A LEVEL OF KNOWLEDGE ON TANJUNG RAMBUTAN TOWN RESIDENT REGARDING METAL HEALTH

Muhammad Azwad Bin Jufirie, Muhammad Zulfadli Bin Mohd Sobri

Program Lanjutan Pengurusan Kesihatan ,

Program Sains Perubatan dan Kesihatan

Institut Latihan Kementerian Kesihatan Malaysia Sultan Azlan Shah, Ipoh, Perak, Malaysia.
Corresponding Author's Email: zulfadlisobri.zs@ilkkm.edu.my

To cite this article:
J, M Azwad, M.S, Zulfadli, A Level of Knowledge of Tanjung Rambutan Town Resident Regarding Mental Health (2024). Journal of Engineering and Health Sciences, Volume 8, (Bil 14), 2024 1-7

ABSTRACT

Background: Through analysis of 122,328 calls received between January 1st and June 18th, 2021, an overwhelming 89.4% of these calls, or 199,806 calls, sought assistance for mental health issues, necessitating urgent counselling and emotional support.

Objectives: The primary aim of this study is to investigate and evaluate the level of knowledge concerning mental health among the residents of Tanjung Rambutan.
Method: A cross-sectional quantitative descriptive research approach using correlation design wad conducted through the MHKQ and PDD questionnaires among Tanjung Rambutan town residents. Amidst the study execution from March 29th, 2023, to July 7th, 2023, the self-administered questionnaire was distributed via Google form link and hard copy, and 269 respondents responded. Descriptive and inferential analyses were employed.

Results: A total of 269 respondent's participants in this study, of whom 63.2% were male and 36.8% were female. 45.7% of respondents were in the range 36-45 years old. And 63.2% were Malay and Muslim. The majority were private employee, and most of the respondents have an academic background with a degree. Based on the study's findings, 91.8% of respondents had a high knowledge level, while 8.2% had a low knowledge level. This study also revealed that 63.2% of respondent have negative perceptions of mental health, while 36.2% have positive perceptions. The Spearman Correlation found that the correlation coefficient, r (267) = -0.373, p<0.05 indicated a significant negative correlation between knowledge and perceptions on mental health, and the null hypothesis was rejected.

Conclusion: Therefore, this current study indicates that enhancing the community's understanding of mental health has potential to positively influence societal perceptions of mental illness.

Keyword: *mental health, perceptions of mental, knowledge*

1.0 INTRODUCTION:

According to a recent report from Malaysia's Ministry of Health (KKM), one in three of the nation's citizens has been at danger of acquiring a mental health issue over the past five years (Ministry of Health Malaysia, 2016). In general, depression, anxiety, and stress are linked to mental health. Mental health problems are predicted to be significant concerns for Malaysians by the year 2020. According to the National Health and Morbidity Survey, 2015, mental illness is predicted to overtake heart disease as the second-largest health issue impacting Malaysians by 2020, and every third adult (16 years and older) has some type of mental health issue (29.2%). Statistics from the Health Ministry showed an increase in mental health issues. Mental health is a critical aspect of overall well-being and quality of life. It is a condition of being in a state of overall well-being, wherein an individual possesses self-awareness of their own capabilities, adeptly manages stress, works productively, and actively contributes to the welfare of their community (World Health Organization, 2018). It encompasses emotional, psychological, and social well-being, affecting how individuals think, feel, and act. In recent years, there has been growing recognition of the importance of mental health and its impact on individuals, families, and communities. According to Siddique et al., (2022) around 70%-75% of adults are experiencing mental health issues which is actually begins at the age of 12 – 25 years. Apart from that, there is research conducted in a university among Indonesian students, and it has been found that only 50.23% is knowledgeable on mental health. Same goes to another research that conducted in Saudi Arabia and have found that, 87.5% of participants are lacking mental health knowledge. Based on both percentages, it can be enunciated that mental health awareness and education are essential components, and it is lacking among most of the individual even adults or children.

The earliest occurrence of mental health issues is a frequently observed phenomenon. The prevalence of mental health conditions among individuals is significantly high, with approximately 50% of all lifetime cases emerging before the age of 14 and approximately 75% before the age of 24, as reported by the National Institute of Mental Health (NIMH, 2023). A study conducted by Lipson et al., (2018) highlights the insufficient mental health literacy among college students in the United States, despite the notable prevalence of mental health issues within this demographic. The present study examines the findings of Gulliver et al. (2012) regarding the relationship between mental health problems and mental health literacy among young adults. The study reveals a significant disparity between the high prevalence of mental health issues in this demographic and their limited understanding of mental health, as well as the various obstacles hindering their help-seeking behaviour, such as stigma, embarrassment, and lack of awareness about available resources. Additionally, the study conducted by Kutcher et al. (2016) highlights the global perspective on mental health literacy in low and middle-income countries, revealing a generally low level of awareness and understanding. This lack of mental health literacy contributes to unfavourable outcomes for individuals with mental health conditions. The significance of these findings underscores the global imperative for enhanced mental health literacy.

Tanjung Rambutan town is a vibrant community located in a suburban area. Like many other communities, it is essential to understand the level of knowledge and awareness about mental health among its residents. Adequate knowledge about mental health can contribute to early detection, appropriate support, and effective management of mental health issues. However, despite the increasing importance of mental health, there is limited research on the knowledge level of Tanjung Rambutan town resident regarding mental health. Understanding the residents' current knowledge level and perception will provide valuable insights into areas of strength and areas that need improvement.

2.0 Problem Statement

The increasing prevalence of mental health problems in Malaysia has become a cause for concern, as it affects a significant portion of the population. There is lack of comprehensive understanding and knowledge about mental health among the general public and this knowledge gap poses a substantial barrier to offering appropriate support to individuals who are struggling with mental health issues. Findings derived from the 2015 National Health and Morbidity Survey (NHMS) unveiled that a third of Malaysians aged 16 and above grappled with mental health problems. Moreover, statistics from 2019 indicated that around 500,000 individuals in Malaysia, constituting 2.3% of adults and 7.9% of children aged 10 to 15, experienced challenges relating to their mental well-being. In connection with this, the perspective or stigma from the most the individual saying that the number of people affected with mental health is increasing (Razali et al., 2018).

The Ministry of Health Malaysia, in partnership with Mercy Malaysia and other government agency helplines such as Talian Kasih (Ministry of Women, Family, and Community Development) and Talian KSK-Care (Family, Social, and Community) by the Department of Islamic Development, spearheaded the establishment of the Mental Health and Psychosocial Support Services (MHPSS). Bernama (2021) reported through a thorough analysis of 122,328 calls received between 1st January 2021 until 18th June 2021, the study made a significant revelation an overwhelming 89.4 percent of these calls which is 109,806 calls sought assistance for mental health issues, necessitating urgent counselling and emotional support. The identified mental health concerns ranged from severe stress and anxiety to feelings of sadness, experiences of abuse, depression and even thoughts of suicide (Mofatteh, 2020).

According to Chu (2020), mental illness constitutes a significant contributor to both the health burden and the prevalence of disability in Malaysia. comprising 8.6% of the overall disability-adjusted life-years (DALYs). The worsening incidence of mental disorders in Malaysia is correlated with a heightened economic burden, as evidenced by an economic analysis that revealed that mental health issues within the workplace were projected to incur a cost of MYR 14.46 billion (£2.67 billion) to the Malaysian economy in 2018. The rising demand for emotional assistance and counselling, as indicated by the increased utilization of mental health helplines and support services, underscores the

need for accessible support systems. According to the study of Puspitasari et al. (2020), mental health perception and knowledge are inextricably linked. The understanding and assumptions of society both influence their knowledge, which in turn influences their perceptions and beliefs. Positive perception can stimulate curiosity and challenge prejudices, leading to a better understanding of mental health.

The primary objective of this study is to conduct a comprehensive assessment of the current knowledge levels and investigate their correlation with societal perceptions. It is crucial to recognize that public attitudes and acceptance towards these issues are intricately linked to the level of understanding within society. Consequently, it is imperative to address the existing knowledge gap and gain a deeper understanding of the general population's perception and comprehension of mental health in Malaysia. Ultimately, such an approach will enhance intervention and support mechanisms, ultimately improving the quality of life for individuals living with mental health disorders across Malaysia. By conducting a study on the knowledge level and perception of Tanjung Rambutan town residents regarding mental health, it will be possible to identify gaps in knowledge and perception related to mental health. This study aims to shed light on the level of knowledge and perception of individuals towards mental health.

