

The effect of educational videos "they are us" on stigmatizing people with mental disorders

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ABSTRACT

Stop stigma educational video "they are us" aims to eliminating the stigma in fikes students and shifting the negative stigma be a positive stigma against people with mental disorders. This study aims to determine the stop-stigma educational video entitled "They Are Us" towards students of Health and Science Faculty. This study used a quasi-experimental method with one-group pre-test and post-test designs. The research sample was 166 respondents, using cluster random sampling technique. The instrument used was a stigma questionnaire sheet adapted from research conducted by Sasra (2018) in Padang. The results of this study show the stigma of pre-test (39,40) and post-test (62,28). The result of the Wilcoxon pre-test, post-test of stigma indicate a significance level of 0.000 (P 0.05). In conclusion There is a significant effect of giving the stop-stigma educational video entitled "They Are Us" towards students of Health and Science Faculty.

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1. INTRODUCTION

Mental disorder is a syndrome or psychological pattern or behavior pattern that is clinically important, which occurs in individuals and the syndrome is associated with distress (for example, symptoms). pain, pain) or disability (inability to one part or several important functions) or accompanied by a significantly increased risk of dying, being sick, inability, or losing freedom [1]. Based on a preliminary survey conducted by researchers at the Faculty of Health Sciences, Muhammadiyah University of Purwokerto, the results of interviews conducted by researchers with 10 respondents, 9 people had a negative prejudice against people with mental disorders because they thought people with mental disorders should be isolated from the rest of society, they also think that mental illness is a burden on society, many of them do not want to live next to people who suffer from mental disorders because they think that people with mental disorders should be avoided and kept away because they often go berserk and disturb society and 1 respondent said that someone who shows signs of signs of mental disorders then immediately checked with the nearest health service, he also said that there is a need to provide much better tolerance, attitudes towards people with mental disorders in the community, and people with mental disorders must be given special attention befits any other human.

From the preliminary survey, students should have a positive stigma against people with mental disorders, because in practice students will act as reinforcers for people with mental disorders, as a relapse prevention, find treatment, help maintain adherence and rehabilitation of people with mental disorders. Students should also be able to think that people with mental disorders can be cured, people with mental disorders can take care of themselves, and people with mental disorders are not dangerous.

2. RESEARCH METHOD

This research is a quantitative study using a method *quasi experimental* design with *one group pre-test and post-test design*. Location this research was conducted at the Faculty of Health Sciences, Muhammadiyah University of Purwokerto which was conducted in April-May 2020. Samples in this study calculated using the Slovin formula with the results of 166 people, then the technique sampling in this study using cluster sampling

technique with results class A, B, C are 33 respondents, class D with 35 respondents and class E with 32 respondents.

3. RESULTS AND DISCUSSIONS

3.1. Univariate analysis

Table 1. Frequency distribution based on response (n=166)

Characteristics	Frequency	Percentage
Age		
19 years old	37	22,3%
20 years old	106	63,9%
21 years old	23	13,9%
Gender		
Male	48	28,9%
Female	118	71,1%
Class		
Nursing A	33	19,9%
Nursing B	33	19,9%
Nursing C	33	19,9%
Nursing D	35	21,1%
Nursing E	32	19,3%

From table 4.1 it is known that the characteristics of respondents based on age in the university's health science faculty Muhammadiyah Purwokerto with the age group of 19 years as much as 37 (22.3%), the age group of 20 years as much as 106 (63.9%), and the age group of 21 years as much as 23 (13.9%). Based on data, the gender of the respondents were male as much as 48 (28.9%), and female as much as 118 (71.1%). Based on the level of education, that is, the respondent's college was 166 (100.0%), and based on the semester, namely the 4th semester students were 166 (100.0%).

The number of respondents in this study were 166 respondents using *cluster sampling techniques* that met the inclusion criteria. The results of the characteristics of the respondents obtained in this study were age, gender, level of education, semester, and class. Characteristics of respondents based on age indicate that most of the respondents are 19 years old, namely 37 respondents (22.3%), 20 years as many as 106 respondents (63.9%), and 21 years as many as 23 respondents (13.9%). in the faculty of health sciences, Muhammadiyah University of Purwokerto. This study previously conducted a data normality test using the Kolmogorov-Smirnov test because the sample was over 50 people with a $P < 0.005$, it was concluded that the data was not normally distributed. Then the researcher used the Wilcoxon test analysis, this test was carried out to analyze the results of the paired observations of the two data whether they were different or not. This test is used only for interval or ratio type data. However, the data does not follow the normal distribution [2].

The age distribution shows that most of the respondents are late adolescents who have had responsibilities towards family members or other people. A person's age is generally related to a person's level of knowledge. This is as stated by Notoatmodjo [3] who states that the factors that influence the level of knowledge, including age in the patient's family, affect the perceptive power and mindset of a person. As you get older your perception and mindset will also develop. The age of a person reflects maturity in making a decision, this shows that the older the person gets, the more his knowledge will be.

