

## **PENGARUH FILM DENGAN *PSYCHOLOGICAL CONTENT* TERHADAP STIGMA GANGGUAN MENTAL**

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### **ABSTRAK**

Persepsi dapat membentuk pandangan masyarakat dan dapat berasal dari berbagai sumber, salah satunya ialah film, yang merupakan media yang kuat dalam membentuk pandangan publik. Persepsi yang salah mengenai gangguan mental di Indonesia mengarah pada stigmatisasi terhadap penderita gangguan mental. Tujuan penelitian ini ialah untuk melihat pengaruh film dengan konten psikologis bergenre thriller dan dokumenter terhadap stigma publik gangguan mental secara implisit dan eksplisit. 46 partisipan dinilai dengan alat ukur *Single-Category Implicit Association Test* dan *Day's Mental Illness of Stigma Scale*. Partisipan ditugaskan secara acak, baik dalam kondisi dimana partisipan tidak diberikan perlakuan apapun (kelompok kontrol), kelompok menonton film bergenre dokumenter, dan kelompok menonton berfilm genre thriller. Analisis menggunakan *One-Way Repeated Measures ANOVA* menunjukkan adanya pengaruh yang signifikan dari film dengan konten psikologi bergenre dokumenter diantara dua tahapan waktu dalam pengukuran implisit dan dimensi *Relationship Disruption* dalam pengukuran eksplisit ( $p < 0.05$ ), dan juga dalam tiga tahapan waktu pada pengukuran eksplisit dalam dimensi *Anxiety* ( $F(2, 26) = 6.388, p = 0.006$ ) & *Hygiene* ( $F(2, 24) = 9.591, p = 0.001$ ). Namun, tidak ada pengaruh yang signifikan dari film dengan konten psikologi bergenre thriller terhadap stigma publik gangguan mental baik secara eksplisit maupun implisit.

**Kata kunci:** Stigmatisasi, Intervensi, Film.

## THE EFFECTS OF FILM WITH PSYCHOLOGICAL CONTENT TOWARDS STIGMA OF MENTAL ILLNESS

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### ABSTRACT

*Perception can form society's view and can originate from various source, such as films, which is one of the powerful media to form public perception. Misperception of mental illness in Indonesia may lead to stigmatization towards people with mental illness. The aim of this study was to evaluate the effects of documentary and thriller genres of psychological content films towards mental illness with explicit and implicit measurements. 46 participants were assessed on measures of stigma, with Single-Category Implicit Associations Test and Day's Mental Illness of Stigma Scale. Participants were randomly assigned into either a condition in which no intervention was conducted (control group), a condition in which they viewed the psychological documentary film, or a condition in which they viewed the psychological thriller film. A One-Way Repeated Measures ANOVA showed that a psychological documentary film differed statistically significant between two time points on implicit measure and Relationship Disruption dimension on explicit measure ( $p < 0.05$ ), and also between three time points on explicit measure in Anxiety ( $F(2, 26) = 6.388, p = 0.006$ ) & Hygiene ( $F(2.24) = 9.591, p = 0.001$ ) dimensions. Nevertheless, there are no statistically significant differences on psychological thriller film towards mental illness on both measurement.*

**Keywords:** *Stigmatizations, Intervention, Films.*