Self-Reported Mental Health of Nurses at Dr. M.M. Dunda Hospital, Gorontalo Regency

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Article Info	ABSTRACT
  Corresponding Author: Ibrahim Suleman, Nursing Science Study Program, Faculty of Sports and Health, Gorontalo State University, Gorontalo, Indonesia Email: ibrahimsuleman@ung.ac.id	Mental Health is a condition where an individual can develop physically, mentally, spiritually and socially so that the individual is aware of his or her own abilities, can handle pressure, can work productively, and is able to contribute to his or her community. Several factors cause mental disorders, namely a work environment with a high risk of violence, facing various types of stress and an uncomfortable workplace. Mental disorders can take the form of changes in the mental and emotional atmosphere which have an impact on physical disorders and are rarely recognized by sufferers, including nurses. Nursing is a profession that has a very high risk of stress, because nurses have very high duties and responsibilities for the safety of human life. The aim of the research is to determine the self-reporting of mental health of nurses at RSUD Dr. M.M Dunda Limboto, Gorontalo Regency. The research design is a descriptive design, with a sampling technique using non-probability sampling, namely snowball sampling. The sample in this study using the Slovin formula obtained 175 respondents. The results of this research showed that 131 respondents (74.9%) were not indicated, and 44 respondents were indicated (25.1%). The conclusion of this study shows that the majority of nurses at RSUD M.M. Dunda Limboto has no indication of a mental health disorder which is known from the Self Reporting Questionnaire assessment. It is hoped that nurses can maintain mental health by doing self-rewards to increase their capacity as nurses. *Keywords: Mental Health, Nursing, Self Reporting*

1. INTRODUCTION

A nurse means a professional health worker whose job is to provide care to clients or patients in the form of biological, psychological, social and spiritual aspects using the nursing process. According to Law no. 38 of 2014 A nurse is someone who has graduated from higher education in Nursing, both at home and abroad, which is recognized by the Government in accordance with the provisions of the Legislative Regulations. Nurses as subjects who play a role in providing health services, carry out heavy duties and roles, where nurses also carry out social duties in the environment where they live. Such complex life demands due to the duties and moral burdens carried by nurses can cause stress or mental pressure which interferes with mental health [1].

Mental health is a condition where an individual does not experience feelings of guilt towards himself, and has a realistic estimate of himself and can accept his own shortcomings or weaknesses, has the ability to face the problems that exist in his life, has satisfaction in his social life, and have happiness in life [19]. According to Mental Health Law No. 18 of 2014, Mental Health is a condition where an individual can develop physically, mentally, spiritually and socially so that the individual is aware of his own abilities, can cope with pressure, can work productively, and is able to contribute to his community.

Mental health means a state of being free from emotional mental disorders or depression and so on. WHO notes that almost one billion people worldwide experience some form of mental health disorder. In 2019, as many as 970 million people worldwide were reported to be living with mental disorders, the most common being anxiety disorders and depression (WHO, 2021). The results of the analysis carried out nationally, the prevalence of the population experiencing mental emotional disorders at the age of ≥ 15 years was 9.8% with 37,728 subjects analyzed. Of the 34 provinces in Indonesia, Gorontalo Province is in second place, namely 19.8%. In 2018, the results showed that the prevalence of

depression in the population aged ≥ 15 years nationally was 6.1% and Gorontalo Province was in the second largest position in terms of prevalence of depression in the population ≥ 15 years, namely 10.0% [12].

