

## IMPLEMENTATION OF PROVINCIAL GOVERNMENT POLICY ON THE MENTAL HEALTH SECTOR IN PREVENTING SUICIDE CASES IN GORONTALO PROVINCE

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### *Abstract*

*The increasing number of suicide cases in Gorontalo shows the emergence of mental health problems in the community. The suicide perpetrators consist of adults, parents, and some even minors. The perpetrators committed this careless act due to various cause-and-effect factors such as Lack of love for parents, romance, economic factors, and so on. In addition, the perpetrators of suicide are not only women who are known as weak people but also carried out by men. Even the level of education and career owned by the perpetrators seems to no longer be able to prevent their desire to commit suicide. This condition should require serious attention from all stakeholders, especially the provincial government and all levels of society, considering that suicides occur in almost all districts and cities in Gorontalo province. The implementation of local government policies and actions is an inseparable part of efforts to realize development programs in the health sector, especially in the field of mental health, so that mental disorders or illnesses can be immediately detected and treated to minimize suicide as a sign of mental illness that occurs in the social environment. The research method used is a qualitative method of interviewing respondents. The conclusion is that many factors cause suicide, so it is essential to get a lot of attention from various parties, especially the local government.*

**Keywords:** *Mental health; Policy implementation; Suicide.*

### **INTRODUCTION**

National development, especially in the health sector through the Ministry of Health, is currently continuing to develop in line with the community's needs for health services. The health development program in preventing various kinds of diseases suffered by the community, such as preventing infectious and non-communicable diseases, has received attention from the central government to

regional governments, including the Gorontalo provincial government. Even now, the government continues to intensify programs to improve maternal and child health, family planning and reproductive health, accelerate nutrition, increase disease control, strengthen the health system and control of drugs and food and strengthen the community movement for healthy living. To support the public health program, the government provides health insurance

assistance for poor people, the family hope program, non-cash food assistance, building health service facilities and infrastructure in the form of community health centers, government hospitals and so on. Even though there are central and regional government programs to improve health services, these programs do not yet guarantee the realization of health services for the community. The manifestation of health in question is to focus on mental health services in addition to the health services mentioned above (1).

In general, it can be explained that the phenomenon of mental health disorders, more specifically the increasing number of suicide cases, is mainly committed by students spread throughout the country. Almost every day we hear and even see cases of suicide occurring in every province in Indonesia, including Gorontalo. From data obtained from an article, it is known that suicide cases in Gorontalo province from January to August 2023 reached 26 cases, although not all suicide perpetrators died and were rescued. There are various methods used by perpetrators to commit suicide, such as: drinking rat poison,

hanging himself and using a firearm. Likewise, the causes and reasons why perpetrators are desperate to commit suicide are because they are triggered by various factors, namely: fear of being discovered pregnant out of wedlock, not having a permanent job, household turmoil, being in debt, and personal problems (2).

The large number of suicide cases in Gorontalo with various causes above indicates that mental health disorders have occurred in the community of Gorontalo province. The various problems faced by the perpetrators as a cause of suicide, especially among children and teenagers, can no longer be ignored and immediately require swift action from the government. The actions and immediate response taken by the regional government in dealing with the rise in suicide cases are considered effective in helping the community to always be aware of self-harming behavior that is detrimental to themselves, their families and society (3).

Observing suicide incidents which often occur in almost all areas of Gorontalo province, the provincial government's efforts are urgently needed to suppress suicide cases in Gorontalo through suicide

prevention programs. One of the tips that can be done is through the preparation and implementation of regional government policy programs in providing mental health services to all levels of society.

The government's efforts in mental health services as a concrete manifestation of preventing suicide cases, especially in Gorontalo province, can be done by issuing a regional policy or regulation regarding improving mental health services for the Gorontalo community. This policy can be implemented through the availability of apparatus or health workers and assistance from related parties who handle the problem of mental disorders in the community (4).

Another consideration regarding mental health policies that are followed by consistent implementation of these policies is also based on the mental health of each person which often changes and is not the same from one another. Likewise, people have different perspectives in responding to every problem they experience, so it is important for the government to save society, especially children and teenagers as the next generation for development, so that they avoid mental health disorders that have

an impact on suicide cases. Responding to various mental health disorders and suicide cases, the author believes that there is a need for a study of policy implementation in preventing suicide cases due to mental health disorders.

