

***The relationship between the Public Stigma of Mental Disorders
and Mental Health Help-Giving***

ABSTRACT

Mental disorders become prominent global burden of disease and increased by 37,6% at 1990-2010. In Indonesia, the prevalence of people with severe mental illness was approximately 1-2 out of 10.000 people. Unfortunately, the provisions of mental health services still insufficient compare to the public need. It is hard to find mental health services. People with mental illness also rarely get an appropriate treatment they need. Furthermore, misconceptions on mental illness make society hesitate to help. This research aimed to investigate the correlation between public stigma and mental health help-giving. There were 203 participants involved in the research. Correlation analysis using Charles Spearman's formula rank order revealed a negative correlation of -0.475. There is no difference between male and female in mental health help-giving.

Keywords: public stigma, mental health help-giving, treatment gap

**Hubungan antara Stigma Publik Gangguan Mental
Terhadap Sikap Memberikan Pertolongan Kesehatan Mental**

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INTISARI

Gangguan mental merupakan *global burden disease* dan meningkat 37,6% sepanjang 1990-2010. Penderita gangguan mental berat di Indonesia juga diperkirakan mencapai 1-2 orang setiap 10.000 penduduk. Pada sisi lain, ketersediaan layanan kesehatan mental belum dapat memenuhi kebutuhan masyarakat. Hal ini diperparah, pemahaman yang keliru mengenai gangguan mental membuat masyarakat tidak memberikan pertolongan kepada penderita. Tujuan penelitian ini adalah untuk mengetahui hubungan antara stigma publik gangguan mental terhadap memberikan pertolongan kesehatan mental. Sebanyak 203 subjek terlibat dalam penelitian ini. Hasil uji korelasi tata-jenjang *Spearman* menunjukkan terdapat korelasi negative sebesar -0.475. Tidak ada perbedaan sikap memberikan pertolongan kesehatan mental antara laki-laki dan perempuan.

Kata kunci: stigma publik, memberikan pertolongan kesehatan mental, ketimpangan pengobatan