The percentage of population in 2022 aged ≥ 15 with a risk of experiencing mental health problems who were successfully screened was 21.93% in Gorontalo province. The number of screening results for people aged ≥ 15 who had mental health problems in Gorontalo Province was 50,075 people, with the largest number being in Gorontalo Regency at 36,470. Secondly, Bone Bolango Regency has 6,804 people, third Boalemo Regency has 4,968 people, fourth North Gorontalo Regency has 1,118 people, fifth Pohuwato Regency has 435 people, and finally Gorontalo City has 280 people. There are several factors that cause mental disorders, including a work environment that has a high risk of violence, facing different stressors and an uncomfortable workplace, the workload of nurses who have full responsibility in providing nursing care and role conflicts with nurses. others such as differences of opinion in providing nursing care and lack of support between colleagues [21]. The various factors above can affect mental health and cause mental disorders. Mental disorders can take the form of changes in the mental and emotional atmosphere which have an impact on physical disorders and are rarely recognized by sufferers, including nurses. Nurses who are mentally and emotionally disturbed will not come to the health facility for treatment because they are not aware that they are experiencing this disorder. They just feel uncomfortable, don't know what to do, what to do, where to start. Stomach is hungry, but doesn't want to eat. Sleepy, but can't sleep. In a crowd you want to be alone, in loneliness you want to find a crowd, and so on. As a result, a lot of work is delayed, the quality of work is disrupted, the quality of life is disrupted, and productivity is disrupted [1].

2. METHOD

The research design used in this research is a descriptive research design because the researcher aims to find out how the mental health of nurses at RSUD Dr. M.M Dunda Limboto. Descriptive methods are used to describe or describe health problems that occur in society or within certain communities [11].

Research Design
- This study employs a descriptive design aimed at providing an overview of the mental health status of nurses at Dr. M.M. Dunda Hospital, Gorontalo Regency. A descriptive design was chosen as it allows the researcher to observe and analyze mental health issues within a specific population without direct intervention.
- This design is particularly suitable for understanding the prevalence and general patterns of mental health among nurses, as well as identifying potential risk factors or conditions that may impact their mental well-being.

Research Location and Duration
- The study was conducted at Dr. M.M. Dunda Limboto Hospital in Gorontalo Regency. This location was chosen for its relevance and accessibility to the researchers, along with a sufficient number of nurses meeting the inclusion criteria.
- The research was carried out over a period of 10 days, from March 28 to April 6, 2024. This time frame was deemed adequate to collect data from all participating respondents.

Sampling Technique
- A non-probability sampling technique, specifically snowball sampling, was used in this study. This technique enabled the researcher to identify initial respondents who then helped recruit additional respondents meeting the inclusion criteria.
- Inclusion criteria included active nurses at Dr. M.M. Dunda Hospital who were willing to participate in the study and had a minimum of one year of work experience to ensure they had a comprehensive understanding of their work environment.

Sample Size
- The sample size was calculated using the Slovin formula to accommodate a specified margin of error. Based on the calculation, 175 respondents participated in this study.
- This number was considered representative to provide a general overview of the mental health of nurses at Dr. M.M. Dunda Hospital.

Data Collection Instrument
- Data were collected using the Self Reporting Questionnaire (SRQ), a standard questionnaire designed to identify signs of mental health disorders based on respondents' self-reports.
- The SRQ includes a series of questions focusing on psychological and emotional symptoms, such as anxiety, depression, and mental fatigue. This questionnaire has a rating scale that allows respondents to indicate the extent to which they have experienced these symptoms within a specific period.
- The use of the SRQ is based on its proven validity and reliability in assessing mental health across various healthcare populations.

Data Collection Procedure
- The questionnaire was distributed directly to respondents at their workplace, with researchers providing an explanation of the study's purpose and assurances of data confidentiality.
- Respondents completed the questionnaire independently to ensure honesty in responses and minimize bias.
- Each respondent was given adequate time to read and understand each question before answering. The research team remained on-site to provide additional clarification if needed.

Data Analysis Technique
- The collected data were analyzed univariately to describe the characteristics of the respondents and their mental health status.
- Frequency distribution was used to identify the number of respondents "indicated" and "not indicated" to have mental health disorders based on their SRQ scores.
- The results of this analysis were then compared with relevant literature to provide context and a deeper understanding of factors affecting nurses' mental health in the workplace.

3. RESULTS AND DISCUSSION

In this study, 175 respondents were selected based on the inclusion criteria. From all the respondents, a description of the characteristics of the respondents was obtained based on age, gender, marital status, length of work, and highest level of education.

