

## The Role Of Spouse In Caring For Couples Suffering From Mental Disorders in the Balen Public Health Center

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### ABSTRACT

Mental disorder is one of the four major health problems in developed and developing countries, including Indonesia. This study aimed to determine the role of spouses in caring for couples suffering from mental disorders in the Balen Public Health Center. The design in this research was descriptive with a survey approach. The respondents, all couples with mental disorders who are married in the Balen Public Health Center were 17 people, the sampling used is total sampling. Data processing starts with editing, coding, scoring, and tabulating. Of the 17 respondents, 8 respondents were less roles (47%). The conclusion is more than half of the spouses caring for couples suffering from mental disorders in less roles. Living partners of mentally disordered patients should improve support in daily patient care.

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## 1. INTRODUCTION

Health problems experienced in Indonesia are heart disease, diabetes mellitus, obesity, and mental disorders. Mental health is a condition of emotional, psychosocial, psychological, and social health as seen from satisfying relationships, behavior, and affective coping as well as positive self-concept and emotional stability [1]. Mental disorders are major disturbances that occur in thoughts, emotions, and behavior. This causes people who experience it to have a dependence on other people, especially family members and spouses [2]. Care for people with mental disorders can be provided at the community level with active families and also community involvement. [3] One of the factors that cause mental disorders is the lack of role given by the family and also the lack of active role of spouses in caring for mental patients. Women are more able to accept partners who have mental disorders, on the other hand, more men as husbands ignore, leave and divorce their wives when their wives have mental disorders [4]. Similar to what happened at the Balen Public Health Center, it was found that if a spouse suffers from a mental disorder, their spouse does not take care of them and even seems to ignore them. Some even choose to leave their partner because they feel tired and bored while caring for a partner who suffers from mental disorders. Data obtained from the Dinas Kesehatan Kabupaten Bojonegoro in 2020, the number of patients with mental disorders were found to be 2379 people. Data in the working area of the Balen Public Health Center recorded that there were 133 people with mental disorders. It was recorded that 17 married people with mental disorders.

Clients with mental disorders are found to have frequent recurrences of their illness due to the lack of attention and activeness of their spouse in caring for the client at home. In addition, the role of their spouses is very lacking where the client is not paid attention to at home, is left alone, never invited to communicate, and sometimes the family never reminds the client to take medication. One of the roles and functions of a spouse is to provide an effective function to fulfill the psychosocial needs of their partner in providing affection. The role of a spouse is indispensable for people with mental disorders in motivating them during care and treatment. Spouses must always guide and direct them so that patients with mental disorders can take medication properly and regularly, spouses must provide patients with

a feeling of comfort, feel loved even when experiencing a problem, guide patients in activities according to the patient's abilities, and motivate patients to recover. The role and involvement of spouses in the process of healing and caring for patients with mental disorders is very important because the role of spouses is very supportive in the recovery process for people with mental disorders. This study aimed to describe the role of spouses in caring for couples suffering from mental disorders in the Balen Public Health Center in 2022.

## 2. METHOD

The research design used is descriptive with a survey approach. With a population of 17 respondents who care for partners who suffer from mental disorders in the Balen Public Health Center in 2022. The study used the total sampling technique. The sample in this study was 17 respondents. The research variable is the role of spouses in caring for couples suffering from mental disorders. Collecting data using questionnaires, and presenting results using tables.

## 3. RESULTS AND DISCUSSION

### RESULT

Based on the research that has been carried out to describe the role of spouses in caring for couples suffering from mental disorders with 17 respondents. The results are as follows :

#### Age

The results showed that the distribution of the age frequency of respondents can be described as follows :

Table 1. Frequency Distribution of Respondents' Age

| Age               | F  | %   |
|-------------------|----|-----|
| 20 - 35 year      | 2  | 12  |
| 36 - 50 year      | 8  | 47  |
| More than 50 year | 7  | 41  |
| <b>Amount</b>     | 17 | 100 |

Based on table 1, it is found that from 17 respondents, the most respondents were 36 – 50 years old (47%).

