

Poster

📅 Fri. Sep 26, 2025 11:00 AM - 12:00 PM JST | Fri. Sep 26, 2025 2:00 AM - 3:00 AM UTC 🏢 Poster
Session (Foyer 1)

Poster 10

[P-10-01]

Behavioral Intentions to Negotiate the Division of Domestic Labor: A Qualitative Study in Salahutu District, Maluku for Women- and Children-Friendly Village Initiative

*Laraszahra Kemalasari Erlambang^{1,2}, Sherly Saragih Turnip^{1,2}, Fitri Fausiah^{1,2} (1. Research of Community Mental Health Initiative (Indonesia), 2. Universitas Indonesia (Indonesia))

[P-10-02]

Gender Differences in The Concept of Mental Health of Indonesia's Police Officers

*Canalya Amira Azhar¹, Sherly Saragih Turnip¹, Fitri Fausiah¹ (1. Universitas Indonesia (Indonesia))

[P-10-03]

Gender Disparity and Mental Health in Policing: Exploring Indonesia's Women Police Officers' Perspectives in a Male-Dominated Field

*Canalya Amira Azhar¹, Sherly Saragih Turnip¹, Fitri Fausiah¹ (1. Universitas Indonesia (Indonesia))

[P-10-04]

Psychosocial Challenges and Support Faced by Individuals with Gender Incongruence and Gender Dysphoria in Japan: A Literature Review and Implications for Cross-National Nursing Education

*Mayu SAKAMOTO¹, Mayuko TSUJIMURA¹, Kazuma HONDA², Namiko KAWAMURA¹ (1. Shiga University of Medical Science (Japan), 2. Broken Hill University (Austria))

[P-10-05]

Psychological Symptoms and Treatment Approaches in Perimenopausal Women: A Global Cultural Perspective

*Mrinalinee Rana

[P-10-06]

Cultural models of masculinity and femininity in Canada and in Brazil: A potential first step towards better understanding gender discrepancies in mental health.

*Mariana Borges da Fonseca^{1,2,4}, Andrew G Ryder^{1,2,3,4} (1. Concordia University (Canada), 2. Centre for Clinical Research in Health, Concordia University (Canada), 3. Culture & Mental Health Research Unit, Jewish General Hospital (Canada), 4. Culture, Health and Personality Lab, Concordia University (Canada))

Poster

📅 Fri. Sep 26, 2025 11:00 AM - 12:00 PM JST | Fri. Sep 26, 2025 2:00 AM - 3:00 AM UTC 🏛️ Poster Session (Foyer 1)

Poster 10

[P-10-01] Behavioral Intentions to Negotiate the Division of Domestic Labor: A Qualitative Study in Salahutu District, Maluku for Women- and Children-Friendly Village Initiative

*Laraszahra Kemalasari Erlambang^{1,2}, Sherly Saragih Turnip^{1,2}, Fitri Fausiah^{1,2} (1. Research of Community Mental Health Initiative (Indonesia), 2. Universitas Indonesia (Indonesia))

Keywords : Behavioral intention, Domestic labor, Gender equality, Community empowerment, Women-friendly village

Based on the Indonesian Central Bureau of Statistics, Indonesia has a Gender Inequality Index (GII) value of 0.447 in 2023. Maluku Province ranks amongst the highest GII in the nation, with its history of long-term conflict that extended its violence to homes, including gender-based violence. In an effort to realize gender equality, the Indonesian government has launched the Desa Ramah Perempuan dan Peduli Anak (DRPPA/Women- and Children-Friendly Village) initiative, aimed at gender mainstreaming as well as cultivating supportive villages for women and children, with Salahutu District, Central Maluku Regency being one of the local areas to first initiate it. This study aims to examine women's behavioral intentions to negotiate the division of domestic labor with male family members in Salahutu District, within the DRPPA framework. Using Ajzen's Theory of Planned Behavior and an emancipatory action research methodology, data were gathered through observation, analysis of existing village records, discussions with local institutions, as well as interviews with female community members across six villages in the district. Thematic analysis reveals that while many women express a desire to advocate for a more equitable sharing of household tasks, actual negotiation is often constrained by internalized gender norms, perceived male resistance, and broader cultural expectations. These findings suggest that community-based structures, such as Kader Sahabat Perempuan dan Anak (Support Cadres for Women and Children), may support women in translating intention into action. Such initiatives would empower village communities to cultivate sustainable practices to challenge prevailing gender norms that start within the domestic sphere.

