

## The Economic Role of the Family in Supporting the Recovery of People With Mental Disorders in Ringinarum Village, Kendal District

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**Abstract.** *Mental health is an important component of community well-being that is sometimes overlooked, especially in rural areas such as Ringinarum Sub-district, Kendal District. This report focuses on people with mental disorders (ODGJ) in the area who face various barriers, including social, economic, and access to mental health services. Based on observations and analysis, economic and social variables have a significant influence on the high frequency of mental disorders, where poverty, social stigma, and lack of support from family and community exacerbate the condition of ODGJ. This study intends to provide greater knowledge of the needs and steps that need to be taken in addressing mental health in Kecamatan Ringinarum, with data-driven suggestions to improve mental health services and de-stigmatize sufferers.*

**Keywords:** *Mental Health, ODGJ, Ringinarum.*

**Abstrak.** Kesehatan jiwa merupakan komponen penting dalam kesejahteraan masyarakat yang terkadang terabaikan, terutama di daerah pedesaan seperti Kecamatan Ringinarum, Kabupaten Kendal. Laporan ini berfokus pada orang dengan gangguan jiwa (ODGJ) di daerah tersebut yang menghadapi berbagai hambatan, termasuk hambatan sosial, ekonomi, dan akses terhadap layanan kesehatan jiwa. Berdasarkan pengamatan dan analisis, variabel ekonomi dan sosial memiliki pengaruh yang signifikan terhadap tingginya frekuensi gangguan jiwa, di mana kemiskinan, stigma sosial, dan kurangnya dukungan dari keluarga dan masyarakat memperparah kondisi ODGJ. Penelitian ini bermaksud untuk memberikan pengetahuan yang lebih besar mengenai kebutuhan dan langkah-langkah yang perlu diambil dalam menangani kesehatan jiwa di Kecamatan Ringinarum, dengan saran-saran yang berbasis data untuk meningkatkan layanan kesehatan jiwa dan menghilangkan stigma terhadap penderita.

**Kata kunci:** Kesehatan Jiwa, ODGJ, Ringinarum.

### 1. BACKGROUNDS

Mental health is a crucial component of a person's well-being, as important as physical health. When a person has good mental health, he or she is better able to deal with stress, build healthy relationships, and make wise decisions. Good mental health also plays a role in increasing productivity and overall quality of life. Therefore, maintaining a balance between mental and physical health is the key to achieving a harmonious and fulfilling life. The relationship between physical and mental health is very close and influences each other. Poor physical condition often has a negative impact on mental health. For example, individuals experiencing chronic illness or persistent pain often experience stress, anxiety, or depression. On the other hand, mental disorders such as depression and anxiety can also worsen physical conditions, for example by lowering the immune system, reducing motivation to maintain

health, or increasing the risk of cardiovascular disease. Research shows that being in good physical condition can help maintain mental health, and conversely, maintaining mental health can help improve and maintain good physical condition. Therefore, it is important to pay attention to both simultaneously to achieve optimal welfare (Putri, Wibhawa, et al. 2015).

ODGJ refers to individuals who experience disorders of thoughts, behavior and feelings, which can affect their ability to function normally in everyday life. This disorder can manifest in various forms, such as emotional changes, unrealistic thought patterns, or behavior that does not conform to social norms. Mental disorders can cause significant suffering for individuals who experience them, and can hinder their ability to carry out roles and responsibilities in everyday life, whether in the family, work or community (Dewi, 2016). In the care and recovery of People with Mental Disorders (ODGJ). Family involvement in the treatment process, both during outpatient and inpatient care, is crucial for the patient's successful recovery. Family support can function as a strong emotional foundation, providing motivation and hope for patients in undergoing treatment and therapy (Suhermi, 2019).

However, in reality, there are still many families who do not understand the importance of their role in the recovery process for ODGJ. Some families may feel overwhelmed or lack information, so they choose to hand over care entirely to health workers. There are also cases where mental patients are abandoned by their families, which can be very detrimental to their recovery process. It is important for the community and health workers to increase awareness about the importance of family support in treating ODGJ, as well as providing resources and education for families so that they can more effectively support the recovery process of their family members who are undergoing treatment.

Ringinarum District is one of the sub-districts located in Kendal Regency, Central Java Province, Indonesia. This sub-district has an area of around 32.92 km<sup>2</sup> and consists of 10 villages, namely Ringinarum, Botomulyo, Plososari, Kalibogor, Rejosari, Cepokomulyo, Pagersari, Kebonagung, Pasigitan and Ngasinan. Its location in the central part of Kendal Regency makes Ringinarum strategic as a link between sub-districts. Ringinarum District is known for its agricultural potential, especially in the production of rice, tobacco and horticultural crops such as chilies, tomatoes and other vegetables. Apart from that, some people also rely on the livestock and fisheries sectors as a source of livelihood. Various public facilities such as schools, health centers and traditional markets are available in this sub-district to support community needs.

