



Government Collaboration in Developing Creative Skills to Realize the Empowerment of Mental Patients

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Abstract

Government plays an important role in creating an environment that supports the development of creative skills for mental patients, which contributes to increased sense of empowerment, better self-confidence, and positive social interaction. This study analyzes how this collaboration between stakeholders empowers mental patients in the form of creativity skills in Indonesia. This research uses a qualitative approach. The source of this research data is Online news media. Data is obtained using the N capture feature on Nvivo 12 plus where the N capture feature is a web browser extension developed to capture web content in the form of website content, social media, and other document content such as scientific articles. The results showed that the government has an important role in the implementation of empowerment, which is as much as 42.39%, then mental hospitals contribute as much as 33.77%, and finally creative industry players who conduct skills training as much as 24.83%. From this data, it shows that these three related elements have provided real implementation for mental patients so that justice and patient rights can be fulfilled. The skills provided consist of Visual Arts, Music and Music Therapy, Creative Writing, Garden and Landscaping, Handicrafts.

Keywords: Government Collaboration, Empowerment, Mental Patients.

INTRODUCTION

In recent decades, global awareness of the importance of mental health has seen a significant increase (Bao et al., 2020). Mental health problems are no longer considered hidden or ignored, but are increasingly recognized as serious and urgent health issues (Best et al., 2019). Despite this change in outlook, there are still a number of challenges that must be faced in an effort to achieve healing and well-being for individuals who experience mental disorders, especially those who are admitted to mental hospitals (M. T. Sari & Daryanto, 2021). Mental hospitals are often the center of treatment and rehabilitation for individuals with serious mental disorders (Sulastri et al., 2020). However, over the past few years, there has been increasing recognition of the need to shift the paradigm of mental health care from a paternalistic inclined model to a more collaborative and patient empowerment approach (Cahyati et al., 2023). This is an important shift because it recognizes that individuals experiencing mental disorders also have the right and capacity to actively participate in decision-making about their treatment (N. Mawaddah et al., 2022).

Empowering mental hospital patients involves providing patients with comprehensive information about their health conditions, available treatment options, as well as the implications of each choice they make (Huda et al., 2023). This allows patients to make more informed decisions and according to their own values and preferences (Amir et al., 2021). This approach also encourages patients' active role in their care and recovery, and helps build independence and sustainable well-being (Amir et al., 2021). In the past, mental hospitals were often considered as places of isolation that forgot the element of



empowerment (Ngadiran, 2019). However, awareness of the importance of patient empowerment has inspired a change in mental health care approaches (Santosa et al., 2020).

Empowering mental hospital patients also involves developing skills that enable them to overcome the challenges faced after discharge from inpatient care (Wicaksana & Rachman, 2018). This includes social skills, independence, anger management, and even economic skills that enable them to achieve financial independence (Subagyo et al., 2020). Realizing the empowerment of mental hospital patients is not an easy goal, but it is an important step in building a more inclusive and caring society for mental health (Yani & Ali Murtadho, 2019). Training skills for patients with mental disorders has become an important aspect in efforts to improve their quality of life (Martina et al., 2019). Mental disorders, such as depression, anxiety, bipolar, schizophrenia, and personality disorders, can affect various aspects of a patient's life, including social relationships, work, and general well-being (Imam, 2018). Increased understanding of the positive impact of skills training on mental patients has driven the development of programs aimed at helping patients overcome the challenges they face on a day-to-day basis (Larasati, 2020).

In some cases, mental disorders can limit a patient's ability to function effectively in daily activities (Nency, 2022). Social isolation, inability to cope with stress, and difficulty in managing emotions are some of the common problems faced by patients with mental disorders (A. U. Mawaddah & Wisnusakti, 2022). Through skills training, patients can acquire the tools and strategies necessary to overcome these barriers and participate more actively in daily life (Sahabuddin et al., 2020). Skills training programs for mental patients usually cover various aspects, such as social skills, emotional management skills, stress coping skills, critical thinking skills, and healthy coping skills (Winarno, 2020). The main objective of this program is to help patients improve their ability to interact with others, overcome emotional challenges, manage conflicts, and develop a more adaptive mindset (Wardaningsih & Puspitosari, 2020).

