

Mental Health Literacy and Community Attitude as Predictors of Formal Help Seeking

Abstract

Mental illness had contributed 23% of global mental health burden, in which depression was found as the largest mental illness burden in primary health care. The high number of mental illness prevalence and year of lives with disability number had impact on social and economic burden, yet only 10% was treated by professional treatment. According to Kementerian Kesehatan (2013) database, severe mental illness in Indonesia was 1,7 miles which mean one or two per 1000 people had mental illness. Previous literatures showed that generally people in developed countries tend to find informal help seeking to treat mental illness people. This study aims to find out the significance of mental health literacy and community attitude toward mental illness on formal help seeking.

The theoretical foundation of this study consisted of mental health literacy concept by Jorm (2000), Community attitude toward mental illness aspects by Taylor and Dear (1981), and Integrated Behavior Model of Theory Reasoned Action by Fishbein and Ajzen (1975). The conceptual framework of this study was help seeking is influenced by internal factor (such as individual cognitive construct) and external factor (such as normative beliefs) as well. The method was used in this study was quantitative approach and the data was collected by paper-pen survey. The measurement instruments were used in this study consisted of Formal Help Seeking Scale (FHS) and Mental Health Literacy Scale (MHL) which developed by researcher and Community Attitude toward Mental Illness Scale (CAMI) was adapted from Högberg, Magnusson, Ewertzon, and Lützen (2008).

Total respondent was 168 people living in urban area. The research instruments were analyzed by content validity and reliability test with Cronbach's Alpha ($\alpha_{FHS} = 0,740$; $\alpha_{MHL} = 0,760$; $\alpha_{CAMI} = 0,753$). Multiple regression analysis was used to analyze the data. Result showed mental health literacy and community attitude toward mental illness significantly predicted the formal help seeking simultaneously ($F=3,466$; $p=0,036$). This study implied that people who well literate in mental health issues and having positive community attitude in their environment can affect their help seeking by professional treatment.

Keywords: Mental Health Literacy, Community Attitude, Formal Help Seeking

Pencarian Pertolongan Formal Terkait Gangguan Mental Ditinjau dari Literasi Kesehatan Mental dan Sikap Komunitas Terhadap Gangguan Mental

Intisari

Gangguan mental berkontribusi sebesar 23% dari beban kesehatan mental global. Depresi adalah beban gangguan mental terbesar yang ditemukan di layanan kesehatan primer. Tingginya angka prevalensi dan tahun yang dihabiskan dalam kondisi disabilitas memiliki dampak sosial dan ekonomi, sementara hanya 10% kasus yang ditangani oleh penanganan profesional. Berdasarkan data Kementerian Kesehatan (2013), gangguan mental akut di Indonesia sebesar 1,7 mil, yang artinya satu atau dua per 1000 orang memiliki gangguan mental. Beberapa literatur menunjukkan bahwa secara umum orang-orang di negara berkembang cenderung mencari pertolongan informal untuk menangani gangguan mental. Penelitian ini bertujuan untuk mengetahui signifikansi literasi kesehatan mental dan sikap komunitas terhadap gangguan mental terhadap pencarian pertolongan formal.

Dasar teori dalam penelitian ini yaitu konsep literasi kesehatan mental yang dikemukakan Jorm (2000), Aspek-aspek mengenai sikap komunitas terhadap gangguan mental oleh Taylor & Dear (1981), dan kerangka model perilaku terintegrasi dari teori perilaku beralasan yang dikemukakan oleh Fishbein dan Ajzen (1975). Kerangka konseptual penelitian ini adalah pencarian pertolongan formal dipengaruhi oleh faktor internal (konstrak kognitif individu) dan faktor eksternal (keyakinan-keyakinan normatif). Metode yang digunakan dalam penelitian adalah pendekatan kuantitatif dan data dikumpulkan dengan survei kertas-pulpen. Instrumen pengukuran terdiri dari Skala Pencarian Pertolongan Formal dan Skala Literasi Kesehatan Mental yang dikembangkan oleh peneliti dan Skala Sikap Komunitas terhadap Gangguan Mental diadaptasi dari Högberg, Magnusson, Ewertzon, and Lützen (2008).

Jumlah responden sebanyak 168 orang yang tinggal di kawasan urban. Instrumen pengukuran dianalisis dengan validitas konten dan tes reliabilitas dengan Cronbach's Alpha ($\alpha_{FHS} = 0,740$; $\alpha_{MHL} = 0,760$; $\alpha_{CAMI} = 0,753$). Analisis regresi ganda digunakan untuk analisis data. Hasil menunjukkan literasi kesehatan mental dan sikap komunitas terhadap gangguan mental secara signifikan memprediksi pencarian pertolongan formal secara bersama-sama ($F=3,466$; $p=0,036$). Implikasi dari penelitian ini adalah orang yang memiliki literasi baik terkait isu kesehatan mental dan memiliki sikap komunitas yang positif dapat memengaruhi pencarian pertolongan terhadap penanganan profesional.

Kata kunci: Literasi Kesehatan Mental, Sikap Komunitas, Pencarian Pertolongan Formal