This research aims to identify and understand the special conditions and needs faced by ODGJ in the region. Specifically, this research seeks to measure the prevalence of various types of mental disorders among the residents of Ringinarum District, as well as analyzing the social, economic and environmental factors that influence their mental health. In addition, this research also aims to evaluate the availability and effectiveness of existing mental health services, including access to medical facilities, social support, and rehabilitation programs. By obtaining comprehensive data and insights, it is hoped that this research can provide relevant recommendations for local governments, health institutions and local communities in efforts to improve the welfare and quality of life of ODGJ in Ringinarum District through appropriate interventions and supportive policies.

Thus, the urgency of research on People with Mental Disorders (ODGJ) in Ringinarum District, Kendal Regency, is very important considering its broad impact both on the individuals concerned and on society as a whole. Ringinarum District, as an area with a fairly high population level, has the potential to face various challenges related to mental health, including social stigma, limited access to health services, and a lack of public understanding about mental conditions. This research is needed to identify the prevalence of ODGJ, understand the factors that influence mental health, and assess the need for mental health services in the area. Thus, the results of this research can be used as a basis for designing more effective interventions, improving the quality of mental health services, and reducing the stigma faced by ODGJ in Ringinarum District.

## **2. LITERATUR REVIEW**

Family economics is one of the economic fields that focuses on the smallest economic unit and its participation in the struggle to lift people out of poverty. In addition, the family economy has a significant impact on the ability of family members to meet their needs in a sustainable manner, which constitutes family economic growth. As in this case, the family's economic existence is very important in supporting the recovery of family members who experience mental disorders. Previous research on families caring for individuals with mental disorders revealed complex challenges and experiences. Families often face stigma, leading to social isolation and psychological burden that can negatively impact their support for patients. Economic stress is also a significant problem for these families. Family perceptions of family members who experience mental disorders vary, some recognize positive and negative behavior, understand the causes, and provide treatment. Likewise, in Ringinarum Village there

are still families who view this as a negative thing. So that families are reluctant to care for or care for them, even to the point of just letting go of family members who have mental disorders.

According to Law of the Republic of Indonesia Number 18 of 2014 concerning Mental Health, People with Mental Disorders (ODGJ) are people who experience disorders in thoughts, behavior and feelings which are manifested in the form of a set of symptoms and significant changes in behavior, and can cause suffering and obstacles in carrying out people's functions as human beings. The quality of life of ODGJ covers various domains, including physical health, psychological well-being, social relationships, and environmental factors. Factors that influence the quality of life of ODGJ include family support, social support, individual coping mechanisms, and treatment compliance. Research on people with mental disorders (ODGJ) in Indonesia shows that there are significant challenges and opportunities for improvement. Stigma and discrimination are still prevalent, and ODGJ often face social exclusion and negative treatment. Despite the stigma that still exists, several studies show a shift towards more positive perceptions, with one study finding 91% of respondents stated positive view of ODGJ. As is the case in Ringinarum Village, the community already views this as a positive thing, although not all. In fact, the community or village officials there still care about ODGJ. Such as taking him for treatment to a mental hospital, apart from that, also paying attention to his treatment compliance, his progress, his health, and even his food needs.

### **3. METHOD**

The research method used in writing this article is a qualitative research method with a direct field research type of research. This method was chosen because it allows the author to gain a deeper understanding of the economic role of the family and society in supporting the recovery of people with mental disorders in Ringinarum village, Kendal district. The subjects in this research were people with mental disorders (ODGJ), family members who live together and play a role in the care and recovery of people with mental disorders and the community, including community leaders, health cadres and local residents who interact directly with people with mental disorders (ODGJ). ). The data collection technique used in this research was in-depth interviews conducted with people with mental disorders (ODGJ), families who live with people with mental disorders (ODGJ) and communities who interact with people with mental disorders (ODGJ) to gather information about their role. families from an economic perspective in the recovery process for people with mental disorders (ODGJ) in Ringinarum village, Kendal Regency.

#### **4. RESULTS AND DISCUSSION**

According to Yosep, mental disorders are difficulties that a person has to face because of his relationships with other people, difficulties because of his perception of life, and his attitude towards himself. Meanwhile, according to Townsend, mental disorders are maladaptive responses to stressors from the internal/external environment, which are characterized by thoughts, feelings and behavior that are not in accordance with local norms and culture and interfere with the individual's social, work and physical functioning. Maramis stated that "the main symptoms or symptoms that stand out from mental disorders are found in mental elements, but the main causes can come from social, psychological and organic factors that work simultaneously because usually there is no cause at once from various elements that influence each other or happen to occur together. then physical or mental disorders arise.

