

## Analysis of Social Change and Mental Health in Addressing Evolving Psychological Wellbeing in Central Sulawesi

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### ABSTRACT

This study explores the complex relationship in Central Sulawesi, Indonesia, between societal transformation and mental health. Using a mixed-methods approach, the study investigates how economic adjustments, lifestyle changes, and coping techniques relate quantitatively and qualitatively in the context of continuous societal developments. Significant relationships have been shown through quantitative analyses between changes in lifestyle, economic uncertainty, and elevated levels of anxiety and depression. These findings are strengthened by qualitative observations, which reveal complex views of social change, the breakdown of community cohesiveness, and adaptive coping mechanisms. Combining these findings provides a comprehensive knowledge of Central Sulawesi's resilience characteristics and complex issues. The implications for focused interventions and policy are examined, with a focus on the necessity of culturally aware, context-specific methods to improve mental health in the face of changing social dynamics.

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## 1. INTRODUCTION

The phenomena of social transformation has important effects on psychological and mental health. A society's social order can be altered via social change, which can encompass modifications to a society's social structure, social interactions, social behaviors, or social nature. The psychological and mental health of individuals may be affected by these changes in both positive and bad ways.

Climate change is one of the main contexts in which social change and mental health have been related. Social unrest, poverty, and population displacement are examples of secondary and tertiary effects brought on by rising temperatures, sea level rise, and extreme weather events. Increased stress, worry, hopelessness, depression, and suicidal thoughts can result from these changes. Natural disasters linked to climate change, slower-moving occurrences like droughts, or anxiety over the phenomenon of climate change itself can all pose hazards to one's mental health. In order to overcome these obstacles, it's critical to concentrate on elements that support psychosocial adaptability and resilience in addition to creating specialized local solutions. Building social capital and fortifying institutional frameworks are necessary for this [1].

The environment of chronic illnesses like diabetes is another area where social change affects mental health. Psychosocial stress was found to be quite prevalent among young individuals with diabetes. The research employed the Diabetes Psychosocial Assessment Tool (DPAT), which comprised validated screening instruments and inquiries about social support, eating problems, body image, hypoglycemia, and financial matters. The findings showed low wellbeing scores, considerable diabetes-related discomfort, and food, weight, and shape-related concerns [2].

When it comes to psychiatric diseases and medication adherence, social change also has an impact on mental health. Studies have indicated that improving drug adherence can benefit public health more than enhancing the efficacy of individual medical interventions. Predicting people at risk for pharmaceutical nonadherence is still difficult, though. Based on the syntactic and structural characteristics of written postings on health forums, machine learning classifiers have been employed in recent studies to predict individuals with psychiatric diseases who are at risk of medication nonadherence [3].

A province in Indonesia called Central Sulawesi is poised for major changes in the social, economic, and environmental spheres. Recent years have seen the region undergo unparalleled transformations brought about by urbanization, globalization, and ecological shifts. An major concern is how Central Sulawesi's diverse population's mental health will be affected as it adjusts to the pressures of the twenty-first century. This study looks into the complex relationship between mental health and social development, as well as the nuances that define people's changing psychological well-being in this ever-changing environment. Changes in the social and economic spheres as well as environmental changes all have an impact on mental health issues in Central Sulawesi, Indonesia. Stress and anxiety brought on by these changes may have detrimental effects on mental health.

Uneven stress due to social change is one of the main problems. Globalization and urbanization are two examples of rapid changes that might upset life trajectories and result in potentially stressful situations. Periods of rapid transition, as the COVID-19 pandemic, can amplify these pressures. The effects of these social disturbances on an individual's mental health can differ

according on their social positions, including their age, gender, color, class, and nativity [4]. The effect of natural calamities on mental health is a further worry. For example, the 2018 Palu City earthquake in Central Sulawesi raised several possible issues, such as the need to provide affected residents with permanent homes. It is anticipated that the homes constructed for earthquake victims will serve as centers for psychological healing, underscoring the significance of social components of housing supply [5]. Political violence can also have an impact on mental health, especially among young people. Research has indicated that these individuals require better psychosocial assistance and mental health [6]–[9].

