

# Perception of Nurses toward Mental Health in Tadjuddin Chalid Hospital

Wiwik Widiyawati<sup>1\*</sup>, Ah Yusuf<sup>2</sup>, Indra Fajar Ibnu<sup>3</sup>

<sup>1</sup>Doctoral degree student, Faculty of Public Health, Universitas Airlangga, Surabaya, Indonesia

<sup>1</sup>Lecturer of Faculty of Health, Universitas Muhammadiyah, Gresik, Indonesia

<sup>1</sup>+628123511914, [wiwikwidiyawati@umg.ac.id](mailto:wiwikwidiyawati@umg.ac.id)

**Abstract** - Bad assumption toward patients of mental health disorder is not only emerged from general population, but also arises in special populations such as health care providers, such as nurses. It needs measurement to nurses toward mental health disorder. This study has a purpose to observe the perception of nurses toward mental health problem. This study uses qualitative using descriptive approach. The sample of this study are 86 nurses of Dr Tadjuddin Chalid Hospital in Makassar, Indonesia. The reliability test results of the questionnaire using Cronbach Alpha. The result shows that most of the respondents have agreed opinions (57%) that mentally disorder people can do things appropriately. Most of the respondents have agreed opinions (77.9%) related to statements helping people solve their problems. Most of the respondents have agree opinions (74.4%) that respondents feel relieved when they able to complete the task on time. From the result, it can be concluded that all aspects of perception tend to be positive, only in the aspect of affection in the statement about pessimism, most of the participants are negative

**Keywords** - mental health, nurses, mentally disorder

**Corresponding author:** Wiwik Widiyawati<sup>1\*</sup>

**Corresponding author's affiliation:** <sup>1</sup>Doctoral degree student, Faculty of Public Health, Universitas Airlangga, Surabaya, Indonesia

<sup>1</sup>Lecturer of Faculty of Health, Universitas Muhammadiyah, Gresik, Indonesia

**Corresponding author's phone & e-mail:** +628123511914, [wiwikwidiyawati@umg.ac.id](mailto:wiwikwidiyawati@umg.ac.id)<sup>1</sup>

Ah Yusuf<sup>2</sup>

Lecturer of Department of Nursing, Faculty of Nursing, Universitas Airlangga (60115), Surabaya, Indonesia<sup>2</sup>

+628123298571, [ah-yusuf@fkp.unair.ac.id](mailto:ah-yusuf@fkp.unair.ac.id)<sup>2</sup>

<sup>3</sup>Indra Fajar Ibnu

<sup>3</sup> Lecturer of Faculty of Public Health, Universitas Hasanuddin, Makassar, Indonesia

<sup>3</sup>+628123511914, [widiyawatiwiwik@gmail.com](mailto:widiyawatiwiwik@gmail.com)

## **I. INTRODUCTION**

Mental health disorders are conditions of individuals who have difficulty in adjusting themselves to the conditions around them. This is caused by the inability to solve existing problems, causing stress and making the individual vulnerable to breakdown. Mental Health Disorders are often characterized by symptoms of mood disorders and mindset disorders as a result that arise due to distress that fails to be overcome by individuals. Around the world there are 35 million people affected by depression, 60 million affected by bipolar disorder and 21 million affected by schizophrenia. Whereas in Indonesia the prevalence of people with mental health disorders in 2018 reached 7 per 1000 people, only increase a bit from 2013 which was only 2 cases per 1000 people [1].

Compared to physical disorders, people with mental disorders often get negative perceptions with various stigma and stereotypes that surround them. People with psychiatric disorders often get negative views, fear, and get a bad stigma, either by the community in general or by health care providers. These perceptions and views cause people to fear, worry and keep their distance from mental disorders [2].

