



THE RELATIONSHIP OF KNOWLEDGE WITH COMMUNITY STIGMA TOWARDS MENTAL DISORDERS IN THE REGION OF RT 01/RW 14, JATIBENING DISTRICT, PONDOK GEDE BEKASI 2025

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Abstract

Mental disorders remain a significant public health problem and are often accompanied by negative stigma within society. Stigma toward People with Mental Disorders (PMD) can hinder recovery processes, limit access to mental health services, and reduce social acceptance. One of the factors influencing stigma is the level of public knowledge regarding mental disorders. A preliminary study conducted in RT 01/RW 14 Jatibening Subdistrict indicated that community knowledge about mental disorders was still limited and negative stereotypes toward PMD were still prevalent. Objective to determine the relationship between community knowledge and public stigma toward mental disorders in RT 01/RW 14 Jatibening Subdistrict, Pondok Gede – Bekasi in 2025. Methods this study employed a quantitative research design with a cross-sectional approach. The population consisted of community members in RT 01/RW 14 Jatibening Subdistrict, with a total sample of 62 respondents calculated using the Slovin formula with a 10% margin of error. The sampling technique used was simple random sampling. Data were collected using structured questionnaires measuring knowledge and stigma (adapted from the Community Attitudes toward the Mentally Ill/CAMI scale). Data analysis was performed using univariate and bivariate analysis with the Chi-Square test at a significance level of $\alpha = 0.05$ using SPSS version 26. Results the majority of respondents had a moderate level of knowledge (32 respondents; 51.6%). Most respondents demonstrated a moderate level of stigma (31 respondents; 50.0%). The Chi-Square test showed a p -value of 0.000 (< 0.05), indicating a statistically significant relationship between knowledge level and public stigma toward mental disorders. Conclusion and recommendations there is a significant relationship between community knowledge and stigma toward mental disorders. Higher levels of knowledge are associated with lower levels of stigma. It is recommended that local health centers and regional authorities strengthen community-based mental health education programs to improve mental health literacy and reduce stigma toward individuals with mental disorders.

Keywords: Knowledge, Stigma, Mental Disorders, People with Mental Disorders, Mental Health

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INTRODUCTION

Mental disorders are a global health problem that makes a major contribution to the world's burden of disease, namely around 12% of all diseases. In 2025, it is estimated that there will be an increase in the number of people suffering from mental disorders, including depression reaching almost 1.4 billion of the world's population, bipolar disorder 60 million, dementia 47.5 million, and schizophrenia 21 million (WHO, 2016). Apart from that, the report (WHO, 2020) also shows that the number of mental disorders is increasing from year to year and has reached more than 450 million people in the world. In 2019, the global burden of disease estimates that there will be 264 million people suffering from depression, 45 million people suffering from bipolar disorder, 50 million people with dementia, and 20 million people with schizophrenia (WHO, 2019). This condition shows that mental health disorders are a significant public health problem and require comprehensive treatment. One of the factors that worsens the condition of people with mental disorders in society is stigma. Stigma is a form of stereotyping, labeling and discrimination given by society to individuals with mental disorders (Parera et al., 2019). Stigma causes mental disorders to be seen as something embarrassing and threatening, so that sufferers often experience social rejection. Stigma also has an impact on the healing process and increases the risk of relapse because patients do not receive adequate social support (Purnama, 2016). In addition, people with mental disorders tend to receive greater discrimination than people with other physical illnesses, including rejection from the surrounding environment and family. One important factor that can influence stigma is mental health knowledge or literacy. Mental health literacy includes the ability to recognize mental disorders, understand the causal factors, and determine appropriate treatment options. The higher the community's mental health literacy, the lower the level of stigma towards ODGJ. Several studies in Indonesia show that the burden of mental disorders is increasing, especially depression, schizophrenia and anxiety disorders. Based on Basic Health Research, the increasing prevalence of emotional mental disorders and serious mental disorders shows that mental disorders are an urgent public health problem that needs to be addressed

