

**SOCIALIZATION OF MENTAL HEALTH FOR ADOLESCENTS IN BANARAN
VILLAGE, KALIJAMBE DISTRICT, SRAGEN REGENCY
EARLY DETECTION OF MENTAL HEALTH IN ADOLESCENTS**

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Abstract - *This article discusses the importance of mental health awareness among adolescents as an effort to address psychological challenges and various mental health issues that are often discussed during adolescence. With the rise of mental health issues such as anxiety, depression, and behavioral disorders among teenagers, effective socialization becomes key in preventing and addressing these issues. This socialization event was held in Banaran Village, involving members of the village's youth organization. The goal of this mental health awareness program is to educate the youth of Banaran Village to detect mental health problems early and to address and take action if mental health issues are found among the teenagers in Banaran Village. The program utilizes the ABCD (Asset-Based Community Development) method, where assets refer to the potentials within the community and the village that can be leveraged as a basis for empowerment. The youth organization members involved in this program gain new knowledge about mental health, including prevention and mitigation strategies. This way, it is hoped that the teenagers of Banaran Village will better understand their mental conditions and be able to take preventive measures to avoid mental health problems.*

Keywords: *Mental health, Adolescents, Psychology. ABCD Method.*

1. INTRODUCTION

KEMENKES (2020) the number of people suffering from mental disorders from 2019 was 197 thousand people and increased in 2020 to 277 cases (Fitriani & Syaifullah, 2024). Meanwhile, the Riskesdas Research shows that there has been an increase in mental disorders in Indonesia from 6% in 2013 to 9.8% in 2018. The latest data from Khamelia and Terry (2022) show that cases of mental disorders have increased over a period of 2 years and during the 2019 Covid pandemic in Indonesia. According to data from the Indonesian Psychiatric Specialist Association (PDSKJI), self-examination users experiencing psychological problems increased from 70.7% to 80.4% in 2019 (Ellyana Dwi Farisandy et al., 2023). This shows that people with mental disorders are increasing every year.

The increase in the percentage of mental disorders is partly due to the lack of public attention to mental health (Ellyana Dwi Farisandy et al., 2023). This is similar to what happened in Banaran Village, where there was a negative perception in several families regarding people with mental disorders who did not require comprehensive treatment like people with physical illnesses. Some of these families tend to be indifferent even though people in the village have voluntarily offered help to professionals. This happens due to the lack of knowledge about mental health.

According to Ferdian et al (2024) knowledge about mental health is crucial, but it has received little attention from the local community. The lack of understanding and awareness of the importance of mental health has the potential to magnify existing problems. Therefore, to overcome this, it is necessary to provide education about the importance of mental health in order to increase public awareness of this matter, in addition, it is hoped that the community can respond and provide appropriate treatment to people with mental disorders.

Mental health education is realized through mental health socialization for teenagers in local youth organizations. According to Saputra et al (2022) youth organizations contribute to solving social problems to improve social welfare in the community. Therefore, by utilizing youth organizations, it is hoped that it can help socialize the importance of mental health in the community so that it can help the community to increase understanding and awareness of mental health. Mental health socialization is a means for preventive and promotive activities to improve mental health, therefore community empowerment is needed through instilling knowledge, awareness, and concern regarding mental health problems (Puspasari & Agustiya, 2022). According to Ridlo and Zein (in Puspasari & Agustiya, 2022) Promotive efforts regarding mental health problems do not always depend on medical care, but rather focus more on community and family-based care, so it is very important to hold these socialization activities for families with mental disorders.

Previous research by Wongpy & Virlia (2020) entitled Socialization and psychoeducation of mental health in the community of Surabaya City explained that socialization participants felt satisfied and increased their knowledge about mental

health after mental health psychoeducation was held, this shows that there is a positive attitude of participants towards mental health. These findings indicate that through socialization and psychoeducation programs, the community is more familiar and understands mental health.

WHO states that mental health promotion is an activity that creates environmental conditions that support and encourage individuals to adapt to a healthy lifestyle (Yustikasari et al., 2022). Therefore, the focus of sustainable development in the health sector can affect all aspects of an individual's life (Faidah et al., 2024). Based on the explanation of the study and problems above, the community service program in the form of mental health socialization aims to provide education and insight to families with mental disorders in Banaran Village regarding the importance of mental health so that they can respond and deal with mental disorders appropriately.

2. METHOD

In implementing the work program, the method used is the ABCD (Asset Based Community Development) method, where assets refer to the potential owned by the community and village which can be utilized as a basis for empowerment.

Quality human resources (HR) are one of the valuable assets. Investment in human resources is very important. This is because it is related to health, education, welfare, and self-esteem of a person.

This program is aimed at educating and increasing the understanding and knowledge of Banaran village youth about the importance of maintaining mental health and efforts to prevent mental disorders in adolescents.

