

THE ROLE OF INDONESIAN DIPLOMACY IN MANAGING GLOBAL MENTAL HEALTH CASES

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ABSTRACT

The cases related to mental health become one of the most essential things in international discussions due to the existence of victims in these cases can interfere with the effectiveness of the world's human resources, especially in Indonesia itself. Furthermore, the attention to mental health issues is driven by the existence of the UN's grand plan through the SDGs which includes the concern for mental health. In this case, Indonesian diplomacy has a fairly large role in handling it in light of the fact that a large number of mental health disorders cases occur in Indonesia as well. It will be supported by the existence of national interests and foreign policies issued regarding the concern of mental health issues. This research is based on policy research that aims to determine the role of Indonesia's diplomacy in dealing with global mental health issues, which will be supported by policy recommendations. The research method uses exploratory qualitative with primary data derived from interviews and observation while secondary data derived from literature studies as the source. The results of the study indicate that cases of mental health disorders can interfere with the performance of international relations therefore it requires more practice in the diplomacy world. Indonesia's diplomacy is expected to strengthen communication in international forums in discussing mental health issues especially in its G20 Presidency, as well as provide positive facilities for Indonesian citizens through education including open literacy regarding the importance of mental health.

Keywords: Diplomacy, Indonesia, Managing, Mental Health

1. INTRODUCTION

Nowadays, the issue of mental health is a topic that is widely discussed in the international world, especially since the Covid-19 pandemic. This matter has become a paramount agenda in Sustainable Development Goals number three related to healthy life and welfare until health-related policies continue to be discussed and set to make all nations in the world become well. However, mental health issues still obtain a minute concentration, especially in Indonesia without any special policies for handling them [Santoso \(2016\)](#). This is as stated in the strategic plan of the Indonesian Ministry of Foreign Affairs for 2020-2024 that Indonesia's foreign policy priorities on health issues are abundant focused on cooperation in

dealing with Covid-19 economically and on physical health without any in-depth discussion related to mental health [Kementerian Luar Negeri Republik Indonesia. \(2020\)](#). In addition, this is the main reference for the high number of mental health cases in Indonesia annually, both in terms of anxiety, schizophrenia, as well as personality disorders, which are often caused by an unsupportive environment and are even the main cause of stress. Schizophrenia has become the highest psychological disorder in the world in 2014 [Kurniawan and Sulistyarini \(2017\)](#). Mental health itself began with the issuance of the Community Mental Health Centers Act of 1963, in the United States. This law is intended to promote mental health, while at the same time it provides funding for the establishment of thousands of mental health and communication centers [Nurjannah \(2018\)](#).

On the other hand, mental health issues are often limited only by the presence of mental disorders or madness in Indonesian perspective, although in essence mental health includes countless things including anxiety, mood swings, impulse control, and psychological insecurity in the surrounding environment [Choresyo et al. \(2015\)](#). In addition, there are at least four things that are the main indicators in measuring a person's mental health from a spiritual, social, psychological, as well as biological point of view, which is evidence that mental health issues are not only limited to madness [Reza \(2015\)](#). In light of the fact that predominantly, mental health is a condition where a person can realize and overcome the stress that he is experiencing therefore they can determine a person's productivity [Duriana \(2019\)](#).

The mental health issues experienced by a country can influence the quality of human resources inside, therefore, it can also have an impact on efforts to achieve the SDGs on the UN agenda [Khoirunnisa and Sukartini \(2020\)](#). The presence of community-owned mental health issues can have an impact on numerous sectors in a nation, including the economic, social, and political fields in light of the fact that every activity in a country is intimately tied to its people's resources. However, the support from the social environment can have a vital influence on mental health that occurs in a country [Yunanto \(2018\)](#).

In dealing with mental health issues, a country's national interest becomes the main key in shaping its preferences therefore foreign policies can be issued specifically and can be realized to the fullest. In stark contrast, however, the practice of diplomacy and national interest are two things that are interrelated with each other where diplomacy cannot be carried out without the existence of national interests and vice versa [Strzyczkowski \(2016\)](#). As for the cooperative relations carried out between countries, it is indicated that it can be the best way to realize national interests with expeditious along with better consequences [McLaughlin et al. \(2014\)](#).

