

The Importance of Mental Health in Adolescents in MAN 1 Kediri City

Dhita Kurnia Sari*, Maria Kaka Daha, Asni Remikati, Damiana Kura, Risma Anindita,
Aprilia Kumala Sari, Cindy Kharismawati, Mutiara Sakinah, Rindia Augusta, Riza
Alfan Khamdani, Dimas Tamaela, Danang Fathurosi

Institut Ilmu Kesehatan STRADA Indonesia, Kediri, Indonesia

*Corresponding author: deeniasari88@gmail.com

ABSTRACT

Adolescents have the majority of physical and mental health in good condition, but due to several disorders, they are vulnerable to mental health problems. They are vulnerabilities have not been matched by the existence of a mental health service center, especially for adolescents at MAN 1 Kediri City. The purpose of this community service is to provide knowledge of the importance of mental health in adolescents. In this community service activity we conducted a mental health screening for adolescents at MAN 1 Kediri City, where we asked several questions about their problems, there were 85% of students at MAN 1 Kota Kediri experiencing mental health disorders, such as crying easily for no reason, difficulty sleeping, no appetite, and so forth. As for us, we also provide efforts to relax the mind, namely with 5 finger hypnosis. Five finger hypnosis is a type of hypnotherapy using five fingers where the client is assisted to change the perception of anxiety, stress, tension and fear by accepting suggestions on the verge of subconsciousness or in a relaxed state by moving his fingers on command. Students of MAN 1 City of Kediri can follow the 5 finger hypnosis steps calmly.

Keywords: Mental health, 5 finger hypnotis, screening

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INTRODUCTION

Teenagers are someone who is in the age range of 10 to 12 years (WHO, 2018). According to the Regulation of the Minister of Health of the Republic of Indonesia No. In 2014, adolescents are residents in the age range of 10-18 years. Adolescents are grouped into 3 stages based on age, namely the ages of 11-14 years are called early adolescence, ages 14-16 are called middle adolescence and ages 17-29 years are also called late adolescence. (Kyle and Carman, 2013). In adolescents (15-24 years) have a depression percentage of 6.2%. Severe depression will experience a tendency to self-harm to suicide. 80 – 90% of suicides are the result of depression and anxiety. Cases of suicide in Indonesia can reach 10,000 or the equivalent of every one hour there is a case of suicide. According to a saintodologist, 4.2% of students in Indonesia have had thoughts of suicide. Among students, 6.9% had the intention to commit suicide, while another 3% had attempted suicide. Depression in adolescents can be caused by several things

such as pressure in the academic field, bullying (bullying), family factors, and economic problems.

The number of suicides among children and adolescents in the United States is increasing. As a result, there have been calls for routine screening of their mental health. But an influential group of experts doubt its benefits, Dr. Jerry Reed (National Action Alliance for Suicide Prevention). In draft guidance posted online, a US preventive services task force said there was insufficient evidence to recommend routine screening of children who show no clear signs of suicide.

METHOD

The method of implementing the activities that we carry out is providing education and screening which is a model of delivering material to students to achieve the desired goals and is the result of the development of a PPSI system. In this activity we use the title importance of mental health in youth at MAN 1 Kota Kediri with the aim that students can increase knowledge about the meaning, causes, and ways to deal with mental health disorders in order to reduce the risk of death, depression, or suicide among adolescents.

The method we use is presentations or lectures and then we hold discussions and questions and answers aimed at students. Media that we use such as LCD, Laptop, Sound, Mic, etc. The place we are going to MAN 1 Kota Kediri on Tuesday, 16 May 2023.

RESULT

Before the activity is done preparation. This preparatory stage includes making proposals, preparing materials, surveying places, managing correspondence and looking for materials to support activities. Next, for setting the schedule according to the schedule set. The event starts at 10.00 WIB and ends at 11.30.00 WIB at MAN 1 Kota Kediri. The students seemed to observe from the beginning to the end of the event and there were some who actively asked and answered questions from the presenters. Activities take place according to the program.

Evaluation of Structure	Evaluation of Process	Evaluation of Result
a. Proposals have been drafted.	a. A total of 30 participants took part in the event.	a. 95% of the students seemed enthusiastic in participating in activities about the importance of preventing baby blues.
b. Time and place have been prepared according to the schedule.	b. The media used had been prepared before implementation.	b. Students can ask and answer questions after being explained by the speaker.
c. Equipment has been prepared before the event begins and students play a role with the tasks assigned to each.	c. The students seemed enthusiastic about participating in the event and were active in the activity.	c. Students can understand how important mental health in adolescents has been conveyed.

Pre and post knowledge data that we got at MAN 1 Kediri City which was held on May 16 2023 with a total of 30 respondents with the following results. Based on the diagram, it can be seen that the number of participants in MAN 1 students from the results of knowledge using a questionnaire is 95% able to answer the questions that have been conveyed by the committee.

DISCUSSION

Mental health is a condition in which individuals have visible well-being, are able to realize their own potential, have the ability to cope with normal life pressures in various situations in life, are able to work productively and produce, and are able to contribute to their community. Quoting from the jargon used by WHO, "there is no health without mental health" indicates that mental health needs to be seen as something as important as physical health. Recognizing that health is a state of balance between oneself, others and the environment helps people and individuals understand how to maintain and improve it (WHO, 2004).

Mental health is influenced by events in life that can have an impact on the personality and behavior of these adolescents. Events that occur in the adolescent's personality are in the form of domestic violence, child abuse, or prolonged severe stress. If mental health is disturbed, then a mental disorder or mental illness arises. Where this mental disorder can change the way a person handles stress, relates to other people, makes choices, thus triggering self-harm.

Good mental health is not only seen from the absence of a diagnosed mental health problem, but is related to one's well-being. Well-being is a broader concept than mental health. Even so, the two are related. Disorders that occur in children's mental health can have an impact on the whole. Mental health in children and adolescents also involves their capacity to be able to develop in various areas such as biological, cognitive, and social-emotional. (Remschmidi, et al., 2007).

CONCLUSION

Mental health is a condition in which individuals have visible well-being, are able to realize their own potential, have the ability to cope with normal life pressures in various situations in life, are able to work productively and produce, and are able to contribute to their community. Mental health is influenced by events in life that can have an impact on the personality and behavior of these adolescents. Events that occur in the adolescent's personality are in the form of domestic violence, child abuse, or prolonged severe stress. If mental health is disturbed, then a mental disorder or mental illness arises.

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