Objectives of the Study

General Objectives

The primary aim of this study is to investigate and evaluate the level of knowledge concerning mental health among the Tanjung Rambutan town resident. By conducting this research, we able to gain comprehensive understanding of the understanding on the of mental health.

Specific Objective

(i) To identify the level of knowledge among Tanjung Rambutan town resident regarding mental health.

(ii) To investigate the perceptions among Tanjung Rambutan town resident regarding mental health.

(iii)To determine the correlation between the level of knowledge and perceptions among Tanjung Rambutan town resident regarding mental health

3.0 LITERATURE REVIEW

According to a study by Henderson et al., (2013) one in five Malaysian youths struggle with mental health issues like depression. Ismail and Abd Wahab (2015) explained emotional, psychological, and social wellbeing all fall under the category of mental health. It has an impact on how we feel, think, and act, as well as how we interact with others, manage stress, and make decisions. People all over the world are aware of mental health difficulties. The state of mental health in today's culture and population is quite concerning. In line with the study, people with mental problems are frequently stigmatized and classified by society because of their behaviour and appearance when compared to the norms (Keller et al, 2019). Accurate information on mental health issues and their treatments should be widely disseminated to educate and raise awareness. People's perceptions of mental health are significantly influenced by language and communication, and having more inclusive conversations is made possible by using polite, well understanding language. Making the topic more approachable and debunking preconceptions can be accomplished by sharing subjective experiences and painting a good picture of mental health.

The study showed that many (61.3%) of individuals suffering from mental health disorders were women and the remaining (38.7%) were men. In addition, Munawar et al., (2022) discovered that most of the society continues to see mental health issues in a stigmatized manner. Stigmatizing attitudes can lead to discrimination, isolation, and barriers to seeking help for those experiencing mental health issues. It is essential to challenge and change these attitudes to create a more supportive and inclusive environment.

A study conducted Hassan et al., (2018) found that by increasing exposure, awareness, and knowledge about health mentally, it can assist in reducing the statistical issue of experiencing problems related to mental health. Furthermore, the main cause of the disease or problem is for not understanding or lack of knowledge in a matter. Mental disorder associated with negative attitudes and stigma often caused by deficiency knowledge about mental illness (Edward and Kotera, 2021). It is critical to address structural obstacles that may fuel stigma, such as poor access to mental health services or prejudice within the healthcare industry to have good knowledge of mental health issue. Making inclusive and equitable mental health services promotes further barrier-breaking and guarantees that society can get the care and understandings require without further stigmatization. According to Locket (2022), closing the information gap surrounding mental illness is a collective effort that involves education, open dialogue, responsible media representation, and systemic changes. By working together, individuals can build a society that understands, succour, and proffers compassion to those affected by mental health issues.

In fact, eradicating social stigma and fostering a compassionate and understanding culture are essential to mitigating suicidality among those with mental health issues (Pachankis, 2016). It can significantly ameliorate the lives of persons who are having mental health problems to foster an environment that values acceptance and understandings. Society understanding of mental health diseases identified by the dissemination of factual, scientifically sound information. It entails dispelling widespread beliefs while also disseminating factual and trustworthy information about the causes, symptoms, and accessible therapies. People who affected in mental health are frequently deterred from seeking assistance or being honest about their issues due to the stigma around mental health (Sharp et al., 2015). This lack of comprehension feeds a cycle of silence and prevents early intervention and adequate treatment. It is essential to create a setting that encourages honest conversations about mental health that are free from prejudice and misunderstandings.

According to the findings of Benti et al. (2016), the general comprehension of mental illness within communities frequently deviates from scientific knowledge, resulting in adverse effects on the willingness to seek treatment and adhere to it. The cultural values and conventions within a society can exert an influence on individuals' perceptions and knowledge regarding mental illness. Certain cultural contexts may attach a negative social perception to mental health concerns, attributing them to personal inadequacies or spiritual shortcomings. The presence of these cultural norms has the potential to foster the stigmatization of individuals with mental illnesses and their subsequent social marginalization (Reupart et al., 2021). In order to mitigate the negative perceptions associated with mental health disorders, it is imperative for society to employ targeted approaches aimed at debunking misconceptions, countering misinformation, cultivating empathy, and establishing inclusive environments that promote comprehension and assistance for individuals affected by such conditions. In a study conducted by Hansson et al. (2016), it was found that possessing knowledge pertaining to mental health and illness is associated with a reduction in the prevalence of stigma. The development of a society that values and prioritizes mental health while simultaneously lowering the stigma attached to mental health disorders depends on these joint efforts (World Health Organization, 2022). In fact, there are numerous warning signs and symptoms that society can use to recognize and assist people who are problematic and at danger as a result of physical, mental, social, or environmental stress.

These kinds of demands can affect a person's bodily state and make them uncontrollable, which in turn causes significant emotional stress and delusional issues. Lack of understanding about the illness and the appropriate psychiatric treatment for that illness is the root of this issue. The root source of mental health problem must be addressed through extensive education and awareness campaigns. According to LaCaille et al. (2019) in their study, it is profound that dispelling widespread myths and misconceptions can be made easier by promoting correct information about depression and its remedies. It is critical to emphasize that mental health problem is a medical disorder that can afflict anyone, regardless of age, gender, or background, and is not a sign of frailty or a personal failing. Based on Saporito et al. (2011), reducing stigma might enhance people's propensity to seek help and interact with mental health professionals. People are more likely to seek assistance and actively engage in mental health services when they perceive less stigma, both actual and predicted. This may result in better results and general wellbeing

4.0 METHODOLOGY

4.1 Population and Sampling

4.1.1 Population

This study was conducted at Tanjung Rambutan Town. Basically, this research focused specifically on the community of Tanjung Rambutan town residents in Ipoh, Perak, to evaluate the objectives. This research encompasses a population of approximately 30,000 individuals. The strategic selection of this area was made due to its proximity to a psychiatric hospital, which provided an excellent opportunity to gather reliable data for analysis.

4.1.2 Sampling Technique

In this research, a simple random sampling method had been employed to select participants from the Pekan Tanjung Rambutan community. By using this sampling approach, the study avouched a diverse and representative sample, enabling a comprehensive exploration of various backgrounds, guarantee inclusivity and allowed for a rich collection of perspectives on mental health. This sampling method strengthened the study's applicability to the broader community by minimizing potential biases in participant selection. Moreover, it facilitated the examination of potential associations between knowledge levels and perceptions of mental health across different demographic groups, offering valuable insights for targeted mental health interventions.

4.1.3 Sampling Size

Determining the optimal sample size is crucial for obtaining valuable insights from research results. The sample size, representing the number of study participants or observations, significantly influences the reliability and accuracy of the outcomes (Memon et al., 2020). It is a vital element of the research design, and selecting the appropriate sample size entails considering statistical factors and aligning with the research objectives. This research focused specifically community of Tanjung Rambutan town residents in Ipoh Perak evaluating the objectives. This research encompassing a population of approximately 30,000 individuals. By leveraging the advanced capabilities of the Raosoft application, the optimal sample size was estimated to be 269 participants, adhering to a 90% confidence level and a 5% margin of error.

5.0 RESEARCH FINDINGS

Demographic Data

There were six descriptive background information for this study been collected from 269 respondents, which is gender, age, race, religion, type of occupation and academical status has been analysed in this study. The result of analysis reported as below:

Gender

Gender	Frequency	Percentage (%)
Male	170	63.2
Female	99	36.8

Table 4.1: Gender distribution of respondents

Table 4.1 provides an overview of the gender distribution among the respondents. This thesis examines the frequency and percentage of respondents categorized by gender, as presented in the provided table. The table reveals that the male respondents constituted 63.2% of the total respondents, with a count of 170 individuals, while 36.8% were female. The significance of including the gender distribution in the research lies in its potential impact on the variables being studied. The inclusion of gender as a control variable or the consideration of gender-specific research questions or hypotheses is necessary in certain cases. The inclusion of gender distribution in research allows for the investigation of potential gender-related disparities within the data and the exploration of gender as a variable that may influence the outcomes of the study. The inclusion of gender distribution in reporting enhances the transparency and replicability of the study. The gender distribution serves as a reference point for future researchers seeking to replicate or expand upon the study, ensuring the comparability of their own sample.

