Urgency of Social Support in Empowering People with Mental Disorder

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Abstract. Mental health problems remain one of the most intractable problems. Mental disorders can lead to the inability of individuals to behave normally, which affects the surrounding social environment. Delayed treatment of people with mental disorders has a detrimental effect on the individual, the family and society. It is often found that families still do not understand how to care for and cope with people with mental disorders, so training and support for families is the most important thing to do. Therefore, the role and support of the family has an important role in preventing relapse of people with mental disorders. Social support is a form of interaction between individuals and their environment to improve well-being and restore individual social functioning. The purpose of this research is to find out how the description of social support for people with social disorders to restore their social functions. This article uses a literature study review method by collecting literature sources, processing and reviewing from journals, e-books, and relevant cases on the topics discussed related to the role of social support for the empowerment of people with mental disorders. The results of this study are 1) social support for people with mental illness, 2) the importance of empowering people with mental disorders, 3) the role of social support in empowering people with mental disorders. So that it can reduce the relapse of people with mental disorders and restore their social functions..

Key words: Social Support, Empowerment, Mental Disorder

INTRODUCTION

The issue of mental health remains unresolved. In 2019, the World Health Organization (WHO) published findings indicating that 1 in 8 people, or 970 million individuals globally, live with a mental disorder. Among these individuals, anxiety disorders and depression represent the most prevalent types of disorders. In Indonesia, the Basic Health Research (Riskesdas) in 2018 revealed that over 19 million individuals aged 15 years experienced mental and emotional disorders, with over 12 million of this age group also experiencing depression (Ministry of Health, 2021). The etiology of mental disorders may also be attributed to an absence of effective coping mechanisms in individuals. The existing problems have resulted in a situation where not all provinces in Indonesia have mental hospitals. There are only 33 mental hospitals or clinics for the treatment of mental disorders in Indonesia (Lubis, 2016). This has led to inadequate treatment for individuals with mental disorders. It is often observed that families whose family members are mentally ill lack the knowledge and skills to provide appropriate care for people with mental disorders.

The issue of caring for people with mental illness is an important factor in supporting people with mental illness to recover their social functions. The family is only limited to giving what they want so that they do not get angry and relapse. Physical health in a family is influenced by the health of family members in the family itself. Therefore, the support of family and social environment is very important, one of which can be done is by providing an understanding that to restore the social functions of people with mental disorders need good self-control such as controlling their behavior and emotions.

Based on the results of research conducted by Dewi, O. I. P., & Nurchayati, N (2021) several forms of social support from the family include: 1) Emotional support, which involves accepting the condition of people with mental disorders and treating them as individuals in general. 2) Informative support, which involves helping to direct people with mental disorders so that they can behave well, 3) Instrumental support, namely inviting treatment or therapy and willing to spend time with people with mental disorders. 4) Support for valuing people with mental disorders, the family provides support to people with mental disorders for what has been done. This is also supported in Bademil's research (2016) if it is providing an understanding of how and what causes mental disorders and their treatment will greatly facilitate handling them. In addition, in order to help the healing process of people with mental

disorders, it is necessary to pay attention to the patient's relationship with his family as a whole.

In such circumstances, social support assumes a pivotal role, offering substantial respite to individuals grappling with mental illness. Social support, which encompasses emotional, instrumental, and informational assistance from family, friends, and the broader community, can assist individuals in experiencing a sense of acceptance, value, and reduced isolation. Furthermore, instrumental social support, whereby the family encourages individuals with mental illness to seek treatment, engage in activities and socialize within the community, can facilitate their productivity and independence in pursuing positive goals. This can enhance the sense of value and self-worth of individuals with mental illness. The practice of empowerment, as exemplified by physical activity, bestows upon individuals with mental illness a greater sense of agency and autonomy over their lives. This, in turn, facilitates more effective management of their condition and enhanced participation in societal activities. Furthermore, job skills training can enhance productivity by capitalizing on the capabilities of individuals with mental illness, facilitating their reintegration into a more fulfilling and meaningful life.

