



# Traditional Body Restraint in Schizophrenia

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## Abstract

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**BACKGROUND:** *Pasung* – a traditional body restraint is an act using a block of wood on someone's hands and/or feet, tied or chained, and exiled in a separate place in the house or in the forest. Mental disorders are still a serious problem in mental health in Indonesia. There are still many schizophrenics who do not receive medical treatment or who drop out of medical treatment and eventually put in a *Pasung*.

**CASE REPORT:** We found several cases of patients with schizophrenia who were incarcerated, men aged 35 years and 48 years. They were diagnosed with schizophrenia with different characteristics of the disorder, different treatments and, in the end, the *Pasung* became the last alternative completed by the family.

**CONCLUSION:** Ignorance of the family and surrounding community over the early detection and forced treatment at the Mental Hospital (asylum), causing patients not handled properly. It is only culturally known by the family to handle it, *Pasung* that is to prevent people with severe mental disorders from endangering themselves and others.

## Introduction

Schizophrenia is a psychotic disorder characterized by disorganized thoughts, emotion, and behavior. The patients with schizophrenia withdraw themselves from people and reality to enter a life full of fantasy with delusions and hallucinations. This disorder involves the most basic functions that give normal people a sense of personality (individuality), uniqueness, and self-direction. The most intimate/deep thoughts, feelings and actions often feel known or shared with others, and understandings can arise, explaining that natural and supernatural forces are at work affecting the thoughts and actions of sufferers in ways that often do not enter sense or *bizarre* [1], [2], [3], [4].

Schizophrenia is a psychotic disorder that often occurs, with a risk of about 1%, the most common initial onset of this disease is the age of 15–30 years and is a chronic disease that causes interference with patients and their families, and causes interference with patients and families them, as well as having a big impact on their social and economy. The prevalence of schizophrenia between men and women is the same, but different in the onset of the first attack. The highest attacks in men between the ages of 10–25 years and 25–35 years in women. Of the 90% of patients who receive schizophrenia treatment aged between 15 and

55 years. Attacks under 10 years or above 60 years are reported rarely. In general, women with schizophrenia have better outcomes than men [1], [2], [3], [4].

Stigma against people with mental disorders will be more complex if the treatment is not continued. The family of mental disorders people often used *Pasung* (traditional body restraint) due to they limited fund to buy the medications. The choice to shackle people with mental disorders is reasonable so that families can better monitor patients, so they do not hurt themselves and others. In addition, the shame that is borne by the family is a stigma that is made by the family itself against family members who suffer from mental disorders. So that assistance from the surrounding environment to treat sufferers is no longer considered. This shame causes families of people with mental disorders to close themselves off from the environment [5], [6], [7].

*Pasung* in Indonesia has been a long-standing problem. There are about 20,000–30,000 people with mental disorders throughout Indonesia received treatment in pairs (*Purwoko, 2010*). *Pasung* is an act of using a block of wood on a person's hands and/or feet, tied or chained, and exiled in a separate place in the house or in the forest [5], [6].

*Pasung* is an action that uses a binding or isolation method. Binding is all manual methods that

use materials or mechanical devices that are attached or attached to the body and make the body unable to move easily or that limit the freedom to move the hands, feet, or head. Isolation is the act of confining alone without consent or by force, in a room or area physically restricting leaving or leaving the room/area [6], [7].

## Case Report

Mr. MN is 35 years old. Having schizophrenic has 8 years. He has a history of often attacking other people and likes to chase after women in his villages. Mr. MN has three young children. His wife adrift to a rather distant age with him that is 28 years old. Two years ago, Mr. MN was relieved of his job. His wife and their children find it difficult to care for Mr. MN. He lived in a remote area far from mental health service facilities. One day, Mr. MN went berserk and set fire to the house of one his neighbors. Mr. MN threatened to kill his neighbor due to his symptoms, however his action was thwarted by people. In conclusion, his wife made *Pasung* from wooden blocks behind their house. Mr. MN already got *Pasung* for 15 years in a sad situation.

MR. BY is 48 years old. Who do not have enough education, from well-off families, who is not married and live in the countryside. Early history, he is normal up to middle school and tends to be clever, nevertheless lacks communication with the surroundings. While MR. BY went to vocational school, he has been scolded by his teacher. Starting from this incident triggered mental disorders at the time of Mr. BY to drop out of school. Mr. BY's family took treatment to a mental hospital and treated it until it was better. After get better, Mr. BY was returned to his family. After 1 year, his mother passed away. From that happen his mental disorders coming back and more aggressive. Then, should bring him back to mental hospital. Having heard from people around that Mr. BY was treated badly in the asylum, Mr. BY's father brought him home and did traditional medicine and was put in a *Pasung*. Mr. BY has been *Pasung* up for 13 years in a state of sad.

## Discussion

Schizophrenia is a mental disorder that shows changes in emotional behavior that becomes uncontrolled, often experiences hallucinations, has its own fantasy world so that from this behavior, the patient becomes very sensitive and runs away from the reality of life, until finally experiencing a mental disorder. For families of sufferers who have middle to lower economies, they prefer to lock up family

members who suffer from schizophrenia, because they cannot afford to go to the hospital, not to mention the high belief in mystical things that make people with schizophrenia considered cursed, possessed by supernatural beings, as a result of being used for magic or as a result of spiritual problems. Shackling is considered as a solution to control the symptoms of possession or reduce the behavior of people with schizophrenia. There are two impacts of the shackles, namely, the psychological impact and the physical impact [4], [5], [6], [7], [8], [9].

Based on the case report above, after a complete psychiatric history, clinical interview, psychological test, and mental status examination refer to the diagnostic criteria for schizophrenia based on PPDGJ-III, ICD-10, and DSM-5 [4], [8], [9].

When classified based on the classification of schizophrenia on the criteria of the *Pasung* client, then the case report is in accordance with the characteristics of the *Pasung* client. The results of the analysis of the characteristics of the age showed a significant relationship between the age of the client *Pasung* with social aspects. Age is closely related to the level of maturity. Adulthood is the stage of putting oneself in society and taking responsibility for whatever is produced by the community. The above statement supports the examination results which show that the average age of *Pasung* clients is starting from 35 years [4], [7].

Schizophrenia classification based on client characteristics *Pasung* based on the length of time suffering from a mental disorder shows the frequency, which will have an impact on the delay in achieving ability and independence [5], [6]. Schizophrenia based on client characteristics *Pasung* based on routine medical treatment showed a meaningful relationship between routine medical treatment with social aspects. This result is supported by Xiong *et al.* (1994) on 64 schizophrenia patients in China who were randomly divided into two groups: The intervention group getting family psychoeducation and drugs and the control group only getting drugs. From both groups, the group that received psychoeducation and drugs got more positive results [6], [7].

Schizophrenia based on client *Pasung* characteristics based on the number of recurrences shows no significant relationship with social especially if the patient routinely takes medication so that recurrence can be minimized [7]. Schizophrenia classification based on client characteristics *Pasung* based on length of *Pasung* shows that the dipping is done if the patient is in a state of severe disruption. According to interviews with clients' families, the majority of clients are *Pasung* because the client is trying to hurt the family and others [6].

## Conclusion

Based on the case above, it was found that patients with psychiatric disorders were put on traditional physical restraint as an alternative for handling mental disorders. However, ignorance of the family and the community for early detection caused the patient to be handled poorly. Traditional physical restraint is the only way known by the people in the rural area to treat people with mental disorders, based on their culture and beliefs.

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