

Mental Health Screening and Education for Adolescents at Jenderal Achmad Yani University

**Bunga Tiara Carolin^{1*}, Sophia², Nanik Cahyati³, Lina Haryani⁴, Noviyanti⁵, Yeni
Rosyeni⁶, Ranti Widayanti⁷, Mega Dewi Lestari⁸**

^{1,2,3,4,5,6,7,8}Faculty of Health Sciences, Universitas Nasional Jakarta, Indonesia

** Corresponding Author: Bunga Tiara Carolin, Universitas Nasional
bunga.tiara@civitas.unas.ac.id*

Submission date: 09-02-2025; Date of received: 23-02-2025

Abstract

The Indonesia National Adolescent Mental Health Survey (I-NAMHS) shows data that 1 in 3 teenagers aged 10-17 years in Indonesia have had mental health problems in the last 12 months. The highest prevalence occurs in the age group 15-24 years and female gender. Many factors influence the mental and emotional state of teenagers, namely the family environment, peers, school environment, community environment, and social media. For teenagers, peer support for emotional support such as empathy, care, and attention is very important because it can make them feel loved and increase their self-esteem. One way to improve mental health in teenagers is by increasing teenagers' knowledge about mental health

Keywords: Mental Health, Screening, Education, Adolescent

Introduction

Indonesians face several health complaints that are the focus of attention (Indonesian Health Profile, 2024). Mental health is an important topic due to the increasing pressures of life, and has an impact on quality of life, productivity and

overall well-being (KemenPPPA, 2024). Mental health well-being enables people to cope with life stresses, realize their abilities, learn and work well, and contribute to their communities. Mental health conditions include mental disorders psychosocial disabilities and other mental conditions associated with severe distress, impaired functioning, or risk of self-harm (World Health Organization, 2022). These mental health conditions will have a negative impact if not considered, such as increased suicide potential, decreased quality of life that interferes with the ability to work, learn, and socialize, increased risk of disease in the body, economic burden, and cause social problems (Yudho, 2024).

An adolescent ideally has excellent health, both physical and mental health. (Suciana et al., 2022 (Nasution et al., 2024). According to Santrock in (Rais, 2022) adolescence is divided into early and late periods. Early adolescence lasts from junior high school to senior high school and the biggest pubertal changes occur during this period. Late adolescence occurs in the middle of the second decade of life. In late adolescence career interests, dating, and identity exploration are often more prominent than in early adolescence. Significant physical, psychological, and social changes occur during this phase. Adolescent health efforts include positive development, accident prevention, violence prevention, reproductive health, prevention and control of communicable diseases and prevention of non-communicable diseases, nutrition and physical activity, mental health, and adolescent health in crises. Adolescents need to have good mental and emotional health, as well as the ability to make good decisions and take responsibility for their actions (MOH, 2024).

The Indonesia National Adolescent Mental Health Survey (I-NAMHS), a national mental health survey that measures the rate of mental disorders among adolescents 10-17 years old in Indonesia, shows that 1 in 3 Indonesian adolescents have mental health problems. Meanwhile, 1 in 10 Indonesian adolescents had a mental disorder in the past 12 months. The results of this survey showed that the most common mental disorder suffered by adolescents was anxiety disorder (a combination of social phobia and generalized anxiety disorder) at (3.7%) followed by major depressive disorder (1.0%), conduct disorder (0.9%), and post-traumatic stress disorder (PTSD) and attention deficit hyperactivity disorder (ADHG) at 0.5% each. (Gloriobarus, 2022). The prevalence of mental health problems in 2023 starting from the age of 15 years and

over in Indonesia is 2%. The highest prevalence occurred in the age group 15-24 years, female gender, education level not/not yet in school, not working, urban residence, and the lowest economic status (Indonesian Health Profile, 2024). According to (Munira, 2023) in the Indonesian Health Survey, the prevalence of mental health problems in the population of West Java was (4.4%) starting from the age of 15 years and above.

