

Reasons Pasung in People with Mental Disorders

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Abstract

Background: Still high rates of retention in people with mental disorders. **Objective:** To find out the reasons for retention in people with mental disorders. **Method:** Starting by identifying literature on scientific articles that have been published both nationally and internationally from two databases, namely DOAJ and Pubmed in 2015 to 2019. From the initial search, 187 article titles were obtained from DOAJ and 73 article titles from Pubmed. The list of articles relevant to the research question was identified as many as 14 articles. In the final stage, out of the 14 articles that were read in total or full text, there were 6 articles that fit the inclusion and exclusion criteria. **Results:** The reasons for internal retention are that aggressive behavior from people with mental disorders and externally are negative family attitudes due to physical and mental fatigue, lack of access to treatment due to the distance from home to health facilities and lack of follow-up after people with mental illness come home from care Hospital **Conclusion:** Pasung is a very complex problem and solutions must be sought immediately. The role of health workers is needed, namely by conducting mental health education in the community. Pasung is a very complex problem and solutions must be sought immediately. The role of health workers is needed, namely by conducting mental health education in the community. Pasung is a very complex problem and solutions must be sought immediately. The role of health workers is needed, namely by conducting mental health education in the community.

Keywords: “Seclusion, restraint, mental disorder, coercion”.

Introduction

People with mental disorders according to Law number 18 of 2014 concerning mental health are people who experience disturbances in thoughts, behaviors and feelings manifested in the form of a set of symptoms and/or meaningful behavioral changes and can cause suffering and obstacles in carrying out people’s functions as human ⁽¹⁾. Constructions are all forms of restriction of motion that result in loss of freedom of movement and the right to health services for people with mental disorders⁽¹⁾.

Basic health research⁽⁵⁾ conducted by the Indonesian Ministry of Health in 2013 and 2018 identified the estimated number of ODGJ and pasung. Estimated number of pasung in Indonesia is 60,000⁽⁵⁾ and pasung history of 51,800 people⁽⁵⁾. From the number of 51,800 people pasung history, it is estimated that as many as 8,200 people are being locked up in the last three months.

Method

The preparation of this review goes through several stages, namely determining the research questions with the PICOS method. Furthermore, collecting data for literature review includes: identification, screening, eligibility selection and determination of inclusion criteria. In the final stage, the review is carried out by synthesizing the literature to obtain a systematic review.

Research Questions: The research question is “what is the reason for the family to save people with mental disorders?”

Journal identification: Journal identification is done by searching for articles that have been published in 2015 to 2019 in two databases, namely DOAJ and Pubmed, searching is done using keywords: “seclusion, restraint, mental disorder, coercion”. The search is done by using a single word or a combination of these words.

The article is then selected according to the inclusion and exclusion criteria that have been determined by the researcher. The article will be included if the article specifically discusses saving and why. While the article will be excluded if the article uses languages other than English and Indonesian, not original research and there is no full text.

Screening and Eligibility: From the initial search found 187 article titles from DOAJ and 73 article titles from Pubmed. The list of articles relevant to the research question was successfully identified. After screening through abstracts, 14 relevant articles were obtained, the selection was continued by selecting articles that were relevant, eligible and had similar study design. In the final stage, out of the 14 articles that were read in total or full text, there were 6 articles that fit the inclusion and exclusion criteria.

Assessment: This stage is the assessment stage of 6 existing articles. At this stage the author summarizes the entire article and is synthesized into a literature review.

Results

Based on the questions made by researchers, namely: "What is the reason for the family to save people with mental disorders?" Obtained six articles that discuss the reasons for saving.

Discussion

The family is two or more people who are united by togetherness and emotional closeness that identifies itself as part of the family⁽⁵⁾. The family consists of individuals who are united through marriage and parenthood, blood relations and adoption^(1,2). The family has emotional closeness, so if there are members who experience family pain have obligations and responsibilities in caring. Families try their best care and treatment, but the process of caring for people with mental disorders takes a long time. Patience is needed in caring, this makes the family experience boredom. Aggressive behavior makes the family feel ashamed and helpless so that they are locked up Attaching is done to prevent injury to themselves and those around them⁽⁹⁾.

Depression in people with mental disorders occurs in almost all continents. In Ethiopia, saving is done because of lack of access between housing and health services. Most families live in the mountains or remote places. The far access to health services and the low

economic conditions cause families not to use health services. Lack of supervision of health workers for post-hospitalized mental patients is also a reason for families to be deprived. The family feels that after being treated, the patient has recovered so there is no need to control. Lack of information from health workers about the importance of continuing treatment even if they are allowed to go home⁽⁷⁾.

Post pasung patients will be re-treated by the family, if there is no monitoring from health workers will appear recurrence and re-pasung⁽¹²⁾. Some of the reasons families do the saving because the family still has concern for family members but because they are forced to do the saving.

Families experience physical and emotional exhaustion due to having family members with mental disorders. The family cannot manage their emotions so that the idea of embezzlement arises despite human rights violations⁽¹²⁾. Confinement causes social isolation due to isolation or confinement. The mounting location is far from the housing so that patients do not get access to meet other people. Savings also cause changes in meeting basic needs, self-care activities can not be done. Nutrition needs are also not met so that the physical condition is very alarming⁽¹¹⁾.

The actions that need to be taken by health workers are to improve social functions and optimize the support system, namely the family and community⁽¹¹⁾. After treatment, patients still need supervision from health workers so there is a need for follow-up to avoid recurrence⁽⁷⁾. Form of support to the family by providing correct information and teaching how to manage emotions in the face of mal adaptive behavior⁽¹⁾. Support family and community by providing mental health education on how to deal with mental patients with aggressive behavior⁽¹²⁾, health education about schizophrenia and appropriate treatment method, especially in rural areas^(9,10). The government also needs to strive to build infrastructure by building health services near the dean of residential settlements to facilitate families and communities when problems arise⁽⁷⁾.

Post pasung patients need rehabilitation to prepare to be independent. Rehabilitation involves patients, families, communities and health workers. Rehabilitation aims to create employment opportunities for patients without discrimination. It is expected that patients can be independent in meeting economic needs and social support systems to prevent recurrence and pasung^(9,10).

Conclusion

Pasung in people with mental disorders is a very complex problem and solutions must be sought immediately. Nearly all over the world the practice of mounting occurs for the same reason and impact. The family and community have a very important role so that the pasung problem can be overcome. Physical fatigue and lack of control over emotions are the main triggers of depletion. The role of health workers is needed so that this can be overcome by conducting mental health education in the community which is the main key in overcoming pasung problems.

Ethical Clearance: This article has been approved by the Medical faculty of Brawijaya University

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