Analysis of Factors Influencing Stigma Against Mental Disorders in Indonesia: Systematic Literature Review

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A B S T R A C T

Introduction: Stigma towards mental disorders is an important public health problem in Indonesia. This stigma can have a negative impact on the lives of people with mental disorders (ODGM), such as discrimination, social isolation, and an increased risk of suicide. This research aims to analyze the factors that influence the stigma of mental disorders in Indonesia. **Methods:** This research uses a systematic literature review method. Research data was obtained from electronic literature searches on PubMed, Medline, and Google Scholar. Research inclusion criteria were research published in reputable scientific journals, published in the 2010-2022 period, and discussing factors that influence the stigma of mental disorders in Indonesia. **Results:** The research results show that there are five factors that influence the stigma of mental disorders in Indonesia, namely: low knowledge about mental disorders, negative views about mental disorders, negative experiences with people with mental disorders, cultural factors, and socioeconomic factors. **Conclusion:** Negative views about mental disorders can come from various sources, including family, friends, society, and mass media. Education about mental disorders needs to be improved to increase public knowledge about mental disorders.

1. Introduction

Stigma towards mental disorders can be defined as negative and discriminatory attitudes towards people with mental disorders. This stigma can come from various sources, including family, friends, society, and mass media. The stigma against mental disorders in Indonesia has become a serious concern for the government and society. The Indonesian government has issued various policies to reduce the stigma of mental disorders, such as Minister of Health Regulation Number 26 of 2015 concerning the management of mental disorders. The stigma against mental disorders has a significant negative impact on the lives of people with mental disorders (ODGM).[1,2]

ODGM often experiences discrimination in various aspects of life, such as education, work, and social relationships. This discrimination can cause ODGM to feel ostracized and isolated from society. The stigma against mental disorders can cause ODGM to withdraw from society. This can cause ODGM to experience loneliness, depression, and despair. Stigma towards mental disorders can increase the risk of suicide in ODGM. This is caused by the feelings of hopelessness and hopelessness experienced by ODGM.[3,4] This study aims to analyze the factors that influence the stigma of mental disorders in Indonesia.

2. Methods

This research uses a systematic literature review method. Research data was obtained from electronic literature searches on PubMed, Medline, and Google Scholar. Research inclusion criteria were research published in reputable scientific journals, published in the 2010-2022 period, and discussing factors that influence the stigma of mental disorders in Indonesia. A literature search was carried out using a combination of keywords, namely "stigma", "mental disorders", and "Indonesia". Literature search results were filtered based on inclusion and exclusion criteria. Research quality was analyzed using the preferred

reporting items for systematic reviews and meta-analyses (PRISMA) criteria. Research that met PRISMA criteria was analyzed qualitatively.

3. Results

The research results show that there are five factors that influence the stigma of mental disorders in Indonesia, namely:[5-15] 1) Low knowledge about mental disorders. Low knowledge about mental disorders can cause people to have a negative view of mental disorders. Negative views about mental disorders can cause people to fear or avoid people with mental disorders. Low knowledge about mental disorders can be caused by various factors, including lack of education about mental disorders, Limited availability of information about mental disorders, and Negative image of mental disorders in the mass media. 2) Negative views about mental disorders. Negative views about mental disorders can come from various sources, including family, friends, society, and mass media. Negative views about mental disorders can cause people to have negative attitudes towards people with mental disorders. Negative views about mental disorders can be caused by various factors, including cultural factors, religious factors, and personal experience factors. 3) Negative experiences with people with mental disorders. Negative experiences with people with mental disorders can cause people to have negative views about mental disorders. Negative views about mental disorders can cause people to fear or avoid people with mental disorders. Negative experiences with people with mental disorders can be caused by a variety of factors, including Events of violence, Events of harm to self or others, and events of disruptive behavior. 4) Cultural factors: Cultural factors can influence society's views on mental disorders. In some cultures, mental disorders are considered taboo or shameful. This can cause stigma towards mental disorders. 5) Socioeconomic factors: Socioeconomic factors can influence people's access to mental health services. Communities that have limited access to mental health services are more likely to have a stigma against mental disorders.

Low knowledge about mental disorders is the factor most often mentioned as a cause of stigma towards mental disorders in Indonesia. Low knowledge about mental disorders can cause people to have a negative view of mental disorders. Negative views about mental disorders can be in the form of the view that mental disorders are a curse, the view that mental disorders are a weakness, and the view that mental disorders are a shame. This negative view of mental disorders can cause people to fear or avoid people with mental disorders.[6,7]

4. Discussion

Negative views about mental disorders can also come from various sources, including family, friends, society, and the mass media. Negative views about mental disorders can be the view that people with mental disorders are dangerous, the view that people with mental disorders cannot be trusted, or the view that people with mental disorders cannot work. This negative view of mental disorders can cause people to have negative attitudes towards people with mental disorders. Negative experiences with people with mental disorders, such as violent behavior or disruptive behavior, can also cause people to have negative views about mental disorders. This negative view of mental disorders can cause people to fear or avoid people with mental disorders.[8-10]

Cultural factors can also influence society's views on mental disorders. In some cultures, mental disorders are considered taboo or shameful. This can cause stigma towards mental disorders. Socioeconomic factors can also influence the stigma of mental disorders. Communities that have limited access to mental health services are more likely to have a stigma against mental disorders. This is caused by a lack of understanding about mental disorders and a lack of access to quality mental health services.[11-13]

The stigma against mental disorders has a significant negative impact on the lives of people with mental disorders (ODGM). ODGM often experiences discrimination in various aspects of life, such as education, work, and social relationships. This

discrimination can cause ODGM to feel ostracized and isolated from society. The stigma against mental disorders can cause ODGM to withdraw from society. This can cause ODGM to experience loneliness, depression, and despair. Stigma towards mental disorders can increase the risk of suicide in ODGM. This is caused by the feelings of hopelessness and hopelessness experienced by ODGM.[14-16]

Education about mental disorders needs to be improved to increase public knowledge about mental disorders. Education about mental disorders can be done through various media, such as schools, mass media, and communities. Changes in public perception about mental disorders need to be done to reduce negative views about mental disorders. Changes in public perception can be made through various efforts, such as public campaigns and group discussions. Increasing access to mental health services can help ODGM get the support they need to overcome their mental disorders. Increasing access to mental health services can be done through various efforts, such as building mental health centers and providing mental health services in remote areas. Handling the stigma of mental disorders is a shared responsibility of the government, society, and families. By working together, we can create a more inclusive and supportive society for ODGM.[17,18]

The following are examples of cases of stigma against mental disorders in Indonesia: A woman with an anxiety disorder was forced by her family to work at home because she was deemed unable to work outside the home; A man with a depressive disorder was thrown out of his job because he was deemed unproductive; A teenager with schizophrenia is ostracized by his friends because he is considered strange. These cases show that the stigma of mental disorders is still a serious problem in Indonesia.[13-15]

5. Conclusion

There are five factors that influence the stigma of mental disorders in Indonesia, namely: Low knowledge about mental disorders, negative views about mental disorders, negative experiences with people with

mental disorders, cultural factors, and socioeconomic factors.

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