

PARADIGMS OF CLINICAL PSYCHOLOGY AND HEALTH: ISSUES IN THE DEVELOPMENT OF THE MENTAL HEALTH MOVEMENT

Umy Yonaevy

Poltekkes Kemenkes Surakarta, Indonesia

Email: ummyyona12@gmail.com

Abstract

The paradigm of clinical and health psychology continues to evolve, with a number of issues requiring attention if the mental health movement is to achieve broader and more effective impact. Addressing these issues with a holistic, evidence-based approach can help strengthen efforts to improve mental well-being in communities. By understanding these issues, we can better support the mental health movement and create a more inclusive and supportive environment for all individuals. As such, clinical psychology plays a critical role in improving community mental health, helping individuals to overcome psychological challenges, and supporting them in achieving greater well-being. The mental health movement has made significant progress, but it still faces a number of issues that affect its effectiveness and acceptance in communities. Addressing these issues requires collaboration across sectors, including governments, international organizations, communities, and individuals, to create an environment that supports better mental health. By understanding these issues, we can better support the mental health movement and create a more inclusive and supportive environment for all individuals.

Keywords: Paradigm, clinical and health psychology, issues, mental health

INTRODUCTION

Advances in physiology, psychology, and medicine research have led to a new understanding of health and illness. The biopsychosocial model takes into account a number of factors that influence health and illness, including biological traits (like genetic predisposition), behavioral traits (like lifestyle, stress, and health beliefs), and social conditions (like cultural influences, familial ties, and social support). This understanding of health and illness has many scientific and practical benefits. Prioritizing care from a multidisciplinary team that include of mental health professionals can assist patients in reducing their risk of major medical problems, get better care, and spend less on their medical bills (Bolton, 2023). It is noteworthy to mention that in the past, scientists and practitioners focused primarily on the biological in the biomedical paradigm, which underpinned the treatment of health and illness.

Simply said, being free from illness and injury was considered to be in good health, while having them was seen to be in poor health. For this concept, biological therapies to repair biological damage constituted appropriate care. Because of this, healthcare professionals are split into two groups: doctors, who treat patients using biomedical reasoning and have complete authority, and their assistants, whose job it is to carry out the doctor's orders (Collins et al., 2024).

The link between the mind, body, and behavior has greatly altered medical practice and systems today. The present holistic approach of healthcare delivery is characterized by this transition from a biological paradigm to biopsychosocial medicine (James Myers et al., 2022). The premise that biological, psychological, and social factors interact systemically or interdependently to either support or impede health is generally represented by the biopsychosocial model. The World Health Organization has approved the biopsychosocial paradigm as a technique that has acquired broad support.

Behavioral health is the cornerstone of biopsychosocial practice since it is necessary for good physical and mental wellness. According to Cassidy, lifestyle choices, negative experiences in life, and bad behaviors are all directly linked to health and illness. Our perception of an event influences how we react to it, resulting in the development of either healthy or unhealthy behaviors and behavioral modifications. A person's personality may make their body more susceptible to certain dysfunctions, and their views on health affect whether or not they pay attention to doctors. Similar to physical health, mental health is crucial to every stage of life. There are occasionally cycles of excellent and terrible mental health. Everybody encounters both sides in life. Mentally sound at times, and vice versa. When dealing with mental health issues, people require support from others in order to get through their struggles. Children and adolescents in particular may experience mental errors that affect their daily lives or future prospects. Taking good care of and safeguarding children's mental health is a critical component that can aid in their future development. Similar to other scientific fields, human occurrences or realities that have existed since are where mental health begins before the advent of science. Marx Webeer claimed that humanity reached a period of history in which people's mentalities had been carefully ordered and reinforced by every conceivable feature of their surroundings (Cromby et al., 2017). Consequently, the ability of humans to create culture marks the beginning of a new age. It follows that no culture can emerge without well-organized mental health. We humans will never make it into this period

without such culture. The secret to social and personal advancement in humankind is mental wellness.

As per Lake, J. H., & Lake, J. H. (2019), there are various interpretations of the phrase "mental health." While treating mental diseases is the primary emphasis of this paper, we also discuss the important concept of mental wellness. Positive mental health is characterized by a strong sense of well-being, the ability to build and maintain satisfying interpersonal relationships, resilience the ability to overcome adversity and personal resources like optimism, self-worth, and a sense of mastery and coherence. When taken as a whole, these improve a person's ability to support their family, friends, the neighborhood, and society at large. As a result, mental health encompasses more than merely the lack of symptoms or discomfort. It alludes to having a strong sense of wellbeing and believing in our own value as well as the worth and dignity of others (Furtado et al., 2018).

