



**Syarak, Sunyi dan Sosok yang Hilang :
Penjelasan Budaya Gangguan Psikosis di Minangkabau**
**Syarak, Silence, and the Absent Figure:
Cultural Explanations of Psychosis in Minangkabau**

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Abstract. Understanding cultural frameworks can assist in identifying clinical symptoms, making diagnoses, and planning mental-health care. This study explores Minangkabau perceptions of psychosis through Arthur Kleinman's Explanatory Model. Nine informants (8 women, 1 man; four survivors and five caregivers), all Minangkabau, participated in individual interviews guided by the Short Explanatory Model Interview (SEMI) and the McGill Illness Narrative Interview (MINI). Transcripts were coded manually with *in-vivo* thematic analysis and organised into five domains: aetiology, perceived causes, impacts, help-seeking, and intervention strategies. Psychosis was viewed as a disruption of social, emotional, and spiritual balance. Explanations ranged from biomedical factors and family conflict to emotional repression and beliefs in *guna-guna* (witchcraft). Although Minangkabau kinship is matrilineal, the father figure retained strong emotional significance. Stigma, conversational taboos, and euphemisms (e.g., "mental lembek," "urang kanai") further impeded access to professional help. Responses combined medical treatment, spirituality, family support, and individual coping. These findings highlight the importance of culturally informed approaches to understanding and treating mental illness in Minangkabau. **Keywords:** explanatory model, psychosis, Minangkabau, culture, mental health

Abstrak. Pemahaman kerangka budaya dapat membantu dalam identifikasi gejala klinis, diagnosis, dan perencanaan perawatan gangguan jiwa. Penelitian ini bertujuan mengeksplorasi persepsi mengenai gangguan psikosis pada masyarakat Minangkabau menggunakan *Explanatory Model* dari Arthur Kleinman. Sebanyak sembilan informan (8 perempuan, 1 laki-laki; empat penyintas, lima pendamping) berusia di atas 20 tahun berasal dari suku Minangkabau, diwawancarai secara individual dengan panduan SEMI dan MINI. Data dianalisis secara tematik *in-vivo manual* dan dikategorikan ke dalam lima domain: etiologi, persepsi penyebab, dampak, pencarian bantuan, dan strategi intervensi. Hasil menunjukkan bahwa psikosis dipahami sebagai gangguan keseimbangan sosial, emosional, dan spiritual. Penyebabnya dipersepsi beragam, mulai dari faktor medis, konflik keluarga, represi emosi, hingga kepercayaan terhadap *guna-guna*. Meski sistem kekerabatan matrilineal, figure ayah tetap memiliki peran emosional yang signifikan. Stigma, tabu bicara, dan penggunaan eufemisme (seperti: "mental lembek", "urang kanai") memperkuat hambatan terhadap bantuan profesional. Respon terhadap gangguan melibatkan kombinasi bantuan medis, spiritualitas, dukungan keluarga, serta upaya pribadi. Temuan ini menekankan pentingnya pendekatan berbasis budaya dalam memahami serta menangani gangguan jiwa di Minangkabau.

Kata kunci: explanatory model, psikosis, Minangkabau, budaya, kesehatan jiwa