Furthermore, there is reason for concern regarding the development in anxiety disorders, especially among younger generations. Numerous social factors, such as greater focus on anxiety in medicine, have been linked to this increase [10]. Finally, there is worry about how depletion of natural resources and climate change may affect mental health. These difficulties may negatively effect mental health and psychological well-being [11].

It's critical to create and put into practice efficient mental health solutions in response to these worries. For example, it has been demonstrated that maximizing a patient's functioning in individual psychotherapy requires a strong therapeutic alliance [12]. The process of personal healing also heavily relies on social elements, including social support and connections [13]–[15].

Numerous changes have resulted from the interaction of local dynamics and global influences. In Central Sulawesi, people's lived experiences are taking on new dimensions as a result of natural issues like climate change, traditional community bonds

are being reestablished, and economic systems are changing. Gaining an understanding of the psychosocial ramifications of these changes is essential to creating supportive structures, interventions, and policies that effectively address the community's mental health needs.

## 2. LITERATURE REVIEW

### 2.1 Social Transformation and Mental Health: A Linked Framework

Scholarly interest in the connection between social development and mental health has grown as a result of the realization of the complex interactions that exist between societal dynamics and personal welfare. Numerous theoretical frameworks that highlight the reciprocal character of the influence have been put up to explain this relationship [16]–[18]. Social causality theories state that alterations in community dynamics and economic inequities can have a direct effect on mental health outcomes [8], [19]. On the other hand, theories of social selection suggest that people with particular mental health issues might be more likely to experience or contribute to societal change. In order to identify overarching themes and insights pertinent to the relationship between societal change and mental health, this section thoroughly examines the body of existing literature [9], [20]–[24].

### 2.2 The Worldwide Context: Insights from Comparable Shifts

Prior to bringing the conversation to Central Sulawesi, it is useful to learn from examples from around the world where quick changes in the social, economic, and environmental spheres have affected mental health. Globalization, urbanization, and technology developments, for instance, have all been linked to both favorable and unfavorable results for mental health.

Research from around the globe show how crucial it is to comprehend the complex ways that diverse facets of social change can impact mental health [25], [26].

### **2.3 Central Sulawesi's Cultural and Historical Background**

Understanding Central Sulawesi's cultural and historical foundations is essential to understanding how societal change affects mental health in the area. Central Sulawesi, where traditional beliefs and contemporary activities frequently coexist, is a striking example of Indonesia's complex cultural terrain. Interpreting the results of this study requires an understanding of how historical occurrences, cultural norms, and regional belief systems influence attitudes toward and reactions to mental health.

### **2.4 Disparities in Mental Health in the Face of Social Change**

Research already in existence suggests that times of social upheaval may make inequities in mental health worse. A disproportionate amount of the burden may fall on vulnerable groups, such as those with lower socioeconomic position or less access to healthcare [17], [20], [22]. To create inclusive treatments that meet the needs of all demographic segments, it is imperative to identify these discrepancies.

### **2.5 Knowledge Gaps and Their Applicability to Central Sulawesi**

Even while the literature offers insightful information, there is a clear vacuum when it comes to the particular dynamics of social development and mental health in Central Sulawesi. By examining the distinctive interaction of regional environmental challenges, local traditions, and global pressures, this study aims to close this gap. The goal of the project is to contribute to the academic discourse on social

change and mental health as well as the creation of useful, culturally sensitive interventions by integrating current information and adapting it to the unique environment of Central Sulawesi.

## **3. METHODS**

### **3.1 Design**

This research used a mixed methods approach to holistically explore the relationship between social change and mental health in Central Sulawesi. This methodological choice allowed for the integration of quantitative and qualitative data, thus providing a comprehensive understanding of the multiple dimensions of the research question.

### **3.2 Research Population and Sample**

This study covers a diverse population in Central Sulawesi. To ensure representativeness, participants will be selected from both urban and rural areas, reflecting the demographic and geographic diversity of the region. A stratified random sampling method will be used. Strata will be based on geographic location (urban or rural), age group, gender, and socioeconomic status. This ensures a balanced representation, thus providing insight into the experiences of various demographic groups, a total of 358 participants are involved in the study.

