THE EFFECT OF MENTAL HEALTH PROMOTION ON ANXIETY FOR NATIONAL RESILIENCE ADOLESCENT MENTAL HEALTH AT SMP ISLAM YPS JAKARTA

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KEYWORDS
Promotion; education; mental health; adolescents.

ABSTRACT
Adolescents who experience mental illness often show signs such as feeling worthless, useless, unloved and unloved. These negative feelings can drive them to take extreme measures such as suicide. Therefore, promotion and education on the importance of mental health is needed for adolescents aged 12 to 17 years. This education aims to provide an understanding of what mental health is, the symptoms of mental disorders, their causes, and how to avoid them. Mental health promotion is important to prevent more serious health problems and help adolescents live their daily lives better. This research uses qualitative methods to provide an in-depth and subjective explanation of the importance of mental health promotion as a pillar of national resilience.

INTRODUCTION
Adolescent mental health is currently still ignored by society, even though adolescents are valuable state resources that must be maintained because they will shape the future of Indonesia. According to Kompas.id, "Mental health crisis surges among teens" on May 3, 2023 shows how the issue of mental illness has been taken seriously.

Good mental health is one of the important pillars in building national resilience. Mentally healthy adolescents are better able to cope with the pressures and challenges of daily life, so they can contribute positively to society. Therefore, promotion and education on mental health is crucial, especially among adolescents aged 12 to 17.

By providing an understanding of what mental health is, the symptoms of mental disorders, their causes, and ways to avoid them, it is hoped that adolescents can be better equipped to maintain their mental health. In addition, this study aims to evaluate the effectiveness of mental health promotion in reducing adolescent anxiety levels at YPS Jakarta Islamic Junior High School, and how this can support national resilience through a healthy and mentally resilient younger generation.

When our inner and emotional states are stable, we can go about our days with peace of mind, which is a condition known as mental health (Pieper and Uden, 206). Meanwhile, WHO defines mental health as a state of well-being in which each person can recognize his or her capacity to handle life's stresses appropriately in order to work effectively and contribute to his or her community.
The poor mental health condition of the community will have an impact on national productivity and hinder Indonesia’s progress to become a developed country in 2045. For this reason, mental health services are very important and must receive the same priority as physical health.

As many as 15.5 million (34.9%) adolescents experience mental disorders, and only 2.6 percent of them receive emotional and behavioral counseling services, according to the 2022 Indonesian Adolescent Mental Health Survey. About 22 percent of adolescents have severe mental disorders, and almost half of them have mental health problems by the time they are 14 years old.

Yanuar Nugroho, coordinator of the expert team of the National Secretariat of the National Development Planning Agency (Bappenas), said that the mental health condition of young people is now a cause for concern, even though they are the key for Indonesia to get out of the middle-income trap and utilize the demographic bonus.

"If young people experience problems or experience mental disorders, it will hamper national productivity and will turn into a worry if there is no action from the government," he said in a policy dialog themed "Renewed Challenges Exploring Solution", in Jakarta on Wednesday (1/2/2023).

The government has thought about mental health but it has not been a priority because access to mental health services is expensive and not inclusive, while attention to mental and physical health has not been equal in national health insurance.

Adolescents suffering from mental illness can exhibit a number of symptoms, the most common being a sense of worthlessness, uselessness and unlovingness. These symptoms can lead to the development of very unpleasant emotions and can even inspire teens to act in extreme ways, including suicide.

So, what are the common causes of mental disorders in adolescents? They range from genetics, environmental issues, and traumatic experiences. Unfortunately, mental health disorders are still considered taboo, so parents often choose to ignore their children’s mental health issues.

The latest research on adolescent emotional conditions was conducted by Eka Malfasari, Sarimah, Rizka Febtriana, Rina Herniyanti, Emotional Conditions in Adolescents, (2020), Universitas Muhammdiyah Semarang. Of the 216 adolescent respondents, 78 people had abnormal mental emotional conditions, 76 people had normal emotional conditions, and 62 people had borderline conditions.

Promotion is an activity carried out to convey a certain message about a product in the form of goods or services.

Based on the above reasons, it is necessary to promote and educate the importance of mental health in adolescents aged between 12 and 17 years as a provision or foundation in understanding what mental health is, what is experienced when experiencing mental disorders, what are the causes and how to avoid mental health disorders.