Nearly half of the respondents in this study were female with a total of 118 (71.1%). This is supported by pila by research conducted on the effect of health education using video media on the stigma and public knowledge of people with mental disorders in the village of Central Sokaraja. Data obtained from most of the respondents were female, as many as 64 (65.3%). Research conducted on differences in the effectiveness of face-to-face health education with social media on increasing family knowledge with schizophrenia, the results of the study showed that the majority of respondents were female, as many as 8 respondents (80.0%) [4]. This is in line with research conducted by regarding the effect of psychoeducation on the level of knowledge about mental disorders stigma, the results of the study found that most of the respondents were female, as many as 86 respondents (71.2%) and the rest were male- male as many as 14 respondents (28.8%) [5]. This is also supported by research conducted regarding the level of knowledge, perceptions and attitudes of the community towards people with mental disorders (ODGJ) in Rowosari Village Semarang, it was found that most of the respondents were female, as many as 46 respondents (56.1) [6].

Sex differences do not directly affect a person's level of knowledge and stigma, but when given education, female respondents are more enthusiastic and their level of attention is very high. Attention is an awareness that accompanies an activity carried out and this is very important for one's interest in carrying out

these activities. Attention is needed at the time of intervention so that the information provided through sociodrama education can be well received by respondents. All respondents in this study with the largest number of respondents were class D with 35 people (21.1%). The level of education possessed by the respondent is sufficient to support the respondent in understanding the video information "they are us." [7] Stated that the level of education can increase knowledge about health. Education at the middle level in thinking and digesting a new experience to increase knowledge is more easily accepted.

3.2. Bivariate analysis.

Table 2. The mean value of stigma among PHC students before and after giving educational videos of the ODGJ stigma stop "they are us."

Variable	Before		After		Δ (difference before after)
	Average	Min-Max	Average	Min-Max	
Stigma	39,40	25-65	62,28	40-85	22,88

Based on table 4.2 above, it is known that the mean stigma before being given an educational video The ODGJ stop stigma "they are us" is 39.40 with a standard deviation value of 9.659 while after being given the educational video the ODGJ stop stigma "they are us" the average is 62.28 with a standard deviation value of 8.835. Based on the results of the research, the value and average stigma of PHC students before being given the ODGJ stop stigma educational video "they are us" is 39.40 and after being given the ODGJ stop stigma educational video "they are us" increases to 62.28 thus it can be seen an increase in the average score of stigma among the students of physics. The results of research conducted by Pamungkas [8] regarding the stigma against People with Mental Disorders (ODGJ) in nursing students of Stikes Jenderal Achmad Yani Yogyakarta, the results showed that most of the students of the Nursing Study Program (PSIK) Stikes Jenderal Achmad Yani Yogyakarta has a stigma against patients with mental disorders in the moderate category of 78 people (96.3%). This is in line with the research conducted by Shen, of medical education to eliminate stigma and discrimination associated with mental illness among future doctors, the effect of clerkship training on attitudes of Chinese students, After clerkship training, there is a significant increase [9]. In attitudes towards mental health as reflected in the total score on stigma (103.4 ± 8.6 to 111.8 ± 9.6). The results of the study were strengthened by research conducted by Japar on the effect of counseling on schizophrenia on changes in knowledge and The stigma in students of SMK Karya Dharma class X found that the average stigma before counseling was 48.40 and after being given counseling the average stigma was 80.31 [10].

The results were in accordance with what said that the formation of stigma was influenced by many factors. one of which is the knowledge possessed by individuals Health education helps men Increase individual knowledge that will shift the existing stigma, so that people with mental disorders in the future are expected to be free from stigma and discrimination. In previous research conducted by Wahyu [11], it is said that the level of public knowledge is one of the supporting factors for stigma in society, stigma is all forms of physical and social attributes that reduce a person's social identity, disqualifying that person from complete social acceptance. As such, health education is considered an independent function of nursing practice and is the primary responsibility of the nursing profession.

States that the community's stigma against mental disorders can also be supported by the positive attitude of society and the government so that the stigma of society no longer prevents sufferers from carrying out activities, if the government and community leaders can give a positive response, the community will be influenced to give the same response [12]. It is hoped that the role of the government in tackling people with mental disorders can be done more in order to reduce the stigma of society, for example by frequently providing socialization and counseling about health, especially mental disorders. Many factors influence society's stigma against people with mental disorders. Health education which aims to increase knowledge about mental disorders has been shown in many studies to be one of the factors that most influence the occurrence of stigma. The difference in the change in the mean stigma of the PHC students before and after being given the ODGJ stop stigma educational video "they are us."