Low attention from various parties and weak faith for a person are considered to be the main triggers for the emergence of various kinds of illnesses or mental disorders and ultimately encourage suicide for people who are unable to carry the burden of life (5).

The phenomenon described above inspired the author to analyze how policy formulation and policy implementation are carried out by local governments in responding to social problems that often occur in the community due to the emergence of mental health disorders for some people. Likewise, this article was written as a form of social responsibility towards the problems faced by our nation, especially in Gorontalo province, especially related to suicide cases.

### **RESEARCH METHOD**

The method used is a qualitative method. Interviews with (Psychologists,

students and health workers) They were interviewed about the causes of suicide and the solutions. For documentation, it was taken from news stories about suicide incidents and draft regional government regulations regarding efforts to minimize suicide.

The observations directly saw the efforts of law enforcement and the government in socializing the dangers of suicide and the solutions, including the importance of increasing awareness of mental health for everyone.

## **RESULTS AND DISCUSSION**

### **Public Policy**

Laya (2021:31) writes that public policy means a form of activity organized by the government, namely actions taken by the government to respond to problems that occur in society with the aim of regulating social life in society so that it runs in accordance with common hopes and goals. Public policy has the meaning of something or various activities carried out by the government or public officials in government, as well as an extension of the mandate of the people they represent, in the sense that it is closely related to the choice

to carry out and not carry out activities regarding public issues. Public policies are taken and adapted to situations and conditions, namely, policies are prepared by the authorities or government in a political system which includes tribal chiefs, executive officials, legislature, judiciary, administrators, advisors, kings and so on.

Public policy is in the form of actions taken by the government and its influence reaches or is felt by all components of society. As a strategy, public policy includes the political preferences of the actors involved in policy making, especially in the formulation process. As a strategy, usually policies can be positive or negative, which means that when determining a policy option, it is always about accepting or rejecting the decision that has been determined.

Policy maker is the state government. Included in the state government are all state institutions consisting of the legislative (DPR, MPR), executive (Central Government, President and Cabinet), judiciary (MA, Judiciary, BPK). At the regional level, the administrator institutions are the Provincial, Regency, City

Governments and Provincial, Regency and City DPRD. For the benefit of society, State Administrative institutions are limited to only the government or executive institutions. In particular, public policy is interpreted as an executive government decision (6).

Public policy has 4 (four) objectives as described including: realizing public order, protecting people's rights, creating peace in society and realizing people's welfare. For more details, the four public policy objectives are explained as follows (7):

1. Realizing order in society, as an effort to create conditions in society that are safe, calm and free from disturbance and chaos which creates enthusiasm for working to achieve the welfare of society as a whole which operates in an orderly manner in accordance with existing laws and norms.

2. Protect people's rights

In general, it is explained that people's rights begin with the opportunities given to each individual to be able to get, do and have something that individual wants. There are several factors that motivate the creation

of this, namely, there are social boundaries, ethical and legal boundaries.

3. Creating peace and tranquility in society

Environmental conditions that create peace and public order are conditions that are the main hope of the entire community so that they can increase people's imagination, creativity and innovation in carrying out social life activities. Public peace and order are the responsibility of the entire community and government, including the law enforcement component.

4. Realizing community welfare

Raising the level of social welfare is seen as part of social investment aimed at improving and developing the quality of Indonesian society, so that they are able to carry out life's tasks independently in accordance with values worthy of humanity.

From the views above, it can be understood that public policy is the government's attitude to do or not do something whose aim is in the public or community interest.

### **Public Policy Implementation**

Policy implementation means tips or strategies implemented by the government in completing one of its tasks, namely,

providing public services. Policy implementation is understood as a process of regulating the flow of carrying out actions viewed from the perspective of social and political change. Policy implementation aims to make improvements or create innovations in the social environment as a group that is the target of change.

