Asian Journal of
Social and Humanities

The Impact of Globalization of Technology on Treatment and Care Systems For People with Mental Disorders

Sri Budi Raharjo, Burham Pranawa, Nanik Sutarni, Ananda Megha Wiedhar Saputri
Universitas Boyolali, Indonesia
E-mail: 1000diraharjo@gmail.com, burham_9@yahoo.com, naniksutarni65@yahoo.com, wiedharsaputrianandamegha@gmail.com

*Correspondence: 1000diraharjo@gmail.com

KEYWORDS	ABSTRACT
globalization; mental disorders; mental health	Health globalization is closely related to economic and social globalization as a phenomenon to describe something that is complex or consists of various interrelated elements, such as for example in psychology which describes individual traits or characteristics that cannot be simplified. The purpose of this study is Find out how globalization of technology influences access to mental health services for people with mental disorders, and know the challenges and benefits of using technology in the treatment and care of mental disorders in light of Law No: 17 of 2023 concerning Health. This research employs qualitative methods to delve deeply into the phenomenon under study. The result is these changes have an impact on citizens in general and individuals, causing a complex influence on the incidence and causes of mental disorders in population development. In addition, the ways in which mental disorders are understood and shaped by ongoing global shifts. Based on the explanation above, the influence of technology on people with mental disorders can be very significant

Introduction

Globalization is a traditional process of exchanging world paradigms for the work, understanding and aspects of local wisdom of a nation which encourages the emergence of a situation of mutual dependence (interdependence) for technological, economic, health, social and cultural activities (McGorry et al., 2022). Health globalization is closely related to economic and social globalization as a phenomenon to describe something that is complex or consists of various interrelated elements, such as in psychology where to describe the traits or characteristics of each individual that cannot possibly be simplified (Tajuddin, 2024).

In handling the treatment and care of people who experience mental disorders, they always encounter negative and positive impacts which can be felt along with the rapid flow of globalization of technology, so it needs to be discussed in this research so that practitioners can balance and conclude this problem until it is resolved and does not cause

problems, new and more sustainable (Stein et al., 2022). From these thoughts a problem emerges that is worthy of relevant discussion and packaging in a legal study so that it can be resolved and does not give rise to new problems that cannot be explained.

The development of social relations throughout world society has enabled very distant and remote areas to be able to follow and experience technology well, quickly and programmatically (Chew et al., 2020). However, globalization can also be interpreted as a process in which the traditional boundaries that separate individuals and society are slowly becoming blurred. This process will foster a situation where the groups are strong and the weak or the regulators are regulated so that it will appear which will be controlled and which will dominate (Mills & Hilberg, 2020).

These changes have an impact on citizens in general and individuals, causing a complex influence on the incidence and spread of mental disorders in a developing population. In addition, the ways in which mental disorders are understood and shaped by ongoing global shifts (Bouso & Sánchez-Avilés, 2020). This problem is also possible with increasing industrialization and urbanization, access to western traditions to medical systems will become more common and sophisticated as a shift that can lead to changes in health technology (Ashfaq et al., 2020). These factors also cause shifts in identity development and rapid reactions to stress. A condition that can place an individual in direct conflict with a culture or with members of a culture who may not be changing or experiencing acculturation at the same rate (Okasha, 2005).

Internet access as a form of technological progress is inevitable and will influence the world's philosophical, ideological and political views, which explains why some countries will not allow access to certain websites (van Kessel et al., 2022). Globalization in mental health is a state of well-being where individuals recognize their abilities, are normally able to cope with the stresses of life, work productively and usefully and contribute to society.

The frequency of mental disorders is closely related to social, economic and cultural conditions. If we consider all the previously mentioned changes in information technology, it is very easy to predict that the form and content of mental disorders, methods of psychological treatment and psychotherapy as well as pharmacotherapy will undergo serious changes. Mental health occupies an increasingly large space in the world's disease burden. Poverty and mental disorders complement each other and become a vicious circle that cannot be broken by eradicating poverty or intervening with mental disorders (Walker et al., 2008)

So far there are several countries that have applied technology in the treatment of mental disorders, including America, Australia, Canada, England and Japan. They use various technologies such as telemedicine, mental health applications, online therapy, and automatic monitoring tools to assist in the diagnosis and treatment of mental disorders. This is also proof that the globalization of technology in the field of care and treatment of People with Mental Disorders (ODGJ) has already occurred. It is starting to be introduced in the world of health, including in our country there are also several mental hospitals that apply this technology in providing treatment (Patrício et al., 2020).