Table 3. The results of the mean stigma score of the PHC students before and after being given the ODGJ stop stigma educational video "they are us."

Variable	Intervention		Z	p-value
	Before	After		
Stigma	39.40	62,28	-11,033	0,000

Based on the results of thetest *Wilcoxon* on stigma in fikes students after giving the educational video stop stigma "they are us", it was found that the results were significant differences in the pre test and post test.

seen from the significance obtained, which is equal to 0,000 or a significance value $< \alpha 0.05$, meaning that there is a difference in the stigma of the PHC students between before and after giving the educational video the ODGJ stigma stop "they are us."

The results of the analysis on the stigma variable showed a p value of 0,000. The p value was less than $\alpha 0.05$, which means that there was an effect of giving educational video ODGJ stop stigma "they are us" on the stigma of the fikes students. Giving educational videos to stop the stigma of ODGJ "they are us" helps increase individual knowledge and will shift the existing stigma, so that people with mental disorders in the future are expected to be free from stigma and discrimination. States that health education is synonymous with health education because both are oriented towards changing behavior, where counseling is an educational activity that aims to achieve changes in the behavior of individuals, families and communities in fostering and maintaining healthy behavior, as well as taking an active role in efforts to achieve a healthy health [13].

The results of a study conducted entitled the medical education do for eliminating stigma and discrimination associated with mental illness among future doctors? The effect of clerkship training on chinese student attitudes, it can be concluded that the results of data analysis using the Wilcoxon Signed Ranks test obtained a p -value of 0.001. This is in line with the research conducted by Patten on the effectiveness of contact-based education for reducing mental illness related stigma in pharmacy students, with a p -value of 0.0001 [14]. This is also supported by research conducted by regarding the effect of counseling on schizophrenia on changes in knowledge and stigma in students of SMK Karya Dharma class X. The results showed the *pre-post-test* of knowledge and stigma showed a significance level of 0.0001 ($p < 0.05$) which means that there is an effect of counseling on schizophrenia on changes in knowledge and stigma in class X SMK Karya Dharma students.

These results indicate that the health education intervention carried out will have a positive impact in increasing one's knowledge [15]. The results of this study are also in line with theory which states that information obtained from both formal and non-formal education can have an effect so as to produce changes or increase in knowledge. Argues that knowledge or cognitive is the most important domain for the formation of one's actions. Behavior which is based on knowledge will be more lasting than behavior which is not based on knowledge. Knowledge is needed as a psychological boost in fostering daily stigma and behavior, so it can be said that knowledge is a stimulation to one's actions, especially the stigma that arises in society for people with mental disorders.

This result is in line with the research conducted which also concluded that health education can increase the knowledge of students of the Harapan Mekar Medan Education Foundation Junior High School. Video media relies on hearing and sight of the target, where the use of audiovisual involves all sensory organs, so the more sensory tools involved in receiving and processing information, the more likely the content of the information can be understood and retained in memory, and with the effects of moving images and images. Sound effects can make it easier for the audience to understand the content of the news so that they can increase knowledge.

Explains that in the health education process, apart from being influenced by teaching materials and learning facilities, the use of health education methods and aids will affect the desired outcomes of teachers. The implementation of health education with a more effective video playback method is due to the fact that the video method has the advantage of being able to display an object or event as the actual situation. Video increases memory retention because it is more interesting and easier to remember. States in his research that providing health education with videos can improve respondents' understanding. In line with research, using video media found an increase in knowledge after health education was carried out. Both of these studies explain that health education using the video method will increase caregiver knowledge. The video playback method can form the knowledge, attitudes and behavior of students from the results of capturing the five senses by students.

States in his research that providing health education with videos can improve respondents' understanding. In research using video media found an increase in knowledge after health education was carried out. Both of these studies explain that health education using the video method will increase knowledge *caregiver*. The video playback method can form the knowledge, attitudes and behavior of students from the results of capturing the five senses by students. The results of this study are in line with Purnama's research which states that video media is effective in increasing students' knowledge of the dangers of drugs at SMP Negeri 3 Mojosoongo Boyolali [16]. Conducted a meta-analysis of 18 studies to test the effectiveness of audiovisual interventions in reducing preoperative anxiety in children. The results showed that audiovisual intervention was effective in reducing preoperative anxiety in children. Videos, multi-faceted programs, and interactive games are the most effective methods. Research concluded that there was an increase in parental knowledge after being given a presentation using powerpoints and videos for 30 minutes related to the oral health of babies.

4. CONCLUSION

The results of the average stigma score of the PHC students before giving the ODGJ stop stigma educational video "they are us" is 39.40 and after giving the ODGJ stop stigma educational video "they are us" which is 62.28. This means that there is an effect of giving educational videos to stop the stigma of ODGJ "they are us" on the stigma of fikes students (p value 0,000).

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