The implementation of asset-based community development (ABCD) programs is very important to empower and improve community welfare. Community empowerment is an effort to increase community awareness of existing problems and provide them with the ability to solve problems by utilizing existing resources. Community empowerment is essentially an effort to increase community awareness of existing problems and provide them with the ability to solve problems by utilizing existing resources. Empowered communities are able to meet their own needs and solve problems personally.

3. RESULTS AND DISCUSSION

Community service activities were carried out by holding mental health psychoeducation which was held on Friday, July 26, 2024. This activity was attended by representatives of the youth organization in Kebayanan 3, Banaran Kalijambe Village, Sragen. This activity raised the title "Early Detection of Mental Health in Adolescents", the title was chosen so that participants in mental health psychoeducation could better understand their mental condition and also help the community to better understand mental health. This activity was carried out at the KKN 225 UIN Sunan Kalijaga post and was delivered by members of KKN 225 UIN

Sunan Kalijaga. This activity began with remarks from the head of KKN 225 UIN Sunan Kalijaga which was then continued with a presentation of material and questions and answers. The material presented to representatives of the youth organization members included the definition of adolescents, the definition of mental disorders, characteristics of a healthy mental state, causes of mental disorders, symptoms of mental disorders, forms of mental disorders, handling mental disorders, and also how to maintain mental health in adolescents. In addition, socialization participants were also given directions to go to the nearest health center when they encounter problems that disrupt their daily lives.



Figure 1. Greeting from the Head of KKN Group 225



Figure 2. Mental Health Socialization Activities by KKN Group 225



Figure 3. Question and Answer Session in Mental Health Socialization Activities

This psychoeducation was conducted for approximately 45 minutes. This psychoeducation was conducted with the aim of finding out the extent of adolescents' knowledge and understanding related to mental health. After the presentation of the material, there was a discussion session. In this session, the enthusiasm of the Karang Taruna members who were present was seen.

The existence of this mental health psychoeducation is one of the efforts that can be made to increase adolescent knowledge and understanding related to mental health. From this knowledge and understanding, it is hoped that it can improve the mental health of adolescents and the community in the Kebayan 3 area. From this healthy mentality, of course, it will also have an impact on the individual's physical health because mental health and physical health are 2 things that are continuous. This is in accordance with the opinion of Sinarsi, Amidos Pardede et al., (2022) who stated that physical and mental health are naturally related to each other. Individuals cannot choose one without the other because both are attractive and related. Because physical problems are easier to identify than mental problems, adolescent physical health is usually prioritized at school and at home. However, adolescents, especially those who have been fragile for a long time, will face dire consequences from the many mental problems that are ignored and undetected. Mental health is a way to describe social and emotional well-being.

Adolescents who have good mental health will be able to adapt to new environments and be able to maintain their mental health and that of their environment. This is in accordance with the opinion of Praherso, Pols & Tiliopoulos (2020) that understanding the importance of mental health can have an impact on increasing general knowledge, such as motivating preventive behavior to prevent mental disorders, seeking medical care, understanding effective self-help techniques for minor problems, and having first aid knowledge or skills to help others who are experiencing mental disorders or health crises.

The provision of adolescent mental health psychoeducation increases adolescents' understanding and knowledge about mental health. With this psychoeducation, adolescents are expected to pay more attention to their mental health because from a healthy mind, their physical health will also be healthy. The psychoeducation carried out in this activity has an influence or impact on changes in adolescents' understanding of mental health problems. According to Ariyanti (2022), psychoeducation is a type of psychological intervention that can be used to increase knowledge about mental literacy. Psychoeducation is an effort to increase understanding or expertise as an effort to prevent mental health problems from spreading in groups, communities, or groups and to increase family understanding of the difficulties faced by someone who has undergone psychotherapy. This opinion is also supported by Prasetyo (2021) who said that adolescent mental health can be maintained by carrying out briefing activities on mental health, accompanying adolescents by people who have broader insights and empathy for mental health and adolescent counseling.

4. CONCLUSION

Education about mental health is certainly important nowadays, especially for teenagers. Issues about mental health are the most discussed and occur in the adolescent age group. Therefore, this work program was created to provide socialization to teenagers in Banaran Village, especially Kebayanan 3, so that they can detect mental health conditions early. Not only that, but also how to prevent and overcome mental disorders among teenagers in Banaran Village. This mental health psychoeducation activity was held on Friday, July 26, 2024, which took place at the KKN 225 post. This socialization activity was attended by representatives of the Kebayanan 3 youth organization. The socialization, which lasted for approximately 45 minutes, ended with a discussion and question and answer session regarding mental health issues. Not only that, representatives from the participants who attended were also asked to provide testimonials regarding the understanding and knowledge gained after this mental health psychoeducation was held. Seeing the enthusiasm of the participants who attended, it is hoped that this psychoeducational activity will be truly beneficial and add new knowledge regarding how to prevent and deal with mental health problems in the surrounding environment.

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