5.1 Age Group

Age (years old)	Frequency	Percentage (%)
18 – 25	25	9.3
26 – 35	102	37.9
36 – 45	123	45.7
>45	19	7.1

Table 5.1: Age group of respondents

Table 5.1 presents the age group distribution of the respondents in the study. The majority of respondents fell into the age group of years old, 36 - 45 accounting for 45.7% of the total sample. This suggests that the study had a significant representation of individuals in their late twenties to mid-thirties. The second-largest age group was 26-35 years old, comprising 37.9% of the respondents. This indicates a relatively high proportion of middle-aged individuals in the sample. The age group of 18-25 years old accounted for 9.3% of the respondents, indicating a smaller representation of younger individuals. Finally, respondents aged above 45 years old made up 7.1% of the sample. Overall, the distribution of age ranges in the study provides a comprehensive representation of various age groups, ensuring a diverse perspective on the research topic.

Descriptive Analysis

Research Question Number 1

(To identify the level of knowledge among Tanjung Rambutan Town resident regarding mental health)

No	Item	Yes	No
1.	Mental health is an integral part of health aspect	269	0
2.	Most people may have a mental problem, but they may not notice the problem	262	7
3.	Mental illnesses are all caused by stress*	244	25
4.	Mental health includes normal intelligence, stable mood, harmonious relationships, and good ability to adapt and so on	269	0
5.	Most mental illnesses cannot be cured*	226	43
6.	If you suspect that you have mental problems or mental illnesses, you should go to a psychiatrist or psychologist for help.	246	23
7.	Individuals at any age can have a mental problem.	269	0
8.	Even though a person is diagnosed with a severe mental disorder, he/she should take medication for only a short period rather than continuously for a long term*	230	39
9.	An optimistic attitude towards life, good interpersonal relationships and a healthy lifestyle are helpful to keep a good mental health	269	0
10.	Persons with a family history of mental disorders have a higher chance to develop mental disorders or mental problems	264	5

Table 4.3: The public's knowledge related to mental health in Tanjung Rambutan Town Resident Mental Health. The correct response rate of MHKQ (n= 269)

Table 4.3 reported the MHK responses from the residents at Tanjung Rambutan town. Based on the result, the participants exhibit an extremely strong basic knowledge of mental well-being, as indicated by unifying consensus (100%) on specific fundamental assertions. The elements encompass the recognition of mental health as an intrinsic facet of overall well-being (item 1), comprehension of the constituent aspects of mental health (item 4), acknowledgement of the potential impact of mental health challenges across all age groups (item 7), and endorsement of a constructive mindset, positive interpersonal connections, and a balanced lifestyle as advantageous for mental well-being (item 9).A substantial majority of respondents (more than 90%) recognize the significance of certain concepts that are not universally acknowledged but remain crucial. These concepts include the notion that individuals may be unaware of their own mental health issues (item 2), the importance of seeking professional assistance when suspecting mental health problems (item 6), and the heightened vulnerability to mental health issues among individuals with a familial predisposition to such disorders (item 10).

Nevertheless, there are a few items that demonstrate a lack of consensus or comprehension among a smaller portion of individuals. The percentage of participants who accurately answered the question regarding the relationship between stress and mental illnesses (item 3) was found to be 9.3%. This statement implies a prevalent misconception; in actuality, mental disorders can arise from a multitude of factors, encompassing biological, psychological, and environmental influences. Likewise, a mere 16.0% of participants provided accurate responses to the assertion that the majority of mental illnesses are incurable (item 5). While it is true that certain mental illnesses may not have a definitive cure but can be effectively managed, it is important to note that many mental illnesses can indeed be

treated with positive outcomes. It is imperative to avoid perpetuating the stigma or fostering a sense of despair that frequently accompanies discussions on mental health.

In conclusion, a mere 14.5% of participants provided accurate responses to the statement suggesting that medication for severe mental disorders should be limited to short-term usage (item 8). This observation implies a necessity for increased education regarding the utilization of medication in the treatment of mental health disorders, a process that frequently entails extended or indefinite medication administration.

Level of Knowledge
The questionnaire scores ranged between 0 (minimum) and 10 (maximum). Based on their scores, respondents were categorized as having high knowledge if their scores were ≥7, and as having low knowledge if their scores were <7 (with the average being 7). To determine the total knowledge score for each respondent, their individual knowledge scores were computed and then summed up. Table 4.11 shows the level of knowledge of the respondent.

Level of Knowledge	Frequency	Percent
High Knowledge	247	91.8
Low Knowledge	22	8.2
Average Knowledge Score	133	49.4

Table 4.4: Level of knowledge

Research Question Number 2
(To investigate the perceptions among Tanjung Rambutan Town resident regarding mental health)

The result of perceived devaluation and discrimination (PDD) is shown in Table 4.4. In the data analysis, respondents who chose points on either side of the mid-point of the five-point Likert scales (1+2 and 4+5) were grouped into the categories 'agree' and 'disagree.' The data analysis show that 229 (85.1%) of the respondent would willingly accept a former mental patient as a close friend (item 1). However, about 134 (49.8%) respondents believe that a person who has been in a mental hospital is not as intelligent and trustworthy as the average person (item no.2). A majority 249 (92.6%) of respondent believe that most people would not accept a fully recovered former mental patient as a teacher of young children in a public school (item no.3). Majority of respondent 233 (86.6%) believe that most people feel that entering a mental hospital is a sign of personal failure (item no.4). Majority of respondent 259 (96.2%) 133 believe that most people would not hire a former mental patient to take care of their children, even if he or she had been well for some time (item no.5). About 240 (89.3 %) of respondent believe that most people think less of a person who has been in a mental hospital (item no.6). About 98 (36.4%) are neutral on the statement of most employers will hire a former mental patient if he or she is qualified for the job (item no.7). About 175 (65%) of respondent believe that most people in my community would treat a former mental patient just as they could treat anyone (item no.8). About 246 (91.5 %) believe that most young women would be reluctant to date a man who has been hospitalized for a serious mental disorder (item no.9). About 183 (68 %) of respondent believe that once they know a person was in a mental hospital, most people will take his opinions less serious (item no.10). These findings shed light on the perceptions towards mental health, highlighting both the acceptance and stigmatization they might face in various aspects of life.

SA: Strongly agree, A: Agree, NS (Not sure), D (Disagree), SD (Strongly disagree)

Table 4.5: Responses on public's perceptions of mental health in Tanjung Rambutan Town Resident.

No	Items	SA N (%)	A N (%)	NS N (%)	D N (%)	SD N (%)
1	Most people would willingly accept a former mental patient as a close friend	184 (68.4)	45 (16.7)	25 (9.3)	15 (5.6)	0 (0.0)
2	Most people believe that a person who has been in a mental hospital is just as intelligent and trustworthy as the average person	22 (8.2)	75 (27.9)	38 (14.1)	61 (22.7)	73 (27.1)
3	Most people would accept a fully recovered former mental patient as a teacher of young children in a public school	2 (0.7)	7 (2.6)	11 (4.1)	203 (75.5)	46 (17.1)
4	Most people feel that entering a mental hospital is a sign of personal failure	8 (3.0)	22 (8.2)	6 (2.2)	178 (66.2)	55 (20.4)
5	Most people would not hire a former mental patient to take care of their children, even if he or she had been well for some time	0 (0.0)	5 (1.9)	5 (1.9)	133 (49.4)	126 (46.8)
6	Most people think less of a person who has been in a mental hospital	1 (0.4)	11 (4.1)	17 (36.4)	90 (33.5)	150 (55.8)
7	Most employers will hire a former mental patient if he or she is qualified for the job	2 (0.7)	89 (33.1)	98 (36.4)	47 (17.5)	33 (12.3)
8	Most people in my community would treat a former mental patient just as they could treat anyone	63 (23.4)	112 (41.6)	19 (7.1)	63 (23.4)	12 (4.5)
9	Most young women would be reluctant to date a man who has been hospitalized for a serious mental disorder	1 (0.4)	1 (0.4)	21 (7.8)	57 (21.2)	189 (70.3)
10	Once they know a person was in a mental hospital, most people will take his opinions less serious	1 (0.4)	35 (13.0)	50 (18.6)	123 (45.7	60 (22.3)

The result of Perceived Devaluation and Discrimination PDD (n= 269)

Level of Perception

Perceptions toward people with mental disorders were assessed using ten statements with a Likert scale from 1 (strongly agree) to 5 (strongly disagree). Each respondent's scores were calculated, resulting in total perception scores ranging from 13 to 42 points. Because the data did not follow normal distribution, the participants' perceptions were classified based on the median score, which was 36 in this case. Therefore, scores ≥36 corresponded to a high perception (negative perception), and scores <36 entailed a low perception (positive perception) (Table 5). The respondents' perception scores were also calculated and summed to determine the total of 1–5, with 5 = strongly disagree, a score can be calculated for each respondent. Question 1, 2, 3, 7 and 8 required reverse coding (Positive statement). A total score ranges from 13 to 42 points.