Stigma that arises in people with mental health problems not only comes from the general population, but also arises in special populations such as health care providers including psychiatry, psychological clinics, and mental health nurses [3]. Patients with mental health disorders often feel that they are getting unfavorable treatment due to the perceptions of health workers who are not good towards him; this affects the success of the treatment they live. Much research has been done to identify the importance of health workers in mental health rehabilitation centers to pay attention to their attitudes that are feared to cause stigma in patients [4].

Nurse is a professional who has the ability, responsibility, and authority to carry out patients with mental health disorders [5]. During the hospital period, health workers are required to have high knowledge, skills and professional attitude. Dr Tadjuddin Chalid hospital in Makassar, Indonesia is one of the hospitals that have recently organized treatment for mental health patients. It is necessary to measure the perception of health workers, especially nurses about their perceptions of mental health. The nurse as a health worker who is very close to the patient needs to be known well about mental health science. Because to reach healthy condition is not only seen in physical terms, but also in terms of patient mentality [6]. Based on the background above, this study tries to describe the nurses' perceptions, cognitive aspects, affection aspects, and conation aspects) about mental health in nurses at Dr, Tadjuddin Chalid Hospital in Makassar.

## **II. METHOD**

This research uses a quantitative design with with descriptive approach. This design and approach is chosen to describe the problems that occur during the research. The study was conducted in June - July 2018 at Dr Tadjuddin Chalid Hospital in Makassar, Indonesia. Sample of this study are chosen using random sampling technique. The inclusion criteria of sampling are hospitalization and out patient care nurses, present in the location when the study being conducted, willing to become this study respondent. The number of the chosen respondent are 86 consist of 24 nurses of hospitalizaion and 62 nurses of out patient care. The data is collected through interview

toward respondents using prepared instrument. The data collection has been conducted for 2 months started from first of June until 30 of July 2018 [7].

Nurse perception variables based on affection aspects were measured using a questionnaire prepared by researchers. The questionnaire to measure this consisted of 11 question items. This questionnaire is rated on a Likert scale which is Strongly Agree, Agree, Disagree and Disagree strongly [8]. The reliability test results of the questionnaire using Cronbach Alpha. This questionnaire is rated on a Likert scale which is Strongly Agree, Agree, Disagree and Strongly Disagree. Data analysis was carried out invariably in the form of number and percentage for categorical variables. For variables with numerical data scales, they are displayed in the form of mean and standard deviation which are then outlined in the form of a description [9].

### III. RESULT

**Table 1.** Perception distribution of nurses from cognitive aspect

Question	SS		S		TS		STSS	
	n	%	n	%	n	%	n	%
I understand that mentally healthy person can do anything right	26	30,2	49	57	11	12,8	0	0
I often think about unrealistic think thta can disturb someone's mental health	11	12,8	74	86	0	0	1	1,2
I understand that a mentally healthy person can control between selfishness and his profession (nurse)	15	17,4	65	75,6	6	7	0	0
I understand mentally healthy people can control excessive desires or feelings in his life	25	29,1	59	68,6	2	2,3	0	0
I understand that a mentally healthy person is someone who can control his emotions	26	30,2	57	66,3	3	3,5	0	0
Control of mind and behavior cannot make feelings calmer, so that it can disturb mental health	0	0	40	46,5	42	48,8	4	4,7
People who are always jealous of the achievements of others are mentally healthy people	0	0	6	7	54	62,8	26	30,2
I understand that mentally healthy people are people who are able to think positively about themselves	14	16,3	71	82,6	1	1,2	0	0
I understand that people who are confident can disturb their mental health	0	0	10	11,6	62	72,1	14	16,3
People who have erratic positions (easily influenced) can affect his/her self concept	15	17,4	70	81,4	1	1,2	0	0

I understand that people with mental disorders do not accept reality because of their inability to adapt to their surroundings	14	16,3	64	74,4	8	9,3	0	0
Rejecting the reality of life at hand does not interfere with his mental health	0	0	14	16,3	39	45,3	33	38

Table 1 shows the distribution of nurses' perceptions based on the aspects of cognition. Most of the respondents have agreed opinions (57%) that mentally disorder people can do things appropriately. Most respondents agreed (86%) about opinions that often think realistically can disrupt mental health. Most respondents agreed (75.6%) with the statement that mentally healthy people can control between selfishness and profession. Most respondents agreed (68.6%) about statements that healthy people with fundamental statements can control excessive desire. Most respondents agreed (66.3%) to the statement that mentally healthy people are people who can control their emotions.

