

Overview of the Characteristics of People with Mental Disorders and Family Caregiver

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Abstract— The stress of life can occur at any time and about anyone, so that possibility of mental disorder can also happen to anyone, not just a certain group of people. Thus, it is necessary to identify patients and their families' characteristics to plan strategies or approaches to facilitate the care of patients by family caregivers. This quantitative study uses a cross-sectional system to obtain a brief description of the characteristics of patients undergoing treatment in a mental hospital and the aspects of family caregiver families. The respondents in this study amounted to 38 people living with mental disorder. Based on the results of the study, note the diversity of characteristics of patients and families. Different approaches and strategies are needed in dealing with patients and family caregivers who have other features.

Keywords-- *people with mental disorders, family caregiver.*

I. INTRODUCTION

Mental health is a significant health problem and into four major health problems in developed countries; even though mental health problems do not cause death directly, the disorder can lead to individuals' inability in the business as usual and not productive [1]. According to Joseph, mental health is a positive attitude toward self, to grow and develop, has self-actualization, integrity, freedom of self, perception match reality, and talk to adapt to the environment [2]. Problems on an individual are experiencing a mental disorder that is complex with each other intertwined. Ineffective

coping mechanisms is one of the factors a person may have mental illnesses. A healthy person can be said of the soul if one can meet the following criteria: a positive attitude toward myself, growth, self-actualization, integration, autonomy, perception of reality, and proficiency in adaptation to the environment [3].

According to data from the WHO (World Health Organization), people with severe mental disorders have kept an exceptional level of more than 24 million experience severe mental disorders. In fact, according to the American psychiatrist center report, it requires substantial funds. That means mental disorders impact all aspects of life, whether economic, political, social, cultural, security, and others [4]. According to the Ministry of Health, people with mental disorders in Indonesia showed depression and anxiety symptoms at 6% for ages 15 and over, or about 14 million people. Simultaneously, the prevalence of severe mental disorders, like schizophrenia, was 1.7 per 1000 population, or about 400,000 people. Based on the Regional Health Research (Riskesdas) in 2013 revealed that the prevalence of severe mental disorders in Indonesia, respectively, by 4.6 per mil and 1.7 per mil [5].

II. METHOD

This quantitative study aims to identify the characteristics of caregiver families with mental disorders. Data collection was carried out through

distributing questionnaires to families where one family member was hospitalized in a mental hospital. Families who were used as research respondents were interviewed when they visited family members who were being treated. Respondents in this study amounted to 34 people, and before being interviewed, respondents received explanation of informed consent so that respondents believe that the information submitted will only be stored by researchers. The informed consent was signed after the respondent stated his willingness to be involved in the study. The interview process was carried out in the living room of each inpatient room. Researchers ask questions according to the questions sheets that have been prepared previously. Univariate analysis is carried out on data, obtained based on the results of interviews and is presented as a percentage.

II. RESULTS

Table 1. Characteristics of Patients with Mental Disorders

Characteristics	Number (Person)	Percentage (%)
Gender		
- Male	27	71%
- Female	11	29%
Age		
- >40 years	10	26%
- ≤40 years	28	74%
Marital Status		
- Married	13	38%
- Single	21	62%
Patient Status		
- Wife	2	23%
- Husband	4	15%
- Children	13	62%

Table 2. Family Caregiver Status

Caregiver Status	Amount (Person)	Percentage (%)
Wife	2	11%
Husband	4	21%
Parents	13	68%

Based on table 1, the characteristic data table shows that most patients with mental disorders are male with a presentation of 71% while women have a percentage of 29%. The majority of people with mental illnesses are at most under 40, with a rate of 74%. The marital status of the most mentally ill patients is unmarried, with a percentage of 62%. Characteristics of respondents based on patient status obtained 62%

results occur in children. In table 2, the family caregiver status table states that the percentage of people responsible for bringing clients to the hospital is the client's parents, with 68%.

III. DISCUSSION

A. Gender

Mental disorders can be experienced by anyone, especially that most men, because of socially, men are more difficult to express anger or stress they experienced; they prefer to bury what was a burden on his mind than women. Based on the table's characteristics, the number of the most widely known that mental disorders are male. This is in line with research conducted by [6] That the number of men with mental disorders is 89.2%, this heavy responsibility causes men always to drain their energy and mind to reach their targets. Then, family factors (children and wives) that demand to fulfill their life's needs are factors why men are more affected by mental disorders than women. Other factors that can trigger mental disorders for men are the use of illegal drugs, sexual violence as a child, failure to reach targets, and low self-esteem.

But in contrast to research conducted by [7] Which states that the number of female respondents is more likely to be affected by mental disorders, women dominate the majority of the nursing profession as at the study site. Women bear the burden of misfortune related to poverty, such as lack of access to school, physical violence from husband, forced marriage, sexual trafficking, fewer job opportunities, and limited participation in activities outside the home and workload at home. WHO (World Health Organization) says the opposite is that women are more susceptible to stress that leads to depression than men. This is due to biological differences between the two, as quoted by Medical Daily, that women have the hormone estrogen, which can protect themselves from psychiatric disorders. So even though more susceptible to stress, women tend to get through it well.

