

ABSTRAK

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Karakteristik Pasien Gangguan Jiwa di Puskesmas Batang 3 kabupaten Batang

Pendahuluan: Gangguan jiwa merupakan masalah kesehatan global dengan prevalensi yang terus meningkat setiap tahun. Kondisi ini dipengaruhi faktor biologis seperti genetik dan ketidakseimbangan neurotransmitter, serta faktor psikologis berupa ketidakmampuan mengelola stres dan pengalaman traumatis. Dari sisi sosial, usia, jenis kelamin, pekerjaan, pendidikan rendah, status perkawinan, dan kurangnya dukungan sosial terbukti memperburuk kondisi Kesehatan mental. Peristiwa kehidupan seperti tindak kekerasan, konflik, dan bencana alam juga menjadi pemicu gangguan jiwa.

Metode: Penelitian ini menggunakan metode deskriptif dengan rancangan studi dokumentasi untuk menggambarkan karakteristik pasien gangguan jiwa. Data yang digunakan adalah data sekunder yang diperoleh dari rekam medis pasien di Puskesmas Batang 3 Kabupaten Batang tahun 2025. Subjek penelitian dipilih berdasarkan kriteria inklusi, yaitu pasien yang tercatat lengkap dalam rekam medis, sedangkan data yang tidak lengkap dieksklusi. Instrumen pengumpulan data berupa lembar checklist yang mencakup usia, jenis kelamin, tingkat pendidikan, pekerjaan, status perkawinan, serta diagnosa keperawatan. Analisis data dilakukan secara univariat dengan menyajikan distribusi frekuensi, persentase, mean, standar deviasi, nilai minimum, dan maksimum.

Hasil: Hasil penelitian menunjukkan bahwa mayoritas pasien berada pada usia dewasa dengan rata-rata umur 42,18 tahun. Berdasarkan jenis kelamin, sebagian besar responden adalah perempuan (60,7%). Dari aspek pendidikan, sebagian besar responden memiliki pendidikan dasar (46,1%). Berdasarkan pekerjaan, mayoritas bekerja di sektor swasta (41,6%). Dari segi status perkawinan, sebagian besar responden sudah menikah (76,4%). Adapun diagnosis keperawatan yang paling banyak ditemukan adalah halusinasi (50,6%).

Simpulan: Gangguan jiwa lebih banyak terjadi pada usia produktif, perempuan berpendidikan rendah, bekerja swasta, dengan diagnosis terbanyak halusinasi.

Kata Kunci: *Gangguan Jiwa, Karakteristik Pasien*

Daftar Pustaka: 26 (2016 – 2025)

ABSTRACT

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Characteristics of Patients with Mental Disorder at Batang 3 Community Health Center, Batang Regency

Introduction: Mental disorders represent a significant global health concern, with their prevalence increasing each year. These conditions are influenced by a variety of biological factors, such as genetics and imbalances in neurotransmitters, as well as psychological aspects, including difficulties in managing stress and experiencing trauma. From a social standpoint, factors like age, gender, occupation, low education levels, marital status, and a lack of social support can worsen mental health conditions. Additionally, life events, such as violence, conflict, and natural disasters, can act as triggers for mental disorders.

Method: This study employs a descriptive method with a documentation study design to characterize patients with mental disorders. The data utilized are secondary data sourced from patient medical records at the Batang 3 Community Health Center in Batang Regency for the year 2025. Research subjects were selected based on specific inclusion criteria, which required that patients have complete medical record documentation; records with incomplete data were excluded. The data collection instrument involved a checklist that included variables such as age, gender, education level, occupation, marital status, and nursing diagnosis. Data analysis was performed univariately, presenting the frequency distribution, percentages, means, standard deviations, and minimum and maximum values.

Result: The results indicated that the majority of patients were adults, with an average age of 42.18 years. In terms of gender, most respondents were female, accounting for 60.7% of the sample. Regarding education level, the largest group had primary education, representing 46.1% of the participants. When it comes to occupation, the majority were employed in the private sector, comprising 41.6% of respondents. In terms of marital status, a significant 76.4% of participants were married. Additionally, the most frequently identified nursing diagnosis was hallucinations, affecting 50.6% of the patients.

Conclusion: Mental disorders occur more frequently in productive age groups, women with low education, private sector workers, with the most common diagnosis being hallucinations.

Keywords: *mental disorder, patient's characteristic*

References: 26 (2016 – 2025)