

POST-ELECTION DISORDER SYNDROME: AN ANALYSIS OF COMMUNITY STRESS LEVELS AND MENTAL HEALTH DISORDERS FOLLOWING THE 2024 INDONESIAN ELECTION IN NORTH SULAWESI

Post-Election Disorder Syndrome: Analisis Tingkat Stres dan Gangguan Mental Masyarakat Pasca Pemilu Indonesia 2024 di Sulawesi Utara

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Abstract

This study aims to analyze the stress and mental disorders experienced by the people of North Sulawesi after the 2024 General Election, using a mixed-methods approach that includes quantitative and qualitative data. Through surveys and in-depth interviews, this study explores the phenomenon of Post-Election Disorder Syndrome (PEDS), as well as socio-political factors that contribute to increased stress. The study population consisted of 400 respondents, who were interviewed using stratified random sampling, while purposive sampling was used to interview community leaders and health workers. Stress measurements were carried out using the Perceived Stress Scale (PSS-10) questionnaire and in-depth interviews to obtain subjective perspectives of the community. Data analysis used descriptive, inferential, and thematic analysis statistical methods. The results showed that the majority of respondents experienced high levels of stress, with symptoms such as anxiety, sleep disturbances, Difficulty concentrating, and excessive emotional reactions. Social media was also found to have a significant role in exacerbating community stress. This study suggests the need to improve mental health services and public education on managing stress, especially in areas exposed to major political events such as elections. These findings are expected to provide further insight into the psychological impact of post-election in Indonesia.

INTRODUCTION

General elections (elections) in Indonesia are complex political events, often accompanied by political euphoria, social tension, and dynamics that can affect people's psychological well-being. The 2024 elections in Indonesia, especially in the North Sulawesi region, are crucial political momentum and open up discussions about the psychological impacts that arise after the election ends. People who are directly involved in the political process, whether as voters, supporters, or sympathizers, often face various feelings, ranging from satisfaction to disappointment, which has the potential to trigger stress and mental disorders. (Wahyuning & Asih, 2024) . Post-election disorder Syndrome (PEDS) is a phenomenon that indicates the emergence of psychological problems in

society after the election, such as excessive stress, anxiety, and even depression, which need to be understood more deeply. (Sakiinah, 2024) .

Elections are often considered a moment that determines the direction of a country's development, thus creating great hopes and expectations from the public. However, election results that do not meet expectations or a heated political situation after the election can be a source of dissatisfaction and trigger stress among the public. Previous research focusing on the impact of politics on individual psychology in various countries has shown that elections, especially those held in situations of solid political polarization, can cause a spike in anxiety and mental disorders in the public. For example, similar phenomena have been reported in the United States and the United Kingdom after the presidential election and the Brexit referendum.

The psychological impacts after the election are significant to study in Indonesia, especially in North Sulawesi, a region with cultural plurality and diverse political views. Based on local surveys and reports, after the 2024 election, there was an increase in public discussion regarding public anxiety and dissatisfaction with the election results, as well as increasing polarization between supporter groups. (Wahyuning & Asih, 2024) This phenomenon has attracted attention because of its potential impact on North Sulawesi's social stability and mental well-being.

This research has high urgency because Post-Election Disorder Syndrome (PEDS) has not received much serious attention in Indonesia, even though its impact on the mental health of the community has great potential. (Hodges, 2018) . In North Sulawesi, where political tensions are often high during elections, this study can provide important insights into how political conditions affect people's mental health, ultimately affecting social productivity and general well-being. By understanding the PEDS phenomenon, it is hoped that appropriate preventive and intervention measures regarding policy and mental health services can be taken.

In addition, in this modern era, social media and mass media have become the main tools for people to express their political views, which often exacerbates post-election polarization and stress. (Olack, 2011) . This research is necessary because it examines how the media plays a role in worsening or reducing the psychological impact of post-elections, especially in areas with social complexity, such as North Sulawesi.