Sarris et al., (2014) stated that the development of the mental health movement in Indonesia faces a variety of complex and diverse issues. The stigma associated with mental illness is one of the main obstacles facing the mental health movement. Many communities still view mental health issues as a disgrace, often due to traditional or supernatural beliefs. This discourages people from seeking help and talking about their problems.

Limited understanding of mental health among the community is also a major issue. Many people do not have sufficient knowledge about mental disorders, which can lead to misunderstandings and inappropriate treatment. Education and counseling about mental health are essential to address this issue. There has been a change in perspective about mental health that places more emphasis on prevention and the role of the community in supporting individuals with mental disorders (Purgato et al., 2021).

RESEARCH METHOD

This study deeply investigates the paradigm of clinical and health psychology: the contents in the growth of the mental health movement with the help of a literature review methodology. A thorough understanding of clinical and health psychology, as well as the evolution of pre-scientific and modern mental health and concerns pertaining to the growth of the mental health movement, are among the outcomes. The literature analysis involves an in-depth review of the literature on issues in the development of mental health movement. With a strong conceptual foundation, this study provides

an important contribution to enrich the discussion on how and what are the issues in the development of mental health movement.

RESULT AND DISCUSSION

Clinical and Health Psychology

Sarafino, E. P., & Smith, T. W. (2014) stated that clinical psychology is a branch of psychology that focuses on the diagnosis, treatment, and prevention of mental and emotional health problems. When it comes to helping people with mental health issues including anxiety, sadness, trauma, and other behavioral problems, clinical psychologists are invaluable. They use a variety of methods, including psychotherapy and counseling, to help patients resolve problems that have an influence on their mental health. Mental health includes social, psychological, and emotional well-being. It affects how someone thinks, emotions, and behaviors. It takes good mental health to lead a balanced and successful life.

Clinical psychologists seek to understand and treat these issues with a holistic approach, remembering that physical and mental health are interrelated. Clinical psychologists not only provide therapy, but also conduct assessments to identify an individual's strengths and vulnerabilities. They cooperate with other medical specialists to provide complete care, and they operate in a range of environments, such as clinics, hospitals, and private practices. To become a clinical psychologist, a person must complete a psychology education that includes specialized training in clinical psychology. In Indonesia, clinical psychologists are recognized as health workers who have a practice license in accordance with applicable regulations (Barker et al., 2015).

Thus, clinical psychology plays a very important role in improving community mental health, helping individuals overcome psychological challenges, and supporting them in achieving better well-being.

Pre-Scientific Development of Mental Health

1. Animism Period

Since ancient times, the primordial idea of animism has given rise to ideas toward mental illnesses or personality disorders. There is a notion that gods or spirits oversee or govern this planet. The belief held by the indigenous people was that the spirits residing in various objects caused the wind to blow, waves to flow, rocks to roll, and trees to grow. The Greeks thought that mental illnesses resulted from the gods taking people's souls out of anger. They held a feast (sacrifice) using spells from the victims; they

offered in order to appease him. These customs date back to the 7th and 5th centuries BC. These practices declined with the rise of naturalism, but the notion that mental disease was caused by demonic spirits lingered into the Middle Ages (Grams, 2019).

2. The Emergence of Naturalism

A shift in perspectives about the animist tradition transpired during Hippocrates' (460–467) lifetime. Together with his adherents, he created a fresh perspective in medicine by applying the "Naturalism" method. This school of thinking contends that illnesses, whether they be physical or mental, are natural. Hippocrates disapproved of the idea that ghosts, demons, spirits, or gods might cause illness. Galen, a doctor who specialized in animal examination and surgery, later refined this naturalistic concept. Christians stopped using this naturalistic perspective as things progressed. A new political and social philosophy was employed by French physician Philippe Pinel (1745–1826) to address the issue of mental illness. He was chosen to lead the Paris-based Bicetre Hospital. His insane patients were shackled and strapped to the bed, the wall, and other surfaces in this hospital. Patients deemed too dangerous to be released from chains for more than 20 years were given a tour of the hospital. Many of them eventually succeeded. They exhibited no longer any inclination to harm or injure themselves (Killen, 2022).