Apart from that, Rakista (2020:1) expressed his opinion regarding policy implementation, namely, an activity that is the goal of a policy actor or implementer with the aim of realizing government programs so as to show the results or targets to be achieved. Next, implementation is the most important stage in government administration. Policy implementation does not only look at the mechanism of translating politics into procedures but also involves various other problems such as conflicts, important decisions and the issue of who gets what. Policy implementation is also something important, perhaps even more important than policy formulation. Policy implementation can also be interpreted as the application or execution of policies relating to various activities directed at program realization. In this way, the

implementers manage, organize, interpret and implement the policies that have been set (8). Beside that, groups policy implementation into several areas, including:

1. Political Science
2. Health sciences
3. Technology
4. Business

In implementing policies, there are several stages that must be considered by policy actors or what are called policy implementers, namely: (Clarity of Organizational Vision and Mission, Clarity of Organizational Performance Indicators, Implementation of Target Determination, Clarity of Work Plans, Performance Assessment Plans, Implementation of Control and Monitoring Systems, Leadership Support, Organizational Culture and Information Technology (9)

1. Clarity of the Organization's Vision and Mission

Vision and mission in leadership activities or within government organizations need serious attention and clarity of vision and mission. Written by Wirotama (2020:2) vision has an important

role in describing the intentions and hopes of an organization. A clear vision and mission statement is needed by every organization, both private and government-owned organizations, because the vision and mission provide a positive perspective. In order for the vision to be clearer, the formulation of the vision is focused on the following things:

- a. **Vision is able to predict the future**
- b. **Courage**
- c. **Motivate**
- d. **Purpose-driven**
- e. **Inspire**
- f. **Emphasizes key competencies**

Meanwhile, for clarity in preparing the mission, it should focus on the following things:

- a. **Focus on satisfying the public**, telling the public what needs the organization meets and the approaches taken to meet public needs.
- b. **Based on key competencies**, the organization formulates its mission according to the strengths of the organization which are superior and competitive, unique in terms of capabilities or resources that support the

organization better than other organizations.

- c. **Motivating and inspiring stakeholder commitment**, stakeholders must feel that their duties and responsibilities in the organization are truly considered to inspire and contribute to human life.
- d. **Be realistic**, don't make missions that are too narrow or too broad.
- e. **Clear and easy to understand**, the mission statement must be specific, short, focused and easy to remember so that the organization is able to inform the public about the existence and purpose of the organization established to serve the public interest.

## 2. Clarity of Organizational Performance Indicators

In carrying out duties and responsibilities, it is important to look at the performance or work results achieved in the organization and clearly divide performance indicators towards the realization of public services, including:

- a. **Quality**, measured by the perception of organizational members regarding the quality of work achieved and resulting in task perfection.

- b. **Quantity**, the amount produced is expressed in terms such as number of units, number of activity cycles completed.
- c. **Timeliness**, is the level of activity completed at the beginning of the stated time, seen from the point of coordination with output results and maximizing the time available for other activities.
- d. **Effectiveness**, is the degree to which the use of organizational resources (energy, money, technology, raw materials) is maximized with the aim of increasing the results of each unit in the use of resources. It is important to pay attention to the clarity of organizational performance indicators because determining performance indicators helps motivate organizational members so as to produce the best work performance. (Antika, Nurindah Dewi et al. 2021:3)

For the author, public policy implementation is interpreted as a system of an agenda or policy that must be carried out, analyzed the various impacts that occur, up to the action or implementation of the program.

### **Regional Government Concept**

Aliza, 2022 put forward the definition of Regional Government or in Western countries known as local government in that its implementation is based on concepts such as Principles, Systems and Principles for Implementing Regional Government, Regional Autonomy, and the Objectives of Regional Government. In the 1945 Constitution Article 18 is explained Regional Government consists of:

1. The Unitary State of the Republic of Indonesia is divided into provincial regions, and provincial regions are divided into districts and cities, each of which has a regional government regulated by law.
2. Provincial, district and city governments regulate and manage government affairs themselves according to the principles of autonomy and assistance.
3. Provincial, district and city governments have regional representative councils whose members are elected through general elections.
4. Governors, regents and mayors as regional heads of provinces, districts



and cities, respectively, are elected democratically.