Level of Perception	Frequency	Percent (%)
High perception	170	63.2
Low perception	99	36.2

Table 4.6: Level of perception

Table 4.6 presents the level of perception among respondents. The high level of perception toward mental health is alarming, with 63.2% of respondents reporting it. Only 36.2% had a low perception, which is a positive perception toward mental health. Therefore, this shows the residents of Tanjung Rambutan town exhibit a deficiency in their understanding of mental health disorders and their appropriate treatment methods. Additionally, the presence of prejudices towards mental health may worsen the existing stigma surrounding mental illness.

6.0 DISCUSSION AND CONCLUSIONS

6.1 Discussion

Level of Knowledge of the Tanjung Rambutan Town Residents Regarding Mental Health.

In general, 91.8% of respondents exhibit a high level of knowledge about mental health. However, only 9.3% of respondents are aware of the actual causes of mental illnesses. This suggests a prevailing misconception, as mental disorders can stem from various factors, including biological, psychological, and environmental influences. Yin et al. (2020) similarly discovered that only 30.3% of respondents were aware of the causes of mental illness. In contrast, Li et al. (2018) found that more than half of the respondents were knowledgeable about the causes of mental illness. Similarly, only a mere 16.0% of participants provided accurate responses to the statement that the majority of mental illnesses are incurable (item 5). Studies conducted by Li et al. (2018) and Yin et al. (2020) revealed that more than half of their respondents had knowledge about the treatment of mental illness. While it is true that certain mental illnesses may not have a definitive cure, they can be effectively managed, and it is crucial to emphasize that many mental health conditions can indeed be treated with positive outcomes. It is imperative to avoid perpetuating stigma or fostering a sense of despair that often accompanies discussions about mental health. Only 14.5% of respondents supported the idea of limiting medication usage for severe mental disorders to short-term periods (item 8). This percentage is notably lower compared to the findings of Yin et al. (2020) and Li et al. (2018). This observation highlights the need for enhanced education concerning the appropriate utilization of medication in the treatment of mental health disorders. In many cases, effective treatment may require extended or indefinite medication administration, emphasizing the importance of addressing misconceptions and promoting a better understanding of the role of medication in mental health care.

The study revealed that the inhabitants of Tanjung Rambutan town exhibit a limited level of awareness pertaining to mental health. Based on the findings of the study, it can be acknowledged that the prevailing consensus among the participants indicated that a significant proportion of individuals may possess undetected mental health conditions, thus underscoring the significance of seeking expert assistance when suspecting the presence of such psychological issues. Additionally, it has been determined that individuals who have a familial background of mental disorders may exhibit a heightened vulnerability to the onset of these conditions. Nevertheless, a considerably lower proportion of participants exhibited a precise comprehension of the etiology and treatment of mental illness. A minority of the participants exhibited accurate disagreement with the assertions that stress is the sole cause of all mental illnesses, the majority of mental illnesses are incurable, and severe mental disorders should only be treated with medication for a limited duration. This study was linked to a prior investigation conducted by Yin et al. (2020), which revealed that many individuals possessed a basic understanding of acquiring and preserving mental well-being. However, their knowledge regarding the etiology, treatment, and prevention of mental disorders was comparatively limited. The study placed emphasis on delving into more precise and detailed knowledge, particularly regarding the various manifestations of mental illness across different age groups, as well as the impact of mental illness on adolescents, which had received comparatively less attention.

At the same time, this recent study also in line with a study by Siddique et al. (2022), a significant proportion of the participants, specifically more than one-third, demonstrated a deficiency in their understanding of mental health. This finding aligns with the outcomes of the investigation conducted by Despande et al. (2020) which revealed that a mere most of students exhibited satisfactory levels of knowledge. According to Clement et al. (2015) people with inadequate sufficient understanding of mental health may encounter challenges when attempting to recognize mental health issues, both within their own experiences and in the lives of others. Individuals may lack comprehension regarding the underlying causes or risk factors associated with these conditions, thereby resulting in the development of misconceptions or the perpetuation of social stigma.

Moreover, individuals lacking sufficient knowledge may possess limited awareness regarding the availability of professional assistance or the means to access such services, thus hindering their capacity to seek help in a suitable manner. Individuals may also possess attitudes that hinder the acknowledgment of mental health concerns or discourage seeking assistance because of apprehension, stigma, or misconceptions. Moreover, the primary factor contributing to the low utilization of psychiatric services is a lack of sufficient understanding regarding mental health disorders, encompassing symptoms of mental disorders and available psychiatric treatments, as substantiated by scientific evidence (Wei et al., 2015).

Therefore, according to Ahemdani (2011) the understanding of mental health disorders in society is attained by disseminating accurate and scientifically validated information on a large scale. The objective of this task is to challenge commonly held misunderstandings and promote the dissemination of precise and dependable information regarding the causes, symptoms, and treatment options. Individuals facing mental health difficulties frequently encounter obstacles that deter them from seeking assistance or openly discussing their concerns, primarily because of the widespread societal stigma surrounding mental health. The lack of comprehension plays a role in a repetitive cycle of silence, hindering prompt intervention and adequate treatment. In the same context, the implementation of promotion, prevention, and early intervention strategies has the potential to yield significant effects on individuals' health and overall well-being. Knowledge is a potent instrument for empowerment. The primary objective of mental health promotion is to bolster the strengths, capabilities, and assets of individuals and communities, empowering them to exert greater influence over their mental health and the factors that shape it. In contrast, prevention strategies are designed to mitigate the occurrence, prevalence, and intensity of specific mental health disorders (Colizzi, Lasalvia & Ruggeri, 2020).

Perceptions of the Tanjung Rambutan Town Residents Regarding Mental Health.

According to this study, an alarming 63.2% of residents in Tanjung Rambutan town exhibit a high level of perception, which indicates a stronger perception of devaluation-discrimination. This negative perception toward mental health raises concerns about the prevailing attitudes and beliefs in the community. Close to half of the residents hold the belief that individuals who have been in a mental hospital are less intelligent and trustworthy compared to the average person. This perception reflects a devaluation of such individuals. Moreover, approximately 183 (68%) of respondents expressed their belief that once a person's history of being in a mental hospital becomes known, most people will take their opinions less seriously. This observation highlights the presence of discrimination directed towards these individuals based on their mental health background.

According to Kaihlanen et al., (2019), the apprehension of being stigmatized as 'mentally ill' has emerged as a hindrance to the pursuit of assistance. This is in line with study by Hanafiah and Bortel (2015) where mentioned the presence of social stigma surrounding mental illness has been recognized as a substantial obstacle that hinders individuals from seeking help and receiving appropriate care. Insufficient attention is given to fundamental understanding of mental illness, encompassing its inherent characteristics, symptoms, and consequential effects. This oversight contributes to misconceptions surrounding mental health and the perpetuation of societal stigmatization. Extensive research has been undertaken to examine the phenomenon of stigma and discrimination experienced by individuals with mental disorders. However, the majority of existing literature primarily focuses on examining stigma through the lens of cultural conceptions, patient experiences, or public attitudes towards mental illness. There is a noticeable dearth of research exploring stigma from the perspective of mental health professionals. The scope of research on stigma in Malaysia is notably constrained. Moreover, Henderson et al., (2013) also reported that individuals diagnosed with mental illness frequently encounter a complex and multifaceted struggle. Managing the manifestations of the condition poses significant challenges, as the misconceptions surrounding the condition exacerbate the situation by giving rise to adverse associations, commonly referred to as 'stigma,' and instances of discriminatory behaviour.