This study shows that 62.8% of respondents disagree with the statement that people who are always jealous of the achievements of others are mentally healthy people. Then 82.6% of respondents agreed with the statement that mentally healthy people are people who always think positively about themselves. Most respondents disagreed (72.1%) with the statement that a confident person can interfere with his mental health. Most of the respondents that people with mental disorders do not accept reality because they are not able to adjust to their environment.

**Table 2** Perception Distribution of nurses from affection aspect

Question	SS		S		TS		STSS	
	n	%	n	%	n	%	n	%
I'm relieved to be able to complete my assignment at the hospital on time	22	25,6	64	74,4	0	0	0	0
I'm not feel disappointed when the activities that I do go according to the plan that has been arranged	6	7	70	81,4	10	11,6	0	0
I feel disappointed when I have to sacrifice my time with family by caring for patients	0	0	11	12,8	55	64	20	23,3
I feel uneasy when my relationships with others are not good because of a misunderstanding	12	14	73	84,9	1	1,2%	0	0
I feel bored when the hospital situation is fine without problems	0	0	10	11,6	59	68,6	17	19,8
I feel sorry for people who hate each other	21	24,4	57	66,3	8	9,3	0	0
I feel happy when many people enter the hospital	0	0	6	7	48	55,8	32	37,2

I feel sorry for people who always blame themselves so unable to understand themselves when faced with problems	15	17,4	63	73,3	8	9,3	0	0
I feel happy when I am able to carry out my duties as a nurse well	37	43	49	57	0	0	0	0
I feel worried when I cannot take care of my patient well	34	39,5	49	57	3	3,5	0	0
I'm worried for the patient's family who cannot accept the fact that the patient has died	14	16,3	64	74,4	8	9,3	0	0

Table 2 shows the distribution of nurses' perceptions based on aspects of affection. Most of the respondents have agree opinions (74.4%) that respondents feel relieved when they able to complete the task on time. Most respondents agree (81.4%) about feeling not disappointed when the activities carried out smoothly and regularly. Most respondents said they disagree (64%) with the statement that respondents felt disappointed when they had to sacrifice time with family by caring for patients. Most respondents agreed (85.9%) about the statement that respondents felt uneasy when their relationship with others was not good because of a misunderstanding that occurred. As many as 75.6% of respondents agree with the statement that the respondents were worried about the family who did not accept the fact that the patient had died.

**Table 3.** Distribution perception of nurses from Psychometric aspect

Question	SS		S		TS		STSS	
	n	%	n	%	n	%	n	%
Help people in solving problems that are being faced	16	18,6	67	77,9	3	3,5	0	0
Leaving the patient or other people confused looking for a room without giving direction	0	0	6	7	37	43	43	50
Giving advice / advice to others so that in doing all things do not conflict with values or norms of life	21	24,4	56	65,1	9	10,5	0	0
Trying to find a solution or a solution when experiencing problems	21	24,4	65	75,6	0	0	0	0
Pessimistic about being a professional nurse even if you just sit and sit in the office	22	25,6	31	36	33	38,4	0	0
Provide motivation to coworkers when they are desperate in achieving other things they want to achieve	14	16,3	70	81,4	2	2,3	0	0
Do everything with confidence and believe that what I do is the best	19	22,1	53	61,6	14	16,3	0	0
Showing a friendly attitude as a professional nurse	31	36	52	60,5	3	3,5	0	0

Not provide the best service to patients that encounters problems	0	0	4	4,7	37	43	45	52,3
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Table 3 shows the distribution of nurses' perceptions based on aspects of affection. Most of the respondents have agreed opinions (77.9%) related to statements helping people solve their problems. Most respondents strongly disagree (50%) about opinions leaving patients confused looking for space without giving direction. Most respondents agree (65.1%) with statements giving advice to others in doing things not contrary to values or norms of life. Most respondents agree (75.6%) about statements trying to find a way out when experiencing problems. Most respondents said that they disagree (38.4%) to the pessimistic statement of being able to become a professional nurse even though they were silent and sat in chairs.