Poster

📅 Fri. Sep 26, 2025 11:00 AM - 12:00 PM JST | Fri. Sep 26, 2025 2:00 AM - 3:00 AM UTC 🏢 Poster
Session (Foyer 1)

Poster 10

[P-10-02] Gender Differences in The Concept of Mental Health of Indonesia's Police Officers

*Canalya Amira Azhar¹, Sherly Saragih Turnip¹, Fitri Fausiah¹ (1. Universitas Indonesia (Indonesia))

Keywords : police, women police officer, mental health, gender differences, Indonesia

Background

A report by the World Economic Forum (2024) showed that gender equality in the workforce declined from last year. Its impact is more prominent in male-dominated fields, such as law enforcement and police officers. To date, the Indonesian National Police (Polri) has advanced its gender mainstreaming policies. Yet, women are still underrepresented, presenting additional challenges and adversely affecting police women officers' mental health. This study aims to assess the differences in perception of mental health among male and female police officers In Indonesia.

Method

To investigate the mental health characteristics pertinent to police officers' line of work, we developed an instrument using the biopsychosocial framework of health. Through literature reviews and focus group discussions, we identified fifteen key characteristics. These characteristics were paired to form 115 items, including 10 items for consistency checks. Participants were asked to endorse characteristics they perceived appropriate to their context of work. The surveys underwent readability testing before being distributed to Indonesian police officers in 34 provinces. Descriptive statistics analysis was used to analyze the data from surveys.

Results

504 (20.72%) women and 1.928 (79.28%) men participated in this study. The descriptive statistics analysis indicates that all police officers recognize "Compliance to norms and rules" as a vital component of mental health, followed by social characteristics all in the similar manner. There was only a slight variation observed in how certain psychological traits are perceived by gender. Men prioritize anger management over anxiety and depression, ranking it 7th and 9th respectively, whereas women reverse this order, ranking anxiety and depression 7th and anger management 8th. Variations on other aspects and gender differences based on rank, region, and function are also presented in this study.

Discussion

There was only a slight difference in women police officers' perspective on mental health which may reflect their experience in policing compared to their male counterparts.

However, taking account of these differences could help us create a suitable action to promote mental health.

Poster

📅 Fri. Sep 26, 2025 11:00 AM - 12:00 PM JST | Fri. Sep 26, 2025 2:00 AM - 3:00 AM UTC 🏛️ Poster Session (Foyer 1)

Poster 10**[P-10-03] Gender Disparity and Mental Health in Policing: Exploring Indonesia's Women Police Officers' Perspectives in a Male-Dominated Field**

*Canalya Amira Azhar¹, Sherly Saragih Turnip¹, Fitri Fausiah¹ (1. Universitas Indonesia (Indonesia))

Keywords : police、 women police officer、 mental health、 gender disparity、 Indonesia

Background

The World Economic Forum (2024) reported that gender parity progressed very slowly and will only be reached in over 130 years. Until today, certain professions are perceived as masculine which created male-dominated fields. In Indonesia, one of the professions is police officer. Despite similar job challenges faced by both genders in this profession, women police officers tend to meet additional challenges due to society's stereotypes about men and women.

Objective

This study explores gender differences in the perception of mental health among police officers in Indonesia.

Method

To study police officers' perceptions, we conducted three focus group discussions (FGDs) in three different cities (Padang, Jakarta, and Makassar). Fifty-five police officers from different ranks and divisions participated in the FGDs. Thematic content analysis was used to analyze the data from FGDs.