Stigma can be understood as a societal construct that entails the expression of disapproval, shame, or disgrace, resulting in discernible disadvantages by way of limiting opportunities (Martin, 2010). The presence of stigma and a limited comprehension surrounding schizophrenia frequently result in the social marginalization and derision of individuals who have been diagnosed with the condition. Instances of discrimination can occur even during periods of remission, wherein the individual does not display any atypical behaviours commonly associated with the illness. The stigmatization of schizophrenia may be attributed to factors such as fear, misconceptions, or negative depictions of the condition in the media. Regrettably, individuals diagnosed with schizophrenia, including those experiencing remission, may encounter social stigmatization and marginalization. The presence of social stigma surrounding the disorder can result in a hesitancy among individuals to engage in social interactions or establish connections with those affected, even though they are capable of functioning effectively during periods of remission (Fleischhacker et al., 2014).

At the same time, according to the findings of Khalifa et al. (2011) and Samouilhan and Seabi (2011), participants exhibited a belief in the potential influence of black magic or malevolent spiritual forces, as well as a conviction in the correlation between ill fortune and psychological issues. It has been found that a significant proportion of the general populace perceives mental illness as a manifestation of divine retribution for transgressions committed. Within the context, the influence of beliefs within specific contexts can play a crucial role in shaping the understanding and treatment of mental health. Stigma may arise due to the perception of individuals with mental health conditions as morally deficient or spiritually afflicted. Furthermore, treatment-seeking behaviors may be influenced, as individuals may exhibit a preference for spiritual or religious interventions over medical or psychological treatments.

The findings of Tanaka et al. (2018) revealed the presence of stigmatization towards individuals with mental disorders, leading to adverse outcomes such as social exclusion and unjust attribution of blame for the onset of mental illness. Discrimination is a prevailing phenomenon observed among individuals diagnosed with schizophrenia and depression across all study sites. The participants in the study also expressed that social exclusion, familial discrimination, and limited employment prospects were significant concerns. These studies contribute to the understanding of how perceptions contribute to the development of stigma and discrimination, as well as the subsequent consequences and potential strategies for addressing this issue. This is supported through study by Lasalvia et al., (2013) and Rose et al., (2011) where highlight recognizing the extensive and pervasive consequences of stigmatization and discrimination pertaining to mental illness.

In brief, the stigmatization of mental health is significantly influenced by societal attitudes, misunderstandings, and stereotypes, which collectively shape the perception of mental illness. Moreover, Lai et al., (2001) also highlight psychiatric disorders are frequently subject to misconceptions owing to their intricate characteristics and the relative absence of observable symptoms in comparison to physical ailments. Insufficient comprehension in this context may engender apprehension, social disapproval, and prejudiced actions directed towards individuals afflicted with mental health disorders. It is noteworthy to observe that the stigma seems to be primarily associated with the classification of a psychiatric condition rather than the presence of a persistent illness. The presence of social stigma can act as a deterrent for individuals in seeking the necessary assistance and treatment, thereby intensifying mental health challenges within communities such as Tanjung Rambutan town

Correlation Between the Level of Knowledge and Perceptions of the Tanjung Rambutan Town Residents Towards Mental Health.

Regarding the correlation between knowledge and perception regarding mental health, this study discovered a significant negative correlation ($r(267) = -.373$, $p < .001$). This suggests that as knowledge about mental health decreases, individuals are more likely to hold negative perceptions about mental illness. However, it is worth noting that the study conducted by Li et al. (2018) did not find any correlation between knowledge and perception. Interestingly, these findings are inconsistent with the study conducted by Yin et al. (2020) in China.

Knowledge plays a significant role in determining the perception on mental wellness. A crucial element in endeavours aimed at mitigating stigma would involve the widespread distribution of fundamental information regarding mental illness among the broader populace. According to scholarly research, there is evidence to support the notion that individuals who possess a greater amount of knowledge regarding mental illness tend to exhibit lower levels of prejudice towards individuals who are mentally ill (Ahmedani, 2011).

Based on Yin et al., (2020) justify the study by Kitchener and Jor, (2006) suggest that mental health knowledge (MHK) has a negative association with devaluation and discrimination. In other words, as MHK increases, tendencies for devaluation and discrimination decrease. This relationship supports the hypothesis that enhancing MHK within communities could potentially diminish public stigma related to mental health. In line with Coudhry et al., (2016) the comprehensive scope of mental health wellbeing encompasses the comprehension of symptoms and indicators associated with diverse mental health disorders, the range of treatment modalities that are accessible, and the strategies employed to foster and enhance mental well-being. The act of improving both perception and knowledge has the potential to empower society in its efforts to develop a more comprehensive understanding of mental health, challenge and overcome societal stigmatization, and create environments that are conducive to providing support.

According to study by Salve et al., (2013), Benti et al., (2016), Jilowa et al., (2016) and Thornicroft, Deb and Henderson (2016), the stereotyping of individuals with mental illness and the limited availability of appropriate psychiatric care can be attributed to the presence of negative attitudes, fear, and social stigmatization. Consequently, individuals with mental illness typically pursue professional assistance from healthcare facilities once they have exhausted all available alternatives and their symptoms have deteriorated. This has a detrimental impact on the treatment outcomes. Negative and stigmatizing attitudes towards mental disorders frequently arise as a consequence of inadequate understanding regarding mental illness. Individuals diagnosed with mental illness are often stigmatized within society, being viewed as potentially hazardous, unpredictable, and divergent from the norm. They are commonly held accountable for their condition, perceived as challenging to engage in conversation, and deemed incapable of being cured (Thornicroft et al., 2016).

Therefore, this current study indicates that improving the community's understanding of mental health has the potential to positively influence societal perception towards mental illness. This may encompass educational endeavours, public awareness drives, or initiatives implemented in educational institutions and professional settings to disseminate precise and reliable knowledge pertaining to mental health. Residents who possess a greater depth of knowledge have the potential to cultivate a more sophisticated and compassionate comprehension of mental health. This enhanced understanding has the capacity to diminish societal stigmatization and cultivate a community environment that is more conducive to providing support for individuals grappling with mental health conditions. Overall, this study found that the null hypothesis was rejected as there was a significant negative correlation between knowledge and perception: as knowledge increased, perception decreased (positive perception).

6.2 Conclusions

The results indicated a limits degree of understanding regarding mental health among the inhabitants. A significant portion of the participants exhibited a limited comprehension regarding the underlying factors, available therapeutic interventions, and preventative strategies associated with mental disorders. Insufficient awareness not only hinders individuals' ability to identify mental health concerns within themselves and others, but it also contributes to the formation of misunderstandings and societal stigmatization pertaining to mental well-being. The research additionally discovered a prevailing unfavorable perception of mental health within the population, which was found to be associated with a range of factors such as societal stigma, apprehension of prejudice, and cultural ideologies. A significant number of individuals attributed negative social stigmas to mental illnesses or perceived them as consequences of moral or spiritual transgressions. Negative perceptions can act as barriers that impede individuals from seeking the essential assistance they require, while also playing a role in perpetuating social exclusion and discrimination against individuals who have been

diagnosed with mental illnesses. Furthermore, the research findings demonstrated a noteworthy association between the degree of knowledge and the perception of mental health. In light of a lower level of knowledge regarding mental health, individuals exhibited a propensity for harbouring a more pessimistic perception of mental health. This discovery emphasizes the pivotal significance of knowledge in influencing perceptions and attitudes regarding mental health.