##### **Economic Factors**

Overall, economic factors play an important role in influencing a person's mental health. Low economic status can cause stress, pressure and difficulty in meeting basic needs, which in the end can trigger mental disorders. Therefore, it is important to increase access to health services, improve economic status, and prevent ongoing stress and pressure in order to maintain one's mental health. Economic factors can be one of the causes of someone suffering from mental disorders because difficult financial conditions can create significant mental and emotional stress. This occurs due to social stress and anxiety, economic insecurity, limited access to mental health services, affected social relationships, shame and low self-esteem, crises of identity and purpose in life.

Low economic status can trigger various problems that make life difficult. Poverty increases a person's frustration, making them more susceptible to mental disorders. Individuals experiencing financial difficulties may have to deal with excessive stress in dealing with medical expenses, transportation, and other basic needs, which can weaken their mental state. Economic instability, such as unemployment, debt, or difficulty meeting basic needs, can lead to chronic stress. This ongoing stress can cause anxiety disorders, depression, or post-traumatic stress disorder (PTSD). Difficult economic conditions can cause significant stress and strain. Individuals who feel unable to meet basic needs or face financial difficulties can experience prolonged stress, which can trigger mental disorders such as depression or anxiety. Uncertainty about the financial future can lead to feelings of insecurity and hopelessness. This can worsen mental health, especially if a person feels they have no control over their financial situation. Low socio-economic status in Ringinarum Village can trigger prolonged stress and pressure, which in the end can trigger mental disorders. Poverty and inequality can increase the risk of

ODGJ because individuals who experience financial difficulties can experience prolonged stress.

Financial problems can cause tension in relationships with family or friends, which in turn can worsen a person's mental health. Social isolation and interpersonal conflict are often associated with mental disorders. Financial problems can affect a person's self-esteem. Feelings of shame or failure due to an inability to meet financial expectations can lead to feelings of hopelessness and low self-esteem, which are risk factors for depression.

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Social factors play an important role in increasing the risk of suffering from mental disorders (ODGJ). The community in Ringinarum Village may not be active enough in providing support to people with ODGJ. Lack of active community involvement can result in ODGJ sufferers not getting enough support and therefore not being able to recover well. The stigma against mental disorders often leads to exclusion from society. People with mental disorders can feel isolated, which worsens their mental condition and prevents them from seeking help. Apart from that, discrimination received both at work and at school also has a big influence. Discrimination can cause difficulties in obtaining employment or education which impacts self-esteem and mental well-being. This social injustice can trigger or worsen mental disorders.

Physical, emotional, or sexual violence at home can cause deep trauma, which can develop into post-traumatic stress disorder (PTSD), depression, or anxiety. Individuals who lack emotional support from family or friends are more likely to experience mental disorders. Loneliness and a lack of strong social ties can worsen a person's mental health. Living in poverty is often associated with chronic stress, lack of access to education and health services, and feelings of hopelessness. All of this is significant risk factor for mental disorders. Inequality in the distribution of resources and opportunities can lead to feelings of injustice and frustration. These feelings, if not managed, can develop into mental disorders.

A culture that places high expectations on individual success can create excessive pressure. This pressure, especially when combined with failure or inability to meet expectations, can lead to depression or anxiety. Cultural norms that view mental illness as something shameful or taboo can discourage individuals from seeking help. As a result, mental illnesses may go undiagnosed or untreated, worsening the condition. Bullying or harassment via social media can cause significant emotional trauma. These negative experiences can lead to depression, anxiety, and even suicidal thoughts. Social media often facilitates unhealthy comparisons with others, which can lead to feelings of low self-esteem, anxiety, and depression, especially among teenagers and young adults.

Bullying or harassment via social media can cause significant emotional trauma. These negative experiences can lead to depression, anxiety, and even suicidal thoughts. Social media often facilitates unhealthy comparisons with others, which can lead to feelings of low self-esteem, anxiety, and depression, especially among teenagers and young adults. Social actors play an important role in the increasing number of ODGJ. A supportive and inclusive social environment can protect against mental disorders, while negative social factors such as stigma, discrimination, violence and inequality can increase the risk of mental disorders. Addressing this problem requires a multidimensional approach that involves raising awareness, reducing stigma, and providing affordable and accessible social support and mental health services.

a. Religion Factors

Religion is everything related to religion. Meanwhile, according to the KBBI, religion is a teaching, a system that regulates the order of faith (belief) and worship of God Almighty as well as rules relating to human and human interactions, as well as humans and their environment. Reporting from the Karo Regency Ministry of Religion website, there are 6 recognized religions in Indonesia, including: Islam, Christianity, Catholicism, Hinduism, Buddhism and Confucianism.

