



DESCRIPTION OF CHARACTERISTICS OF IMPLEMENTATION OF MENTAL HEALTH CARE

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ABSTRACT

This study aims to determine the description of the implementation of mental health nursing care in community health center nurses in the area of the health office of the city of Jambi. Methods: This study is a quantitative descriptive. The respondents were 20 nurses in primary health center who are responsible for mental health programs. Based on the results of univariate data analysis, the demographic data of respondents were obtained, namely the average age of 42 years, the average length of work 19 years, the sex of the sample is all female for 20 samples (100%), the educational level of most of the diplomas is 15 samples (75%), the length of time in mental health programs for 12 samples (60%), the cognitive abilities respondents seen from the mean value, namely in nursing care, readiness to increase the development of pregnant women average value of 18, readiness to increase development in infants average value of 23, readiness to increase development for school children average value of 15, readiness to increase development for adolescents average value of 13, nursing care for seniors average value of 16, with a total average value for the cognitive abilities of 85. The description of the characteristics of cognitive abilities the mean value is not above 50%, it is recommended that the CMHN program be implemented at both the provincial and district / city levels to improve the quality of community mental health services.

Keyword: description; implementation; mental health insurance

INTRODUCTION

The mental health is not only intervening with clients with mental disorders, but also for clients who experience psychosocial and mental health. Mental health is a healthy condition cognitively, affective, physiologically, behaviorally, and socially. The person who has mental health can carry out responsibilities according to the stage of development.

The Mental Health Law Number 18 the Year 2014 article 1 paragraph 1 states that mental health is health where individuals are aware of their own abilities, can cope with pressure, can work productively, and can contribute to their communities (Ministry of Health, 2014). The nurses as health workers are necessary

to have the role of the primary health center, to achieve the mental health status of the community who play a role in the community mental health program.

The Community Mental Health Nursing (CMHN) is an effort to realize mental health services with the aim that untreated clients in the community will get better service. The CMHN is a comprehensive, holistic, and complete nursing service, focusing on a healthy community, a range of stress and deep of The recovery phase and prevention of recurrence of CMHN. The CMHN is one of the strategies in the form of a program to increase knowledge and skills provided to health workers through training to help people solve mental health problems (IPKJI, 2014).

One of the training carried out to nurses is mental health nursing care which consists



of nursing diagnosis readiness to increase the development of pregnant women, nursing diagnosis of readiness to increase infant development, readiness to increase pre-school child development, nursing diagnosis readiness to increase child development. School, nursing diagnosis readiness to increase adolescent development, readiness to increase the development of young adults, readiness to increase the development of old adults, and nursing diagnosis readiness to increase the development of the elderly (Keliat, et al, 2019).

The development of mental health science stated that CMHN nurses need to be equipped with the knowledge and ability to stimulate individual development in society as well as anticipate and overcome deviations that accompany individual psychosocial development in society. CMHN nurses as health workers who work in the community and with the community must have the ability to involve community participation, especially community leaders by training community leaders to become mental health cadres (Keliat BA, 2012).

The results of research that have been conducted by Livana PH, et al (2018), regarding the description of the mental health of the community, obtained the results of the identification of the mental health of the majority of Banyutowo villagers in the mentally healthy age group. Other research that has been conducted by Yuniarti Am, et al (2017), on the effect of implementing community mental health nursing on the ability of nurses to provide mental health nursing services in the work area of the Mojokerto regency health office with an average score increase of 7 points for cognitive abilities and 25 points for psychomotor abilities indicate that the CMHN program improves nurses' abilities in providing mental health services. Through the application of CMHN in primary care

Based on the initial survey conducted by researchers on July 30, 2019, mental nurses at 4 health centers in Jambi, namely the big recognizable health centers, The Rawasari health centers, The Pakuan Baru health centers, and Putri Ayu community health centers. The nurse said that there has never been any CMHN training for mental health nursing care, do not know how mental nursing care is in the community, so far it has only been limited to counseling or health education related to mental disorders, clients with mental disorders often do not comply with treatment because they feel that they have recovered. /healthy

MATERIAL AND METHODS

This study used a quantitative descriptive design. In this study, researchers looked at the characteristics of the respondents and the ability to provide mental health nursing care. This research was conducted to describe the characteristics of the implementation of community mental health nursing care.

The population in this study were all nurses holding mental health programs in the work area of the Jambi City health office, totaling 20 nurses. The sample in this study was determined based on criteria, namely nurses holding mental programs in the work area of the Mojokerto regency health office, willing to participate in all training activities for 5 days, and not having official duties that could hinder this research activity. Based on this, the sample was selected by the total sampling technique and obtained a sample of 20 respondents.

Data collection in this study was conducted using a questionnaire sheet to assess the cognitive abilities of nurses which consisted of 5 mental health nursing diagnoses.

The research process began by giving informed consent sheets to respondents. If the respondent agrees, the researcher will



provide a questionnaire, demographic characteristics, and a questionnaire on the ability of the respondent (nurse) to provide nursing care. Furthermore, CMHN intervention was given by providing training on mental health nursing care for 5 days. After the training activity is complete, the respondent will be given a post-test in the form of a questionnaire on his ability to provide nursing care.