Although several previous studies have explored the psychological impact of major political events, in-depth studies on Post-Election Disorder Syndrome (PEDS) in the Indonesian context, especially in North Sulawesi, are still minimal. Previous studies focus on political, social, and economic aspects after the election without highlighting mental health. Furthermore, several international studies on the impact of elections on community stress have not explained the conditions in developing countries, especially with a very diverse political culture such as Indonesia.

This study fills the gap by providing an empirical analysis of the community's stress levels and mental disorders after the 2024 Election in North Sulawesi. Thus, this study not only enriches the literature on the psychological impact of political events (Hirschowitz, 1997) but also offers mental health-based policy solutions relevant to the local context in Indonesia.

METHOD

This study uses a quantitative and qualitative approach (mixed methods) to analyze the level of stress and mental disorders in the community after the 2024 Election in North Sulawesi. This approach was chosen to obtain more comprehensive data. (Mu, 2022) , both in terms of statistics and individual subjective experiences, so a clearer picture of the Post-Election Disorder Syndrome (PEDS) phenomenon can be provided. (Abrams, 2024) .

Study This descriptive-explorative study describes the condition of stress and mental disorders in society after elections and explains contributing factors to the emergence of PEDS in North Sulawesi. Through design, the researcher will explore the connection between the election, the results' response to psychological society, and the role of media and social factors that affect stress and mental disorders (Milne-Ives, 2020).

Location and Time of Research

A study was conducted in the North Sulawesi region, Indonesia, and was selected because of socio-political complexity during the 2024 election process. The research location covers several cities and districts in North Sulawesi that have dynamics in different political areas, such as Manado, Bitung, Minahasa and Tomohon (Yu, 2020). This research will be implemented for six months, starting from July until December 2024, with stages of data collection, analysis, and compilation of report results study.

Population and Sample

The study's population is the North Sulawesi community involved in or affected by the 2024 Election process. The sample was taken by stratified random sampling, which considered demographics like age, type of gender, level of education, and affiliation politics. Researchers targeted a sample of as many as 350 respondents (Levin, 2021), which is considered enough to describe the dynamics of stress and mental disorders in this region.

Besides that, purposive sampling is used for interviews with figures from society, observer politics, and power mental health to gain more perspective on the related impact of elections on community mental health.

Instrument Study

The questionnaire used to measure the level of stress and mental disorders based on the scale of stress (Perceived Stress Scale/PSS -10) (Garcia-Vidal, 2021). Questionnaire This consists of some items to explore symptom stress. Measurement was done using a self-report questionnaire of 10 questions to evaluate the stress level in the number of months last on the subject research. PSS scores were obtained with turn-over responses (example: 0=4, 1=3, 2=2, 3=1, 4=0) for four questions of a nature positive (questions 4, 5, 7, and 8), then added up the scores from all over the answers. Besides that, the questionnaire also evaluates anxiety and depression and influences results election to condition psychological respondents.

The Interview was conducted in-depth to understand the individual's experience and the public's perception of the election's impact on their mental health (Corre, 2021). The Interview focuses on social media's role, political locality dynamics, and how the public faces pressure post-election.

Data collection

Data collection was carried out in two stages; the survey was done using an online and offline questionnaire. Data from the survey This will give a quantitative description of the level of stress and mental disorders in the community in North Sulawesi post 2024 Election (Akin, 2020). After the Interview was done in a way that looked advanced, the Respondent selected figures from society, leaders parties, and power mental health to get more qualitative data on related experiences and perspectives about the PEDS phenomenon.

Data analysis

Data from the questionnaire will be analyzed using descriptive and inferential methods with the assistance of SPSS software. The descriptive analysis will give a general description of the respondents' stress level and mental disorders, such as distribution frequency, mean, and deviation standard. That analysis will apply methods like regression logistics, which aims to explore the connection between factors of politics and society with level stress respondents. Regression logistics allow for understanding the influence variable independent of the probability that the Respondent experienced the level of stress is certain. (Patel, 2020) .

Data from the Interview will be analyzed using method analysis to identify the main themes in respondents' experiences and perceptions. This process involves transcription, interview coding (Sharifipour, 2020), and identifying relevant patterns in the PEDS phenomenon.