Although mental health care in Indonesia may not be as big as in other developed countries, there are efforts to utilize technology in mental health services, such as online services for psychological counseling guidance, mental health applications, and the use of long-distance communication to expand access to care. mentality throughout the country is still under development. As future generations will bear the burden of the World's burden on people marginalized in mental health care efforts, rapid change poses

threats but also opportunities for psychiatry. Government spending cuts were mostly made to psychiatric services both directly and indirectly. However, on the other hand, demand for psychiatric services, both quantitatively and qualitatively, is increasing. (Madionas, 2006)

Considering developments in the current era of globalization of modern technology and increasingly tight competition in our country, it is possible that people are not strong enough to live their lives and can experience mental disorders due to a lifestyle of mutual ambition and bringing each other down, and this needs to be underlined. that mental illness can attack anyone (Jurcik et al., 2021). Reviewing these incidents which may not be generally known by the public and also in the academic environment, the authors made research which aims to become general knowledge, a reference for legal research on related issues, so the authors made research with the title The Impact of Globalization of Technology On The Treatment and Care System For People with Mental Disorders Perpective Law No 17 Of 2023 Concerning Health.

The purpose of this study is Find out how globalization of technology influences access to mental health services for people with mental disorders, and know the challenges and benefits of using technology in the treatment and care of mental disorders in light of Law No: 17 of 2023 concerning Health.

Research Methods

Qualitative methods allow for providing an in-depth description of a phenomenon. This method facilitates understanding the substance of an event. Therefore, qualitative research not only fulfills the researcher's desire to obtain an overview or explanation but also helps obtain a deeper understanding (Sofaer, 1999). However, (Chua, 1986)stated that quantitative methods that focus on deductive hypotheses have limitations in reaching various research problems. Because of these limitations, alternative approaches are needed that can answer questions that cannot be answered by quantitative method. This research that will discuss mental health involves juridical methods to examine the extent of the application of law and interpretation of existing legislation in Indonesia in overcoming mental health problems where health services currently use technology to treat patients with mental disorders.

Results and Discussions

The Influence of Globalization of Technology on Access to Mental Health Services for People with Mental Disorders?

Health services in Indonesia for people with mental disorders have experienced many system changes in their services due to technology and digital globalization . The following are some examples of current mental health services:

Remote Consultation

Remote consultations with online systems have changed the way psychiatric people interact with mental health experts. Patients no longer have to go to the clinic to consult a doctor, psychologist or psychiatrist. With telemedicine, patients can talk to psychiatric experts through direct online communication on a computer or Android, telephone or short message, all of these systems aim to speed up treatment for patients who live in cities or in areas that are difficult to reach and that do not have facilities. proper transportation. Apart from that, it can also minimize costs and time because treatment of mental disorders cannot be postponed. Services are also available on mental health applications which aims to train patients to be able to be independent without being

accompanied by family in accessing information from these digital services easily wherever and whenever they want. Here are some of the conveniences of digital treatment and care:

1. Patients can control their daily feelings by writing down whatever they complain about. Which also serves to help psychologists understand emotional patterns that affect mental well-being. Make it easier for professionals to guide patients in meditation relaxation exercises, deep breathing, and yoga in an effort to control the sudden onset of stress and anxiety. Patients can talk to companions via text message without time limits. Stay informed about mental health conditions and how to manage them.

2. A care system like this makes it very easy for caregivers and psychiatric experts to access patient medical records electronically and also facilitates collaboration between psychologists, psychiatrists and social workers.

3. With electronic medical records and data that has been obtained from patients, patients no longer need to repeat their stories every time they meet with different professionals.

4. Technology makes it possible for patients to join online groups or support groups. They can chat with other people who are experiencing the same complaint and can share the experiences they have had and what they feel.

5. Some applications use the camera to help you rest physical activity , assisting patients and mental health professionals in identifying patterns and taking appropriate action.