Factors that affect mental emotions in adolescents are the family environment, peers, school environment, community environment and social media. For adolescents, peer support for emotional support such as empathy, care, and attention is very important because it can make them feel loved and increase their self-esteem (Hasibuan et al., 2024). One way to improve mental health in adolescents is to increase knowledge in adolescents about mental health. This knowledge is influenced by information received, either from parents, other people, or the media (Muryani et al., 2022).

Method

Educational activities for adolescents about mental health in Fitkes Unjani Cimahi City in collaboration with West Java Provincial Mental Hospital. The stages carried out in the implementation of this counseling are:

1. Advocacy Stage: This is the initial stage in conducting an in-depth analysis of the results of discussions with the West Java Provincial Mental Hospital to determine targets, needs, and problem solving through activities that will be used as a basis for the next stage
2. Screening and Counseling Implementation Stage: At this stage, screening is carried out by a team from the West Java Provincial Mental Hospital, then after getting the screening results, education and counseling are carried out with booklet tools for adolescents
3. Observation / Monitoring Stage after being given education, monitoring is carried out, especially for those who must get further action
4. All research students involved in this screening activity provide education

Results

Screening activities on mental health carried out at Fitkes Unjani on midwifery students in collaboration with the West Java Provincial Mental Hospital obtained results from a total of 313 adolescents who were screened, 270 people needed further treatment and 49 people were normal.

After screening, continued with providing direct education using booklet media about mental health that has been made to adolescents who experience mental disorders. Then this activity is continued by conducting periodic evaluations by psikolog.



Picture 1. Screening Activity





Picture 2. Education Activity

Conclusion

Knowledge about mental health is very important for adolescents, it can increase the ability to help themselves in the field of mental health, increase preparedness for mental health hazards, and support the role of stakeholders, and improve mental health behavior in adolescents. The higher the knowledge or understanding of health, the better the behavior and perspective on the concept of health and illness. Knowledge requires tools such as media in conveying information, where information media is one of the means to convey information from sources to recipients, one of the media in delivering education is booklets.

References

1. Andisetyana Putri, H., Sekar Satriani, S., & Runjati. (2023). *Efektivitas Pendidikan Kesehatan Video Animasi Tentang Pernikahan Dini Terhadap Pengetahuan Remaja Putri*. 11–18.
2. Apriliani, Z., Hasanah, U., Anas, A. S., Ilmu, J., & Bumigora, K. (2019). Pembuatan Video Profil Dengan Efek Vintage Kampung Wisata Adat Sengkoah Sebagai Media Informasi Making Of Video Profile With Vintage Effect Of Sengkoah Traditional Kampung As Information Media. In *Jurnal Teknologi Informasi Dan Multimedia (Jtim)* (Vol. 1, Issue 1).
3. Erlin, F., Putra, I. D., & Hendra, D. (2020). *Peningkatan Pengetahuan Siswa*

Dalam Pencegahan Penularan Covid-19. 4.

