

FACTORS RELATED TO *PASUNG* ON PEOPLE WITH MENTAL ILLNESS: A LITERATURE REVIEW

Angelina Roida Eka¹, Novy H. C. Daulima²

1 Postgraduated student of Mental Health Nursing Program, Faculty of Nursing Universitas Indonesia

2 Department of Mental Health Nursing Program, Faculty of Nursing Universitas Indonesia

* Correspondence: ajenangelina@yahoo.com

ABSTRACT

Physical restraint and confinement (*pasung*) by families of people with mental illness is known to occur in many parts of the world. *Pasung* is a common human right violation on people with mental illness found on every country in the world especially in developing countries like Indonesia. The researcher conduct the literature review on the credible sources. Five databases were used including Science Direct, Proquest, Scopus, Ebsco, and Google Scholar. Study result identified that factors related to *pasung* come from person with mental illness, family and community. The *pasung* phenomena within the community on people with mental illness ironically have a limited sources of research especially the ethnographic study of the said phenomena. Ethnographic study on *pasung* is important to elucidate the social and cultural meanings of the practice in a variety of settings and cultures especially in Indonesia, which take an enourmous impact within the community including the practice of *pasung* on people with mental illness.

Key words: *Pasung*, People with Mental Illness, Pemasung Factors, confinement

1. Introduction

Mental illness still become the worlds' attention. . World Health Organisation (1) documented that around 450 million people around the world experiencing mental illness and 23% of them suffering from schizophrenia. Schizophrenia defines as mental illness with symptoms including dysoriented mind, perception, emotion, language and the most common symptom on people with schizophrenia is hallucination and violent behaviour (1). These symptoms disabling the people with schizophrenia to function optimally on their daily living and could possibly affect their education, occupation and their performance. Unfortunately, mental illness is close to stigma leading to the discrimination and Human Rights Abuse against people with mental illness especially in developing world where the health access is limited (1). One of the Human Rights Abuse is confinement or *pasung* on people with mental illness.

Pasung refers to the physical restraint or confinement of "criminals, crazy and dangerously aggressive people. It consider as an act of human rights violation against people with mental illness found in every places in the world including Africa (2), China (3), or Indonesia (4). *Pasung* conducted by chain the both legs, tied by rope, tied to the tree, confined by wood log on either hands, neck or leg and locked in the specific room (4–6). According to law, *pasung* is an illegal act and violating (Mental Health Act No. 18 year 2014) and article 333 Criminal Code on Deprivation of liberty Rights (7). Eventhough it is defined as violation against the laws and human rights, *pasung* is constantly happened in Indonesia. In 2018 , around 18% people with mental ilnees were been *pasung*(8).

Several study on *pasung* identifies that the factors related to *pasung* comes from people with mental illness, family and community such as violent behavior of people with mental illness towards family member and community, people with mental illness wandering around and causing commotion on their environment and medication drop out either traditional or medical treatment, family's emotional and physical burden, people with mental illness's anxiety of self or other directed violent behaviour and the lack of knowledge on mental health problem and stigma/discrimination against people with mental illness by community (4,5,9,10). But the above factors are not being elaborated completely thus needed the in depth research on factors related to *pasung*. The identification of factors related to *pasung* comprehensively is essential in order to design the *pasung* prevention program especially in Indonesia.

2. Objective

The objective of this study is to explain the factors related to *pasung* on people with mental illness in Indonesia.

3. Methods

This literature review used PRISMA to explain the factors related to *pasung* on people with mental illness

3.1 Eligibility Criteria

The researcher includes several kind of study, qualitative anf quantitative, to alaborate the factors related to *pasung* on people with mental illness conducted in Asia and Africa.

3.2 Search Strategy

Researcher conducted several browsing process to encounter the relevant article on factors related to *pasung*. The researcher used some words such as "*Pasung*", "*Pasung*", "Physical Restrain", confinement, and "mental health shackle, confinement.

3.3 Study Selection

This literarture review used five databases including Science Direct, Proquest, Scopus, Ebsco, dan Google Scholar. The researcher identified relevant articles written in English. After eliminating several similar and duplicate articles, the researcher collected the final relevant articles.

