

## Assistance of Community Cadres for Improving Mental Health in Bandarharjo Village

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### ABSTRACT

People with Mental Disorders (ODGJ) is someone who experiences mental disorders and needs appropriate and immediate treatment. Currently, the handling of ODGJ has not been carried out properly and appropriately. The cause of the lack of proper management of ODGJ in society is due to a lack of knowledge about the role of family, community/religious leaders and mental health cadres (KKJ). In this year's community service program, we provide promotions and health education to KKJ about the role and management of ODGJ. This activity was attended by 14 KKJ people consisting of RW 4 and 8. This program provided material related to ODGJ to the role of a KKJ, after being given the material the cadres were given the opportunity to practice with fellow cadres in carrying out the ODGJ approach. After being given material and training, the KKJ were able to review the program that had been provided.

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## INTRODUCTION

A person with mental disorders (ODGJ) is someone who needs appropriate treatment and prevention. As stated by Compton and Kotwicki, mental disorders are biological diseases that attack the brain, causing various symptoms including a person's behavior, feelings and thoughts (Compton and Kotwicki, 2007) (Mutumanikam and Rahmiaji, 2019).

Apart from that, the definition of ODGJ is also stated in Law no. 18 of 2014 ODGJ are people who experience disturbances in thinking, behavior and feelings which then form into a collection of symptoms or meaningful changes in behavior, and can cause suffering and obstacles in carrying out their functions as humans (Ministry of Health of the Republic of Indonesia, 2014).

The causes of ODGJ can be categorized as multifactorial, namely caused by biological, psychological factors as well as sociocultural and environmental factors. Biological factors tend to be caused by neurotransmitter disorders, heredity, damage to brain structure, alcohol or use of illegal drugs. Meanwhile, psychological factors are caused by stress, negative thoughts and feelings, family problems, trauma, death or things that make sufferers think far away (Nurul Mawaddah, Ike Prafita Sari and Prastya, 2020).

People with mental disorders still have the opportunity to recover if they receive appropriate treatment, and if they are treated or prevented before they progress, the person will be able to avoid other types of ODGJ so that the number of ODGJ will decrease (Tenriangka, Nurfitriah and Khalik, 2021). Therefore, it is very important to provide appropriate and fast treatment for those who need it. And this treatment is not only limited to health workers, trained mental health cadres are also able to provide treatment and prevention as an initial step in cases of ODGJ.

## METHOD

This activity was attended by 14 mental health cadres consisting of RW 4 and RW 8, Bandarharjo Village. At the beginning, the implementer contacted the village head to collaborate and propose activities for mental health cadres regarding handling ODGJ. This program is carried out as an effort to assist mental health cadres (KKJ) as the front guard in improving mental health status in society. Of the several existing RWs, we chose RWs 4 and 8 to be given a mentoring program, this is because KKJ has not received a good enough mentoring program regarding its role in mental health cases. During its implementation, KKJ was first given material about the role of KKJ and the importance of efforts to improve mental health status, after that KKJ was given training in the form of practice with fellow KKJ to demonstrate what had been conveyed in the material session. At the end, KKJ was asked questions to review the material that had been presented.

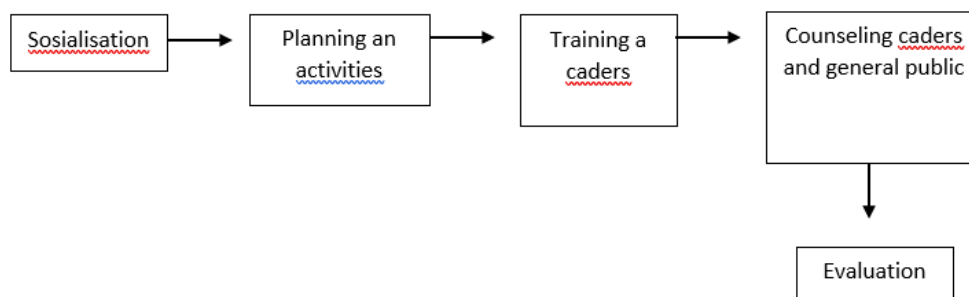


FIGURE 1. Method

## RESULTS AND DISCUSSION



**FIGURE 2.** Documentation of the opening of the event



**FIGURE 3.** Welcoming event participants

Before giving the material, we first held an opening ceremony with all mental health cadres from Bandarharjo Subdistrict. Apart from that, the opening ceremony was attended by the head of Bandarharjo Village who also opened and inaugurated the mental cadre mentoring event.