### **3.3 Data Collection**

#### **Quantitative Data**

A structured survey questionnaire was administered to a large sample of participants. This questionnaire will collect quantitative data regarding socioeconomic status, lifestyle changes, and mental health indicators. Standard scales, such as the Generalized Anxiety Disorder (GAD-7) and Patient Health Questionnaire (PHQ-9), will be

used to measure anxiety, depression, and overall psychological well-being.

Participants will be asked about changes in employment status, income, and access to healthcare. The aim is to capture the economic dimension of social change and its potential impact on mental health.

### **Qualitative Data**

In-depth interviews are conducted with a subset of participants to gather rich and detailed narratives. Participants will be purposively selected to ensure diverse perspectives. Open-ended questions will be used to explore personal experiences, perceptions of social change, and the emotional dimensions of these experiences.

Focus group discussions will be used to facilitate interaction among participants. These sessions will delve into shared experiences, community dynamics, and coping mechanisms. The group setting allows exploration of collective responses to social change.

### **3.4 Ethical Considerations**

Ethical approval was obtained from relevant institutional review boards. Informed consent was obtained from all participants, emphasizing voluntary participation and the right to withdraw at any stage without consequences. Confidentiality and anonymity will be strictly maintained throughout the research process. Special attention will be paid to cultural nuances to ensure respectful and culturally sensitive engagement.

### **3.5 Data Analysis**

Quantitative data will be analyzed using SPSS statistical software. Descriptive statistics will provide an overview of demographic characteristics and socioeconomic indicators. Inferential statistics, such as correlation and regression

analysis, will explore the relationship between social change variables and mental health outcomes.

Qualitative data will undergo thematic analysis. Open coding will be used to identify emerging themes, and axial coding will be used to explore the relationships between themes. Qualitative and quantitative findings will be triangulated to provide a comprehensive interpretation of the research questions.

## **4. RESULTS AND DISCUSSION**

### **4.1 Demographic Overview**

The study included a diverse sample from 358 Central Sulawesi, encompassing urban and rural residents across various demographics. The demographic breakdown revealed a balanced representation, allowing for an in-depth analysis of the relationships between social change and mental health across different groups.

### **4.2 Economic Shifts and Mental Health Employment Status**

Quantitative analysis indicated shifts in employment status among participants. Approximately 30% reported changes in employment, ranging from job losses to shifts in work structures. A Pearson correlation revealed a statistically significant association between changes in employment status and increased levels of anxiety ( $r = 0.423, p < 0.01$ ) and depression ( $r = 0.382, p < 0.05$ ).

### **Income Fluctuations**

Participants reported varying degrees of income fluctuations. A regression analysis demonstrated a significant relationship between income changes and mental health outcomes. Individuals experiencing income reductions were more likely to report higher levels of anxiety ( $\beta = 0.295, p < 0.05$ ) and depression ( $\beta = 0.276, p < 0.05$ ).

### 4.3 Lifestyle Changes and Mental Health

#### Screen Time

Urbanization was reflected in increased screen time reported by participants. A correlation analysis indicated a positive association between higher screen time and perceived stress levels ( $r = 0.336$ ,  $p < 0.05$ ).

#### Dietary Habits

Changes in dietary habits were prevalent, with an increased reliance on processed foods. Participants reporting these dietary shifts demonstrated a statistically significant correlation with higher depression scores ( $r = 0.288$ ,  $p < 0.05$ ).

#### Sleep Patterns

Alterations in sleep patterns were observed, with many participants reporting disruptions in sleep quality and duration. Regression analysis revealed a significant association between sleep disturbances and increased anxiety levels ( $\beta = 0.355$ ,  $p < 0.01$ ).

### 4.4 Mental Health Indicators

#### Generalized Anxiety Disorder (GAD-7)

The GAD-7 scores indicated a concerning prevalence of anxiety symptoms. Approximately 45% of participants scored above the clinical threshold, suggesting a significant burden of anxiety in the population.

#### Patient Health Questionnaire (PHQ-9)

Depression scores assessed by the PHQ-9 mirrored the patterns observed in anxiety. Nearly 35% of participants scored above the clinical threshold, indicating a substantial prevalence of depressive symptoms.

### 4.5 Subgroup Analyses

#### Age and Gender Differences

Subgroup analyses revealed age and gender differences in mental health outcomes. Younger participants demonstrated higher levels of anxiety ( $p < 0.05$ ), while women exhibited elevated depression scores compared to men ( $p < 0.05$ ).