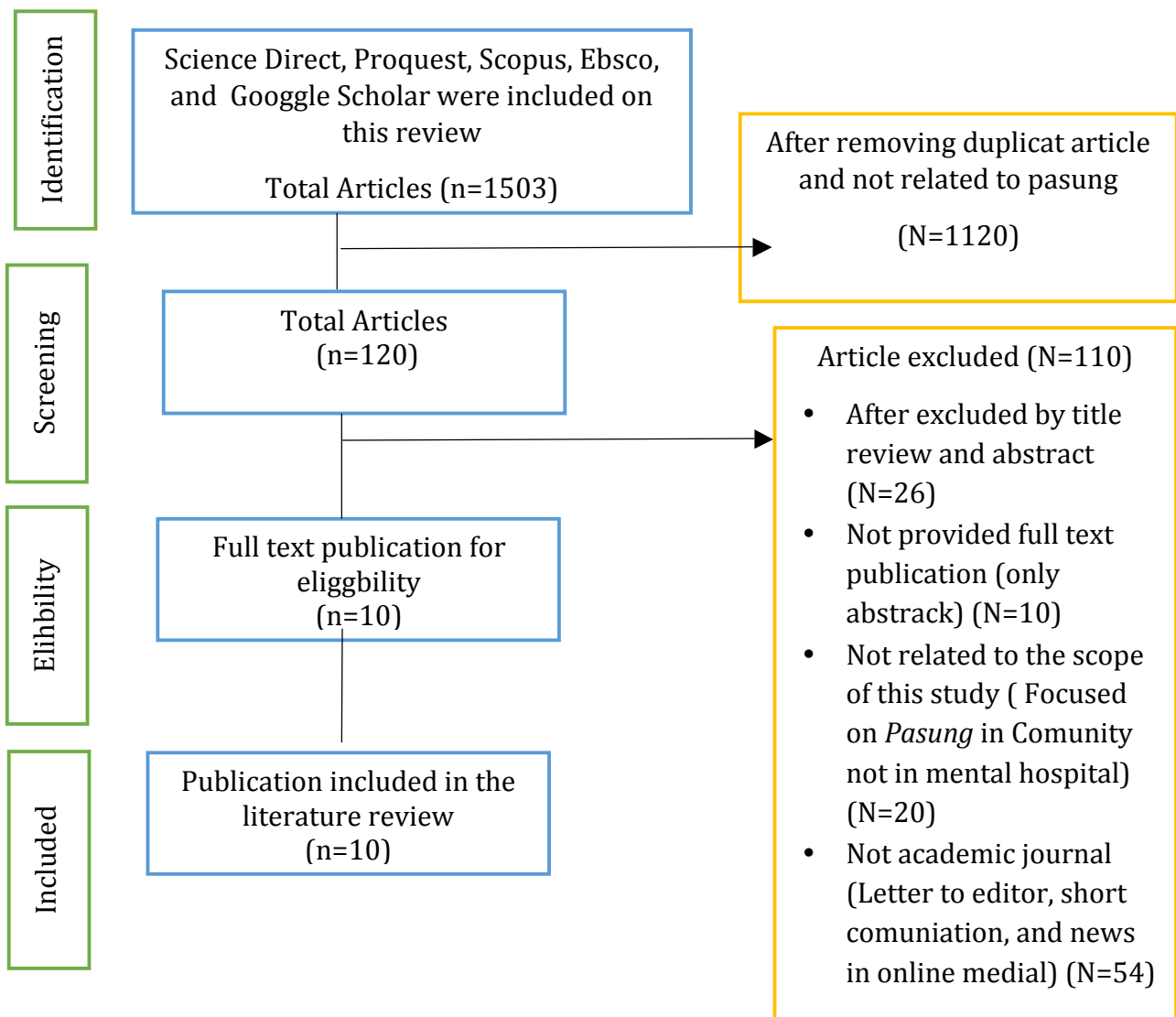


Figure 1 Summary of Evidence search and selection

4. Result

4.1 Study Description

Figure 1 describing the selection process of this study. After abstract screened, 120 articles were obtained however, only 10 ten relevant articles were extracted in this study. Almost all of the full text study were conducted in Indonesia and the remainings were conducted in China and Africa. This due to the fact that *pasung* mostly happended in the developing countries.

4.2 Factors related to *pasung*

Pasung on people with mental illness is affected by several factors from people with mental illness, family or community. The following are the factors related to *pasung* on people with mental illness.