Mental Health Developments in the Modern Era

Around the time that psychiatry and abnormal psychology developed in the United States, specifically in 1783, there was a dramatic shift in the attitudes and approaches to treating mental illnesses from archaic and irrational animism to logical and scientific views and procedures. Benjamin Rush (1745–1813) was a physician at the Pennsylvania Hospital at the time. There were 24 patients in this hospital who were deemed lunatics, or mentally sick or mad. The illness of insanity was not well understood at the time, and there was also little information available regarding treatments. These patients were consequently kept in inadequately ventilated quarters and periodically soaked with water. Rush made a very beneficial attempt to comprehend those who experienced mental health issues (Silove et al., 2017). He employed writing for newspapers, talks, and other gatherings as his strategy. Ultimately, this chamber was divided for male and female patients in the mental home in 1796, following a 13-year effort. Rush consistently encouraged (motivated) his patients to desire employment, leisure, and pleasure-seeking activities. "Mental hygiene" emerged as a result of the

development of abnormal psychology and psychiatry, and it progressed alongside organized movements to become a "Body of Knowledge". Expert opinions, inspiration, and ideas, particularly those of two trailblazing individuals, Clifford Whittingham Beers and Dorothea Lynde Dix, shaped the evolution of mental health. These two individuals devoted their life to assisting the weak and impoverished and preventing mental illnesses. Dorothea Lynde Dix passed away on July 17, 1887, after being born in 1802. She was a Massachusetts school teacher who focused on working with students who had mental health issues. She battled as a pioneer for 40 years to more humanely provide sacrifices for the insane. At first, she focused her attention on hospitalized psychiatric patients. This focus was widened to include inmates suffering from mental illnesses. Dix's efforts played a significant role in raising public awareness of the needs of those who suffer from mental illnesses. 32 mental institutions were founded in the US as a result of her unwavering efforts. As one of the outstanding ladies of the 19th century, she merits recognition. The mental health movement started to formally develop in 1909 (Pedrelli et al., 2015).

A number of mental health groups, including the American Federation for Sex Hygiene and the American Social Hygiene Association, were founded between 1900 and 1909. It is impossible to divorce Clifford Whittingham Beers' contributions from the growth of these mental health movements (1876-1943). Because of his achievements, he was even dubbed "The Founder Of The Mental Hygiene Movement". He is renowned for having a broad background in the caring management and prevention of mental health issues. Beers's experiences as a patient in multiple psychiatric hospitals shaped his strong commitment to mental health (Orben et al., 2020). He was given severe, unkind, and brutal care while he was in the hospital. This illness developed as a result of the lack of treatment and attention given to mental health issues during that period. Following two years of hospital therapy, he started to get better. In the final year of his hospital stay, he started formulating concepts for a movement to defend the insane and those suffering from mental illnesses. He followed through on his beliefs by releasing his autobiography, *A Mind That Found It Self*, in 1908 when he was back to living a normal life. William James was pleased to see this book published. He is a specialist in psychology. He makes adjustments to the service program and the harsh treatment of hospital patients that he believed to exist in this book. Furthermore, he is a reformer of mental health care institutions (Collishaw, 2015).

Related to the development of this mental health movement, Deutsch stated that during its time and after World War I, this mental health movement concentrated its programs on helping those who experienced serious problems. After the war, the mental health movement grew and its scope of work included various fields of activity, such as education, public health, general medicine, industry, criminology, and social work. Legally, this mental health movement was confirmed on July 3, 1946, when the President of the United States signed "The National Mental Health Act. Some of the objectives contained in the document include (Patel et al., 2018):

1. Improving the mental health of all citizens of the United States, through research, investigation, case handling experiments, diagnosis and treatment
2. Assisting government and private institutions that conduct research activities and improving coordination between researchers in conducting research activities and improving activities and applying the results of their research
3. Providing training for personnel on mental health
4. Developing and assisting the state in implementing various methods of mental health disorder prevention, diagnosis, and therapy. 1950 saw the growth of mental health organizations continue, with the founding of the "National Association For Mental Health" in cooperation with three other non-governmental organizations: the "Psychiatric Foundation," the "National Committee For Mental Hygiene," and the "National Mental Health Foundation." This mental health movement continued to grow so that by 1975 in the United States there were more than a thousand mental health associations. This movement was established through "The World Federation For Mental Health" and "The World Health Organization" in various parts of the world.

Issues in the Development of the Mental Health Movement

Now the issue of mental health is being widely discussed by young people of Gen Z and millennials in Indonesia. Since the viral suicide incident on social media some time ago, many young people have started to be aware of the issue of mental health. Although the issue of mental health has repeatedly gone viral and even become long-lasting content on social media, it seems that this crucial issue has not yet become a mainstream discourse and study for all groups (not just young people). As a result, literacy about mental health issues has not fully reached all groups. Of course, there are still many misunderstandings, stigmas and negative stereotypes surrounding the issue

of mental health because of insufficient rational understanding and empathy (Davidson, 2016).