From all the aforementioned, this research aims to explore the importance of mental health issues in Indonesia and globally as well as the role of diplomacy in handling and preventing cases. The Indonesian foreign policy and diplomacy concepts are utilized in analysing this research as the main basis. On the other hand, policy recommendations related to Indonesian diplomacy in mental health cases can be generated from this research. In this case, the author reviews several things that can be an indicator of the seriousness of policies that apply in Indonesia related to mental health management. This is due to the increasing number of mental health victims that occur in the social environment, where the majority of them are caused by environmental and family factors that put pressure on victims. This policy can be carried out through the practice of diplomacy between Indonesia and other countries as an effort to handle mental health cases in Indonesia in particular and in the world in general, as well as an effort to realize the Sustainable Development

Goals related to good health and well-being as well as decent work and economic growth.

2. LITERATURE REVIEW

This research is the result of the development of findings obtained from previous studies review which the first review states that mental health that occurs in a country is the main point of the existence of public health entirely. The absence of countermeasures and prevention, in this case, can lead to a decrease in the quality of a country due to the lack of productivity levels of its human resources [Ayuningtyas et al. \(2018\)](#). There are several strategies have been carried out by Indonesia in handling mental health disorder cases. However, the lack of knowledge possessed by Indonesian citizens regarding the value of this issue is evidence of the lack of education provided to the community [Wardhani \(2017\)](#). This can be indicated by the countless victims of mental health caused by the surrounding community who are not supportive and are toxic with unacceptable things until there are victims of slander who continue to harm the victim even though they have been proven innocent.

The next review found that there were solemn difficulties in the movement of health diplomacy and political communication carried out by the Indonesian government. This can be proven by the lack of close bilateral and multilateral relations carried out by Indonesia with international organizations and other countries related to health issues [Jatmika et al. \(2021\)](#). Meanwhile, mental health issues still receive the priority that is not comparable to other political issues in international networks subsequently cases related to global mental health cannot be handled optimally [Aggarwal and Kohrt \(2013\)](#). On the other hand, the social community in general, the scope of teaching and learning, to the scope of work are the primary centres of mental health disorder cases where medical science, public health, and psychology must be integrated into the indications [LaMontagne et al. \(2014\)](#).

Based on the literature review aforementioned, there is a novelty in the research that the author does. Where there has been no research in previous studies related to the role of diplomacy in dealing with mental health issues in Indonesia. Similar research focuses on global health diplomacy which is based on health or medical science without foreign policy as the basis of research.

3. RESEARCH METHOD

This research was conducted by using exploratory qualitative research methods to deepen research findings related to contemporary topics. The data in this study are both primary and secondary. Primary data was acquired through interviews and observations conducted with several parties including diplomatic, psychological actors, and several parties within the mental health field with various cases, while secondary data was acquired through literature studies. The data validation was carried out through triangulation techniques, extended observations, and forum group discussions.

4. RESULT AND DISCUSSION

4.1. DIPLOMACY AND FOREIGN POLICY ENGAGEMENT

In this study, diplomacy is narrowed down to the corridor of global health diplomacy which is defined as an international diplomatic activity that further

discusses the captivates of global health, its handling, and its attachment to a country's foreign policy where it can be done directly or indirectly [Michaud and Kates \(2013\)](#). As for its implementation, the international agenda that discussed global health issues was attended by several parties, both state and non-state actors engaged in global health. This is done to be able to combine the main concepts of each party with the common goal of improving global health [Ruckert et al. \(2016\)](#). However, Indonesia's involvement in the international agenda related to global health has not prioritized mental health issues specifically therefore it can lead to cooperation between countries in handling or preventing these cases.

On the other hand, foreign policy is formed to strengthen relations between countries with the primary objective of achieving national interests both in terms of security, international development, conflict resolution, and improving the country's economy. The principles applied in the foreign policy include human rights from a social perspective, promoting democracy politically, and trade to trade which is part of the economic side [Kevany \(2014\)](#). In this study, foreign policy is intended to consider Indonesia's cooperation with other countries in the effort to handle and prevent cases related to mental health specifically; therefore, it can improve the quality of human resources in the educational, work, or social environment in general.