B. Age

Age could be a trigger factor of people affected by mental disorders. Under 40 years of age is childbearing age, at the age of many informal workers and the middle class down. The table above shows that at the age of 40, people are susceptible to mental disorders or the most insane. Tray patient data at the health center also indicates that from the years 2011-2015 the highest age susceptible to mental illness is under 40 years [8].

The results are consistent with [9] that respondents aged less than 40 years more experience a mental disorder

with a percentage of 83.3%, which means there is a relationship between age and stress. Previous research said that people with mental illnesses are in the range of 18-35 years (under 40 years) [10]. Referring to the Basic Health Research conducted by the Ministry of Health in 2018, the prevalence of severe mental disorders increased from 0.15% to 0.18%, while the majority of the mental, emotional illness among people aged 15 and older increased from 6.1% in 2013 to 8.8% in 2018 [11]. The theory that mental disorders, the emotional tendency, is influenced by individuals' ages and stages of life [7]. The generation has a strong relationship with the onset of psychiatric problems compared with other variables. Age under 40 years of age are considered as productive.

C. Marital Status

Based on the results of the above characteristics table concluded that the number of people who have mental disorders, most are the people who are not married with a percentage of 62%. This is because people who are not married tend to feel lonely and do not have the right life partner for her storytelling. This theory is also supported by research that shows that the highest proportion with mental disorders emotional tendency is unmarried respondents. In the case of marriage, it is a theoretically important factor in maintaining mental health workers because the couple is one of the forms of social support. The multivariate results support this that unmarried status becomes the most dominant variable in causing mental disorders emotional tendencies [7]. However, research [12] stating married man must have a live load is more massive than the unmarried. This is because people who are married do not only think of their own needs but also think about his family's needs that married people have more stress levels. Not all married individuals will experience stress because it depends on the individual's ability to resolve the problems that exist within the family so as not to disturb the mental. Although the research results [13] the rate of depression in married people is higher than unmarried people.

This is because marriage is one trigger of stress. People who are married have a greater responsibility than unmarried ones, such as family income, food, and clothing.

D. Status of Patients

In this study, patients with the child's status are the most abundant being patient with mental disorders, according to the table above characteristics with a percentage of 62%. Many factors could be the cause of one of the demands of parents who are too heavy for children. Andina's research stating that one of the reasons for mental disorders is the relationship between children and parents [14]. Various factors cause the

patient to have mental disorders, one of which parents do not give proper attention to them. For example, parents do not listen to what was discussed and tend to hear only positive things. Other factors are also supportive of the research: the psychological trauma on children, such as sexual or physical abuse, and the loss of parental affection. The environment can also trigger mental disorders in children [15].

B. Family

As a caregiver, the family is the closest neighborhood to people with mental disorders, who are the people who are directly affected by the presence of psychiatric disorder problems in their system. Based on the above characteristics table, the percentage of parents who became responsible for clients with mental disorders is 68%. It is also consistent with [16] studies that often deliver their children to the clinic, and the consul drove to the hospital are their parents. In theory, the family is the frontline in maintaining mental health and their family members into the party, providing psychological first aid when visible symptoms lead to mental health. This condition is in line with research [17] which states that a long time and the lack of assistance will enable the family to improve their ability to care for the client based on his experience. A healthy condition and warm family capable of providing therapeutic touch. The family has an essential role in the healing process, such as a filter factor and early detection against mental disorders caregiver mental disorder at home and prevent a recurrence. According to WHO (World Health Organization), recurrence is often the case that can worsen people with mental illnesses. Sari, et al., suggested that one of the factors to prevent recurrence in patients with mental disorders by performing the routine treatment programs; treatment is referred to in this study are routinely medication adherence. Although taking medication is not a 100% cure for patients, at least when the patient remission longer, and the recurring symptoms are not severe mental disorders [18]. Communication is also as the most important factor to prevent patient's relapse [19], [20], [21]. According to BKKBN (National Population and Family Planning), this study is consistent with the family's function, namely, the part of religion, social culture, love and affection, protection, reproduction, education, economy, and functionality environmental conservation. According to [22] they are divided into two main functions: the expressive function of the family requiring love and affection for all family members, fulfilling developmental tasks (intellectual, emotional, social, moral), and all members' character, especially children and instrumental function, family to access, obtain, and manage the family economy to meet the physical, economic needs of the family.

IV. CONCLUSION

In general, the results of this study can be concluded that mental disorders are one of the major problems in mental health that can occur in all ages and genders. This study found that men are prone to mental disorders, especially men who are married than unmarried. This impact is due to many factors. However, patients with child status are also at risk of developing mental disorders due to unpleasant experiences and inaccurate attention given by parents. The role of the family is significant in healing people with mental illnesses. With the family, the patient can receive adequate support to facilitate healing. Family is a filtering factor and early detection of mental disorders that provide care for mental disorders.

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