

BEHAVIORAL DIFFERENCES IN SEEKING HELP FOR MENTAL HEALTH AMONG GENERATION Z FROM THE KODI PEOPLE GROUP AND THE MADURESE ETHNIC GROUP

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ABSTRACT

Background: mental health problems in generation Z of the Kodi People Group and Madurese ethnic group in their behavior in seeking mental health assistance. it is influenced by the culture and the archipelago of the two islands. The purpose of this study is to analyze the differences in the behavior of mental help seeking from Generation Z in the Kodi people group and Madurese ethnic group.
Methods: This research used quantitative research method, namely, the survey method. The subjects of this study were Generation Z from the Kodi people group and the Madurese who have experienced mental health problems such as stress, anxiety, depression, suicidal thought, drug use, and physical illness. The sampling technique used was purposive sampling with a total of 200 respondents from Generation Z. This study used the instrument of General Help-Seeking Questionnaire Vignette Version (GHSQ-V). The hypothesis test in this study was a paired t-test. This research was conducted from February to March 2022 by distributing Google Forms questionnaires to WhatsApp group chats, social media such as Facebook and Instagram, and email.
Results: The Results of T-Test Analysis of Behavior in seeking mental health assistance among Generation Z from the Kodi people group and the Madurese ethnic group was 0.905
Conclusion: it can be said that there is no significant difference in the behavior of seeking mental health help between Generation Z of the Kodi people group and the Madurese ethnic group.

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Introduction

Generation Z is currently a generation dominated by adolescents and early adult. Characteristics that appears in this generation is to have more intelligence compared to the previous generation. This generation is also referred to as the generation that has more desire. In addition, this generation is also referred to as the generation that depends on technology. However, these advantages have an impact on their health, such as mental health (Enos, 2020). Cases of mental health problems in Generation Z in Indonesia in 2018 were recorded at 9.85 cases. The most common cases are emotional mental disorder such as depression and anxiety. The problem of emotional mental disorders from 2013 to 2018 increased by 6%. Ninety-one percent of Generation Z with emotional mental disorders do not receive treatment. The issue that many people with mental health problems have is the issue of behavior in seeking mental health assistance and treatment (Riskesdas, 2018). Meanwhile, in east Java, the percentage of emotional mental disorders in the population with the age of less than 15 years was 6.8% in 2020. Sumenep is a regency on the island of Madura with 1,920 cases of mental health problems, Bangkalan recorded 2,232 cases of mental health problem, and Sampang recorded 812 cases (East Java Provincial Health Office, 2020).



East Nusa Tenggara and Madura are regions in Indonesia that consist of islands. The problems of youth in East Nusa Tenggara are, among other things, the lack of access to health services due to the distance from which they live far from the health service center and inadequate transportation system (Sariguna & Kennedy, 2021). In Madura Island, the difficulties experienced by the public in accessing health services are also related to the issue of the transportation system (Laksono & Wulandari, 2019).

The beliefs of the ethnic people groups in East Nusa Tenggara, especially the Kodi people group, make them prefer alternative medicine in maintaining their health or seeking medical help. The results of a survey in the southwest part of Sumba, East Nusa Tenggara, showed that in 2017, there were 16 people with mental disorders (Agustine & Karahanau, 2018). In addition, the belief held by Generation Z on the island of Sumba is "Marapu". The Kodi people group in Sumba Island, East Nusa Tenggara, with their belief "Marapu" believes in traditional medicine. Mental health problems are often thought of as a result of witchcraft, amulets, black magic, and hereditary diseases (Melinda et al., 2020).

The behavior in seeking health help among people or Generation Z in Madura Island is almost similar to that among people or Generation Z of the Kodi people group. In Madura Island, a person with mental health disorders is considered to be possessed by spirits or as a result of black magic practices. Generation Z in Madura Island, in dealing with mental health disorders, performs the "*ropserrop pajhepah*" ritual or the ritual of reciting prayers and blowing them on drinking water, which is believed to help heal stress or overcome one's inability to cope with problems caused by a jinn deliberately disturbing them or a jinn following them because they practices magic (Rahmatullah, 2021).

The behavior of seeking mental health assistance is influenced by some important factors, including trust. Seeking mental health assistance can be done formally or informally. Formally, this is more towards professionals such as doctors, psychiatrists, mental nurses, and psychologists. Informally mental health help can be sought from family, friends, relatives, or even religious leaders (Jung et al., 2017). Preventing health problems in Generation Z in the Sumba Island (among Kodi people group) and Madura Island is very important. The goal of this study was to analyze differences in the behavior of seeking mental health assistance among Generation Z of the Kodi people group and the Madurese.

Method

This research used quantitative research method, namely, the survey method. The subjects of this study were Generation Z from the Kodi people group and the Madurese who have experienced mental health problems such as stress, anxiety, depression, suicidal thought, drug use, and physical illness. The sampling technique used was purposive sampling with a total of 200 respondents from Generation Z. This study used the instrument of General Help-Seeking Questionnaire Vignette Version (GHSQ-V) (Olivari & Guzmán-González, 2017). The questionnaire was translated into Indonesian and Cronbach's alpha was 0.911. The indicator of GHSQ V is to seek help formally and informally. Seeking formal help includes contacting a doctor or seeking help from counselors, social workers, mental nurses, and religious leaders. Meanwhile, the informal indicator was the respondent's close relationship with spouse, friends, parents, and family so that they did not seek help. The results of the GHSQ-V were stated in the categories of "high", "medium", and "low" (Abdi, Mariskha, and Sari. 2014). The hypothesis test in this study was a paired t-test with the help of Statistical Product and Service Solutions (SPSS) 25. This research was conducted from February to March 2022 by distributing Google Forms



questionnaires to WhatsApp group chats, social media such as Facebook and Instagram, and email. This research received ethical approval from STIKES Kepanjen with approval number 352/S.Ket/KEPK/STIKesKPJ/II/2022.