3.1. Result
3.1.1 Respondent Characteristics
1. Age of Nurses at RSUD Dr. M.M Dunda Limboto, Gorontalo Regency

Table 1 Characteristics of respondents based on age of nurses at RSUD Dr. M.M Dunda Limboto, Gorontalo Regency.

No	Age (Years)	Number (N)	Percentage (%)
1	17-25 Years (Late Teenagers)	62	35.4
2	26-35 Years (Early Adult)	98	56.0
3	36-45 Years (Late adulthood)	15	8.6
	Total	175	100.0

Source: Primary Data (2024)

Based on table 1, it shows that of the 175 respondents, the majority were aged 26-35 years, namely 98 respondents (56.0%), while the least were aged 36-45 years, namely 15 respondents (8.6%).

2. Characteristics of Respondents Based on Gender
Table 2 Characteristics of respondents based on gender, gender of nurses at RSUD Dr. M.M Dunda Limboto, Gorontalo Regency.

No	Gender	Number (N)	Percentage (%)
1	Man	50	28.6
2	Woman	125	71.4
	Total	175	100.0

Source: Primary Data (2024)

Based on table 2, it shows that the characteristics of respondents based on gender are dominated by female, numbering 125 respondents (71.4%).

3. Characteristics of Respondents Based on Marital Status
Table 3 Characteristics of respondents based on the marital status of nurses at RSUD Dr. M.M Dunda Limboto, Gorontalo Regency.

No	Marital status	Number (N)	Percentage (%)
1	Marry	77	44.0
2	Not married yet	87	49.7
3	Janda/Doubt	11	6.3
	Total	175	100.0

Source: Primary Data (2024)

Based on table 3, it shows that the majority of respondents' characteristics based on marital status are unmarried respondents, 87 respondents (49.7%).

4. Characteristics of Respondents Based on Length of Work
Table 4 Characteristics of respondents based on length of work of nurses at RSUD Dr. M.M Dunda Limboto, Gorontalo Regency.

No	Length of Work	Number (N)	Percentage (%)
1	≥5 Years	73	41.7
2	<5 Years	102	58.3
	Total	175	100.0

Source: Primary Data (2024)

Based on table 4, it shows that the most common characteristics of respondents based on length of work were <5 years with 102 respondents (58.3%).

5. Characteristics of Respondents Based on Last Education

Table 5 Characteristics of respondents based on the latest education of nurses at RSUD Dr. M.M Dunda Limboto Gorontalo District Headquarters.

No	Last education	Number (N)	Percentage (%)
1	D3	118	67.4
2	S1/Ners	57	32.6
	Total	175	100.0

Source: Primary Data (2024)

Based on table 5, it shows that the characteristics of respondents based on the most recent education of nurses were D3 Nursing, numbering 118 respondents (67.4%).

3.1.2 Univariate Analysis

General description *Self Reporting* Mental Health Nurse at RSUD Dr. M.M Dunda Limboto, Gorontalo Regency.

Table 6 Frequency distribution of mental health nurses at RSUD Dr. M.M Dunda Limboto, Gorontalo Regency.

No	Mental Health	Number (N)	Percentage (%)
1	Not Indicated	131	74.9
2	Indicated	44	25.1
	Total	175	100.0

Source: Primary Data (2024)

Based on table 6 *self-reporting* mental health nurse at RSUD Dr. M.M Dunda Limboto Gorontalo Regency showed that there were 131 respondents (74.9%) who were not indicated, and 44 respondents (25.1%) who were indicated.

3.2. Discussion

Based on the research results, data on the frequency distribution of the Self Reporting Questionnaire was obtained for 175 respondents. With respondents who were not indicated as many as 131 respondents (74.9%), and respondents who were indicated as many as 44 respondents (25.1%). This shows that the majority of nurses at RSUD M.M. Dunda Limboto has no indication of mental health disorders that are known from the Self Reporting Questionnaire assessment, a small number of nurses at RSUD Dr. M.M Dunda Limboto, Gorontalo Regency is indicated.