However, we need to remember that technology also has challenges that we must face and learn from , such as patient data security , skills in using technology , and inequality of **access** . Therefore, there needs to be a joint effort from the government, practitioners, health institutions and society to ensure that technology is used wisely and evenly in order to increase the frequency of good mental health services . Technology has great potential to increase the accessibility of mental health services, however challenges such as unequal access and data security must be taken seriously so that it does not backfire on the program and actually result in more mental patient relapses.

How are the challenges and benefits of using technology in the treatment and care of disorders viewed from law no. 17 of 2023 concerning health?

Law no. 17 of 2023 concerning Health opens up opportunities and challenges in the use of technology in the treatment and care of mental disorders in Indonesia. However, there still needs to be a lot of consideration regarding education in opening access for mental patients. Here are some points between the disadvantages and benefits to consider:

1. Lack.

Inequality of access: Even though technology improves better accessibility, there are still individuals who do not have access to digital devices or adequate internet connections, so this problem can exacerbate the mental health gap between those who are able to access technology and those who are not. factors that influence inequality of access include geographic location, level of education, and economic conditions. There are several factors you need to pay attention to in relation to digital access and digital services:

a. Data Security

The use of technology requires some data handling which must be careful regarding personal data, the status of sufferers of mental disorders must be protected, firstly sufferers and their families are embarrassed by the presence of mental illness, secondly their data can be misused by certain people in matters related to politics or misuse of taxes on ownership of luxury movable objects. Patient personal information must be properly

protected as data security breaches can result in major losses for both patients and professionals. This also applies to private social foundations that work in the field of treating mental disorders and must ensure that the systems they use comply with data security and privacy standards.

b. Dependence on Technology :

There are still many individuals who lack skills in using digital technology or feel uncomfortable with using applications and telemedicine or even find it difficult to understand the system due to impaired intelligence . Dependence on technology can also reduce face-to-face social interactions, which are important for mental well-being. (dikbut, 2021)

2. Benefit:

a. Better Service

Digital technology allows mental health patients to access mental health services without having to go to a physical clinic and speeds up treatment to prevent relapse. Telemedicine and mental health applications expand the reach and facilitate services quickly and in a controlled manner and do not require a lot of costs, especially for those who live in remote areas or have safe and adequate transportation facilities. Make it easier for private social foundations in the field to use technology to reach more individuals who need help.

b. Independent Support

Providing independent support to patients so that they can manage their condition well and can use the necessary tools and can carry out exercises programmed by professionals, encouraging patients to be more confident and reducing dependence on visits by psychiatrists.

c. Professional Collaboration :

Electronic medical records management facilitates collaboration between psychologists, psychiatrists, and social workers. And can share information in planning ongoing care that is more efficient and safe and makes it easier for social activists to consult in treating more serious patients. On the other hand, technology can be a strong ally, the role of humans remains irreplaceable in providing empathetic and holistic care, which is a very important approach in the world of health. among others are:

1) Self Healing:

Self-healing refers to the natural ability of the body, mind, and spirit to heal itself. This concept is based on the belief that our bodies have innate mechanisms that can restore health and balance naturally. Self-healing involves activating and strengthening these healing mechanisms through various techniques and practices. This means adopting a proactive approach to health and maintaining balance in all aspects of our lives. Self-healing can also strengthen the connection between mind, body, and spirit, allowing us to live more fully and meaningfully.

2) Benefits of Self Healing Practices:

Physical recovery: Self healing can help speed recovery from illness, injury, or physical imbalance. It strengthens the immune system and increases the body's ability to heal itself.

3) Mental and emotional health:

Self-healing practices can help reduce stress, improve emotional balance, and strengthen our mental resilience.

4) Holistic wellbeing:
By understanding and developing self-healing abilities, we can take an active role in maintaining our overall health and balance.

5) Holistic Self Care:
Holistic self-care involves a holistic approach to physical, emotional, mental, and spiritual health and well-being. The body, mind, and spirit are interrelated and need to be considered as a whole.

Holistic self-care allows us to understand patients holistically, identify the root of health problems, and provide coordinated care. So, providing empathetic and holistic care is about valuing the whole individual and strengthening their well-being through an approach that encompasses all the more relevant aspects of life.