In summary, the overall findings indicate that initiatives aimed at enhancing the recognition and comprehension of mental health within the population of Tanjung Rambutan town may yield significant beneficial effects on the community's attitudes towards mental well-being. The implementation of educational initiatives and awareness campaigns that disseminate accurate information pertaining to mental health has the potential to mitigate stigma and enhance the provision of support for individuals grappling with mental health conditions. Additional investigation is warranted to examine efficacious approaches in mitigating the impact of cultural beliefs and apprehensions that perpetuate the stigmatization of mental health. In conclusion, it is imperative for healthcare professionals, educators, policymakers, and community leaders to engage in collaborative efforts aimed at enhancing mental health literacy and cultivating a nurturing atmosphere for individuals grappling with mental health challenges. The study's findings contribute to the reduction of societal and economic burdens related to mental health concerns by facilitating the development of more efficacious interventions. This is in accordance with the overarching objectives of Sustainable Development Goal 3, which seeks to enhance health and well-being across all age groups. Moreover, the findings derived from this study can shed light on the necessity for enhanced funding in the field of mental health, potentially resulting in augmented distribution of resources from both public and private sectors. This statement aligns with the objective of Sustainable Development Goal 3, which advocates for increased financial resources allocated towards healthcare services. In summary, this study is in accordance with and makes a valuable contribution towards the attainment of Sustainable Development Goal 3. It does so by focusing on the advancement of mental health and well-being, the mitigation of stigma, and the enhancement of mental healthcare services within the context of Malaysia.

7.0 REFERENCES:

Ahmedani, B. K. (2011). Mental Health Stigma: Society, Individuals, and the Profession. *Journal of Social Work Values and Ethics, 8*(2), 41–416. Retrieved July 12, 2023 from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3248273/

Author (2022, May 26). The Importance of Large Sample Sizes in Research | CW Authors. Www.cwauthors.com; *Charlesworth Author Services*. Retrieved July 12, 2023 from https://www.cwauthors.com/article/importance-of-having-large-sample-sizes-for-research

Barchard, K. A., & Pace, L. A. (2011). Preventing human error: The impact of data entry methods on data accuracy and statistical results. *Computers in Human Behavior*, 27(5), 1834–1839. https://doi.org/10.1016/j.chb.2011.04.004

Benti, M., Ebrahim, J., Awoke, T., Yohannis, Z., & Bedaso, A. (2016). Community Perception towards Mental Illness among Residents of Gimbi Town, Western Ethiopia. *Psychiatry Journal, 2016*, 1–8. https://doi.org/10.1155/2016/6740346

Bernama. (June, 2021) MoH received over 100k calls seeking emotional support since January. New Straits Times. Retrieved July 16, 2023 from https://www.nst.com.my/news/nation/2021/06/702450/moh-received-over-100k-calls-seeking-emotional-support-january

Björkman, I., Stahl, G. K., & Vaara, E. (2007). Cultural Differences and Capability Transfer in Cross-Border Acquisitions: The Mediating Roles of Capability Complementarity, Absorptive Capacity, and Social Integration. *Journal of International Business Studies*, *38*(4), 658–672. Retrieved July 6, 2023 from https://www.jstor.org/stable/4540448

Bonnie, R. J., Stroud, C., Breiner, H., Institute of Medicine, & National Research Council. (2015, January 27). Young Adults in the 21st Century. Nih.gov; *National Academies Press* (US). Retrieved July 12, 2023 from https://www.ncbi.nlm.nih.gov/books/NBK284782/

Cherry, K. (2022). How Do Cross-Sectional Studies Work? Gathering data from a single point in time. Retrieved December 21, 2022, from Very Well Mind: https://www.verywellmind.com/what-is-a-cross-sectional-study-2794978

Chua, S. N. (2020). The economic cost of mental disorders in Malaysia. *The Lancet Psychiatry*, *7*(4), e23.

Choudhry, F. R., Mani, V., Ming, L. C., & Khan, T. M. (2016). Beliefs and perception about mental health issues: a meta-synthesis. *Neuropsychiatric Disease and Treatment*, *12*, 2807–2818. https://doi.org/10.2147/NDT.S111543

Clement, S., Schauman, O., Graham, T., Maggioni, F., Evans-Lacko, S., Bezborodovs, N., Morgan, C., Rüsch, N., Brown, J. S., & Thornicroft, G. (2015). What is the impact of mental health-related stigma on help-seeking? A systematic review of quantitative and qualitative studies. *Psychological medicine*, *45*(1), 11–27. https://doi.org/10.1017/S0033291714000129

Connelly, L. M. (2008). Pilot studies. Medsurg Nursing, 17(6), 411-2.

Colizzi, M., Lasalvia, A., & Ruggeri, M. (2020). Prevention and early intervention in youth mental health: Is it time for a multidisciplinary and trans-diagnostic model for care? *International Journal of Mental Health Systems*, *14*(1), 1–14. https://doi.org/10.1186/s13033-020-00356-9

Corrigan, P. W., & Watson, A. C. (2002). Understanding the impact of stigma on people with mental illness. *World psychiatry: official journal of the World Psychiatric Association (WPA)*, *1*(1), 16–20.

Despande, S. R. K., binti Ngadimon, I. W., & Yaacob, N. L. C. (2020). STIGMA and attitudes towards mental HEALTH DISORDERS: A cross SECTIONAL study at a private University in malaysia. *Malaysian Journal of Public Health Medicine*, *20*(1), 40-47

Edwards, A. M., & Kotera, Y. (2021). Mental health in the UK police force: a qualitative investigation into the stigma with mental illness. *International Journal of Mental Health and Addiction*, *19*, 1116-1134. https://doi.org/10.1007/s11469-019-00214-x

Evans, D., Coad, J., Cottrell, K., Dalrymple, J., Davies, R., Donald, C., Laterza, V., Long, A., Longley, A., Moule, P., Pollard, K., Powell, J., Puddicombe, A., Rice, C., & Sayers, R. (2014, October). Conclusions and recommendations for future research. Nih.gov; *NIHR Journals Library*. Retrieved July 12, 2023 from https://www.ncbi.nlm.nih.gov/books/NBK260175/

Fleischhacker, W. W., Arango, C., Arteel, P., Barnes, T. R., Carpenter, W., Duckworth, K., Galderisi, S., Halpern, L., Knapp, M., Marder, S. R., Moller, M., Sartorius, N., & Woodruff, P. (2014). Schizophrenia--time to commit to policy change. *Schizophrenia bulletin*, *40 Suppl 3*(Suppl 3), S165–S194. https://doi.org/10.1093/schbul/sbu006

Fredheim, T., Danbolt, L. J., Haavet, O. R., Kjønsberg, K., & Lien, L. (2011). Collaboration between general practitioners and mental health care professionals: a qualitative study. *International journal of mental health systems*, 5(1), 13. https://doi.org/10.1186/1752-4458-5-13

Gopalkrishnan N. (2018). Cultural Diversity and Mental Health: Considerations for Policy and Practice. *Frontiers In Public Health*, *6*, 179. https://doi.org/10.3389/fpubh.2018.00179

Granlund, M., Imms, C., King, G., Andersson, A. K., Augustine, L., Brooks, R., Danielsson, H., Gothilander, J., Ivarsson, M., Lundqvist, L. O., Lygnegård, F., & Almqvist, L. (2021). Definitions and Operationalization of Mental Health Problems, Wellbeing and Participation Constructs in Children with NDD: Distinctions and Clarifications. *International journal of environmental research and public health*, *18*(4), 1656. https://doi.org/10.3390/ijerph18041656

Gulliver, A., Griffiths, K. M., & Christensen, H. (2012). Barriers and facilitators to mental health help-seeking for young elite athletes: a qualitative study. *BMC Psychiatry*, *12*(1). https://doi.org/10.1186/1471-244x-12-157

Haji Talib, N. A. F. & Abdullah@Mohd Nor, H. (2020). Persepsi masyarakat dan pesakit terhadap kesihatan mental. *Jurnal Wacana Sarjana. 4*(1)

Hair, J.F., Black, W.C., Babin, B.J. and Anderson, R.E. (2010) Multivariate Data Analysis. 7th Edition, Pearson, New York.

Hansson, L., Stjernswärd, S., & Svensson, B. (2016). Changes in attitudes, intended behaviour, and mental health literacy in the Swedish population 2009–2014: an evaluation of a national antistigma programme. *Acta Psychiatrica Scandinavica, 134*, 71-79.

