

HUBUNGAN ANTARA PENGETAHUAN KELUARGA MENGENAI KESEHATAN MENTAL DENGAN SIKAP PENGOBATAN MENTAL DI PANTI PENGOBATAN TRADISIONAL BANYUMAS RAYA

ABSTRAK

Latar Belakang: Kesehatan mental adalah keadaan bahagia individu yang sadar akan kemampuannya sendiri, mampu mengatasi tekanan hidup, mampu bekerja secara produktif, dan mampu berkontribusi kepada komunitasnya. Kurangnya pengetahuan dari keluarga mengenai kesehatan mental menyebabkan meningkatnya kasus gangguan mental dan pemilihan sikap pengobatan yang kurang tepat.

Tujuan: Untuk mengetahui hubungan pengetahuan keluarga mengenai Kesehatan mental dengan sikap pengobatan gangguan mental di panti pengobatan tradisional Banyumas Raya

Metode: Penelitian ini menggunakan studi observasional analitik dengan desain studi cross sectional, dengan responden berjumlah 44 orang yang melengkapi pengisian kuesioner *Mental Health Knowledge Schedule* (MAKS) dan kuesioner sikap pengobatan pada bulan Mei 2022 – Januari 2023. Analisis data dilakukan dengan uji korelasi Gamma

Hasil: Sebagian besar responden memiliki tingkat pengetahuan cukup (61,4%). Pada sikap pengobatan paling banyak memilih sikap pengobatan medis (79,5%). Sikap terhadap pengobatan medis paling banyak dipilih oleh individu pada tingkat pengetahuan cukup (43,2%). Hasil analisis menggunakan uji korelasi *Gamma* mendapatkan nilai *p value* 0,025 dan *r* 0,741 menunjukkan adanya korelasi kuat antara pengetahuan keluarga mengenai kesehatan mental dengan sikap pengobatan gangguan mental di panti pengobatan tradisional Banyumas Raya

Kesimpulan: Terdapat hubungan bermakna dengan kekuatan korelasi kuat antara tingkat pengetahuan keluarga mengenai kesehatan mental dengan sikap pengobatan gangguan mental di panti pengobatan tradisional Banyumas Raya.

Kata kunci: Gangguan Mental, Kesehatan Mental, Pengetahuan, Sikap Pengobatan

THE CORRELATION BETWEEN LEVEL OF KNOWLEDGE ON MENTAL HEALTH AND TREATMENT PREFERENCE OF FAMILY MEMBER AT THE BANYUMAS RAYA TRADITIONAL TREATMENT CENTER

ABSTRACT

Background: *Mental health is a wellbeing state of individuals who are aware of their own abilities, able to cope with life's pressures, able to work productively, and able to contribute to their community. Lack of knowledge from families about mental health leads to an increase in cases of mental disorders and the selection of inappropriate treatment attitudes.*

Objective: *To determine the relationship between family knowledge about mental health and attitudes towards treatment of mental disorders at the Banyumas Raya traditional treatment center.*

Methods: *This study used an analytical observational study with a cross sectional study design, with 44 respondents who completed the Mental Health Knowledge Schedule (MAKS) questionnaire and the treatment attitude questionnaire in May 2022 - January 2023. Data analysis was performed with the Gamma correlation test*

Results: *Most respondents had a moderate level of knowledge (61.4%). In the treatment attitude, most people chose the attitude of medical treatment (79.5%). The attitude towards medical treatment is mostly chosen by individuals at the level of sufficient knowledge (43.2%). The results of the analysis using the Gamma correlation test obtained a p value of 0.025 and r 0.741 indicating a strong correlation between family knowledge about mental health and attitudes towards treatment of mental disorders in traditional Banyumas Raya treatment centers.*

Conclusion: *There is a significant relationship with a strong correlation strength between the level of family knowledge about mental health and the attitude towards treatment of mental disorders in traditional treatment centers in Banyumas Raya*

Keywords: *Mental Disorder, Mental Health, Knowledge, Treatment Preference*