#### IV. DISCUSSION

Aspect of cognition is a component composed of knowledge, views, and expectations, derived from past knowledge and experience. From the results of the study, most respondents have the perception that people who have good mental health can do everything well. These results are in accordance with research conducted by Lingam *et al* where nurses are of the opinion that patients with mental health disorders should get more attention compared to other general patients, this is because patients suffering from mental health cannot perform various activities with normal so need more help [10]. In addition this study is also in accordance with research conducted by Jönsson *et al.* where nurses tend to have positive perceptions of patients with mental health disorders [11].

One component that affects aspects of cognition is the knowledge and experience possessed by nurses. The experience of the nurse is strongly influenced by the age and length of work owned by the nurse. From the research conducted it is known that the average age of respondents is 36.7 years, based on these results respondents can be categorized as adults. The age of respondents who have matured causes respondents to have a good grasp and mindset in capturing a phenomenon. Research conducted by Laing and Nolan states that a person over the age of 30 years tends to have a psychological perception caused by thinking maturity. Besides being influenced by age, cognitive factors are also influenced by length of work. The work duration of the respondent will affect the work experience they have so that it will cause the respondent's knowledge to increase mental health problems [12].

One aspect of perception that is very important besides cognition is affection. Affection is a constituent component of perception consisting of the state of feelings and emotions of respondents towards a particular object. The results of the research that have been done stated that the majority of respondents had positive affections [13]. Research conducted by Park, Fertig and Allison states that one aspect that can be used as a reference for mental health is mental efficiency which is disturbed, difficult to control oneself, experiencing boredom, having negative feelings and feeling hopeless [12].

The last aspect of perception is the psychomotor aspect. Psychomotor aspects or often also referred to as aspects of conation are often related to motivation, attitudes and behaviors of research respondents on mental health. From the results of the research that has been done it is known that there are some contradictory things namely where the patient's conation is sometimes positive such as helping to solve other people's problems, but on the other hand there are some respondents who have a pessimism to become a professional nurse [5]. Pessimism that often

arises can adversely affect the performance of nurses in serving patients with mental health disorders; this can lead to the loss of nurses' expectations to provide maximum service. With a sense of pessimism it is possible to influence work motivation which can result in the emergence of stress on nurses. High work motivation possessed by nurses can reduce the risk of stress [11].

## V. CONCLUSION

From the result above, it can be concluded that most of the nurses' perceptions of mental health tend to be good or positive. In terms of the cognitive aspects of the majority of respondents showed a positive perception, this also applies to nurses' perceptions of mental health when viewed from the aspect of affection. But on the psychomotor aspects of statements related to professionalism, most of the respondents give negative feedback. From the result of study, it is expected to encourage the nurses to provide the best services without negative perceptions of patients with mental disorders. Further research is needed to find out more about the influence between nurses' perceptions of services for patients with mental disorders, as well as other effects that can arise due to the perceptions of nurses.

## ETHICAL CLEARANCE

This research involves participants in the process using a questionnaire that was accordant with the ethical research principle based on the regulation of research ethic regulation. All of the participants have agreed upon becoming the respondents of this study. The present study was carried out in accordance with the research principles. This study implemented the basic principle ethics of respect, beneficence, non-maleficence, and justice.

## CONFLICT OF INTEREST

The authors report no conflict of interest related to this paper so far

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