Hanafiah, A. N., & Van Bortel, T. (2015). A qualitative exploration of the perspectives of mental health professionals on stigma and discrimination of mental illness in Malaysia. *International Journal of Mental Health Systems, 9*(1). https://doi.org/10.1186/s13033-015-0002-1

Happell, B., Cowin, L. S., Roper, C., Lakeman, R., & Cox, L. (2020). Conceptual frameworks guiding mental health nursing. 23–49. https://doi.org/10.4324/9781003116202-3

Hassan, M. F., Mohd Hassan, N., & Kassim, E., & Hamzah, M. (2018). Issues and Challenges of Mental Health in Malaysia. *International Journal of Academic Research in Business and Social Sciences.* https://doi.org/10.6007/IJARBSS/v8-i12/5288

Henderson, C., Evans-Lacko, S., & Thornicroft, G. (2013). Mental illness stigma, help seeking, and public health programs. *American Journal of Public Health, 103*(5), 777–780. https://doi.org/10.2105/AJPH.2012.301056

Hurley, M. & Tenny, S. (2022). Mean. *StatsPearls*. Retrieved July 11, 2023 from https://www.ncbi.nlm.nih.gov/books/NBK546702/

Ismail, R. F. & Abd Wahab, H. (2015). Persepsi pesakit mental terhadap stigma masyarakat. *AKADEMIKA, 85*(1), 13–24. Retrieved July 12, 2023 from http://journalarticle.ukm.my/9115/

Jilowa, C. S., Chandravanshi, G., Mahawer, B., & Jain, M. (2016). Impact of psychiatry training on attitude of medical students toward mental illness and psychiatry. *IOSR J Dent Med Sci*, *15*(4), 18-22.

Kaihlanen, A.-M., Hietapakka, L., & Heponiemi, T. (2019). Increasing cultural awareness: Qualitative study of nurses' perceptions about cultural competence training. *BMC Nursing*, *18*(1), 1–9. https://doi.org/10.1186/s12912-019-0363-x

Keller, S., McNeill, V., Honea, J., & Paulson Miller, L. (2019). A look at culture and stigma of suicide: Textual analysis of community theatre performances. *International journal of environmental research and public health*, *16*(3), 352. https://doi.org/10.3390/ijerph16030352

Khalifa, N., Hardie, T., Latif, S., Jamil, I., & Walker, D. M. (2011). Beliefs about Jinn, black magic and the evil eye among Muslims: age, gender and first language influences. *International Journal of Culture and Mental Health, 4*(1), 68-77.

Kihumuro, R. B., Kaggwa, M. M., Kintu, T. M., Nakandi, R. M., Muwanga, D. R., Muganzi, D. J., & Ashaba, S. (2022). Knowledge, attitude and perceptions of medical students towards mental health in a university in Uganda. *BMC Medical Education*, *22*(1), 730. https://doi.org/10.1186/s12909-022-03774-0

Kitchener, B. A., & Jorm, A. F. (2006). Mental health first aid training: review of evaluation studies. *Australian & New Zealand Journal of Psychiatry, 40*(1), 6-8.

Kutcher, S., Wei, Y., & Coniglio, C. (2016). Mental Health Literacy: Past, Present, and Future. *Canadian journal of psychiatry. Revue canadienne de psychiatrie*, *61*(3), 154–158. https://doi.org/10.1177/0706743715616609

LaCaille, R. A., LaCaille, L. J., Damsgard, E., & Maslowski, A. K. (2019). Refuting mental health misconceptions: A quasi-experiment with abnormal psychology courses. *Psychology Learning & Teaching*, *18*(3), 275-289. https://doi.org/10.1177/1475725719856269

Lai, Y. M., Hong, C. P. H. & Chee, C. Y. I. (2000) Stigma of Mental Illness. *Singapore Medical Journal.* *42*(3). 111-114

Lasalvia, A., Zoppei, S., Van Bortel, T., Bonetto, C., Cristofalo, D., Wahlbeck, K., & Thornicroft, G. (2013). Global pattern of experienced and anticipated discrimination reported by people with major depressive disorder: a cross-sectional survey. *The Lancet*, *381*(9860), 55-62.

Lee, J. E., Goh, M. L., & Yeo, S. F. (2023). Mental health awareness of secondary schools students: Mediating roles of knowledge on mental health, knowledge on professional help, and attitude towards mental health. *Heliyon*, 9(3), e14512. https://doi.org/10.1016/j.heliyon.2023.e14512

Lewis, M., Bromley, K., Sutton, C. J., McCray, G., Myers, H. L., & Lancaster, G. A. (2021). Determining sample size for progression criteria for pragmatic pilot RCTs: the hypothesis test strikes back! *Pilot and Feasibility Studies*, *7*(1). https://doi.org/10.1186/s40814-021-00770-x

Li, J., Fan, Y., Zhong, H. Q., Duan, X. L., Chen, W., Evans-Lacko, S., & Thornicroft, G. (2019). Effectiveness of an anti-stigma training on improving attitudes and decreasing discrimination towards people with mental disorders among care assistant workers in Guangzhou, China. *International Journal of Mental Health Systems*, 13, 1-10. https://doi.org/10.1186/s13033-018-0259-2

Li, J., Zhang, M. M., Zhao, L., Li, W. Q., Mu, J. L., & Zhang, Z. H. (2018). Evaluation of attitudes and knowledge toward mental disorders in a sample of the Chinese population using a web-based approach. *BMC psychiatry*, *18*(1), 1-8. https://doi.org/10.1186%2Fs12888-018-1949-7

Lipson, S. K., Kern, A., Eisenberg, D., & Breland-Noble, A. M. (2018). Mental Health Disparities Among College Students of Color. *Journal of Adolescent Health*, *63*(3), 348–356. https://doi.org/10.1016/j.jadohealth.2018.04.014

Lockett, E. (2022, October 26). *Examples of the Effects of Mental Health Stigma*. Healthline. Retrieved July 12, 2023 from https://www.healthline.com/health/mental-health/mental-health-stigma-examples

Lu, X., & Lin, Z. (2021). COVID-19, Economic Impact, Mental Health, and Coping Behaviors: A Conceptual Framework and Future Research Directions. *Frontiers in Psychology, 12*. https://doi.org/10.3389/fpsyg.2021.759974

Mabvurira, V. (2016). *Influence of African traditional religion and spirituality in understanding chronic illnesses and its implications for social work practice: A case of Chiweshe communal lands in Zimbabwe* (Doctoral dissertation, University of Limpopo).

Malla, A., Joober, R., & Garcia, A. (2015). "Mental illness is like any other medical illness": a critical examination of the statement and its impact on patient care and society. Journal of psychiatry & neuroscience : JPN, 40(3), 147–150. https://doi.org/10.1503/jpn.150099

Mansfield, R., Patalay, P., & Humphrey, N. (2020). A systematic literature review of existing conceptualisation and measurement of mental health literacy in adolescent research: current challenges and inconsistencies. BMC *Public Health*, 20(1). https://doi.org/10.1186/s12889-020-08734-1

Memon, M. A., Ting, H., Cheah, J. H., Thurasamy, R., Chuah, F., & Cham, T. H. (2020). Sample size for survey research: Review and recommendations. Journal of Applied Structural Equation Modeling, 4(2), 1-20. http://dx.doi.org/10.47263/JASEM.4(2)01

Middleton, F. (2019). Reliability vs validity: what's the difference. Available at: https//www. scribbr. com.

Ministry of Health Malaysia (2016). Retrieved November 10, 2022 from https://www.moh.gov.my/index.php/database_stores/attach_download/337/796

Mofatteh M. (2020). Risk factors associated with stress, anxiety, and depression among university undergraduate students. *AIMS Public Health*, *8*(1), 36–65. https://doi.org/10.3934/publichealth.2021004

Munawar, K., Mukhtar, F., Choudhry, F. R., & Ng, A. L. O. (2022). Mental health literacy: A systematic review of knowledge and beliefs about mental disorders in Malaysia. *Asia-Pacific psychiatry : official journal of the Pacific Rim College of Psychiatrists, 14*(1), e12475. https://doi.org/10.1111/appy.12475

National Institute of Mental Health. (2023). *Mental illness*. National Institute of Mental Health. Retrieved July 21, 2023 from https://www.nimh.nih.gov/health/statistics/mental-illness

National Library of Medicine (NCBI). (2016). *Approaches to Reducing Stigma*. Nih.gov; National Academies Press (US). Retrieved July 12, 2023 from https://www.ncbi.nlm.nih.gov/books/NBK384914/

Ngui, E. M., Khasakhala, L., Ndetei, D., & Roberts, L. W. (2010). Mental disorders, health inequalities and ethics: A global perspective. *International review of psychiatry* (Abingdon, England), 22(3), 235–244. https://doi.org/10.3109/09540261.2010.485273

Pachankis, J. (2016). *Mindfulness and acceptance for gender and sexual minorities: A clinician's guide to fostering compassion, connection, and equality using contextual strategies*. New Harbinger Publications.

