

# **Eksplorasi Keyakinan Kesehatan dan Persepsi Masyarakat tentang Gangguan Jiwa di Kabupaten Belu Provinsi Nusa Tenggara Timur**

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## **ABSTRAK**

**Latar belakang :** Konsep gangguan jiwa bervariasi antar budaya. Keyakinan lokal tentang gangguan jiwa di Belu belum diidentifikasi secara dini. Pengelolaan, pelayanan dan perhatian masalah kesehatan jiwa yang diberikan pun masih minim. Keluarga ODGJ lebih percaya dukun dalam proses penyembuhan ODGJ. Akses yang minimal ke fasilitas kesehatan menciptakan kesenjangan dalam perawatan dan pengobatan antara dukun dan layanan kesehatan medis.

**Tujuan :** Untuk mengeksplorasi keyakinan kesehatan dan persepsi masyarakat tentang gangguan jiwa di Kabupaten Belu, Provinsi Nusa Tenggara Timur (NTT).

**Metode :** Suatu pendekatan etnografi yang digunakan yaitu etnografi terfokus menggunakan Spradley Model. Data dianalisis menggunakan *software* NVIVO 12. Wawancara semi-terstruktur dengan partisipan berjumlah 19 partisipan yang terdiri dari 6 orang tenaga kesehatan, 7 orang masyarakat, dan 6 orang tua-tua adat. Pemilihan sampel berdasarkan pengalaman dan lokasi pada 5 Puskesmas.

**Hasil :** Terdapat lima tema utama (1) Ketidakseimbangan pada fitrah kehidupan manusia (2) Gangguan jiwa laki-laki dan gangguan jiwa perempuan (3) Hambatan dalam pemulihan orang dengan gangguan jiwa (4) *Being supportive and socially distance* (5) Melepaskan panas dengan Mendinginkan.

**Kesimpulan :** Lima tema budaya diidentifikasi. Gangguan jiwa laki-laki dan gangguan jiwa perempuan menghadirkan stereotip gender

**Kata kunci :** Keyakinan kesehatan, penyakit mental, gangguan jiwa, persepsi, budaya, etnografi

# **An Exploration of Health Belief and Community Perception about Mental Disorder in Belu District East Nusa Tenggara Province Ethnography Study**

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## **ABSTRACT**

**Background:** The concept of mental disorders varies between cultures. Local beliefs about mental disorders in Belu have not been identified early. Management, services and attention to mental health problems provided are still minimal. Families of people with mental disorders trust shamans more in the process of healing people with mental disorders. Minimal access to health facilities creates gaps in care and treatment between shamans and medical health services.

**Objective:** To explore public health beliefs and community perceptions about mental disorders in Belu District, East Nusa Tenggara Province (NTT).

**Method:** An ethnographic approach used is focused ethnography using the Spradley Model. Data were analyzed using NVIVO 12 software. Semi-structured interviews with 19 participants consisting of 6 health workers, 7 community members, and 6 traditional elders. The sample selection is based on experience and location in 5 community health centers.

**Results:** There are five main themes (1) Imbalance in the nature of human life (2) Masculine mental disorders and feminine mental disorders (3) Obstacles in the recovery of people with mental disorders (4) Being supportive and socially distance (5) Releasing heat with Cool.

**Conclusion:** Five cultural themes were identified. Masculine mental disorders and feminine mental disorders present gender stereotypes

**Keywords:** Health beliefs, mental illness, mental disorders, perception, culture, ethnography