Conclusion

Based on the explanation above, the influence of technology on people with mental disorders can be very significant. Excessive use of technology has an impact on the brain's nerves and worsens mental health, making it possible to experience the effects of anxiety so that it is vulnerable to causing certain types of mental disorders, with virtual communication systems reducing face-to-face interactions, tends to lock away from social life and disrupts the quality of sleep, while the best way to heal The quickest step for people with mental disorders is getting enough sleep. In dealing with this impact, it is important to understand the limits of technology use and seek a balance between the digital world and real life, in the era of globalization of technology , its impact on people with mental disorders is very diverse. So we need to be wise in using technology to maintain our mental well-being.

The health law opens up opportunities in digital treatment and care for mental patients and does not rule out empathetic and holistic care about respecting the whole individual and strengthening their well-being through an approach that covers all the more relevant aspects of life, this means that there is a need to balance both systems. namely, looking at the patient's condition to see whether it is possible to use digital treatment or a holistic treatment system so that there is no misapplication that results in the situation getting worse.

The Impact of Globalization of Technology on Treatment and Care Systems For People with Mental Disorders

References

Ashfaq, A., Esmaili, S., Najjar, M., Batool, F., Mukatash, T., Al-Ani, H. A., & Koga, P. M. (2020). Utilization of mobile mental health services among Syrian refugees and other vulnerable Arab populations—a systematic review. *International Journal of Environmental Research and Public Health*, *17*(4), 1295.

Bouso, J. C., & Sánchez-Avilés, C. (2020). Traditional healing practices involving psychoactive plants and the global mental health agenda: opportunities, pitfalls, and challenges in the "right to science" framework. *Health and human rights*, *22*(1), 145.

Chew, A. M. K., Ong, R., Lei, H.-H., Rajendram, M., KV, G., Verma, S. K., Fung, D. S. S., Leong, J. J., & Gunasekeran, D. V. (2020). Digital health solutions for mental health disorders during COVID-19. *Frontiers in Psychiatry*, *11*, 582007.

Chua, W. F. (1986). Radical developments in accounting thought. *Accounting review*, 601–632.

Jurcik, T., Jarvis, G. E., Zeleskov Doric, J., Krasavtseva, Y., Yaltonskaya, A., Ogiwara, K., Sasaki, J., Dubois, S., & Grigoryan, K. (2021). Adapting mental health services to the COVID-19 pandemic: reflections from professionals in four countries. *Counselling Psychology Quarterly*, *34*(3–4), 649–675.

Madionas, M. G. (2006). *Psychiatric rehabilitation in the era of globalization, PMID: 17139348*.

McGorry, P. D., Mei, C., Chanen, A., Hodges, C., Alvarez-Jimenez, M., & Killackey, E. (2022). Designing and scaling up integrated youth mental health care. *World Psychiatry*, *21*(1), 61–76.

Mills, C., & Hilberg, E. (2020). The construction of mental health as a technological problem in India. *Critical Public Health*, *30*(1), 41–52.

Okasha, A. (2005). Globalization and mental health: a WPA perspective. *World psychiatry*, *4*(1), 1.

Patrício, L., Sangiorgi, D., Mahr, D., Čaić, M., Kalantari, S., & Sundar, S. (2020). Leveraging service design for healthcare transformation: Toward people-centered, integrated, and technology-enabled healthcare systems. *Journal of Service Management*, *31*(5), 889–909.

Sofaer, S. (1999). Qualitative methods: what are they and why use them? *Health services research*, *34*(5 Pt 2), 1101.

Stein, D. J., Shoptaw, S. J., Vigo, D. V, Lund, C., Cuijpers, P., Bantjes, J., Sartorius, N., & Maj, M. (2022). Psychiatric diagnosis and treatment in the 21st century: paradigm shifts versus incremental integration. *World Psychiatry*, *21*(3), 393–414.

Tajuddin, F. N. (2024). Globalization of health: Positive or negative?(Anthropological perspective). *European Journal of Social Science Education and Research*, *11*(1), 22–29.

van Kessel, R., Hrzic, R., O'Nuallain, E., Weir, E., Wong, B. L. H., Anderson, M., Baron-Cohen, S., & Mossialos, E. (2022). Digital health paradox: international policy perspectives to address increased health inequalities for people living with disabilities. *Journal of medical Internet research*, *24*(2), e33819.

Walker, E., Mittal, V., & Tessner, K. (2008). Stress and the hypothalamic pituitary adrenal axis in the developmental course of schizophrenia. *Annu. Rev. Clin. Psychol.*, *4*, 189–216.