#### Gender

The results showed that the distribution of the gender of respondents can be described as follows :

Table 2. Frequency Distribution of Gender Respondents

| Gender        | F  | %    |
|---------------|----|------|
| Male          | 11 | 64.7 |
| Female        | 6  | 35.3 |
| <b>Amount</b> | 17 | 100  |

Based on table 2, it is found that of 17 respondents, most respondents were male (64.7%).

#### School Education Level

The results showed that the distribution of school education level can be described as follows :

Table 3. Frequency Distribution of School Education Level

| School Education Level | F  | %   |
|------------------------|----|-----|
| Elementary school      | 9  | 53  |
| Junior high school     | 7  | 41  |
| Senior high school     | 1  | 6   |
| <b>Amount</b>          | 17 | 100 |

Based on table 3, it is found that of 17 respondents, most respondents were 9 respondents (53%) have Elementary level education.

### Long Cared for spouses who suffer from Mental Disorders

The results showed that the distribution of long cared for spouses who suffer from mental disorders can be described as follows

Table 4. Long Cared for spouses who suffer from Mental Disorders

| <b>Long cared for</b> | <b>F</b>  | <b>%</b>   |
|-----------------------|-----------|------------|
| Less than 6 months    | 0         | 0          |
| 6 months – 1 year     | 0         | 0          |
| 1 – 3 years           | 2         | 11.8       |
| More than 3 years     | 15        | 88.2       |
| <b>Amount</b>         | <b>17</b> | <b>100</b> |

Based on table 4, it is found that of 17 respondents, most respondents were 15 respondents (88.2%) cared the spouses who suffer from mental disorders for more than 3 years.

### The Role of Spouses in caring for couples suffering from mental disorders

The results showed that the distribution of the role of spouses in caring for couples suffering from mental disorders can be described as follows

Table 5. The Role of Spouses in caring for couples suffering from mental disorders

| <b>Role of Spouses</b> | <b>F</b>  | <b>%</b>   |
|------------------------|-----------|------------|
| Good                   | 2         | 11.8       |
| Average                | 7         | 41.2       |
| Deficient              | 8         | 47         |
| <b>Amount</b>          | <b>17</b> | <b>100</b> |

Based on table 5, it is found that of 17 respondents, most respondents were 8 respondents (47%) had a deficient role in caring for couples suffering from mental disorders.

## DISCUSSION

The results of the study from 17 respondents, the role of spouses with mental disorders mostly have less of a role in caring for partners who suffer from mental disorders. Most respondents have not been able to interpret the meaning of caring for a partner who suffers from mental disorders. Judging from the level of education, it is known that more than half of the respondents have a history of elementary school education so access to knowledge about caring for spouses who suffer from mental disorders cannot be understood and applied in daily life. This is consistent with the results of research [2] which show that the behavior and meaning of caring for a partner with mental disorders are influenced by the relationship between husband and wife, perceptions of the causes of mental disorders, the position of men and women in the family, social support and characteristics of partners. Couples who show attentive caring behavior and interpret caring as worship have a meaningful and positive life, while couples who show less caring behavior by interpreting caring as a burden show more negative life activities. The burden of caring for a partner with mental disorders is felt as a difficulty in terms of costs, physically and psychologically. Respondents understand that there are government insurance costs, but transportation costs to reach health services are a burden, coupled with the burden felt by the partner when caring for them by revealing that a partner with mental disorders is difficult to manage, difficult to obey, and often irritates so that the partner experiences difficulties and be a burden in itself [5]. There is one important factor that makes couples stay with their partners who suffer from mental disorders, namely the child factor. In the child factor, the wife continues to accompany her husband to

get the best for their children, because children deserve the best to experience a happier life. Children have the right to have a complete family by living with their father and mother [6].

#### 4. CONCLUSION

Based on the results of research, it can be concluded that more than half of the spouses who care for couples who suffer from mental disorders in the Balen Public Health Center in 2022 are considered to be deficient.

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