5. Regional governments exercise the broadest possible autonomy, except for government affairs which are determined by law to be central government affairs.
6. Regional governments have the right to establish regional regulations and other regulations to carry out autonomy and assistance duties.
7. The structure and procedures for administering regional government are regulated in law.

Regional government can be interpreted as a regional apparatus that carries out, controls and administers the administration of government. The function of regional government is regulated in Law Number 32 of 2004, namely: Regional government regulates and manages its own government according to the principles of autonomy and assistance duties.

Based on the explanation above, it can be understood that elements of regional government, including the governor who leads the provincial region, have duties and obligations as regional heads namely,

1. Duties of Regional Heads:
  - a. Leading the implementation of government affairs which fall under regional authority based on the provisions of laws and regulations and policies established together with the DPRD;
  - b. Maintain public peace and order;
  - c. Prepare and submit a draft Regional Regulation concerning changes to the APBD and a draft Regional Regulation concerning accountability for the implementation of the APBD to the DPRD for joint discussion;
  - d. Prepare and submit draft regional regulations regarding changes to the APBD to the DPRD for joint discussion;
  - e. Represents his area inside and outside the court, and can refer a legal representative to represent him in accordance with the provisions of the laws and regulations;
  - f. Propose the appointment of deputy regional heads; And
  - g. Carry out other duties in accordance with statutory
2. Regional Government obligations include:
  - a. Protecting society, maintaining unity and unity;

- b. Protecting the quality of people's lives;
- c. Realizing justice and equality;
- d. Improving basic education services;
- e. Providing health service facilities;
- f. Providing proper social facilities and public facilities.

Furthermore, it can also be explained that regional government also means a leader who carries out leadership activities in a region or region.

Regional government has been known since the reign of previous ancestral kingdoms to the government system implemented by colonial governments. In the perspective of the rules that apply in our country, regional governments according to article 1 paragraph 3 of Law Number 23 of 2014 concerning Regional Government are Regional Heads as elements of Regional Government organizers who lead the implementation of government which is the authority of autonomous regions. Regional autonomy concerns the rights, authority and obligations of regions to regulate and manage their own households in accordance with applicable laws and regulations.

Regional government can be interpreted as a figure that carries out tasks related to

government administration in the region based on the regulatory basis regarding regional autonomy and is obliged to provide public services for the benefit of the community in the region.

### **Mental health**

Mental hygiene or mental health science is a science that studies mental health problems, is a science that studies mental/mental health problems with the aim of preventing the emergence of mental disorders or illnesses and mental disorders (10).

A mentally healthy person is a person who is protected from mental disorders and illnesses, is able to adapt, is able to face problems and shocks, has harmony in mental functions, and feels that he is valuable, useful and happy and can use his potential. the potential that exists in him as much as possible. Mental conditions that are disturbed and suffered by some people can be cured if they first know the things that influence mental health through a mental hygiene approach (10).

### **Principles of Mental Health**

In a health article, Zulkarnain and Siti Fatimah, (2019:11) describe the principles of mental health as follows:

1. Be happy and avoid feelings of unhappiness;
2. Efficient in applying his impulses to his needs;
3. Less of anxiety;
4. Less sense of guilt which is a reflex of the need for self-punishment;
5. Mature in line with reasonable development;
6. Able to adapt to the environment;
7. Have autonomy and self-respect;
8. Able to build emotional relationships with other people and can;
9. Make contact with reality.

In addition, the principles of mental health consist of (11):

1. **Good image and attitude towards yourself**
2. **Self-integration**
3. **Self-realization.**
4. **Ability to accept other people, carry out social activities and adapt to the environment where they live.**
5. **Interested in assignments and work.**

6. **Religion, ideals and philosophy of life.**

7. **Self-monitoring**

8. **A sense of right and responsibility**

In essence, mental health hopes for harmony in each person's soul so that it is easy to achieve complete health and avoid mental stress, anxiety and negative feelings in carrying out life activities.

### **Suicide is part of Mental Disorders**

Suicide cases often occur in society due to mental disorders such as stress which leads to depression, bipolar disorder, schizophrenia, and even borderline personality disorder. Of all the types of mental problems that exist, depression is said to be the most common cause and creates feelings of guilt and excessive anxiety. Even severely depressed people tend to be reckless and end up committing suicide.