In recent years, skill-based therapy approaches, such as Dialectical Behavior Therapy (DBT) and Cognitive Behavioral Therapy (CBT), have proven effective in helping mental patients develop the skills necessary to deal with their psychological challenges (Mubyl & Latief, 2019). This therapy often combines individual sessions with group sessions, where patients can practice new skills in a supportive environment (Asih & Rochmah, 2019). With increasing awareness of the importance of training skills for mental patients, collaborative efforts between medical personnel, families, and patients are becoming increasingly important (Suzanna & Yellisni, 2023). Continuous support and consistent practice can assist patients in gaining greater control over their lives and improving overall quality of life (Wulandari & -, 2021).

Therefore, collaboration between various parties is crucial in realizing the empowerment of mental hospital patients (Wahyuningsih, 2022). The government, health institutions, medical personnel, patients' families, community organizations, and patients themselves need to work together to create an environment that supports patient empowerment (Ayu Reptiana, 2020). As well as not only improving the quality of care for mental hospital patients, but also creating an ecosystem that supports patient empowerment and integration in the form of skills in the community (Syarifah, 2021). With the results of joint efforts involving various parties with the ultimate goal of being able to improve the quality of life and welfare of individuals who experience mental disorders (Murtiwidayanti, 2017).

In addition, the government also plays a role in integrating mental patients in creative markets and art exhibitions. This creates opportunities for them to showcase their creative works to the wider community (Riadi, 2022). Within this framework, collaboration between the government and art institutions results in an inclusive environment and provides opportunities for patients to feel a sense of accomplishment and appreciation for their creative efforts (Ikhsanto, 2020). The impact of this collaboration not only has a positive impact on the economic aspects of patients, but also on their emotional and mental well-being (Ningsih, 2023). Empowerment through the development of creative skills provides alternative means in managing stress, increasing self-esteem, and overcoming social isolation (Prasetio, 2019). Government collaboration in developing creative skills for mental patients embraces the principle of social inclusion and makes a positive contribution to their recovery journey (Nadiyah et al., 2023).

Several studies have discussed the empowerment of people in mental disorders, previous research was conducted by (Munjiati, Welas Haryati, Hery Prasetyo, 2021) which discussed the empowerment of families and people with mental disorders through handicraft training to increase productivity and independence of Banyumas Regency. Then a research conducted by (N. E. Sari, 2022) which discusses Ex-ODGJ Economic Empowerment through Farming Daily Activities. Especially in this study, it is more focused on studying Government Collaboration in Developing Creative Skills to Realize



the Empowerment of Mental Patients. In this study, it aims to look at Government Collaboration in Developing Creative Skills to Realize the Empowerment of Mental Patients. Through a careful methodological approach and accurate statistical analysis, this study is expected to be able to identify and be able to provide a better understanding of empowerment for patients in mental disorders. This research is also expected to provide valuable insights for stakeholders such as the government, families, and communities to ensure the empowerment of mental patients as desired. In addition, this research also provides updates in the data processing process, namely using nvivo12 tools.

METHOD

This research is based on an explanatory qualitative approach in describing findings through online media (Ahsan, 2021). The method in this study aims to be able to describe the data obtained systematically, concretely, and carefully regarding the facts contained in a text of news information by the media (Firmansyah et al., 2021). The source of this research data is Online news media. Data is obtained using the N capture feature on Nvivo 12 plus where the N capture feature is a web browser extension developed to capture web content in the form of website content, social media, and other document content such as scientific articles. Nvivo 12 plus analysis uses the crosteb queri analysis feature. This feature is to see the percentage of news data that has been coded manually using the N Vivo 12 plus feature. Furthermore, the author uses Word cloud analysis to see words or concepts that often appear in research files to visualize and collect data/words that have similarities and differences. Here's a list of online media taken as data sources.