Many still consider as weak, conceited, and capricious are those who suffer from mental illnesses and diseases. Those who suffer from mental health issues, particularly those who have mental diseases, need to be given support from others with empathy and if necessary take them to professionals to be treated. However, instead of helping and providing a way out, it turns out that many of us actually ostracize and even blaspheme people with mental problems as weak and over the top people who do not deserve to be helped.

Stigma and negative stereotypes towards people with mental problems and disorders are one of the biggest obstacles to efforts to realize mental health and well-being in our society. Many people with mental problems and disorders end up keeping their problems to themselves because they do not dare to tell their problems to those closest to them. There is concern from people with mental problems and disorders to reveal their mental problems (Ingleby, 2014). Even with the strong stigma and negative stereotypes towards people with mental problems, it also has an impact on low awareness to handle someone's mental health problems by professionals. As a result, of course, the actual diagnosis or findings regarding what percentage of data people in Indonesia have mental health problems are actually difficult to know. Of the many problems that hinder efforts to improve mental health, one priority effort that is easiest and can be done by everyone to contribute is how to increase literacy about mental health in all groups. Mental health literacy is very important because it can change old mindsets that are full of negative stigma, irrational and empathetic towards mental health problems.

According to Bemme, D., & Kirmayer, L. J. (2020), the mental health movement has experienced significant development, but is still faced with various issues that affect its effectiveness and acceptance in society. Here are some of the main issues that need to be considered:

1. Stigma and Discrimination

One of the biggest challenges in the mental health movement is the stigma attached to individuals with mental disorders. Many people still consider mental health problems to be a disgrace, which makes sufferers reluctant to seek help. In Indonesia, for example, there is still a belief that mental disorders are caused by supernatural things, which worsens this stigma.

2. Limited Knowledge and Understanding

The limited Another crucial issue is society's understanding of mental health. Many people lack adequate knowledge of the indicators and manifestations of mental diseases, so they cannot recognize these problems in themselves or others. This hinders prevention and early intervention efforts.

3. Access to Mental Health Services

In many places, access to high-quality mental health services remains a challenge. For instance, there is a deficiency of mental health specialists in Indonesia, as well as adequate facilities for treatment. This has left many individuals without the support they need.

4. Impact of the COVID-19 Pandemic

The COVID-19 pandemic has worsened mental health conditions around the world. Many people are experiencing anxiety, depression, and stress due to the social isolation and uncertainty caused by the pandemic. This has placed an additional burden on existing mental health systems, and requires more attention from governments and communities

5. Multidisciplinary Approach

The growth of the mental health movement further demonstrates the requirement for a more interdisciplinary strategy. Numerous factors, including social, economic, and cultural ones, have an impact on mental health. Consequently, cooperation amongst many sectors like community, health, and education is crucial to establishing an atmosphere that fosters mental health.

6. Paradigm Shift

There has been a paradigm shift in the mental health movement that emphasizes prevention and the role of the community. This includes efforts to increase awareness and education about mental health among the community, as well as encouraging social support for individuals experiencing mental disorders.

7. Advocacy and the Role of the Community

Civil society movements and Non-governmental groups are crucial in increasing public awareness and pressuring governments to improve mental health services. Support from family and community is essential in the recovery and rehabilitation of individuals with mental disorders. Addressing these issues requires collaboration across sectors, including governments, international organizations, communities, and individuals, to create environments that support better mental health.

By understanding these issues, we can better support the mental health movement and create more inclusive and supportive environments for all individuals.

CONCLUSION

The clinical and health psychology paradigms are theoretical and practical frameworks used to understand, diagnose, and intervene in mental health issues. In the context of the development of the mental health movement, there are several important issues that arise from these paradigms. The mental health movement has undergone many changes and developments, especially in the context of clinical psychology. Here are some of the key issues that have influenced the development of this movement:

1. Stigma towards Mental Health
2. Mental Health Services Accessible
3. Redefining Mental Health Treatment Paradigms
4. The Impact of Social Media and Technology
5. Mental Health in an International Setting
6. Community Engagement

The clinical and health psychology paradigms continue to evolve, with a number of issues that require attention if the mental health movement is to have a broader and more effective impact. Addressing these issues with a holistic, evidence-based approach can help strengthen efforts to improve mental well-being in communities. By understanding these issues, we can better support the mental health movement and create a more inclusive and supportive environment for all individuals.

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