### **Scope of Mental Health in the Organizational Environment.**

An organization is a gathering place for people who want to achieve the same goals, work together, and organize the tasks and roles given to organizational members so that they play an active and effective role in several organizational goals.

Organizations can be made into a forum for self-development, especially for members of the organization. People who organize are able to hone themselves to collaborate and collaborate so that the ideas or thoughts held by each member of the organization can be combined to facilitate the achievement of the organization's vision and mission. A good organization will form a good mentality if your own environment supports it. On the other hand, an unhealthy organizational environment will have bad consequences for the mental health of organizational members (12).

So that organizations can minimize mental health disorders experienced by both leaders and members of the organization, there are strategies that can be implemented in organizations, including:

1. Maintain a balance between work and personal life (Life balanced)

Organization members who want to maintain their mental health so that they remain healthy and strong in carrying out their duties should ensure that their personal life and work duties at the office remain in balance.

2. Manage stress

Managing stress is very important for everyone to experience a better quality of life. Stress can be managed through sports activities, eating halal and healthy food, socializing and doing positive activities that bring happiness.

3. Focus on something that has positive value

Mental disorders can cause big problems if not treated immediately. If you feel something that is very disturbing, immediately focus your thoughts on positive activities, and make sure you are in an environment that supports all good value efforts, including providing the expected input.

4. Discuss mental health in the organization or workplace

Disclosing problems experienced and related to depression, stress, anxiety and other mental disorders in the work environment is necessary so that mental health is always maintained.

From the explanation above, it can be described that mental disorders in organizations are feelings of discomfort felt by leaders or members of the organization.

Feelings of discomfort within the organization, if left to drag on, can trigger stress, depression and so on, thus making someone reckless in committing dishonorable actions.

### **Regional Government Policy in Preventing Suicide Cases**

Suicide is a disease or mental disorder that often occurs in society, so there needs to be action from the government through implementing policies to minimize suicide incidents. In connection with the increasing number of suicides that occur in almost all of Indonesia, the Gorontalo provincial government has taken strategic steps as a form of policy implementation, including:

1. Implement policies regarding increasing the capacity of teaching staff and religious instructors

Since August 2023, the provincial government has adopted an initial policy by providing capacity strengthening for high school/vocational school religious teachers, counseling guidance and religious instructors totaling 1,839 participants through webinar activities carried out by the Human Resources Development Agency. The seminar activities focused on religious

views on dealing with the phenomenon of suicide, reducing life's problems and guidance and counseling movements in anticipating suicide incidents. When interacting directly with students, high school and vocational school teachers are instructed to convey moral messages not to hurt themselves by committing suicide.

Capacity building for teachers and religious counselors is intended so that teachers and religious counselors provide more intensive counseling or lectures about the dangers and sins of suicide perpetrators. Religious lectures and counseling about suicide prevention can be held in schools and in the general public at least once a week or held every Friday.

2. Establish cooperation with other agencies both inside and outside Gorontalo province

Establishing cooperation is one of the policies made by the provincial government in order to prevent suicide cases in Gorontalo, namely, holding workshop activities initiated by the Makassar Religious Research and Development Center in collaboration with Gorontalo State University and supported by the regional

government. The activity carried out was a workshop on drafting a Fiqh draft on suicide prevention which was held on September 18 2023 at the Aston Gorontalo hotel, opened directly by the governor of Gorontalo and attended by 50 workshop participants

Another policy adopted by the Gorontalo provincial government through the Provincial Health Service is carrying out an evaluation for the Community Mental Health Steering Team which will be carried out on September 7 2023 in Gorontalo. For this activity, the provincial Health Service invited 2 (two) speakers from the National Mental Health Center, namely doctors Marzuki and Nova Riyanti. The material discussed is in accordance with the latest mental action plan directions from the WHO South Asia Regional Office 2003-2030 regarding suicide prevention by conducting screening, especially in schools. In the future, the policy for implementing screening or screening must be carried out routinely because it has become a recommendation in Health Law Number 17 of 2023 concerning suicide prevention by identifying risk factors and the emergence of suicidal ideation. Of course, this law must

be fully supported by all elements of government, stakeholders and all levels of society in every region or region throughout the country, including in the province of Gorontalo, by issuing and establishing permanent and binding regulations.