4.2. MAIN CAUSES OF GLOBAL MENTAL HEALTH ISSUES

In the case of mental health, there are at least four primary centers for the emergence of disorders which include family, education, work environment, as well as the social environment in general. In this case, the researcher found that family factors such as lack of communication, affection, and lack of respect for the existence of one family member were the main causes of mental health disorders. As for some events that are felt and seen by children since childhood against their parents, such as physical and verbal violence can cause prolonged trauma to the child until he grows up in a state full of fear, anxiety, lack of trust in others, anti-social, even a grudge that makes him feel awful and treats others as he experienced in his own family. On the other hand, giving minors an inappropriate name was found to be one of the reasons for the emergence of mental disorders from a family perspective which led to an identity crisis in minors in the future. However, the inappropriate treatment of both parents towards the child can also be caused by a lack of healthy interaction and communication between the father and mother which can occur when the mother is pregnant or since the child is born [Parfitt et al. \(2013\)](#).

Apart from the family aspect, the scope of education can likewise be the primary center for the emergence of mental disorders experienced by a person. This can occur due to a harsh warning provided by the teacher to his students in public, the existence of social intimidation both in terms of ability and physical, or the lack of support from the school environment for the shortcomings of the child [Wardhani \(2017\)](#). In terms of the work world, cases that happen related to mental health often occur globally where this is analysed to be the main cause of the decline in the quality of human resources in a country. The reasons for this include the existence of injustice in the work environment that puts pressure on workers mentally, the boss is too focused on his economic goals or position to pay attention to the pressure provided to workers until there is fraud such as unilateral accusations that cause mental disorders and can end in trauma. This is reinforced by previous research which found that the primary goal of the occupation holder will be closely related to the application of his attention to his workers. In a sense, there must be a balance between the main goals of the employer and his attitude towards his workers

subsequently as not to cause mental disorders in the workers [Van Gordon et al. \(2014\)](#).

In terms of the social environment in general, mental health disorders experienced by a person can occur through physical intimidation that is carried out continuously, lack of motivation for fellow humans, to the existence of bluff that is passed on without inquiring for clarification from the perpetrator. In addition, the social perspective assumes that different individuals under the same circumstances will have the same level of health and mental health disorders [Dahlia et al. \(2020\)](#). In this case, the author analyses that from the social environment, mental disorders that occur in a person can be caused by anyone, including even those closest to him. On the other hand, the culture of the local population can influence the actions that are provided to the community towards others, subsequently an understanding of the local culture is required therefore it does not interfere with the mental health of a person, both those in the closest environment and even those in the farthest environment. According to WHO, the countries in the Asian continent have been indicated as the regions with the highest mental health disorders that occur in their communities [Novianty and Cuwandayani \(2018\)](#). Therefore, the case of mental health has become a global issue in light of the fact that it involves people across national borders with similar symptoms and consequences.

4.3. THE IMPACT OF INCREASING MENTAL HEALTH CASES

WHO said that the majority of mental health cases, including depression and suicide, were the fourth highest cases in this issue. The issue of mental health can alleviate the balance of SDGs if cases of disorders increase in light of the fact that it is one of the paramount agendas in the UN [WHO. \(N.d.\)](#). There are several spheres that are influenced by cases of increasing mental disorders, such as political, economic, social, and global impacts. In terms of the economy, the continued increase in cases of mental disorders can lead to a decline in the country's GDP globally due to a decrease in work productivity to the increase in health services issued in handling these cases globally [Izutsu et al. \(2015\)](#). On the other hand, the lack of an existing economy in a country can lead to mental disorders such as depression therefore productivity too at work decreases and can have an impact on increasing cases of poverty [Stratford et al. \(2014\)](#).

From a social point of view, the rise in mental health disorders is significantly more significant since, in essence, the entire global movement is dependent on the social movements that exist inside it. Parents have become a major factor in mental stability for children and their entire family, in the sense that if parents provide great support to their families and children, their mental health will be stable even though the social environment has a limited adverse impact and vice versa. The bad influence provided by parents on their families can lead to anti-social behaviour in children caused by worries and trauma from the family [Haine-Schlagel and Walsh \(2015\)](#). This can worsen the situation if in terms of parents and the social environment are unsupported to a person until the mental disorder, he experiences becomes inferior.

In this case, the authors found that the trauma experienced by someone who commenced from the family or parents would require abundant time in the healing process. This was analysed from several cases where the researcher found trauma that still existed even though the event that caused the trauma had passed for years until his mental health continued to be disturbed. In stark contrast, however, mental disorders can have an impact on sports athletes who struggle to make their country proud at the international Olympic level. In this case, the unfavourable mental state

of highly competent athletes decreases and reduces the success rate [Dubinsky \(2022\)](#).