The analysis used in univariate analysis to analyze the characteristics of the respondents (age, gender, education level, length of programmer, and years of service) as well as cognitive abilities before giving the intervention which was analyzed using the frequency distribution and the central tendency.

RESULT

This research was conducted for approximately 2 months starting from the licensing process to the research report. This

research involved 20 health centers in the working area of the Jambi city health office.

Table 1.
Characteristics of respondents (categorical data)

Characteristics	<i>f</i>	%
Karakteristik		
Sex		
Male	0	0
Female	20	100
Education Level		
SPK	1	5
Diploma	15	75
Bachelor	4	20
Programmer Time		
< 1 years	8	40
>1 years	12	60

Based on table 1, all respondents are female (100%), the most educational level is diploma (75%) and the length of time the

respondents have held a mental health program is mostly > 1 year, namely (60%).

Table 2.
Characteristics of respondents (numerical data) and the ability of nurses to implement mental health nursing services

Characteristics	N	Mean	SD	Min Score	Maks Score
Age	20	42	6,022	34	57
Length of working	20	19	7,412	3	32
Cognitive Ability					
Nursing interventions in pregnant women	20	26,65	3,870	18	33
Nursing	20	35,20	5,167	23	44



interventions in Babies					
Nursing interventions in School Children	20	23,85	4,043	15	30
Nursing interventions in Tenager	20	23,20	4,250	13	30
Nursing interventions in the Elderly	20	23,60	3,992	16	30
Total	20	132,15	21,052	85	167

Based on Table 2, the average respondent is 42 years old, the average working period is

19 years, and has an average nurse cognitive ability score of 132.15

DISCUSSION

Based on the results of the analysis above, it shows that the average score of cognitive abilities of nurses after receiving intervention was higher by 158.65 compared to the average score of cognitive abilities of nurses before the intervention of 132.15 as evidenced by the paired sample T-test in the processor p value 0.000 is less than 0.05.

These results are supported by the results of research conducted by Sutarjo, et al. (2015) which found the effect of CMHN training using lectures, demonstrations, and role-play methods on increasing self-efficacy and skills of health cadres in early detection of symptoms of severe mental disorders (Psychotic).). Other research conducted by Neng WE (2014) on sustainability factors related to the implementation of community mental health nursing (CMHN) research results showed a significant relationship between sustainability factors and the implementation of CMHN. Another study conducted by Livana PH, et al. (2018) on the description of the mental health of the community, with the results of the study showing that the majority of Banyutowo villagers are adults, male, unmarried, and last elementary school education. The results of mental health identification showed that the majority of

Banyutowo villagers were in a healthy age group.

The CMHN concept model is to provide care to patients in a multidisciplinary manner throughout life including all aspects of human life, including basic needs, physical health needs, and patients who need psychiatric treatment and rehabilitation.

The purpose of CMHN is to provide services, consultations, and education or provide information on mental health principles to other communities which aim to increase developmental stimulation under the stages of growth and development, to prevent risks or psychosocial problems (Stuart, G.W. 2013).

According to Azwar (2007), before an action occurs in a person, a sequential process occurs, namely from known information, then there will be a sense of interest so that they begin to realize and explore the information. After that, the information received will be weighed through a response in the form of an attitude. Furthermore, the final stage of this process will lead to a behavior based on the attitudes that are formed.

According to Videback (2008), public knowledge about mental health can be the basis for creating a community that is



healthy in spirit, in this study it is illustrated that public knowledge about early detection has increased after being given counseling on early detection, this indicates that we can still foster communities to create villages. mental health alert.

Another factor is that this training is provided with a variety of learning methods, namely lectures, discussions, demonstrations, simulations. Through discussion and sharing of experiences, thoughts and feelings can make participants realize that they are not alone in their experiences. According to Notoatmodjo (2010), the method in health education activities is one of the factors that influence the achievement of an optimal outcome.

Meanwhile, when viewed from the characteristics of respondents, the factor that can influence is age. Most of the participants were old adults (42 years). Increasing age will also increase the policy of a person's

CONCLUSION

Based on the results of statistical analysis, the score for the cognitive ability of nurses in providing mental health nursing services has the mean value not yet above 50%. It is hoped that participants as CMHN nurses can continue to improve their knowledge in providing mental health nursing services through various scientific meeting activities as well as continuing

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ability to make decisions, think rationally, be wiser, be able to control emotions, be tolerant, and be more open to the views of others. The results of this activity are under the opinion of Farida (2011) that the older a person is, the lower the level of absenteeism and shows higher stability by coming to work more regularly. Besides, it is also following the results of Rudianti (2011) that nurses aged > 32 years have better performance than those aged < 32 years.

In addition to age, it may be due to the factor of the nurse's working period, which is mostly long, namely the average working period of over 10 years. according to Robbin's theory (in Farida, 2011), the length of work also determines a person's performance in carrying out tasks. The longer a person works, the more skilled and quicker it is to complete the task. Most of the respondents' education has a Diploma (D3) education.

home visits to provide nursing care to both clients and families. Besides, the Puskesmas is also expected to be able to implement a community mental health service program as the main program in the main program of puskesmas services, so that people can take advantage of mental health services through the active role of mental, psychosocial, and mental health client families in caring for and seeking assistance to increase client independence. who have mental disorders?

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