Furthermore, on October 13 2023, through the Family Women's Association (IWK) organization, the Gorontalo branch of South Sulawesi Family Harmony (KKSS) held outreach and education on mental health as a prevention of suicide in teenagers, which was attended by 1297 teachers and students. The socialization activity invited three experts, each Prof. Dr. Roskina, Dr. Rafika Nur and Dr. Hijrah Lahaling.

As a form of cooperation in order to prevent the rise of suicide cases, on September 15 2023 a meeting was held which was initiated by the office of the Ministry of Law and Human Rights of Gorontalo province. The meeting discussed improvements to policy analysis reports with applications used for automated public services on online media and social media. The application is called SIPKUMHAM which is also used as a medium for

collecting and storing data related to legal issues including covering suicide cases in Gorontalo for a period of 3 (three) months, starting from June to August 2023. From the results of the meeting it was known that the government's efforts The region responds to the increasing number of suicide cases by implementing various policies and involving all stakeholder elements.

### 3. Maximize the availability of supporting facilities and infrastructure in preventing suicide cases

The increasing number of suicide cases in Gorontalo has made the provincial government continually look for solutions and take strategic approaches as an effort to prevent suicide cases in Gorontalo, including:

- a. Establish a suicide prevention task force (SATGAS). Establishment of Task Forces in district and city areas through a Decree involving all elements of the district and city government.
- b. Instruct all components of district and city governments to collaborate and cooperate with religious leaders, educational leaders, community leaders and others in preventing suicide cases.

- c. Providing a complaint service that operates for a full day in all district and city government areas.

- d. Preparing psychologist graduates. Psychologists are brought in to help with checking conditions, stress levels and emotions, as well as counseling for anyone who is starting to feel like they are having mental problems.

- e. Regularly hold communications and meetings with Forkompimda. The rise of suicide cases in Gorontalo, the provincial government, in this case the governor of Gorontalo, focuses attention on suicide cases through holding regular meetings with Forkompimda. One of them is holding a meeting on August 3 2023 to unite ideas for determining strategic steps to minimize the occurrence of suicide cases.

### f. Religious approach

The policies taken by the provincial government towards preventing suicide are not only carried out through government policies or regulations, but are also carried out through a religious approach. This is proven by the attitude of the provincial government which instructed the regents and

mayors to carry out prayers together with religious and community leaders so that suicide cases in Gorontalo can be prevented and handled properly. The provincial government's policy was followed up by the Gorontalo city government in collaboration with the provincial government to carry out joint prayers and dhikr on August 7 2023 so that the Gorontalo area would be kept away from suicidal behavior, safe and peaceful.

The attitude or actions of the Gorontalo provincial government, as previously explained, are efforts made by the government in carrying out the mandate of Law Number 17 of 2023 which contains general provisions, rights and obligations, responsibilities of the central government and regional governments, health administration, health efforts, health service facilities, health human resources, health supplies, pharmaceutical resilience and health equipment, health technology, health information systems, extraordinary events and outbreaks, health funding, coordination and synchronization of health system strengthening, community participation, guidance and supervision, investigation,

criminal provisions, transitional provisions and closing provisions.

Observing the description above, the author sees that the seriousness of the provincial government together with related stakeholder elements in minimizing suicides in Gorontalo has gone well. The policies that have been taken by the government have received support from the community and stakeholders with the hope that suicides in Gorontalo will decrease and they will no longer carry out reckless actions that endanger themselves and have a negative impact on others.

### **CONCLUSION**

The Provincial Government of Gorontalo has made efforts to prevent suicide cases through the implementation of policies as a follow-up to the development program in the health service sector for the community, especially in the mental health unit. This requires support from various interested parties and adequate budget availability to provide mental health support facilities for people who need services, as well as cooperation and communication with stakeholders. In addition, in making decisions and implementing policies, local



governments also consider the needs of the community, the level of education, customs and culture that apply in the Gorontalo community.

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