4.2.1 Factors originated from people with mental illness

Factors originated from people with mental illness includes violent behaviour directed to family and community, wandering and causing commotion

around their neighborhood and destroying the properties, the traditional or medical medication drop out (2,4,5,11,12). Violent behavior and property destruction done by people with mental illness are the main factors on the act of *pasung* by family towards people with mental illness (2,11,12). The violent behavior mainly triggered by medication drop out (2,11,13). These commonly caused by financial issues and the unaccessible health provider from home of people with mental illness.

4.2.2 Factors originated from family

Factors originated from family including physical burn out and emotional instability, helplessness, the lack of knowledge, the family fear of people with mental illness self-harm and other directed harm and the financial issues (1,4,5). The decision of *pasung* on people with mental illness were undertaken after family discussion (4). *Pasung* performed when family experience the stressor of client maladaptive behavior, financial problems, alternative treatment failure, the lack of knowledge and the dissatisfaction of health services (5). These stressors produced family problems and worsened by stigma. The violent stigma attached to people with mental illness ensuring family that *pasung* is the appropriate solutions to overcome the problem(1). To decide on *pasung*, family put the consideration by discussion, deliberation and acknowledge the community voices. however the problem did not finish there, the *pasung* decision created issues to family, family experienced emotional and situational conflict lead to family helplessness and become the new stressor.

4.2.3 Factors originated from community

Factors originated from community includes stigma and discrimination against people with mental illness causing the increased family burden (4-6,12). Society stigma against people with mental illness and family become the highest cause of *pasung* (2,5,9). Stigma causes people with mental illness and family felt discriminated and decide on alternative treatment instead of mental health services (1). The community possess the significant role on *pasung* due to the idea of *pasung* commonly comes from community (4). *Pasung* happened caused by community propositions due to the fear of people with mental illness.

5. Discussion

The analysis result of this study produced three points influencing *pasung* namely people with mental illness, family and community. Almost all the decision on *pasung* done by the family triggered by people with mental illness violent behavior towards themselves and others and to keep the community safety (1,5,10). These mainly influenced by the limited mental health facilities and stigma existed lead to the family reluctance on medication (4,5). Thus, *pasung* is not only focused on people with mental illness and family but also community.

Understanding the factors related to *pasung* is essential in designing effective *pasung* prevention program especially in developing countries with limited mental health facilities. family and community directed violent behavior of people with mental illness became the cause of *pasung*, thus needed health education on regular medication of people with mental illness to decrease the amount of medication drop outs.

Family as the decision maker on *pasung* plays an important role on *pasung* of people with mental illness (5). 86.9% *pasung* decision made by the family (14), but *pasung*

unable to fix the problem even creates the new one to the family (5). The issues faced by family when treating people with mental illness includes physical burn-out and emotional instability, the difficulties of burn out management and the fear of community's stigma (4,9). Thus, the intervention to family is important in order to decrease the family's helplessness and despair in treating people with mental illness. The health education on medication is also provided to the family. The family's participation to overcome *pasung* is important.

Beside people with mental illness and family, community also become the important factor influencing *pasung*. The stigma against people with mental illness on the community causing people with mental illness reluctant for seeking the medication on mental health facilities and alternative treatment (12,14). Community possess the important role on *pasung*, because the idea of *pasung* often proposed by the community (5). One kind of solutions is involving the community to prevent *pasung* through the community empowerment. This empowering process consists of three stages namely power analysis, understanding government policies on related issues and decide the empowerment agent (15). The power analysis should be conducted to assess the power of relationship on the certain community and the possible inovative strategy would be done. At this stage the mapping is conducted by outlining the power of each individuals and groups of community decision making (15). The definition of individual and groups with power in the community is either the formal or informal leader.

6. Limitation

In this study, researcher reviews several research related to *pasung*. The information gathered is useful to increase the intervention on *pasung* pevention, but there were several limitations such as resources limitation limited to the research of *pasung* published in Indonesia thus the researcher was not fully exposed to the factors related to *pasung* in the community. It is important to conduct the research on *pasung* used cultural approach

7. Conclusion

This study identifies the factors related to *pasung* on people with mental illness. The factors includes factors originated from people with mental illness, family and community. There needed the intervention focused not only on people with mental illness and family but also the community, especially on the health education on mental health in order to decrease the stigma against the people with mental illness. Thus, the participation of every party is necessary especially public figures with the influence of decision making in the community.

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