Table 1
 News Media Sources

Media Daring	Website	Consume Online Media as a source of news (Newman et al., 2022)	Brand Trust Media Daring (Newman et al., 2022)	News related to the topic of empowering mental patients
Detik.com	https://www.detik.com	65%	61%	31
Kompas	https://www.kompas.com	48%	65%	38
CNN.com	https://www.cnnindonesia.com/	35%	66%	40
SindoNews.com	https://www.sindonews.com	16%	49%	29
Tribunnews.com	https://www.tribunnews.com/	32%	52%	26

Source: Compiled by Researchers, 2023

Based on table 1 shows there are 5 online news media analyzed by researchers. This research uses six online news media, of course, by looking at online media brand trust (Newman et al., 2022), and has high media credibility based on the calculation process and keyword analysis from the Semrush tool (Assiroj, 2022). Meanwhile, Semrush is an online-based software to assist in planning and executing efforts in SEO (search engine optimization), SEM (search engine marketing), and social media research and video advertising based on keyword analysis (Babs, 2012). Please note that, this software operates in this research by grouping terms that have been designed by topic, then performing a detailed analysis of the collected and selected keywords (reduction), and exporting them to Semrush (SEMrush, 2019, 2022). Semrush also always updates the ranking of news websites or online media around the world including in Indonesia every day. Of the five media, they were chosen as representatives in reporting on Government Collaboration in Developing Creative Skills to Realize the Empowerment of Mental Patients. Furthermore, the stages of data analysis can be seen in figure 1 below.

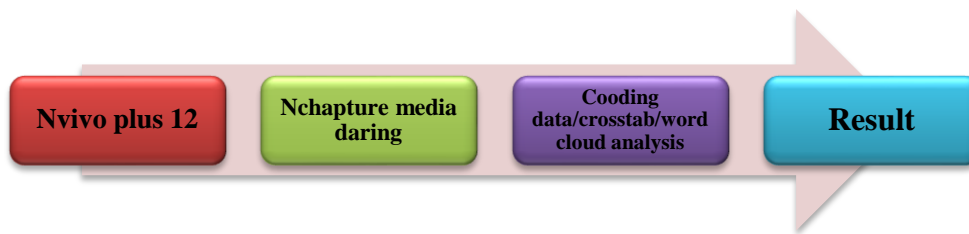


Figure 1. Data analysis techniques

The data that has been collected is then analyzed using the Ncapture feature on the Nvivo 12 plus (Phillips & Lu, 2018), where the N capture feature is a web browser extension developed to capture web content in the form of website content, social media, and other document content such as scientific articles. Nvivo 12 plus analysis uses the crosstab analysis feature. This feature is to see the percentage of news data that has been coded manually using the N Vivo 12 plus feature. Next, the author uses Word cloud analysis to visualize words or concepts that often appear in the result set data from the data/word collective that has similarities and differences.

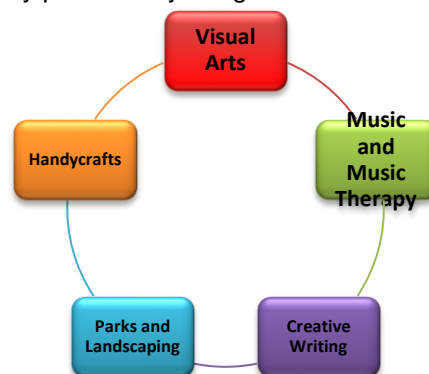
RESULTS AND DISCUSSION

The Importance of Creative Skills in Empowering Mental Patients

Creative skills have a very important role in efforts to empower patients who experience mental disorders. Creativity can serve as a powerful tool in helping patients overcome their mental challenges and improve overall quality of life. One crucial aspect of creative skills is its ability to provide a safe and beneficial channel of expression for patients who may face difficulties in verbally expressing their feelings. Through art therapy, music therapy, creative writing, and various other forms of artistic expression, patients can find ways to express complex emotions and permeate their experiences in profound ways. In addition, creative skills can help reduce levels of stress, anxiety, and depression that are often associated with mental disorders. Creative activity has the potential to stimulate the release of endorphins, improve mood, and distract from distracting thoughts. This can be very beneficial for patients in dealing with difficult situations that are often part of their experience. Not only as a tool to overcome difficulties, creative skills can also help patients in building better self-confidence and self-esteem. The process of creating something unique and meaningful can provide a sense of accomplishment that enhances their self-image. In addition, engaging in creative activities can open doors to positive social interaction, whether in the form of art groups or sharing work with others.

