

PENGARUH PSIKOEDUKASI TERHADAP PERSEPSI MASYARAKAT MENGENAI GANGGUAN JIWA PADA ODGJ DI WILAYAH KERJA PUSKESMAS SLEMAN

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ABSTRAK

Latar Belakang: Gangguan jiwa menjadi masalah kesehatan yang signifikan di masyarakat, disertai dengan persepsi negatif terhadap ODGJ. Persepsi kurang tepat menghambat proses pemulihan serta menurunkan dukungan sosial ODGJ.

Tujuan: Penelitian bertujuan mengetahui pengaruh psikoedukasi dengan teknik pelatihan (komunikasi asertif) terhadap persepsi masyarakat mengenai gangguan jiwa pada ODGJ.

Metode Penelitian: Menggunakan desain *quasi eksperimen pretest-posttest with control group*. Teknik sampling *nonprobability sampling* dengan pendekatan *purposive sampling*. Sampel penelitian sebanyak 142 responden yang dibagi menjadi dua yaitu 71 tiap kelompok. Kelompok intervensi diberikan psikoedukasi dengan teknik pelatihan (komunikasi asertif), kelompok kontrol diberikan *leaflet* materi yang sama. Instrumen yang digunakan adalah kuesioner skala Likert mengukur tingkat persepsi. Uji hipotesis dianalisis menggunakan *Wilcoxon* dan *Mann Whitney U*.

Hasil Penelitian: Kelompok intervensi terjadi peningkatan rata-rata skor persepsi dari 51,73 menjadi 69,63, kelompok kontrol meningkat dari 52,66 menjadi 61,04. Hasil uji *Wilcoxon* menunjukkan adanya perbedaan yang bermakna pada kelompok intervensi (*P value* = 0,000) dan kelompok kontrol (*P value* = 0,000). Hasil uji *Mann-Whitney U* menunjukkan adanya perbedaan yang signifikan antara kedua kelompok (*P value* = 0,001), dimana kelompok intervensi memiliki peningkatan yang lebih tinggi dibandingkan kelompok kontrol.

Kesimpulan: Psikoedukasi berpengaruh secara signifikan terhadap persepsi masyarakat mengenai gangguan jiwa pada ODGJ.

Kata Kunci: Psikoedukasi, komunikasi asertif, persepsi masyarakat, gangguan jiwa, ODGJ.

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**THE EFFECT OF PSYCHOEDUCATION ON PUBLIC PERCEPTION OF
MENTAL DISORDERS IN PEOPLE WITH MENTAL DISORDERS IN
THE SLEMAN COMMUNITY HEALTH CENTER WORK AREA**

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ABSTRACT

Background: Mental disorders remain a significant public health concern and are frequently associated with negative perceptions toward people with mental disorders (PMDs). These negative perceptions may hinder the recovery process and limit the social support received by individuals with mental disorders.

Purpose: This study aimed to examine the effect of psychoeducation using an assertive communication training approach on community perceptions of mental disorders among people with mental disorders (PMDs).

Methods: Used a quasi-experimental pretest-posttest design with a control group. Non-Probability sampling technique with a purposive sampling approach. The sample consisted of 142 respondents, divided into two groups, 71 in each. The intervention group received psychoeducation and assertive communication training, while the control group received leaflets containing the same material. The instrument used was a Likert-scale questionnaire to measure perception levels. Hypothesis testing was analyzed using Wilcoxon and Mann-Whitney U.

Results: The intervention group experienced an increase in the average perception score from 51.73 to 69.63, the control group increased from 52.66 to 61.04. The Wilcoxon test results showed a significant difference in the intervention group (P value = 0.000) and the control group (P value = 0.000). The Mann-Whitney U test results showed a significant difference between the two groups (P value = 0.001), where the intervention group had a higher increase than the control group.

Conclusion: Psychoeducation has a significant influence on public perception regarding mental disorders in ODGJ.

Keywords: Psychoeducation, assertive communication, public perception, mental disorders, ODGJ.

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