

Perception of Medical Health College Students Toward Mental Health

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Abstract

Background: Mental health is a major that often gets bad perception. Bad perceptions of mental health often occur in special populations (students). It is necessary to measure student perceptions to describe their perceptions regarding mental health

Objective : To describe student perceptions (aspects of cognition, aspects of affection and aspects of conation) about mental health.

Method: This study uses quantitative method with descriptive approach. The sample of this study are 100 college students of Public health major in UIN Alauddin, Makassar,

Result: In general, cognitive aspect of respondents is positive, as well as psychomotoric and affection aspect.

Conclusion : Students' perceptions related to mental health after measurement tend to be good for all three aspects (cognition, affection and conation) without one statement having the largest negative percentage.

Keywords: *mental health, medical students, cognition, affection, conation*

Introduction

Mental health problems are one of the public health problems that must get more attention. The number of patients with mental health problems keeps increasing which is estimated at 450 million people worldwide (World Health Organization, 2013). In Indonesia, mental health problems also become a serious case, because there is a significant increase in number of mental health problem patients from 2 cases per mile in 2013 to 7 cases per mile in 2018. Mental health sufferers often get poor treatment. People who suffer from mental disorders often get negative and bad views and are often seen as

frightening ¹.

Negative perceptions of mental health not only arise in common people who have minimal knowledge related to mental health, but also arise in certain group, such as medical employees and students who incidentally have better knowledge about medic. Sometimes, students of public health also have negative and mistaken perceptions of mental health. Happell *et al* on their study state that there are still many first-year students who still have unfavorable perceptions of mental health and result in their lack of attention to mental health that they may experience bias in college ².

Medical students must have a positive perception of mental health because this will affect the future of mental health services. Students who are currently conducting lectures will become health professionals in the future who are professional and have high integrity.

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When students, especially in the field of health, have improved their perceptions and have positive perceptions related to mental health, it is hoped that when they have completed their education they can become good health workers, especially in patients experiencing mental health problems ³.

Medical students must have a good perception of mental health. Moreover, students also must be able to prevent the emergence of mental health problems in the community. However, if it does not have a good perception it can affect the intervention process that occurs. To avoid this, it is necessary to conduct research related to public health students' perceptions to determine student perceptions related to mental health. Based on this, the purpose of this study is to identify perceptions about mental health in public health students.

Method of the Study

This study uses quantitative design with the descriptive technique for approaching the issue. This study was conducted in June - July 2018 at the Faculty of Medicine and Health Sciences, Alauddin State Islamic University, Makassar. Populations of this study are all students of the public health study program at Alauddin State Islamic University Makassar. This study uses Proportional Random Sampling Technique. Sample are selected using inclusion criteria, namely (1) Health faculty students of 2017; (2) was in the location when the research took place; (3) willing to be a research respondent. Selected sample respondents are 100 people, consisting of 25 people from classes A and C, 24 people from class B, and 26 people from class D ⁴.

Data collection was carried out directly by conducting interviews with respondents using instruments that had been prepared. Data collection was carried out for 2 months, starting from June 1, 2018 until July 30, 2018. Variable characteristics of respondents are collected included age, gender, type of residence of the respondent. Socio demographic variables are collected using a questionnaire independently, created by the researcher. Nurse perception variables based on aspects of cognition are measured using a questionnaire prepared by researchers. The questionnaire to measure this consists of 10 question items ⁵.

This questionnaire is rated on a Likert scale, which are Strongly Agree, Agree, Disagree and Strongly Disagree. The data of reliability test results of the questionnaire of cognitive are analyzed using Cronbach Alpha. The reliability result shows the number of 0.810, means that the questionnaire is reliable enough to be used for research instrument. Nurse perception variables based on affection aspects were measured using a questionnaire prepared by researchers. The questionnaire to measure this consisted of 14 question items ⁶. The reliability test results of the questionnaire using Cronbach Alpha showed the number 0.81, so it can be said that the questionnaire is reliable for use as a research instrument ⁷.

Data analysis was carried out univariably, with the aim of describing the characteristics of the variables. Analysis of variables with a numerical data scale is then displayed in the form of mean and standard deviation. The data then are poured in the form of a description, while for each question item is displayed in the form of a percentage ⁸.

Result

Table 1. Distribution of Perception in students from cognitive aspect

Question	SS		S		TS		STSS	
	N	%	n	%	n	%	n	%
I understand people who have mentality healthy ones are able to work well	46	46	39	39	12	12	3	3
Often think things that are unrealistic and daydreaming can interfere with one's mental health	15	15	55	55	25	25	5	5

Cont... Table 1. Distribution of Perception in students from cognitive aspect

I understand that people who have a healthy mentality will not cheat to win a race	29	29	53	53	14	14	4	4
I understand people who often get angry don't interfere with their mental health	6	6	21	21	55	55	18	18
Peace of mind can arise due to positive feelings	52	52	44	44	4	4	0	0
I understand that mentally healthy people can control their attitudes even when they are stressed	26	26	63	63	8	8	3	3
People who are confident can interfere with mental health	0	0	12	12	58	58	30	30
People who have erratic positions can influence their self-concept	15	15	70	70	9	9	6	6
I understand that people with mental disorders are people who refuse or run away from the reality of their lives	13	13	53	53	32	32	2	2
Rejecting the reality of life at hand does not interfere with his mental health	5	5	17	17	66	66	12	12

Table 1 shows the distribution of students' perceptions based on aspects of cognition. Most respondents have the opinion that strongly agrees (46%) that mentally healthy people can work well. Most of the respondents also agreed (55%) about the opinion that the high imagination can cause mental health problems. Most respondents agreed (53%) with the statement that mentally healthy people can control themselves from cheating. Most respondents disagreed (55%) about the statement that being angry often did not interfere with mental health. Most respondents expressed strongly agree (52%) to the statement that positive feelings are

caused by peace of mind. Most respondents felt agree (63%) of mind control statements can be done well by mentally healthy people. As many as 58% of respondents disagree with the statement that feeling too high in self-confidence can interfere with one's mental health. As many as 70% of respondents agree with the statement that people who do not have a good stance can influence their self-concept. Most respondents agreed (53%) with the statement that people tend to experience mental disorders when melting themselves from the reality of life. Most respondents disagreed (66%) with statements about the rejection of the fact of life does not interfere with mental health.

