

ABSTRAK

STIGMA MASYARAKAT TERHADAP ORANG DENGAN GANGGUAN JIWA (ODGJ) DI DESA SINGASARI, KECAMATAN KARANGLEWAS, KABUPATEN BANYUMAS

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Latar Belakang: ODGJ lebih sering mendapat stigma dari masyarakat. Stigma dapat memperparah gangguan jiwa dan menghambat penyembuhan. Oleh karena itu, stigma terhadap ODGJ harus diminimalisir untuk meningkatkan kualitas hidupnya. Tujuan penelitian ini adalah untuk mengetahui gambaran stigma masyarakat terhadap ODGJ pada komponen stereotip, *labeling*, *separation*, dan diskriminasi.

Metode: Penelitian ini menggunakan desain deskriptif kualitatif yang dilakukan di Desa Singasari pada bulan September 2024-Januari 2025. Subyek penelitian terdiri dari 10 informan utama yaitu masyarakat Desa Singasari dan empat informan pendukung yaitu satu tokoh masyarakat, satu tenaga kesehatan, dan dua caregiver ODGJ yang diambil dengan menggunakan teknik purposive sampling. Peneliti merupakan instrumen utama dengan dibantu pedoman wawancara. Keabsahan data menggunakan triangulasi sumber. Analisis data menggunakan analisis tematik.

Hasil: Masih terdapat stereotip diantaranya masyarakat menganggap bahwa gangguan jiwa dapat disebabkan karena kemasukan setan/jin dan ODGJ merupakan seseorang yang berbahaya, aib, beban, dan tidak dapat disembuhkan. Masyarakat masih memberikan *labeling* kepada ODGJ dengan sebutan *wong edan* dan *wong gendeng* (orang gila), orang stres, serta orang kurang. Selain itu, masih terdapat *separation* yang dilakukan oleh masyarakat terhadap ODGJ dengan melakukan pemasangan dan pemisahan ruangan bahkan mengikat tangan ODGJ. Masyarakat juga masih memberikan diskriminasi berupa merasa takut, menghindar, dan bersembunyi apabila ada ODGJ yang mendekat. Masyarakat juga tidak menerima ODGJ untuk tinggal di lingkungannya dan tidak mengikutsertakan ODGJ di kegiatan masyarakat.

Kesimpulan: Masih terdapat stigma masyarakat terhadap ODGJ pada komponen stereotip, *labeling*, *separation*, dan diskriminasi. Masyarakat diharapkan dapat meningkatkan pengetahuan terkait ODGJ dan tidak melakukan tindakan yang dapat menimbulkan stigma terhadap ODGJ.

Kata Kunci: Stigma, Masyarakat, ODGJ

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ABSTRACT

COMMUNITY STIGMA TOWARDS PEOPLE WITH MENTAL DISORDERS IN SINGASARI VILLAGE, KARANGLEWAS DISTRICT, BANYUMAS DISTRICT

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Background: People with mental disorders are more often stigmatized by society. Stigma can worsen mental disorders and hinder healing. Therefore, the stigma towards people with mental disorders must be minimized to improve their quality of life. The aim of this study is to determine the description of community stigma towards people with mental disorders in the components of stereotypes, labeling, separation, and discrimination.

Method: This research used a qualitative descriptive design that was conducted in Singasari Village in September 2024-January 2025. The research subjects consisted of 10 main informants, including the people of Singasari Village and four supporting informants (1 community figure, 1 healthcare worker, and 2 caregivers for people with mental disorders) taken using a purposive sampling technique. The researcher was the main instrument with the help of interview guidelines. Data validity used source triangulation. Data analysis used thematic analysis.

Results: There were still stereotypes, among which people think that mental disorders can be caused by being possessed by demons and that people with mental disorders are someone who is dangerous, a disgrace, a burden, and cannot be cured. Society still labels people with mental disorders as wong edan and wong gendeng (crazy people), stressed people, and lacking people. Apart from that, there was still separation carried out by the community towards people with mental disorders by shackling them and room separation and even tying the hands of people with mental disorders. Society also still discriminates in the form of fear, avoidance, and hiding if people with mental disorders approach. The community also does not accept people with mental disorders to live in their environment and does not include people with mental disorders in community activities.

Conclusion: There was still public stigma towards people with mental disorders in the components of stereotypes, labeling, separation, and discrimination. The community is expected to increase knowledge regarding people with mental disorders and not take actions that could cause stigma against people with mental disorders.

Keywords: Stigma, Society, People with Mental Disorder.

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