#### Socioeconomic Status

Participants with lower socioeconomic status reported more significant mental health challenges. Regression analyses indicated a negative association between socioeconomic status and both anxiety ( $\beta = -0.273$ ,  $p < 0.05$ ) and depression ( $\beta = -0.243$ ,  $p < 0.05$ ).

#### Qualitative Findings

##### Perceptions of Social Change

In-depth interviews unveiled a prevalent theme of a perceived loss of community cohesion. Participants expressed a sense of disconnection from traditional communal bonds, attributing this to economic shifts and the influence of external forces. One participant articulated, "The tight-knit community we once had is unraveling. People are more focused on individual pursuits, and the sense of collective responsibility is fading."

##### Anxiety about the Future

Participants consistently articulated anxiety about the future. Economic uncertainties and the rapidly changing societal landscape contributed to a pervasive sense of unease. One participant shared, "We used to have a clear path, but now everything seems uncertain. The future is unknown, and that uncertainty is affecting our mental wellbeing."

### **Erosion of Traditional Values**

Cultural and traditional values were perceived to be eroding under the influence of globalization and urbanization. Participants expressed concerns about the loss of identity and the dilution of cultural practices. A participant reflected, "Our traditions are fading away. The younger generation is more influenced by external cultures, and our identity is at risk."

### **Coping Mechanisms and Resilience Strengthening Social Networks**

Amidst the challenges, participants highlighted the importance of strengthening social networks as a coping mechanism. Increased emphasis on community gatherings and support networks emerged as protective factors. A participant shared, "Our community has become more intentional about supporting each other. We've realized the strength in our unity."

### **Engaging in Cultural Practices**

Preserving and engaging in cultural practices emerged as a powerful coping strategy. Traditional ceremonies, rituals, and celebrations were viewed as anchors in the face of rapid change. A participant expressed, "Our cultural practices give us a sense of continuity. They remind us of who we are and where we come from."

### **Fostering Community Support**

Community support mechanisms were crucial in navigating the challenges posed by social change. Mutual assistance, shared responsibilities, and collective problem-solving were identified as resilience-building factors. A participant noted, "In times of need, our community comes together. We share resources, offer emotional support, and collectively face challenges."

### **Discussion**

The quantitative results emphasize the direct impact of economic shifts on mental health outcomes. Job losses and income fluctuations contribute to heightened levels of anxiety and depression. This calls for targeted interventions such as economic support programs and financial literacy initiatives to mitigate the psychological impact of economic stressors.

Urbanization-related lifestyle changes significantly correlate with mental health challenges. Interventions promoting healthy lifestyles, stress management, and awareness of the impact of modernization on daily habits are imperative for enhancing overall psychological wellbeing.

Subgroup analyses highlight variations in mental health outcomes across demographics. Tailored interventions that consider age, gender, and socioeconomic factors are essential for addressing mental health disparities and ensuring inclusivity in support programs.

The qualitative findings enrich the discussion by revealing the resilience of Central Sulawesi's communities. Strengthening social networks, engaging in cultural practices, and fostering community support emerge as vital components of resilience. Interventions should leverage these existing strengths to enhance community wellbeing.

### **Implications for Interventions and Policies**

The integrated findings have profound implications for interventions and policies. Economic support programs, lifestyle interventions, and culturally sensitive mental health initiatives are crucial for addressing the multifaceted challenges posed by social change in Central Sulawesi. The community-based approach, grounded in

the resilience identified in the study, should guide the development of comprehensive strategies.

## 5. CONCLUSION

In conclusion, this study illuminates the profound impact of social change on mental health in Central Sulawesi. The quantitative findings establish clear associations between economic shifts, lifestyle changes, and adverse mental health outcomes. These are complemented and enriched by qualitative narratives, providing a deeper understanding of the emotional and cultural dimensions of societal transformations. The resilience exhibited by

communities through strengthening social networks, engaging in cultural practices, and fostering community support offers valuable insights for intervention strategies. The implications for policies underscore the necessity of holistic, community-centered approaches that address the specific challenges and strengths of the population. As Central Sulawesi continues to navigate social change, this research contributes to the development of informed, culturally sensitive strategies aimed at fostering mental health and wellbeing.

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