



## Empowerment of ODGJ (People with Mental Disorders) through Training of Batik Ikat Making in Posyandu Jiwa "Waluyo Jiwo" Bacem Village Ponggok Blitar



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### Abstract

This community service activity was carried out to increase the productivity of ODGJ (People With Mental Disorders). ODGJ who have experienced improvements and do not have a job, they have not been trusted to work by the community. Besides, below average economic conditions require solutions to overcome them. The purpose of the implementation of this activity was to provide activities or activities that can help improve the economy of ODGJ through empowering ODGJ with training in Batik making. The method used was in the form of training and mentoring for ODGJs to make Batik with several stages, namely the first provision of knowledge and skills to all ODGJ and Mental Health Cadres (as providers of psychological support). The second and third stages were the activities of making Batik Ikat. This activity was carried out for ODGJ who were members of the "Waluyo Jiwo" Jiwa Posyandu in Bacem Ponggok Village, Blitar. The implementation was in February 2020 and followed by 14 ODGJ. The results of this activity indicated that ODGJ were able to follow and carry out activities that had been planned well. Batik activity is one form of occupational therapy for ODGJ that needs to be continued so that ODGJ's independence and entrepreneurial spirit can increase, ODGJ will be more productive.

## **INTRODUCTION**

### **Situation Analysis**

People with Mental Disorders (ODGJ) are people with disorders of thoughts, behavior and feelings that result in behavior changes that can cause suffering and obstacles in carrying out people's functions as humans (Stuart, W.G, 2015). People with mental disorders (ODGJ) will experience a loss of productivity on average 22.9% of their actual age (Whiteford et al., 2010). Riskesdas 2018 data shows the prevalence of serious mental disorders such as schizophrenia has reached around 400,000 or as much as 1.7 per 1000 population. ODGJ cases can increase again due to stigma and discrimination by the community (Depkes RI, 2018)

Stigma and discrimination are often accepted by people with mental disorders and have negative consequences for sufferers and their families. Sayings and attitudes of rejection of crazy people, exclusion, family feeling ashamed and worried or other negative views can occur due to ignorance or wrong understanding of family or community members. The impact of this negative view can prolong the healing process for mental patients (Yosep, 2011).

The development of stigma and discrimination that is still strong in society can make it difficult for ODGJ to get a

decent life, especially for their educational needs and work status. In the end, the living standards and quality of life for ODGJ are very low. Even the community has become less trusting in ODGJ. As a result, ODGJ does not have good social activities and functions because they are often considered less useful and are always sidelined in their position in the community structure (Purnama et al, 2016). Mental health problems do not directly result in death but result in prolonged suffering for sufferers, families, communities and even the state because sufferers become unproductive and dependent on other people.

The community should provide support for mental patients to be able to renew their life functions. A community environment that is able to create integration and interaction with ODGJ can minimize the negative stigma of society about ODGJ. Various promotive efforts to eliminate stigma, discrimination are carried out for the purpose of healing or restoring and controlling disabilities because treatment alone has not been able to restore the independence and productivity of ODGJ (Keliat, B.A and Novy, H, 2011). Based on monitoring in the ODGJ field in the working area of the Bacem Ponggok Blitar Community Health

Center, which is a member of Posyandu Jiwa, they do not have social skills and productive activities to improve their quality of life. Therefore, the STIKes Patria Husada Blitar Community Service team strives to provide productive activities in the form of Batik Ikat Making. Assistance is still needed to make ODGJ more productive because ODGJ not only need employment status but also psychological support. The choice of Ikat

Batik has several reasons, including batik as a national cultural heritage, it can be used as a business opportunity because the motive is unique and the manufacturing technique and raw materials are very simple (Indraprasti, 2013). Some of these reasons were used by the STIKes Patria Husada Blitar community service team to assist OGDJ in solving the problems it faced, especially for its empowerment.

## METHOD

### Time and Place of Activity

This community service activity was carried out in February 2020 at Posyandu Jiwa "Waluyo Jiwo", Bacem Ponggok Village, Blitar.

### Activity Method

#### 1. Preparation

The preparations began with a permit to the Head of Bacem Ponggok Blitar Village as the regional stakeholder where the "Waluyo Jiwo" Jiwa Posyandu was held at the Bacem Village Office.

#### 2. Implementation

- a. Coordination with cadres and mental program holders in the local Puskesmas area
- b. Prepare facilities and infrastructure for activities including: cloth, wantex/ cloth dye (red, yellow, blue, green, purple),

rubber bands / raffia ropes, water glasses, basins, scissors, aqua bottles (with holes in the lid), clothespins

- c. Together with cadres and Puskesmas Mental Program holders, they choose the appropriate ODGJ
- d. Participants in the Batik training activity were ODGJ who were already in stable and cooperative conditions and were willing to take part in a total of 14 people
- e. This activity was carried out in 3 meetings. The first meeting was aimed at providing knowledge and skills to all ODGJ and Mental Health Cadres (as psychological support providers). Meanwhile, the second and third meetings were Batik making activities by OGDJ which were divided into 2 groups. Each time the batik activity was attended by only 7 ODGJ people.