**FIGURE 4.** Delivery of material



**FIGURE 5.** Process mentoring caders

After the event opened, KKJ participants were given material related to efforts to improve mental health status that could be carried out by KKJ. The provision of this material lasted 120 minutes. After being given the material, KKJ participants were given the opportunity to practice directly the appropriate technique or method for handling ODGJ cases.

Mental disorders or mental disorders are conditions where there are behavioral or psychological abnormalities that cause suffering, dysfunction and decreased quality of life (Biahimo, Firmawaty and Dai, 2023). It is known that there are quite a lot of diagnoses of mental disorders around us, the number of mental disorders always increases as the years go by, this is due to the individual's inability to manage and manage existing problems, the lack of concern from family or those closest to them makes each individual only harbor their own problems. This was acknowledged by Afnuhazi who said that the factors that trigger mental disorders are psychological, behavioral, sociocultural and neurobiological factors (Biahimo, Firmawaty and Dai, 2023).

Treatment for people with mental disorders (ODGJ) is carried out based on the diagnosis and place of care. Treatment for ODGJ in health service facilities will be different from treatment in the community. This is because handling ODGJ in health services involves health workers such as doctors, nurses and other health workers. Treatment is based on the recommendations of the doctor on duty (Sinaga, Pardede and Purba, 2022). Meanwhile, handling in the community will also differ depending on each individual's beliefs and customs, including pasung or exile (Sitinjak et al., 2023). Because there is still a lot of inappropriate care in preventing or improving the quality of people's lives, a supporting role is needed that plays an important role and is always present in the community. Therefore, providing assistance to some members of the community (Mental Health Cadres) is important in helping to provide appropriate care (Daulay, 2022).

Cadres act as the front guard in society in changing the lifestyle and behavior of ODGJ. Apart from that, cadres also have an important role as the right hand of nurses or health workers in terms of early detection, helping to provide education about appropriate care for families or survivors of ODGJ regarding drug needs, family roles, religious needs and social needs in order to improve the quality of community mental health. (Pinilih, Handayani and Shelviana, 2020). However, to create cadres who are able to know and understand their roles well, it is necessary to provide training or mentoring for KKJ. This was also conveyed by Daulay, et al. that by providing training or mentoring for cadres, it is possible to produce cadres who can be trusted as the right hand of mental health workers ( Daulay, 2022).

This was also confirmed by Amiyati who reviewed six articles with the same result that by empowering or assisting or training mental health cadres (KKJ) they were able to increase the knowledge, skills, attitudes, perceptions and self-efficacy of mental health cadres. The six articles use lecture methods, demonstrations,

group discussions, case sketches, role plays, case studies and home visits (Amiyati Hasan, Pratiwi and Sari, 2020).

This mentoring program provides training to KKJ in the form of health workers or seminars, followed by role play on early detection and handling the risk of mental disorders, apart from that, the community and cadres are also provided with counseling regarding the dominant problems occurring in the area. After being given counseling and roleplay, the cadres were observed regarding their abilities and experiences as a form of evaluation of the assistance in the activities that had been carried out.

This educational program is a program that influences a person's cognitive, reasoning power and perception. So when someone is given a program like this, the person's level of knowledge will increase according to the information that has been provided (Susmiatin and Sari, 2021).

The training carried out by Susmiatin and Sari used demonstration and practice methods to demonstrate (roleplay). According to Sutarjo, this method is able to increase self-efficacy and also the ability of cadres to provide mental health services to the community. Because increasing the knowledge of mental health cadres will give rise to better skills and performance in carrying out their roles (Sutarjo, 2016) (Susmiatin and Sari, 2021).

Mental Health Cadres (KKJ) get a role play in carrying out early detection efforts for ODGJ. KKJ was introduced to the early detection indicators which were issued by the Ministry of Health in 2017. In these indicators there are 12 indicators of healthy families, with the hope that after being given a role play on early detection, cadres will be able to carry out initial screening correctly and precisely (Kurniawan et al., 2023) .

## CONCLUSIONS AND RECOMMENDATIONS

Cases of mental health disorders are increasing over time. This is due to the many trigger factors but the individual is not able to handle them well, lack of concern and minimal role from the family or surrounding environment which ultimately results in the individual only harboring his own problems. Because the numbers are increasing, training or assistance is needed for mental health cadres to be able to provide education and also early detection to local people who have symptoms or have been diagnosed with mental disorders. After being provided with assistance, cadres are able to understand and practice the theory that has been conveyed.

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