Result

The thematic content analyses show that gender disparity is common in regions farther from the city, where the gendered division of labour is more prominent in society. They perceived women police officers as only suitable for indoor or administrative tasks, as they are more patient and softer than men. This study also shows that male police officers perceived emotion regulation and reaching out for help are not important for mental health and only make them weak. On the contrary, female police officers are more open-minded and positively perceive it. There are also different views regarding family, where women police officers take more jobs in nurturing, while men lead their families.

Discussion

This study highlighted gender differences in mental health among police officers in Indonesia. Despite their choice to work in a male-dominated job, the stereotypes about gender roles are still highly influencing women police officers. Consequently, those stereotypes also influence their career pathways and mental health

Poster

📅 Fri. Sep 26, 2025 11:00 AM - 12:00 PM JST | Fri. Sep 26, 2025 2:00 AM - 3:00 AM UTC 🏢 Poster Session (Foyer 1)

Poster 10

[P-10-04] Psychosocial Challenges and Support Faced by Individuals with Gender Incongruence and Gender Dysphoria in Japan: A Literature Review and Implications for Cross-National Nursing Education

*Mayu SAKAMOTO¹, Mayuko TSUJIMURA¹, Kazuma HONDA², Namiko KAWAMURA¹ (1. Shiga University of Medical Science (Japan), 2. Broken Hill University (Austria))

Keywords : Gender Incongruence/Gender Dysphoria、Challenges、Literature Review、Nursing Education、Cross-national Perspectives

Aim: This study aims to categorize findings from Japanese literature on the challenges faced by individuals with Gender Incongruence (GI) and Gender Dysphoria (GD), along with the types of support they have received. It also explores implications for enhancing nursing education through cross-national perspectives.

Method: The literature review was conducted using the Ichushi-Web and CiNii databases using the keywords "Gender Identity Disorder AND care", "Gender Identity Disorder AND support", and "Gender Identity Disorder AND psychology", covering the period from 2014 to 2024. A total of 507 articles were initially retrieved. After excluding conference proceedings, review articles, duplicate entries, and studies based on quantitative methods, 18 articles were selected for analysis. These were categorized according to the challenges encountered and the support described.

Result: The psychosocial challenges experienced by individuals with GI/GD, as identified in the literature, were broadly classified into two major categories: 1. *Reflections on the Self* including: "Aversion to the Assigned Gendered Body", "Resistance to Assigned Gender Roles", "Relief through Seeing Gender Expression in Others", "Affirming One's Authentic Self", "Liberation through Medical Transition", "Fear of Social Rejection", "Concern about Harming Loved Ones", "Envy toward Congruent Bodies", "Discomfort with Bodily Gaze", "Guilt over Concealing Identity", and 2. *Experiences in the Social Context* including: "Barriers to Medical Information", "Loneliness and the Search for Belonging", "Solidarity through Media Representation", "Understanding Personal Incongruence", "Isolation and Acceptance from Others", "Relief through Inclusive Environments". These findings also revealed a lack of sufficient support for individuals who are often underserved, such as those navigating multiple gender identities or experiencing liberation after gender transition.

Conclusion: The study underscores the importance of nursing education that addresses existing support gaps. By comparing nursing education practices in Japan with those in countries such as Australia, the study highlights the need for more inclusive and responsive educational frameworks.

Poster

📅 Fri. Sep 26, 2025 11:00 AM - 12:00 PM JST | Fri. Sep 26, 2025 2:00 AM - 3:00 AM UTC 🏛️ Poster Session (Foyer 1)

Poster 10

[P-10-05] Psychological Symptoms and Treatment Approaches in Perimenopausal Women: A Global Cultural Perspective

*Mrinalinee Rana

Keywords : Perimenopause、 Psychological disturbances、 Cultural differences、 Treatment approaches、 Global mental health

Background: Perimenopause, the transitional period to menopause, is associated with significant hormonal, physical and psychological changes. Depression, anxiety, mood swings, irritability, and cognitive disturbances are experienced universally.