Table 2. Distribution of Perception in students from affective aspect

Question	SS		S		TS		STSS	
	N	%	n	%	n	%	n	%
I feel satisfied while doing everything I do efficiently	58	58	38	38	2	2	2	2
I feel under pressure when I have a lot of work piled up	16	16	51	51	24	24	9	9
I feel not disappointed when the activities that I do do not go according to the plan that has been arranged	8	8	24	24	54	54	14	14
I do not feel satisfied at all when being able to do more than one job at the same time	6	6	14	14	63	63	17	17
I feel jealous when my friends are very close to each other	2	2	14	14	51	51	33	33

Cont... Table 2. Distribution of Perception in students from affective aspect

I feel satisfied when I can control my emotionweel, so I don't get angry when there is a quarrel	51	51	46	46	3	3	0	0
I feel happy when I am able to solve every problem calmly (without haste)	67	67	29	29	4	4	0	0
I feel sorry for people who hate each other	31	31	55	55	11	11	3	3
Feeling inferior will not affect self-concept (the views and attitudes of individuals towards themselves)	7	7	33	33	46	46	14	14
I feel confident when dressing comfortably and decently without following trends	52	52	45	45	3	3	0	0
I feel happy when I am able to do everything properly	59	59	39	39	2	2	0	0
I feel worried when I am unable to adapt to the campus environment as a new student	26	26	57	57	14	14	3	3
I feel worried for people who can't accept the reality of their lives	24	24	69	69	6	6	1	1
I don't feel any satisfaction when I am able to solve personal problems without involving others	4	4	20	20	68	68	8	8

Table 2 shows the distribution of students' perceptions based on aspects of affection. Most respondents have an opinion that strongly agrees (58%) that respondents are satisfied with work efficiency. Most respondents agreed (51%) about opinions which stated that respondents felt depressed over the pile of work. Most respondents stated disagree (54%) with the statement that the respondent felt disappointed when the activity did not run smoothly. Most respondents disagreed (63%) about the statement that respondents felt dissatisfied when able to do 2 work together. Most respondents said that they did not agree (51%) to the statement that the respondents felt jealous of the closeness of their friends. Most respondents felt strongly agree (51%) to the statement that the respondent was satisfied when successfully controlling emotions.

Total 67% of respondents strongly agree when able to solve problems calmly. There are as 55% of respondents agreed with the statement that respondents felt sorry for people who hate each other. Most respondents felt disagree (46%) to the statement that he felt inferior would affect the self-concept. Most of the respondents strongly agreed to agree (52%) with the statement that respondents felt confident when dressing modestly even though they did not follow trends. respondents agreed (59%) with a statement he felt happy

when able to do things according to his nature. As many as 57% of respondents agreed with the statement that the respondents felt worried not being able to adapt in the campus environment. Most of the respondents felt agree (69%) to the statement themselves feel worried about people who can not accept the reality of his life. Most of the respondents disagreed (68%) towards the statement saying that the respondent felt dissatisfied when able to solve personal problems.

Discussion

The aspect of cognition becomes one of the aspects of perception consisting of knowledge. Knowledge possessed by someone is influenced by individual experience. The higher the knowledge someone possessed, the more likely it will be to have a positive perception. But not always someone who has high knowledge also has a positive perception but can also have a negative perception. From the result above, it can be seen that the majority of respondents already have a good perception of mental health. Respondents can choose answers to statements in accordance with the nature of the question, answer agree or strongly agree to positive questions and vice versa ⁹.

People whose mental state is not good can influence their self-perception, so that it will affect their mindset, such as difficult to concentrate, apathetic, and difficult to carry out the planned activities. The positive thinking can have a good impact on the mental of students, so that they can adapt well to the environment as medical student. Campus life is a transition between adolescents towards maturity, so that students need see a realistic view of the world and see their limitations as an advantage ¹⁰.

Kulshrestha in his study states that where students 'perceptions of mental health are strongly influenced by students' knowledge, regarding mental health. The higher the knowledge they have the more positive their perception will be. Students are expected to have good knowledge gained during the study process and have enough experience, so that they can become competent medical team when entering workforce ¹¹.

Next is the aspect of affection. Affection aspects are composed of emotions and feelings that arise in certain phenomena and objects. The results above shows that respondents have positive affection. This is proofed by the condition of respondents who can recognize themselves, have a good self-concept. Ramchandra in his study states that emotions and feelings are one of the important things that influence the formation of students' perceptions of people with mental health. When a student has good well being and does not have a guilty state on him, he will have good mental health and be able to deal with problems that arise in his life ¹².

Conclusion

Based on the result above, it can be concluded that the perceptions students have of mental health tend to be positive. There is not a single question that has a negative response to the most choices, which means negative responses are only given by a small portion of students. This is expected to become insight for enlightenment to make improvements to some students who still have negative or unfavorable perception of mental health.

Ethical Clearance: The research process involves participants in the survey using a questionnaire that was accordant with the ethical research principle based on the regulation of research ethic committee. The present study was carried out in accordance with the research

principles. This study implemented the basic principle ethics of respect, beneficence, nonmaleficence, and justice.

Conflict of Interest: The author reports no conflict of interest of this work.

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