Odgj is a person who, in other words, is unhealthy. According to WHO, health is a state of physical, mental and social well-being which is a unity and not just free from disease or disability. With that, healthy characteristics include physical, spiritual, mental and social health. Oodgj is a person whose soul has been shaken. Many factors cause this to happen. Religion is closely related to a person's beliefs or beliefs. And religion can have a positive or negative effect on its people, especially for people with disabilities. Here are the positive impacts:

- 1) Can be a social support for someone who needs more support. His sense of faith and trust can help him get closer to God Almighty and make Him his hope so that he can be "cured" again.
- 2) Can require someone to find the true meaning of life.
- 3) Make spiritual practices an effort to gain a sense of calm and peace under God's protection.
- 4) Provide examples of how to live a healthy lifestyle, such as recommendations for always being patient, positive thinking, and others.

Not only that, religion also has several negative impacts if it is inappropriate or too fanatical, as follows:

- 1) Extreme interpretation of religious teachings. Fear of sin or the feeling that there will be no forgiveness can lead a person to experience depression or anxiety disorders.
- 2) Pressure to achieve perfection. Excessive pressure will cause mental disorders for a person.
- 3) Value conflict. Someone who has different religious values and social values causes psychological stress. For example, when someone who is in a religious environment will have difficulty accepting their sexual orientation.
- 4) Religious trauma. This can be caused by things related to religion, such as harassment by religious figures which can cause trauma (PTSD).

Ringinarum Village is a village with a majority devout Muslim population, where the values of Islamic teachings are implemented in everyday life. In fact, for routine Koran activities to be carried out regularly, this can help people to always be close to God and able to surrender everything after trying as hard as possible, so as not to cause excessive worry or anxiety so that it can help improve people's mental well-being.

#### b. Mental Health

After the change in the meaning of health according to WHO, mental health has also become a reference for someone being said to be healthy. If the mind is disturbed, a person will lose balance in surviving, so the mind is also an important aspect in life. Several factors cause mental health damage, as follows:

- 1) Biological factors, changes in brain structure and function can have an impact on mental developme.
  - a) Genetics: the role of genes can determine susceptibility to various mental disorders, such as schizophrenia and bipolar disorder.



- b) Neurotransmitters: an imbalance of neurotransmitters such as dopamine, serotonin and norepinephrine can also cause psychotic symptoms. For example, people who experience mood disorders. Brain structure and function: there are differences in brain structure and function in individuals with mental disorders. For example, there is a reduction in brain volume in sufferers of major depression.
- 2) Psychological factors, negative-positive thought patterns, chronic stress, and childhood trauma can trigger symptoms of mental disorders. People who are depressed will tend to think bad thoughts and blame themselves.
  - a) Trauma: traumatic experiences received as a child can cause mental disorders in the future.
  - b) Cognitive patterns: the effect of CBT therapy can help change a person's cognitive patterns so that they can reduce symptoms.
  - c) Emotions: emotions are an important factor in various mental disorders, so emotional regulation is recommended.

## **5. CONCLUSIONS**

According to research conducted in Ringinarum Subdistrict, mental health problems, especially among people with mental illness (ODGJ), are complex and involve various interrelated aspects, including biological, psychological, and socioeconomic factors. These factors play a key role in the rise of mental illness in the region. Poverty, a long-standing problem in rural communities, has been identified as a major cause of prolonged stress. Individuals who experience persistent life stress, financial hardship, and limited access to basic needs are more sensitive to mental health illnesses.

In addition, social stigma and discrimination against ODGJ creates a difficult environment for them. Instead of getting support, many sufferers are alienated from their surroundings, worsening their mental condition. This social discrimination not only causes sufferers to feel marginalized, but also affects their access to much-needed mental health services. Mental health services in Ringinarum are very limited, both in terms of the number of facilities and the quality of services. This is due to the fact that many ODGJ do not receive adequate care, so their condition worsens without prompt intervention.

Therefore, addressing this problem requires collaboration between the local government and the community. The government should strengthen existing health facilities and create a more comprehensive and accessible rehabilitation program for ODGJ. In addition, families and communities should be actively involved in the rehabilitation process, as social

support is crucial in improving the quality of life of patients. Mental health education can also be conducted to reduce stigma and discrimination, thus creating a more inclusive environment where ODGJ can be embraced and given equal opportunities to participate in productive social activities. With adequate and long-term interventions, mental health problems in Ringinarum Sub-district are likely to improve dramatically.

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