Objective: To explore the cross-cultural presentation of psychological symptoms in perimenopausal women and analyze globally implemented treatment approaches. It also identifies culturally informed factors and influences of cultural beliefs, gender norms that impact diagnosis, treatment, and help-seeking behaviors.

Methods: This paper synthesizes data from cross-cultural epidemiological studies, reviews and meta analysis, qualitative interviews and clinical trials. Studies with validated methods to assess psychological symptoms in perimenopausal women have been included.

Results: Data from Global Burden of Disease from the year 1991 to 2021 on the burden and disability associated with anxiety disorders shows its presence across regions. A pooled prevalence of depression (peri and postmenopause) was more than 30pc. Research on cognitive changes suggests that verbal learning and memory are most affected along with deficits in attention, processing speed and working memory. Western biomedical approaches emphasize more on hormonal replacement therapy (HRT), antidepressants and psychotherapy. Many non-western countries including India incorporate natural practices such as Ayurveda, herbs, and spiritual healing and dietary changes.

Conclusion: Psychological disorders such as depression, anxiety and cognitive dysfunction are common in this demographic. However, factors ranging from cultural expectations, gender roles and stigma, to lack of access to mental health care and finances influence women's beliefs and perceptions. These pose as a major challenge in dealing with this stage of life smoothly. Thus, an effective mental health care approach that integrates biomedical and culturally grounded approaches is required to reduce the negative impact of these debilitating symptoms on overall health in perimenopausal women. Addressing individual needs in this regard is vital in improving the overall well-being and quality of life for women navigating this important life stage.

Poster

📅 Fri. Sep 26, 2025 11:00 AM - 12:00 PM JST | Fri. Sep 26, 2025 2:00 AM - 3:00 AM UTC 🏢 Poster Session (Foyer 1)

Poster 10

[P-10-06] Cultural models of masculinity and femininity in Canada and in Brazil: A potential first step towards better understanding gender discrepancies in mental health.

*Mariana Borges da Fonseca^{1,2,4}, Andrew G Ryder^{1,2,3,4} (1. Concordia University (Canada), 2. Centre for Clinical Research in Health, Concordia University (Canada), 3. Culture & Mental Health Research Unit, Jewish General Hospital (Canada), 4. Culture, Health and Personality Lab, Concordia University (Canada))

Keywords : Mental health、 Gender、 Cultural norms、 Cultural Consensus Analysis

Cultural groups share implicit models of what it means to be a man or a woman, including beliefs about what is desirable, appropriate, or normative for each gender. These models strongly influence individuals' experiences, self-perceptions, and how their emotions and behaviors are interpreted by others, including mental health professionals. When individuals do not conform to these gender norms, they may be perceived as deviant or unhealthy, reflecting how cultural expectations shape judgments of behavior. Although extensive research has documented gender differences in the prevalence, expression, and treatment of mental health conditions, few studies have examined how culturally specific models of femininity and masculinity may contribute to these differences. Furthermore, while prior research has shown that alignment with cultural norms is associated with greater psychological well-being, cultural models of gender have yet to be explored in this context.

This study aimed to address that gap by investigating cultural models of femininity and masculinity among Canadians in Montreal ($n=35$) and Brazilians in Brasília ($n=39$). Data were collected using a free-listing method: participants acted as cultural informants responding to prompts about culturally expected (1) life goals, (2) personal qualities, and (3) accomplishments for both women and men (7 prompts each). Cultural Consensus Analysis (CCA) was used to identify shared patterns of knowledge within each group. The results revealed significant differences in models of femininity and masculinity both within each culture (masculinity vs. femininity) and between the two cultural contexts (Canada vs. Brazil). These findings offer a culturally grounded understanding of what it means to be a man or woman in each setting and provide a foundation for future research on the impact of gender norms on mental health. The study highlights the importance of culturally informed approaches in mental health care.