Therefore, knowing the role and benefits of social support, more effective empowerment programs can be developed for people with mental disorders, which can help the healing process or reduce the intensity of relapse for people with mental disorders. This can help individuals with mental disorders live a better and more meaningful life. This article examines the importance of social support in empowering people with mental illness, focusing on various literature studies.

METHODS

This article uses the library research method. Research activities are defined as the process of collecting, reading, processing, and reviewing literature sources from various sources, including books, journals, dissertations, e-books, or cases relevant to the topic under study. This research draws on a range of literature relevant to the urgency of social support in empowering people with mental illness, by tracing article publications from 2014 to 2023. The keywords of the article search included topics such as social support, empowerment, and ODGJ. The literature materials obtained from various references were then critically analyzed to identify propositions and ideas that are aligned with the topic discussed, namely the role of social support in empowering individuals with mental disorders.

RESULTS AND DISCUSSION

Social Support For People With Mental Disorders

Social support refers to emotional, instrumental, informational, or appreciative assistance provided by others to individuals in coping with various life situations. Social support can be obtained from various sources, such as family, friends, coworkers, and the community. Kumalasari et al., (2019) social support can be interpreted as the presence of other people who can be relied on so that they make someone feel cared for, valued, and loved. Social support is usually in the form of positive interactions, providing motivation, and building each other up. Providing social support can build healthier and more supportive relationships, and improve our overall quality of life.

In the research conducted by Tuti N., it was found that people with mental disorders are often subjected to discriminatory treatment by their families, friends, and society at large, despite the fact that they are still considered a source of disgrace. In Indonesia, the assumption persists that individuals with mental disorders are a source of disturbance and discomfort, despite the necessity for such individuals to interact with others, whether formally or informally, in order to facilitate their social integration. The dearth of awareness and knowledge about mental illness has resulted in discriminatory behavior directed towards individuals with mental illness (Lubis, 2016). To ascertain the extent of community stigma towards ODGJ, it is essential to examine the underlying factors. Ideological aspects, particularly one's knowledge, marital status, income, and occupation, have been identified as significant contributors to the high stigma surrounding mental disorders within the community (Danukusumah et al., 2022). The assumption that mental health disorders are incurable diseases leads to the ostracization of individuals with mental disorders (Lubis et al., 2016). Such negative stigmas can have a detrimental impact on individuals with mental disorders, impeding their ability to seek medical assistance, leading to a decline in quality of life, reduced employment opportunities, challenges in obtaining adequate housing, diminished quality of care, and a reduction in self-esteem.

It is evident that the family plays a pivotal role in facilitating social support, which is crucial for enhancing optimal well-being. A positive family environment, characterized by the provision of emotional support, has been demonstrated to facilitate optimal healing processes for individuals with mental disorders (Melyanti, 2020). Family constitutes the most pivotal element in enhancing the health status of family members who experience mental disorders (Vander in Melyanti, 2020). Such interactions frequently occur within the family unit rather than in society at large. Consequently, the crucial role of the family as a source of companionship, education, and social support is particularly important for individuals with mental disorders. In Dewi's research, O. I. P. & Nurchayati, N. (2021) indicate that family social support plays a beneficial role in the healing process of individuals with developmental disabilities (ODGJ). In their 2019 study, Kumalasari and colleagues identified several key stakeholders, including family, community, and government, who play a vital role in providing social support for individuals with mental disorders. One of the most significant forms of social support provided by the family is instrumental support, as the family not only covers the patient's medical expenses but also fulfills their daily needs.

Social support from the surrounding environment is of great importance for individuals with mental disorders, as it enables them to navigate their daily lives. Appropriate support can facilitate the fulfillment of individuals' social needs (Fadilla, 2021). Providing opportunities for interaction allows individuals to feel a greater sense of acceptance and worthiness. Furthermore, social interaction within the community can serve as an effective form of support in the recovery process. It is therefore imperative that we collectively challenge negative perceptions and extend comprehensive assistance to those who require it.