Results

Table 1. Characteristic data of generation Z survey respondents of the Kodi people group and the Madura tribesese in the behavior of seeking mental health assistance (n = 200)

Characteristics	Classification	f	%
Age	Early adolescence (12-16 years old)	31	15.5
	Late adolescence (17-25 years old)	169	84.5
Gender	Male	78	39
	Female	122	61
Education level	College Education	82	41
	Senior High School	91	45.5
	Junior High School	27	13.5
Religion	Islam	100	50
	Catholics	43	21.5
	Protestants	57	28.5
Ethnic group	Kodi	100	50
	Madurese	100	50
Health problems experienced	Stress	48	24
	Anxiety	99	49.5
	Suicidal thoughts	3	1.5
	Psychosis	3	1.5
	Physical illness	47	23.5

Table 1 explains the data on the characteristics of Generation Z from the Kodi people group and the Madurese ethnic group in behaving in seeking mental health assistance. Most of the respondents (84.5%) are in their late adolescence (17-25 years), most of them (61%) are female, and the education level of the respondents is dominated by high school (45.5%). Most respondents are Muslim (50%). The Kodi people group and the Madurese ethnic group had the same weight of 50% and the health problems experienced by 49.5% respondents were anxiety problems.

Table 2. The results of the categorization of generation Z respondents with the background of the Kodi people group and the Madurese ethnic group based on their behavior in seeking mental health assistance (n = 200)

Characteristics	f	%
Kodi people group		
High	66	33
Medium	29	14.5
Low	5	2.5
Madurese ethnic group		
High	67	33.5
Medium	28	14
Low	5	2.5

From Table 2, it is known that 33% of respondents from the Kodi people group had behavior in seeking mental health assistance that was categorized as "high". Meanwhile, respondents from the Madurese ethnic group also had behavior that was categorized as "high", which was 33.5%.

Tabel 3. The Results of T-Test Analysis of Behavior in seeking mental health assistance among Generation Z from the Kodi people group and the Madurese ethnic group

	Mean	t	Df	Sig.(2-tailed)
Behavior in seeking mental health assistance among Generation Z from the Kodi people group and the Madurese ethnic group	0.010	0.120	99	0.905

Table 3 explains the analysis of t-test data that obtained the conclusion that there was no significant difference in the behavior in seeking mental health assistance among generation Z from the Kodi people group and the Madurese ethnic group. This can be seen from the level of significance (sig.) of 0.905 where the value of $p > 0.05$, which has the meaning that there was no significant difference.

Discussion

Generation Z is the generation born between 1995-2010. This generation is more often referred to as the generation of technology. This generation is more often exposed to the internet and social media. Today's fast-growing smartphone technology is causing smartphone dependency among the current generation Z and it can have both positive and negative impacts (Jaciow & Wolny, 2021). Generation Z is currently mostly adolescents. At the age of adolescence, one understands and finds out about the problems they are experiencing (Kikuchi et al., 2021). Curiosity makes a change in behavior occur at that age phase. In addition, the current generation Z is dominated by school-age children or students (Handayani, 2019).

Generation Z respondents from the Kodi people group and the Madurese ethnic group are in their late teens. At this age range, one's knowledge will also increase. In addition, on average, the respondents also received a fairly high level of education, namely high school and college. This has an impact on their level of knowledge in seeking mental health help (Lynch et al., 2018). Social media and internet access that currently can also reach various islands can become media of information about mental health. This can increase the knowledge of Generation Z in exploring health information (Mulianaa et al., 2017).

Current technological developments can improve the quality of life, especially in preventing health problems. Generation Z that can currently be done is to use health facilities in the form of technology to seek mental health assistance. Behavioral models seek help that used to be able to be done by bringing psychotherapy in preventing mental health (Alfianto, Safitri, et al., 2019). But currently it can directly use such an application on a smartphone (Nastiti et al., 2021). The development of technology and easy access to higher education today can improve the health of a person in the island region (Mahendradhata et al., 2017).

Generation Z in islands such as Generation Z from the Kodi people group and the Madurese ethnic group today have easier access to health services. The beliefs that were believed by their ancestors related to the behavior of seeking mental health assistance became the local wisdom of the culture. Along with the development of the times and technology, generation Z from the Kodi people group and the Madurese ethnic group prefer to seek more decent mental health assistance, for example, by using technology such as smartphones. In addition, the current stigma related to mental health is also starting to fade because today's young people can already access mental health information in the form of indirect psychoeducation (Alfianto, Apriyanto, et al., 2019). Generation Z prefer to care about their mental health and generation Z from the Kodi people group and the Madurese ethnic group had no difference in the behavior in seeking mental health assistance.



Conclusion

Based on the results of this research, it can be concluded that generation Z of the Kodi people group and the Madurese ethnic group received mental health assistance (0.905). Two groups of generation Z, namely generation Z from the Kodi people group and the Madurese ethnic group, showed behavior of seeking mental health help, which was categorized quite high, namely 33% among generation Z from the Kodi people group and 33.5% among generation Z from the Madurese ethnic group. So, it can be said that there is no significant difference in the behavior of seeking mental health help between Generation Z of the Kodi people group and the Madurese ethnic group.

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