f. This Batik making activity is carried out for 60 minutes in each activity

## RESULTS

Characteristics of respondents in community service activities

Table 1. Characteristics of Respondents based on Age, Gender, Education, Duration of Illness, and Occupation Empowerment of ODGJs Through Batik Ikat Making Training at Posyandu Jiwa Bacem Ponggok Blitar in February 2020

Variable	Category	f	%
Age	21-30 years	6	43
	31-40 years	3	21
	41-50 years	5	36
Gender	Male	4	29
	Female	10	71
Education	Elementary School	4	29
	Junior High School	7	50
	Senior High School	3	21
Long sick	<2 year	3	21
	≥2 year	11	79
Profession	Does not work	5	36
	IRT	7	50
	Traders	2	14

Based on the results of the community service that was carried out in February 2020, data was obtained that ODGJ (People with Mental Disorders) who participated in batik activities for 3 meetings were 14 people aged 20-31 years, 6 people, 31-40 years 3 people, and 5 people aged 41-50 years. Gender data shows that there are 4 boys and 10 girls with 4 elementary school education, 7 junior high school students, 3 high school students. For duration of illness <2 years 3 people and ≥2 years 11 people. The jobs that ODGJ have are 5 people who do not work, 7 people in IRT and 2 traders. The purpose of this activity is to empower ODGJ's so that ODGJ can be productive amidst their limitations.

The first activity begins with an introduction to Batik and its business opportunities, showing various Batik motifs in the form of simple calligraphy which could be used as a reference. The first meeting ended with training on the technique of making Batik Ikat. ODGJ's were trained to become skilled by providing opportunities for all participants to participate in practicing according to the instructions given. ODGJ's were also given knowledge about beauty and neatness to produce good Batik. The Community Service Team also equipped ODGJ with very simple marketing techniques, such as leaving their creations in shops around where ODGJ lived. All facilities and infrastructure for activities,

especially those related to Batik making, are provided by the STIKes Patria Husada Blitar Community Service Team. This activity were attended by all ODGJ's, Mental Health Cadres and witnessed by local village officials.

At the second and third meetings, an application of batik training was carried out directly by ODGJ's. This activity was carried out for 60 minutes in each meeting involving 1 group consisting of 7 ODGJ's people in each session. Mental Health Cadres are fully responsible for the

implementation of Batik activities by ODGJ's. The Community Service Team acts only as a facilitator or activity assistant who monitors and provides tools and materials for Batik activities.

The first activity that is carried out in making batik is to determine the desired motive. The motive for making batik ikat is done by folding the plain white cloth first. The folds can be triangular, pinched in a circle and rolled up. Tie with a rubber band as desired. Activities could be seen in Figure 1



Figure 1. Making batik motifs by pinching, tying or rolling

Then in the second step, pour the color in the bottle that was previously prepared. The rubber band used to tie the batik is

used to define the desired color. Activities could be seen in Figure 2



Figure 2. The first coloring on the pattern that has been made

The third step, dry the cloth that has received the first coloring to dry. Unfasten the rubber band from the fabric. Repeat coloring (can be given other colors

that are not the same as the first color, according to the creator's creation) activities could be seen in figure 3



Figure 3. Further staining after the first dry coloring

After the dyeing was done and the cloth has been dried in the sun, the last step was to applied waterglass. This was

done to tie the color to the fabric so that the color will not run. Then dry in the sun again, if the cloth was dry then we can

wash the batik. Activities could be seen in

Figure 4



Figure 4. The last drying after waterglass

The final result of the Batik Ikat creativity made by ODGJ could be seen in

Figure 5



Figure 5. The final result of ODGJ's batik ikat

## DISCUSSION

The results of the evaluation of community service in this batik activity can be seen that ODGJ's were very enthusiastic about the activities carried out, this could be seen from the willingness of ODGJ's to take part in the activity to completion and carry out each stage of

making batik properly according to what the activity facilitator informed. The ODGJ's were also very happy with the final result of the Batik Ikat they make together, this was a stimulus to foster their sense of confidence in the abilities they still have to develop. Efforts to improve mental health, one of which was

occupational therapy like this, needs to be carried out so that ODGJ's had expertised so that they will be more productive in society.

Efforts to restore ODGJ's productivity could not be separated from the role of the Mental Health Cadre because the main task of cadres were to become a companion and psychological

### **CONCLUSION**

Based on the results of the activities carried out, it can be concluded that:

Implementation of community service activities takes place successfully and

### **SUGGESTION**

In order for the effectiveness of the empowerment of ODGJ's Batik Ikat works to continue to develop, the community service program needs to be continued by making the basic materials of Batik into

support for ODGJ. In the end, this community service activity hopes to restore the social role of ODGJ in the community by providing them with new skills, especially in making Batik Ikat. The capacity of ODGJ can be increased besides that ODGJ will be more productive so that stigma and discrimination in society can be minimized.

smoothly as planned. ODGJ's have received knowledge and information on how to make Batik Ikat and have practiced directly making Batik.

items that can be used in the household, such as sheets, pillowcases, tablecloths. As well as how to market it so that it can increase the income of ODGJ's.

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