Nurses who were not indicated were 131 respondents with a percentage of 74.9%, based on the results of the questionnaire they were able to manage stress and anxiety by self-rewarding themselves and being able to organize their work well. According to Alif (2021) Self reward is a technique where individuals regulate and strengthen their behavior by giving gifts or pleasant things. This is in line with research conducted by Rahayu (2024) that the current generation has a mentality that gets tired easily because the pressure and responsibility they have to accept is quite large, and gets tired easily so that when they are tired they will do something that can relieve their thoughts. so that you can return to your activities again and get new enthusiasm and fresh ideas to continue your days until you succeed in fulfilling your desires by giving yourself appreciation.

From the research results, it can also be seen that there were 44 respondents (25.1%) who indicated mental health. This is because nurses are indicated to feel anxiety and depression due to the heavy workload, especially when it is not commensurate with the honorarium paid. According to Fransiska & Tupti (2020) workload is a process or activity that is too much and can cause a decrease in employee performance due to the level of skill required being too high, speed being too high, work volume being too much and so on. Workload intensity that is too large can create work stress, whereas work load intensity that is too low can cause boredom and boredom.

This is in line with research conducted by Mardjianto (2022) that excessive workload on nurses can trigger stress and burnout. Nurses who experience stress and burnout make it impossible for them to perform effectively and efficiently because their physical and cognitive abilities are reduced.

In this study, the 175 respondents were mostly aged 26-35 years. This is in line with research (Suci, 2018) where the majority of respondents were in the age range of 21-40 years (60%). The higher the age of the respondent, the lower the level of work stress. As age increases, the problems or issues faced become more complex. The older the respondent, the more they can control their emotions compared to teenage respondents. A more mature age will find it easier to control emotions and be able to make wise decisions based on the experience they have gained.

In this study, most of the respondents were women (125 people). Women who work are considered to have a better level of well-being, especially in relation to the success of balancing time with family and work, so that it can give rise to individual satisfaction. However, women have lower levels of internal control and morale, as well as higher levels of depression compared to men [4]. This research is in line with that conducted by Habibi & Jefri (2018), the results of the analysis showed that female respondents experienced more moderate work stress than male respondents. Fatigue is correlated with signs of stress in the form of dizziness, digestive disorders, chronic physical fatigue, muscle tension, hypertension, persistent colds and coughs, sleep disorders and substance abuse. Apart from that, burnout is also correlated

with increased anxiety and depression. People who experience burnout are characterized by withdrawal behavior from work such as high levels of absence from work, a desire to leave work, and high employee turnover. For people who choose to continue working but experience burnout which is characterized by reduced productivity and work effectiveness, reduced job satisfaction, and reduced commitment to the organization. Burnout can also affect a person's relationship with co-workers, such as increasing personal conflicts with co-workers and disrupting the division of work [16].

The results of the study showed that "over the last 30 days feeling tired easily" was a symptom that was felt by many respondents compared to other symptoms. This can be seen from the results of early detection carried out by researchers on nurses at Dunda Hospital. Of the 175 respondents who felt tired easily, 80 people felt tired. The high workload of nurses will result in nurses experiencing mental fatigue. The higher the workload, the more work stress will increase, and vice versa. This research is in line with that conducted by [18] with results showing that mental workload has a significant effect on mental fatigue. In measuring the mental fatigue of all nurses, the results were that 36% of nurses had mental fatigue in the high and very high categories. Hospitals need to prevent nurses from having high levels of mental fatigue by increasing nurses' ability to have problem solving skills with good stress management.

4. CONCLUSION

This study aims to determine the Self Reporting of Mental Health of Nurses at RSUD Dr. M.M Dunda Limboto, Gorontalo Regency. The results of this research showed that 131 respondents were indicated (74.9%), and 44 respondents were not indicated (25.1%). These results indicate that the majority of nurses at RSUD M.M. Dunda Limboto has no indication of mental health disorders that are known from the Self Reporting Questionnaire assessment.

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