Due to the age of adolescence between the ages of 12-17, promotion and education about mental health needs to be carried out in the first level of secondary school, namely SMP ISLAM YPS JAKARTA, to educate them about the importance of the meaning of adolescent mental health in order to achieve adolescent resilience in dealing with mental health disorders.
The signs of mental illness make it difficult for adolescents to carry out daily activities, it is crucial to promote and educate adolescents about mental health to prevent health problems and their effects. The goal of mental health promotion is to improve mental well-being.

The characteristics of good mental health include the ability to enjoy life, feel happy and positive about oneself, bounce back from disappointments and upset, maintain good relationships with friends and family, maintain a nutritious diet and exercise, participate in activities, feel a sense of success, be able to relax and sleep well, and have a sense of belonging in the neighborhood or community.

Symptoms of mental illness include changes in behavior, such as frequent anger, sensitivity, rudeness, and hurtful speech that would not normally occur, signaling the beginning of a mental health disorder. Sudden and erratic mood changes are also a symptom, causing problems in family and friend relationships. Difficulty concentrating, difficulty focusing, inability to sit still, and difficulty reading reduce brain performance and development. Eating disorders due to stress and despair can lead to weight loss, persistent vomiting, nausea and other physical problems. Extreme anxiety and fear can drive the urge to self-harm, which risks leading to suicide attempts. Physical health problems such as ongoing headaches and stomach pains are common. Intense feelings such as excessive fear for no reason, crying, screaming, difficulty breathing, and rapid heartbeat can interfere with daily activities.

Simple ways to maintain mental health include: exercising regularly to trigger the release of endorphins that increase feelings of happiness and confidence; eating healthy and nutritionally balanced foods such as fruits and vegetables to increase energy and focus; getting enough sleep for 7-8 hours per night to maintain mood and brain function; meditation to regulate the nerves that control anxiety and stress; writing in a journal to express feelings and identify stressors; reducing caffeine consumption that can increase anxiety; and staying connected with loved ones to get support from friends and family.

METHOD RESEARCH

This research uses qualitative research methods, which can provide a more in-depth and subjective explanation, used in this study. The researcher used the participant's perspective as the preferred description to obtain the research results (Gunawan, 2013). Qualitative field study methods are commonly used for "exploration" by academics, in the humanities, social sciences, and in the field of religion. The following scenarios were involved in this study: preparing the research design and test tools; selecting research sites, informants, and respondents; observation or observation; documentation; and open-ended interviews, where the results of data collection can be expressed as opinions or recorded results used as research results.

RESULTS AND DISCUSSION

This research activity can be described that its implementation can run well, starting from planning, implementation, and evaluation, based on planning starting from time, place, respondents, targets, module preparation and licensing administration arranged and running as expected, this activity was attended by 30 students from SMP ISLAM YPS Jakarta, which is located on Jl. Raya lenteng Agung sub-district jagakarsa south Jakarta city.
Before conducting education about mental health, respondents were given a pre-test about what mental health is through questionnaires and interviews, the results of which out of 30 students who filled out the questionnaire, 26 students showed that they could not understand what mental health was and 4 other students showed the results of understanding mental health in outline only.

Based on the results of the pre-test, it can be concluded that education and understanding of mental health is needed so that students as national resilience really need strong mental resilience as well.

After the education and understanding of mental health, a post-test was conducted to measure the extent of students' understanding of mental health and the results showed that 28 students were more understanding, more understanding of the importance of mental health that needs to be maintained and maintained in order to have strong mental health resilience.

CONCLUSION
Adolescent mental health promotion and education is essential to prevent health problems and their effects, as symptoms of mental disorders can make it difficult for affected adolescents to perform daily tasks, learn new things, and even maintain friendships. The goal of mental health promotion is to maintain the country's resilience by encouraging good mental health. The importance of mental health promotion during the first years of school is because it is at this age when entering adolescence is the most important period to be able to understand and learn things related to mental health because it will affect the next life in the future.

It is hoped that by understanding and understanding the importance of mental health from the start, it is hoped that a person will easily be able to go through challenges and be able to overcome all the problems that exist in one's life, so that it can be expected to have a better life in living life and welcoming a better future. With good health, it is expected that Indonesian teenagers can be better and more prepared in their daily activities in order to welcome a better future, a better future so that it can also make National Resilience can be maintained properly through Family Resilience.

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JoSS - Journal of Social Science

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