It is important to recognize that the empowerment of patients with mental disorders through creative skills must be directed and supported by experienced mental health professionals. A well-informed approach will ensure that creative activities match the patient's needs and do not cause additional stress. Thus, the use of creative skills in the treatment of mental disorders has the potential to provide significant benefits in developing self-understanding, reducing symptoms, and improving patients' quality of life. The use of tables, figures only as support to clarify studies, and only examples that are substantially relevant are displayed, such as: statistical test results, figures and results from model tests and others.

Figure 2
Hobby skills and creativity provided by the government or hospitals to ODGJ patients



Source: processed by author 2023



Explanation: Visual Arts	Lessons in painting, drawing, or other arts can provide a free and creative platform for expression. Patients can express their feelings through artwork, while also improving their technical skills
Music and Music Therapy	Teaching the basics of playing a musical instrument, singing, or even organizing a therapy music session can help ODGJ patients express emotions, relieve stress, and improve mental well-being.
Creative Writing	Encouraging patients to explore writing poetry, short stories, or personal journals can help them permeate their experiences, cope with emotions, and improve creative thinking skills
Parks and Landscaping	Teaching about gardening and caring for a garden can be a very satisfying skill. Caring for plants can provide a sense of responsibility and involve patients in beneficial physical activities
Handicrafts	Activities such as knitting, making origami, or making other crafts can help ODGJ patients feel productive and create something useful

Government collaboration in realizing empowerment in the form of creativity skills of patients in mental disorders.

This study illustrates the results of collaborative efforts involving the government in realizing the empowerment of patients with mental disorders (ODGJ) through the development of creativity skills. The result of this collaboration is to provide an effective platform for ODGJ patients to express themselves, stimulate creativity, and improve their mental well-being through creative activities. Based on the results found, this kind of collaboration has a significant positive impact on the recovery and empowerment of ODGJ patients. The following is a presentation of contributions made by the government, mental hospitals, and creative industry players in empowering ODGJ patients in the form of creative skills:

Graph 1
 Cuttingholders involved in empowering people in mental disorders in mental hospitals

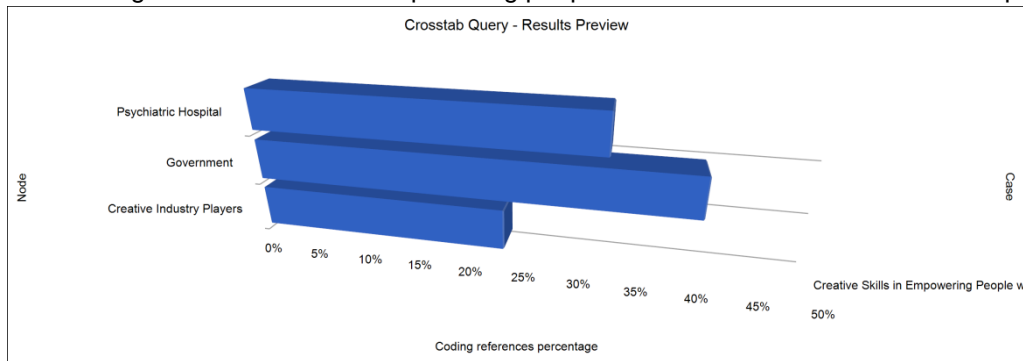


Table 2
 Cuttingholders Involved in Empowering Mentally Ill People in Mental Hospitals

Creative Industry Players	Government	Psychiatric Hospital	Total
24,83%	41,39%	33,77%	100%