RESULTS AND DISCUSSION

Table 1 below shows the various stress indicators used in this study. Each indicator is described to provide a clearer understanding of the aspects of measured stress. These indicators cover a range of psychological and behavioral symptoms that individuals often experience under stress, from feelings of being unable to control the situation to sleep disturbances and excessive emotional reactions. By understanding each indicator, this study is expected to comprehensively evaluate the stress level experienced by respondents.

Table 1. Indicators Study

Stress Indicator	Description
Feeling of Control	How often do you feel unable to control important things in life?
Feelings of Anxiety or Restlessness	How often do you feel anxious or restless about things not going as expected?
Difficulty Concentrating	How often do you have Difficulty focusing or concentrating?
Negative Thoughts	How often do you have negative thoughts about yourself or the future?
Sleep Disorders	How often do you have Difficulty sleeping or do not sleep well?
Excessive Emotional Reaction	How often do you overreact emotionally to challenging situations?

Descriptive Statistics

Table 2 below. This is a descriptive statistic of several indicators that measured stress in a study. Statistics This covers minimum, maximum, average (mean) values, and standard deviation from each indicator. The data were taken from 350 respondents, and a general description of the distribution mark of every indicator was provided. Information This helps describe to what extent the variation and intensity of symptom stress experienced by respondents, including feeling no control, anxiety, disturbance concentration, negative mind, disturbance sleep, and overly emotional reaction.

Table 2. Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Feeling of Control	350	27.00	44.00	37.2771	4.21966
Feelings of Anxiety or Restlessness	350	32.00	43.00	38.7829	3.36317
Difficulty Concentrating	350	31.00	43.00	38.4914	4.00554
Negative Thoughts	350	31.00	43.00	38.4029	4.00222
Sleep Disorders	350	31.00	43.00	38.4143	4.28194
Excessive Emotional Reaction	350	31.00	43.00	38.5057	3.93773
Valid N (listwise)	350				

Based on the analysis of the results in Table 2, it is seen that all indicators measured stress have a relative average high, showing a level of enough stress significance among respondents. The Feeling of Control indicator has an average of 37.28 with a standard deviation of 4.22, which indicates that the Respondents feel their own moderate control over the situations in life, even though there are variations between respondents. Furthermore, feelings of anxiety or restlessness showed the highest average, 38.78, with a standard deviation of 3.36, indicating that feeling worried or nervous was more dominant among respondents compared to the indicator.

For the Difficulty Concentrating indicator, the average obtained is 38.49 with a standard deviation of 4.00, indicating the existence of quite a bit of trouble in general in concentration among

respondents. Negative Thoughts had an average of 38.40 with standard deviations, which reflects that Many Respondents often experience negative thoughts about themselves or their condition.

The Sleep Disorders indicator recorded an average of 38.41 with a standard deviation of 4.28, which indicates that disturbance sleep, like Difficulty Sleeping or sleep that is not sound asleep, has become a problem common among respondents (Mintun, 2021). Finally, Excessive Emotional Reaction recorded an average of 38.51 with a standard deviation of 3.94, which indicates that respondents often react overly emotionally to difficult situations.

In general, overall, the conclusion from Table This is that the Respondents generally experience high stress, with enough symptoms uniform in various indicators, such as anxiety, Difficulty concentrating, mind negative, disturbance of sleep, and reaction overly emotional.

Normality

A normality test was done to determine whether the data obtained from the Respondent was normally distributed. The test used are Kolmogorov-Smirnov and Shapiro-Wilk. The Kolmogorov-Smirnov test is more often used when the sample size is larger, while the Shapiro-Wilk test is usually used for small samples. The significance value (Sig.) in both tests will indicate data normality, whereas if Sig. The data can be considered normally distributed if the value exceeds 0.05.