1. Public Knowledge of Mental Disorders

comprehensively (Riskesdas, 2018). In a cognitive psychology perspective, knowledge is a collection of information organized into mental structures that are used to understand certain concepts, events or situations (Schunk, 2020). Adequate knowledge about mental disorders has been proven to play an important role in forming positive attitudes towards ODGJ and reducing negative stereotypes. Research by Fitriani et al. (2022) shows that discriminatory attitudes and social distance are still common in the community, even though some respondents have moderate to high knowledge. This shows that stigma does not only depend on knowledge, but is also influenced by cultural factors, experience and community context. Research in Tegowangi Village, Kediri Regency (2019) reported that of 19 respondents, 58% showed a negative attitude towards ODGJ, while 42% showed a neutral or relatively accepting attitude, indicating that negative stigma still dominates, although there are minorities with more inclusive views. Stigma towards mental illness or mental disorders is defined as negative perceptions, prejudice and discrimination directed by society towards individuals who experience mental disorders (ODGJ) (Corrigan & Watson, 2002). In a social context, stigma arises as a response to differences in mental conditions, behavior, or perceptions that are considered to deviate from general norms (Goffman, 1963). This stigma not only has an individual impact, but also social, because it can limit people's rights to be accepted, work and interact in society. Studies show that public stigma towards ODGJ often manifests in the belief that people with mental disorders are dangerous, unreliable, and unfit to interact or live with ordinary people (Firmansyah et al., 2022).

METHODS

The research design used is descriptive analytic with a cross-sectional approach, namely research that aims to see the relationship between two variables at the same time. The population in this study was the entire community in the RT 01/RW 14 area, Jatibening Village, Pondok Gede-Bekasi, while the research sample consisted of 10 respondents.

RESULT AND DISCUSSION

<i>Public Knowledge</i>	<i>Frequency (n)</i>	<i>Percent (%)</i>
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Good	12	29,0
Sufficient	32	51,6
Bad	18	19,4
Total	62	100.0

Based on the data above, it shows that the number of respondents with sufficient public knowledge of mental disorders is 32 respondents (51.6%) and the

respondents with the least knowledge are 12 respondents (19.4%).

2. Public Stigma Against Mental Disorders

<i>Public Knowledge</i>	<i>Frequency (n)</i>	<i>Percent (%)</i>
Low	14	22,6
Mid	31	50,0
High	17	27,4
Total	62	100.0

Based on the table above, it shows that the number of respondents with moderate public stigma towards mental disorders is 31 respondents

(50.0%) and the fewest respondents with low stigma are 14 respondents (22.6%).

3. The Relationship between Knowledge and Community Stigma Against Mental Disorders

<i>Public Knowledge</i>	<i>Public Stigma</i>			<i>Total</i>	<i>P-value</i>
	<i>Low</i>	<i>Mid</i>	<i>High</i>		
Low	14	4	0	18	0.000
Mid	0	27	5	32	
High	0	0	12	12	
Total	14	31	17	62	

Based on the table above, the results show a p-value = 0.000, meaning the p-value < 0.05, so it can be stated that HO is rejected. H1 is accepted, meaning that there is a relationship between knowledge and public stigma regarding mental disorders in the Rt.01/Rw.14 area, Jatibening Village, Pondok Gede Bekasi.

Discussion

Based on the research results above, it shows that the public's knowledge of mental disorders is sufficient with 32 respondents (51.6%). This is because respondents received good information about mental disorders from various sources such as mass media or counseling. A sufficient level of public knowledge is an important social investment. This not only humanizes ODGJ, but also actively helps their healing process, reduces social burdens, and increases the productivity of society in general. Mental health education must continue to be improved to change "adequate" knowledge to "good." A person's knowledge of objects has different behavioral intensities. A person's knowledge about an object can give rise to two aspects, namely positive aspects and negative aspects. This is in line with research conducted by Fitriani, D. D., Wahyuni, C. P., Rohmah, U. N., Kiani, S. T., & Kasumawati, F

(2025) with the title "Correlation of Knowledge and Attitudes with Community Stigma Against People with Mental Disorders", where the results of the research showed that almost half of the respondents had sufficient knowledge, 29 respondents (47.5%).