Pretorius, C., Chambers, D., & Coyle, D. (2019). Young People's Online Help-Seeking and Mental Health Difficulties: Systematic Narrative Review. *Journal of medical Internet research*, 21(11), e13873. https://doi.org/10.2196/13873

Puspitasari, I. M., Garnisa, I. T., Sinuraya, R. K., & Witriani, W. (2020). Perceptions, Knowledge, and Attitude Toward Mental Health Disorders and Their Treatment Among Students in an Indonesian University. *Psychology Research and Behavior Management, 13,* 845–854. https://doi.org/10.2147/PRBM.S274337

Qiong, O. (2017). A Brief Introduction to Perception. *Studies in Literature and Language*, *15*(4), 18–28. https://doi.org/10.3968/10055

Razali, Zul & Sanip, Suhaila & Saad, Rabiatul. (2018). Mental Illness Potrayal In Media: A Summative Content Analysis Of Malaysian Newspapers. *International Journal of Business and Society. 19*. 324-331.

Reupert, A., Gladstone, B., Helena Hine, R., Yates, S., McGaw, V., Charles, G., ... & Foster, K. (2021). Stigma in relation to families living with parental mental illness: An integrative

review. *International Journal of Mental Health Nursing*, *30*(1), 6-26.
https://doi.org/10.1111/inm.12820

Rose, D., Willis, R., Brohan, E., Sartorius, N., Villares, C., Wahlbeck, K., & Thornicroft, G.
I. N. D. I. G. O. (2011). Reported stigma and discrimination by people with a diagnosis of
schizophrenia. *Epidemiology and Psychiatric Sciences*, *20*(2), 193-204.

Safari, I. N. M., Kassim, N. Iskandar, N. F., Mohamed, M H. & Hj Abdullah, M. Y. (2011).
Tahap pengetahuan mengenai kesihatan mental dlam kalangan pelajar Institut Pengajian
Tinggi Awam (IPTA): kajian kes di   UKM,Bangi. - UKM Journal
Article Repository. *Journalarticle.ukm.my*. Retrieved July 18, 2023 from
http://journalarticle.ukm.my/4511/1/4-Intan_Nurhaila_Meor_Safari_et_al.pdf

Salve, H., Goswami, K., Sagar, R., Nongkynrih, B., & Sreenivas, V. (2013). Perception and
attitude towards mental illness in an urban community in South Delhi-A community-based
study. *Indian Journal of Psychological Medicine*, *35*(2), 154-158.

Saporito, J. M., Ryan, C., & Teachman, B. A. (2011). Reducing stigma toward seeking
mental health treatment among adolescents. *Stigma research and action*, *1*(2), 9–21.

Singh, V., Kumar, A., & Gupta, S. (2022). Mental Health Prevention and Promotion-A
Narrative Review. Frontiers in psychiatry, 13, 898009.
https://doi.org/10.3389/fpsyt.2022.898009

Sharp, M. L., Fear, N. T., Rona, R. J., Wessely, S., Greenberg, N., Jones, N., & Goodwin, L.
(2015). Stigma as a barrier to seeking health care among military personnel with mental
health problems. *Epidemiologic reviews*, 37(1), 144-162.
https://doi.org/10.1093/epirev/mxu012

Siddique, Md. A. B., Ovi, M. R., Ahammed, T., Chowdhury, M. A. B., &
Uddin, M. J. (2022). Mental health knowledge and awareness among university students in
Bangladesh. *Heliyon*, *8*(10), e11084. https://doi.org/10.1016/j.heliyon.2022.e11084

Søvold, L. E., Naslund, J. A., Kousoulis, A. A., Saxena, S., Qoronfleh, M. W., Grobler, C.,
& Münter, L. (2021). Prioritizing the Mental Health and Well-Being of Healthcare Workers:
An Urgent Global Public Health Priority. Frontiers in Public Health, 9(1), 1–12. frontiersin.
https://doi.org/10.3389/fpubh.2021.679397

Stuart, H. (2016). Reducing the Stigma of Mental Illness. Global Mental Health, 3(17).
https://doi.org/10.1017/gmh.2016.11

Sukhera, J., Miller, K., Milne, A., Scerbo, C., Lim, R., Cooper, A., & Watling, C. (2017).
Labelling of mental illness in a paediatric emergency department and its implications for
stigma reduction education. *Perspectives on medical education*, 6, 165-172.
https://doi.org/10.1007/s40037-017-0333-5

Swaen, B., & George, T. (2022). What is a Conceptual Framework? Tips & Examples.
Retrieved November 10, 2022, from https://www.scribbr.co.uk/author/bas/

Snyder, H. (2019). Literature Review as a Research methodology: an Overview and
Guidelines. *Journal of Business Research*, 104(1), 333–339. Science direct.
https://doi.org/10.1016/j.jbusres.2019.07.039

Tanaka, C., Tuliao, M. T. R., Tanaka, E., Yamashita, T., & Matsuo, H. (2018). A qualitative study on the stigma experienced by people with mental health problems and epilepsy in the Philippines. *BMC psychiatry*, *18*, 1-13. https://doi.org/10.1186/s12888-018-1902-9

Tesfaye, Y., Agenagnew, L., Anand, S., Tucho, G. T., Birhanu, Z., Ahmed, G., Getnet, M., & Yitbarek, K. (2021). Knowledge of the community regarding mental health problems: a cross-sectional study. *BMC Psychology*, 9(1). https://doi.org/10.1186/s40359-021-00607-5

Thornicroft, G., Deb, T., & Henderson, C. (2016). Community mental health care worldwide: current status and further developments. *World Psychiatry*, *15*(3), 276-286.

van Griethuijsen, R. A. L. F., van Eijck, M. W., Haste, H., den Brok, P. J., Skinner, N. C., Mansour, N., Savran Gencer, A., & BouJaoude, S. (2014). Global Patterns in Students' Views of Science and Interest in Science. *Research in Science Education, 45*(4), 581–603. https://doi.org/10.1007/s11165-014-9438-6

Wainberg, M. L., Scorza, P., Shultz, J. M., Helpman, L., Mootz, J. J., Johnson, K. A., Neria, Y., Bradford, J. E., Oquendo, M. A., & Arbuckle, M. R. (2017). Challenges and Opportunities in Global Mental Health: a Research-to-Practice Perspective. *Current psychiatry reports*, 19(5), 28. https://doi.org/10.1007/s11920-017-0780-z

Wang, C., Pan, R., Wan, X., Tan, Y., Xu, L., McIntyre, R. S., Choo, F. N., Tran, B., Ho, R., Sharma, V. K., & Ho, C. (2020). A longitudinal study on the mental health of general population during the COVID-19 epidemic in China. Brain, behavior, and immunity, 87, 40–48. https://doi.org/10.1016/j.bbi.2020.04.02

Wei, Y., McGrath, P. J., Hayden, J., & Kutcher, S. (2015). Mental health literacy measures evaluating knowledge, attitudes and help-seeking: a scoping review. *BMC psychiatry*, *15*(1), 1-20.

World Health Organization. (2022). World mental health report: transforming mental health for all. Retrieved July 17, 2023 from https://www.who.int/publications/i/item/9789240049338

Yin, H., Wardenaar, K. J., Xu, G., Tian, H., & Schoevers, R. A. (2020). Mental health stigma and mental health knowledge in Chinese population: a cross-sectional study. *BMC Psychiatry*, *20*(1). https://doi.org/10.1186/s12888-020-02705-x