The increasing cases of mental health disorders have close ties to the global economy, society, and politics where from a political perspective the global political balance can also be influenced. It is crystal clear that the quality of human resources has a great influence on the political stability of a country and even the world. In stark contrast, however, the existence of conflicts between countries moreover contributes to the increase in mental health disorders cases where the conflict stems from political instability carried out by the local government in order to obtain their national interest [Nanda et al. \(2022\)](#). Therefore, the increase in mental health cases can have a considerable impact on global developments, especially on the UN SDGs agenda. In this situation, diplomacy plays a key role in handling cases of mental health disorders, particularly in Indonesia itself, where people still see mental health disorders as taboo and solely consider those who suffer from them to be insane.

4.4. THE ROLE OF INDONESIAN DIPLOMACY

The concept of global health diplomacy is often more abundant and centered on the interests of superpowers than on benefiting the interests of global health. In this case, Indonesia is still classified as a new player in the discussion of global health diplomacy, subsequently, it is necessary to increase its skills in terms of diplomatic practice therefore that it can participate in improving the quality of global health diplomacy and can accomplish common goals, especially in formulating the handling of cases of mental health disorders [Adisasmito et al. \(2019\)](#). Basically, mental health issues must have equality in terms of perspective or definition that mental health issues are paramount issues and cannot be underestimated in light of the fact that magnitude of the influence it gives. On the other hand, cases related to mental health disorders often occur in developing countries due to the lack of facilities, or socialization provided by the local government [Collins and Saxena \(2016\)](#).

However, the stability of the government in a country moreover can have an impact on the mental health quality of its people. This is evidenced by the happiest countries in the world index occupied by countries with stable government systems such as Finland, Denmark, and Switzerland [World Population Review. \(2022\)](#). Therefore, Indonesia's diplomacy through its foreign policy plays a major role in strengthening relations with countries that have a stable government system to simultaneously collaborate on mental health issues. In light of the fact that fundamentally, the national interest of a country is the main determinant of foreign policy success which is also the main tool in practicing diplomacy [Khairunnisa \(2021a\)](#). The participation of Indonesia's diplomacy in international forums will play a paramount role by providing aspirations and actions related to mental health issues that must be realized by the Indonesian citizens in particular and the world community in general.

The large scope of diplomatic practice can facilitate its role in tackling cases of mental health disorders which include cultural diplomacy, health diplomacy, as well as public diplomacy carried out by non-government actors. This is what India has done in promoting the urgent of awareness in mental health through its cultural diplomacy in the form of yoga training conducted in several countries [HA \(2022\)](#). Furthermore, in handling it, digital equipment can be utilized to facilitate online counselling for people who are part of public diplomacy as has been done by Malaysia in the post Covid-19 pandemic [Sally \(2022\)](#). Fundamentally, diplomacy is influenced by the development of globalization era by utilizing digital tools in

practice to facilitate its role [Khairunnisa \(2021b\)](#). Accordingly, diplomacy plays a vital role in handling mental health issues, especially to make Indonesian and global citizens aware of the importance of awareness regarding this issue. This is attempted to overcome cases of mental health disorders to prevent similar cases that have occurred globally. Furthermore, cooperation between countries and discussions in international forums progressively should be done in discussing mental health issues which are part of the role of Indonesia's diplomacy.

5. CONCLUSION

According to the explanations described above, this research provides policy recommendations to increase the main concentration on mental health cases in Indonesia by prioritizing the role of Indonesia's diplomacy towards other countries as well as in international forums. As a result, the issue of mental health can be framed as one of national interest since poor mental health in a country can lead to economic, political, and social challenges owing to a decline in the quality of human resources. In this case, Indonesian diplomacy can cooperate in the mental health sector with countries that have the highest happiness index and have appropriate reciprocity subsequently that diplomacy can run perfectly, and the quality of Indonesian mental health can be improved and can be achieved effortlessly. It is hoped that further research can be carried out by looking at the development of the world diplomacy movement in general along with Indonesian diplomacy in particular in realizing the imperative of mental health issues therefore they can tackle mental health disorder cases in particular. In addition, as a G20 Presidency holder, Indonesia has an opportunity to make mental health issues the main subject to be discussed as it will be attended by the global government and can simplify the policy related to mental health to be crystallized globally.

CONFLICT OF INTERESTS

None.

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