Based on research results, the most common public stigma towards mental disorders was moderate with 31 respondents (50.0%). This indicates the need for ongoing educational efforts to reduce the level of negative stigma and increase public understanding of people with mental disorders (ODGJ) and even though society is starting to open up, there are still certain social barriers or negative perceptions that need to be intervened through more massive mental health education. Education level is one of the factors that influences the level of stigma. Individuals with higher education tend to have a more open and accepting attitude towards people with mental disorders (Varaona et al., 2024). This can be related to critical thinking skills and access to wider information about mental health. Additionally, age and gender also influence people's attitudes; Younger individuals and men are reported to have a more positive view of mental health compared to older age groups (Varaona et al., 2024). This is in line with research

conducted by Fitriani, D. D., Wahyuni, C. P., Rohmah, U. N., Kiani, S. T., & Kasumawati, F (2025) with the title "Correlation of Knowledge and Attitudes with Community Stigma Against People with Mental Disorders", where the results of the research showed that almost half of the respondents had moderate stigma, 25 respondents (41.0%).

The results of bivariate analysis using Chi Square obtained a p-value = 0.000, meaning the p-value < 0.05, so it can be stated that H_0 is rejected. H_1 is accepted, meaning that there is a relationship between knowledge and public stigma towards mental disorders in the Rt.01/Rw.14 area, Jatibening Village, Pondok Gede Bekasi. These results are in line with the theory which states that knowledge has an important role in shaping individual attitudes towards mental disorders. Extensive knowledge about mental health conditions, such as depression and schizophrenia, is associated with lower personal stigma (Lo et al., 2021). Individuals who understand the causes, symptoms and ways to treat mental disorders tend not to see sufferers as threats, but rather as individuals who need support. In addition, educational interventions that increase public knowledge have proven effective in significantly reducing stigma. Low knowledge has also been shown to be a strong predictor of discriminatory behavior towards individuals with mental disorders. Research in Liberia found that people with low levels of knowledge showed a greater tendency to avoid or discriminate against people with mental disorders (Kolb et al., 2023). Something similar was also found in research in China, where high levels of knowledge were negatively associated with public stigma. That is, the more someone understands about mental health, the less likely they are to hold stigmatizing views (Lo et al., 2021). This is in line with research conducted by Fitriani, D. D., Wahyuni, C. P., Rohmah, U. N., Kiani, S. T., & Kasumawati, F (2025) entitled "Correlation of Knowledge and Attitudes with Community Stigma Against People with Mental Disorders", where the results of the research showed that almost half of the respondents had sufficient levels of knowledge (47.5%), neutral attitudes (41.0%), and low stigma (41.0%). There is a significant relationship between the level of knowledge and stigma ($p=0.000$) and between attitudes and stigma ($p=0.005$). So it can be concluded that there is a significant relationship between knowledge and community attitudes With stigma towards people

with mental disorders, it is necessary to increase mental health literacy through education and anti-stigma campaigns so that society has a better understanding and acceptance of people with mental disorders. Apart from individual knowledge factors, there are inhibiting factors that can influence the persistence of stigma in society. One of the factors identified in this research is the lack of optimal implementation of routine and scheduled mental health education in the research area. Based on observations during the research, counseling activities related to mental health have not been carried out regularly and in a structured manner in the RT/RW environment. This condition can cause people to only have sufficient understanding, but not yet obtain comprehensive and sustainable information. On the other hand, supporting factors in efforts to reduce stigma include the role of health workers, family support, involvement of health cadres, and the use of information media as a means of education. Therefore, a solution is needed in the form of organizing a structured, scheduled and continuous mental health education program so that increasing public knowledge can occur systematically and have an impact on reducing stigma towards people with mental disorders.

CONCLUSION

There is a significant relationship between the level of knowledge and public stigma towards mental disorders. The better the level of public knowledge, the lower the level of stigma towards ODGJ. This research can increase knowledge about mental disorders through various credible sources of information, such as health education, educational media, and health promotion programs from health service facilities. It is hoped that increasing mental health literacy can reduce stigma and increase social acceptance of ODGJ. This is important considering that during the discussion it was found that routine mental health education is not yet optimal, which is one of the factors influencing the level of public knowledge which is still in the sufficient category.

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