4. Farida, C., Fahriza Fuadiah, N., Studi Pendidikan Matematika, P., PGRI Palembang Jalan Jend Yani Lrg Gotong Royong, U. A., Palembang, U., & Selatan, S. (2022). *Pengembangan Media Pembelajaran Berbasis Video Animasi Pada Materi Penyajian Data.*
5. Faujiah, N., Nanda Septiani, S., Putri, T., & Setiawan, U. (2022). *Kelebihan Dan Kekurangan Jenis-Jenis Media. 3, 81–87.*
6. Febi, T., Suyito, A., Yulianto, S., & Fitiriana, R. N. (2023). *Pengaruh Audiovisual Berbentuk Video Animasi Terhadap Peningkatan Literasi Kesehatan Mental Remaja Di Smp Muhammadiyah Program Khusus Pracimantoro.*
7. Gloriabarus. (2022, October 24). *Hasil Survei I-Namhs: Satu Dari Tiga Remaja Indonesia Memiliki Masalah Kesehatan Mental.* Ugm. <https://Ugm.Ac.Id/Id/Berita/23086-Hasil-Survei-I-Namhs-Satu-Dari-Tiga-Remaja-Indonesia-Memiliki-Masalah-Kesehatan-Mental/>
8. Hasibuan, F. K., S1, P., Kesehatan, I., Maharatu, S. T., & Author, C. (2024). *Faktor-Faktor Yang Mempengaruhi Masalah Mental Emosional Pada Remaja : Literature Riview (Vol. 1, Issue 2).*
9. Irawan, T., Dahlan, T., Fitriani, F., & Universitas Pasundan, F. (2021). *Analisis Penggunaan Media Video Animasi Terhadap Motivasi Belajar Siswa Di Sekolah Dasar. 7, 212–225.*
10. Kemenkes. (2024). *Remaja 10-18 Tahun.* <https://Ayosehat.Kemkes.Go.Id/Kategori-Usia/Remaja>
11. Kemenpppa. (2024, July 30). *Kolaborasi Kemenpppa Dan Unicef: Sinergikan Dukungan Kesehatan Mental Dan Psikososial Di Kementerian Dan Lembaga. Kemenpppa.* <https://Www.Kemenpppa.Go.Id/Page/View/Ntmzoa==>
12. Komara, A. L., Pamungkas, A. S., & Dewi, R. S. (2022). *Pengembangan Media Pembelajaran Berbasis Video Animasi Kartun Di Sekolah Dasar. Primary: Jurnal Pendidikan Guru Sekolah Dasar, 11(2), 316.* <https://Doi.Org/10.33578/Jpkip.V11i2.8585>
13. Munira, Se. , Mpp. , Ph. D. S. L. (2023). *Dalam Angka Tim Penyusun Ski 2023 Dalam Angka Kementerian Kesehatan Republik Indonesia.*
14. Muryani, S., Keperawatan, I., & Tinggi Ilmu Kesehatan Kesda, S. I. (2022).

- Gambaran Tingkat Pengetahuan Pada Remaja Tentang Kesehatan Jiwa Di Sma N 1 Susut Bangli. *Bali Health Published Journal* /, 4(1).
<https://Www.Ejurnalstikeskesdamudayana.Ac.Id/Index.Php/Bhbj/>
15. Nasution, R. K. I., Aryulika, M., & Situmorang, F. W. (2024). Studi Literatur: Pengetahuan Remaja Di Indonesia Tentang Penyakit Hiv/Aids. *Jpkm: Jurnal Profesi Kesehatan Masyarakat*, 5(2), 109–117.
<https://doi.org/10.47575/Jpkm.V5i2.644>
 16. Ningrum, A. S., Hadi, W., & Saragih, D. (2022). Pengembangan Media Audiovisual Berbentuk Animasi Untuk Meningkatkan Keterampilan Menganalisis Informasi Siswa Kelas V Sd Tunas Pelita Binjai. *Jurnal Tarbiyah*, 29(1), 108. <https://doi.org/10.30829/Tar.V29i1.1375>
 17. Profil Kesehatan Indonesia 2023. (2024). *Profil Kesehatan Indonesia 2023*.
 18. Rais, M. R. (2022). *Kepercayaan Diri (Self Confidence) Dan Perkembangannya Pada Remaja*. 12(1), 40. <https://doi.org/10.30829/Alirsyad.V12i1.11935>
 19. World Health Organization. (2022, June 17). *Mental Health*. Who.
<https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>
 20. Yudho, N. K. (2024, October 13). *Kesehatan Jiwa: Masalah Yang Sering Disepelekan Dan Dianggap Tidak Penting*.
<https://ayosehat.kemkes.go.id/kesehatan-jiwa-masalah-yang-sering-disepelekan-dan-dianggap-tidak-penting>