The advancement of measures designed to reinforce and enhance the well-being of individuals diagnosed with mental health conditions can be achieved through the process of empowerment. The objective is not to create a dependency, but rather to facilitate the development of independence in those who have been empowered. The efficacy of job skills training in enhancing the productivity of individuals with mental disorders has been demonstrated by Kasyfillah (2022). This evidence substantiates the assertion that empowering ODGJ can facilitate the restoration of their social functions. Consequently, empowerment activities must be sustained with the assistance and support of multiple stakeholders. Sari & Wicaksono (2022) conducted research on the growth of work productivity among former ODGJ. Their findings indicate that individuals with mental disorders require engaging and meaningful activities that foster productivity and instill a sense of responsibility.

The Importance of Empowering People With Mental Disorder

Community empowerment is the government's effort to facilitate the community through planning, deciding and managing community resources to be economically, ecologically and socially independent (Noor, 2011). According to Moelijarto in Mustanir (2023) the community has potential that can be developed. The concept of empowerment itself is to develop the potential that exists in individuals by motivating individuals to be aware of their potential as a planned and systematic teaching and learning process. Therefore, people with mental disorders have potential that can be developed so that they can help restore their social functions.

According to Hamid, H (2018), there are five approaches to community empowerment, namely: 1) Enabling, building a community environment that can optimize community potential, 2) Strengthening, strengthening the knowledge and potential possessed to solve problems so as to meet their needs, 3) Protection, providing protection to weak groups so that they are not discriminated against, avoiding unbalanced competition, and avoiding exploitation, 4) Support, providing support so that the community can carry out its activities and roles, 5) Maintenance, maintaining balance in various community groups.

Based on this, in order to help restore the social functions of people with mental disorders, there must be cooperation between the government and the community through empowerment activities or by creating adequate services. This is supported in the research of Putri, N. A. R. (2023), which states that to restore the social functions of people with mental disorders require the help of others to motivate them to achieve self-realization. Through a promotive, preventive, curative and rehabilitative approach that is implemented in a structured and integrated manner, it can optimize the level of public health, especially for people with mental disorders (Sari & Daryanto, 2021). Through empowerment activities, people with mental disorders can be encouraged to live independently, productively, and free from social

stigma. In research conducted by Marbun, T. P. K., & Santoso, I. (2021) states that empowerment activities that can be carried out are 1) group activity therapy, 2) pharmacological treatment and psychotherapy, 3) modality therapy based on symptoms experienced.

The Role Of Social Support In Empowering People With Mental Disorders

Empowerment of people with mental disorders by involving families is very important, this is based on research conducted by Marbun, T. P. K., & Santoso, I. (2021) that involving families or communities can increase community independence in efforts to maintain health. Through cooperation with the family, it can certainly increase the effectiveness in healing people with mental disorders. The attitude of acceptance given by the family by showing care, support, good care can create a sense of family (Isnaini, 2024). The involvement of various parties can create quality relationships in a more caring and active society. Especially for the family, verbal and nonverbal motivation can affect the emotions and behavior of people with mental disorders. The forms of support that can be done by the family include: 1) supervising taking medication (Minarni, L., & Sudagijono, J. S. (2015), 2) providing neutral and impartial advice, 3) providing space to vent the emotions felt (Mubarok, M. D. A. (2014). 4) involving to interact with the surrounding environment, 5) inviting to positive activities.

Education of families and communities is certainly the first step to creating effective empowerment. The existence of sufficient knowledge can certainly gain an understanding that people with mental disorders can be accepted and involved in the midst of society. Through empowerment activities, people with mental disorders can reduce stress, increase self-confidence, sportsmanship, responsibility, and foster a social spirit. So that with the existing activities can reduce the frequency of relapse and restore social function in society.

CONCLUSION

Social support plays a crucial role in the empowerment of people with mental illness, aiming to restore their social functioning. This support not only includes emotional aspects but also involves practical assistance from family and community. With consistent and comprehensive support, people with mental disorders can improve their quality of life, reduce stigma, and more easily interact back in their social environment. The forms of support that can be done by families include: 1) supervise taking medication, 2) provide neutral and impartial advice, 3) provide space to vent the emotions felt, 4) involve to interact with the surrounding environment, 5) invite to positive activities. Empowerment through social support promotes their independence and ability to contribute to society, thereby improving their overall well-being.

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