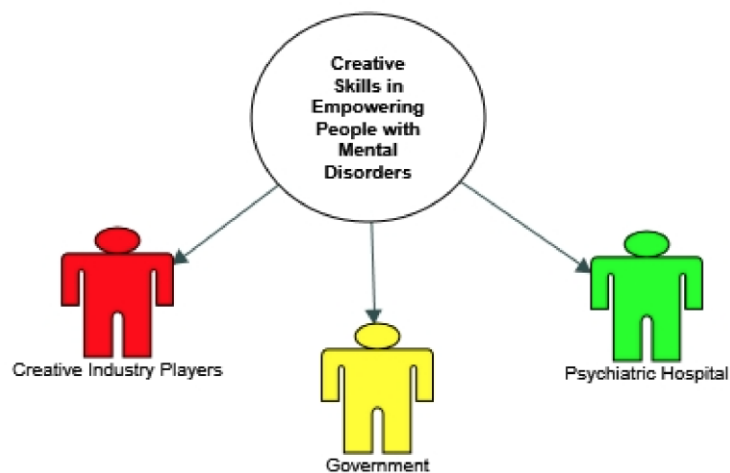
Source: processed using Nvivo12 application

Based on the data above, it shows that the government has an important role in the implementation of empowerment, which is 42.39%, then mental hospitals contribute 33.77%, and finally

creative industry players who conduct skills training as much as 24.83%. From this data, it shows that these three related elements have provided real implementation for mental patients so that justice and patient rights can be fulfilled. Empowerment programs through creativity skills supported by the government help ODGJ patients feel recognized and valued. Creative activity provides a safe platform for them to express emotions that may be difficult to express verbally. This has a positive impact on their emotional well-being, helping to reduce stress, anxiety, and depression that are often associated with mental disorders. In addition, through this collaboration, stigma associated with mental disorders can be reduced.

These programs facilitate more positive interactions between ODGJ patients, families, and communities. The government as a key stakeholder has a role to play in promoting awareness and understanding of mental disorders in society, building a more inclusive environment, and mitigating negative perceptions. Furthermore, family involvement in supporting and encouraging patient participation in creativity activities is highly influential on the recovery process. The support provided by families in facing challenges and encouraging involvement in these programs helps patients feel more motivated and accepted. As visualized in the form of images processed by the Nvivo12 application as follows:

Figure 3
visualization of actors involved in empowering ODGJ patients in mental hospitals



Source: processed using Nvivo12 application

Creativity programs also provide opportunities for ODGJ patients to develop social skills and build relationships with fellow patients and hospital staff. Group activities such as art therapy or music therapy allow for more positive social interactions, reduce isolation, and strengthen their social networks. In this context, collaboration between governments, mental hospitals, and families has far-reaching positive implications. However, it is important to continue to support and develop similar programs and strengthen cooperation between various relevant parties. In this regard, the government can play an important role in allocating necessary resources, developing supportive regulations, as well as advocating for the empowerment of ODGJ patients through the development of creativity skills.

CONCLUSIONS AND ADVICE

Collaboration between the government and the health sector in developing creative skills to realize the empowerment of mental patients has a significant impact on the healing process and quality of life of patients. Through this approach, the government plays a role in creating an environment that supports the development of creative skills for mental patients, which in turn can help them feel more empowered, have better self-confidence, and build more positive social relationships. The collaboration also includes providing resources and training for medical personnel and facilitators working with mental patients, so that they can effectively direct and support the creative skills development process.

Empowering mental patients through creative skills not only helps reduce the stigma against mental disorders, but also provides a new view of the potential possessed by each individual to contribute to society. In this collaboration, the government acts as a liaison between the health sector, education, and society as a whole. By integrating creative skills into rehabilitation programs for mental patients, the



government creates opportunities for patients to develop their interests and talents, increase independence, and reduce dependence on long-term health services. However, the success of this collaboration requires strong commitment from all relevant parties, including the government, health institutions, patients' families, and the wider community. A holistic approach that blends medical, psychosocial, and creative aspects is needed to ensure that patients not only recover physically, but also emotionally and socially. By continuing to encourage and develop this kind of collaboration, it is hoped that empowering mental patients through creative skills can be a broader model for formulating inclusive solutions in addressing mental health challenges in the community.

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