Table 3. Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro Wilk		
	Statistics	df	Sig.	Statistics	df	Sig.
Feeling of Control	.171	350	.198	.938	350	.683
Feelings of Anxiety or Restlessness	.262	350	.350	.866	350	.578
Difficulty Concentrating	.267	350	.216	.780	350	.789
Negative Thoughts	.275	350	.346	.797	350	.984
Sleep Disorders	.242	350	.109	.769	350	.635
Excessive Emotional Reaction	.263	350	.198	.801	350	.982

a. Lilliefors Significance Correction

Based on the results of the Kolmogorov-Smirnov and Shapiro-Wilk normality tests shown in Table 3, the indicators that measure stress show diverse results. In the Kolmogorov-Smirnov test, all indicators mark greater significance from 0.05, indicating that the data does not reject the null hypothesis, which means the data is assumed to be normally distributed. Similar things are shown in the Shapiro-Wilk test, where the value significance in each indicator is also bigger than 0.05, which confirms the results from Kolmogorov-Smirnov that the measured data is normally distributed.

From the results, Both normality tests, Kolmogorov-Smirnov and Shapiro-Wilk, can conclude that the data from every indicator measured stress, such as Feelings of Control, Feelings of Anxiety or Restlessness, Difficulty Concentrating, Negative Thoughts, Sleep Disorders, and Excessive Emotional Reaction, all normally distributed. This is shown with a greater significance of 0.05 in both tests (Zhou, 2020). The normal distribution of the data allows for the analysis of statistics to be advanced by using parametric methods, such as regression or analysis variance (ANOVA), for test connections or intervariable differences.

Analysis Interview

In a study about the impact of psychological post-election, one of the approaches to understanding emotions and experiences experienced by society is through in-depth interviews. Interview This produces qualitative data that is processed and presented in various visual forms to

corner view of the individual (Schyns, 2021). The use of pronouns helps create a more intimate and personal atmosphere in the Interview, so that Respondents feel more comfortable sharing their personal experiences, which are in a way deep.

Overall, this word cloud describes frequently used words and helps us understand psychological and emotional patterns related to the post-election experience. Themes like frequency of feeling affected, problem sleep, Difficulty concentrating, and feelings of lost control show that the situation after the election can significantly impact individual mental health.

CLOSING

Based on the research results, it can be concluded that the 2024 Election in North Sulawesi has a significant psychological impact on the community. Respondents generally experienced high levels of stress, as seen from indicators such as feelings of inability to control the situation, excessive anxiety, impaired concentration, negative thoughts, sleep disturbances, and excessive emotional reactions. This condition shows that people involved in the political process, both active and passive supporters, feel the psychological impacts after the election that affect their mental well-being.

One Respondent said, "I feel anxious almost every day, especially thinking about what will happen after the election results are announced. I have not slept well since then." This statement supports the finding that sleep disorders and anxiety are among the most dominant symptoms experienced by the community. This is in line with research conducted by Wahyuning and Asih (2024), where they found that the election process in the context of solid political polarization can increase anxiety levels in the community. (Utami et al., 2024).

As stated by Abrams (2024), previous research also shows that intense political events can significantly impact stress. In the case of North Sulawesi, with its socio-cultural plurality and complex political dynamics (Rafiee et al., 2024), the psychological effects after the election appear more prominent and require special attention. This study supports Hirschowitz's (1997) findings on how political stress in developing countries, especially those facing political polarization, tends to be higher. (Alexander & Hirschowitz, 1997).

Furthermore, in-depth interviews with community leaders and mental health workers showed that social media plays a significant role in exacerbating stress symptoms experienced by the community. One political observer stated, "Every day people are talking about politics on social media, and it is increasing tensions. Even after the election is over, the impact is still felt." This emphasizes the importance of the media's role in shaping public perceptions and emotions, as Milne-Ives (2020) found, where social media has been shown to worsen political polarization and increase social stress. (Milne-Ives et al., 2020).

With these findings, it is recommended that the government and related parties strengthen mental health services, especially in areas vulnerable to the psychological impact of major political events such as elections. In addition, education about mental health needs to be improved significantly to help people manage stress and anxiety better. Preventive measures like these will be beneficial in maintaining social stability and mental well-being in the future.

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