et al., 2021). Community involvement in creating a mentally healthy community has been shown to be effective in helping professional performance in the field of mental health and increasing collective awareness of the importance of mental health (Kurniawan & Sulistyarini, 2017; Mariyati, et al., 2021).

The formation of DSSJ requires the involvement of several parties such as educational institutions, health offices, health centers and mental hospitals. The synergy between the puskesmas and educational institutions needs to be accompanied by an understanding or common perception of the DSSJ program being implemented between the puskesmas and the educational institutions themselves. Especially community mental health nursing material into mental nursing material. So that in this case collaboration with the health center or mental hospital is needed regarding the preparation of applicable modules so that when students go into the field they are ready for what will be done in the community in applying mental health knowledge to their community (Wasniyati et al., 2014; Mariyati, et al., 2021).

CONCLUSION

The prevention of mental health problems in the community can be initiated through promotive and preventive activities. Promotive activities can be carried out through health education and mental health training for mental health cadre. The preventive efforts are to carry out early detection of family mental health so that health problems can be immediately found and handled. The community empowerment through mental health cadre is an important part of efforts to improve community mental health. Through training activities on family mental health detection, mental health cadre in Bacem Village, Ponggok District, Blitar Regency have the knowledge and skills to carry out mental health detection in families.

SUGGESTION

Good cooperation is needed between the campus, government and the community in efforts to prevent mental disorders in the community. Early detection of family mental health through mental health cadre is needed to prevent mental disorders occurring in the community.

ACKNOWLEDGMENT

We would like to give our appreciation to, 1) STIKes Patria Husada Blitar for providing support in implementing the community service program, 2) The Head of Bacem Village, Ponggok District, Blitar Regency, who has provided facilities in implementing the community service program, 3) Thank you to the nursing professional education students for the 2022/2023 academic year who have worked hard in carrying out community service activities, Thank you to all parties who have provided material and non-material support in community service activities.

FUNDING

Funding for the activities of this community service program came from STIKes Patria Husada Blitar and students of the nurse profession program for the 2022/2023 academic year.

CONFLICTS OF INTEREST

The authors have no conflict of interest in publishing the article.

AUTHOR CONTRIBUTIONS

All authors fully contributed to the community service activity started from making the concept of the activity, managing the tabulation of the data, writing a draft manuscript and analysis. Every author made a positive contribution to the activity from the beginning until the end including publishing the articles in this journal.

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