Human Centered Society: Innovation of Services for Young People

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Keywords	Abstract
COVID-19; E-Mental Health Care; Self-Development; and Young People	The world continues to change every day with technological developments in all aspects of social life. These technological developments can help individuals to achieve prosperity, overcome problems, and increase productivity, especially during this COVID-19 pandemic. However, on the other hand, it can also cause mental health problems. This is a challenge for today's young people who are deeply affected by the COVID-19 pandemic. Many young people are cut off from their closest people such as family and friends. What can be done to help young people is to provide mental health care and self-development programs. We can take advantage of technological advances to overcome the problems that occur today. E-mental health can be used to overcome the psychological problems of young people. That way, they can easily access mental health services. In addition, we can also use online lay counseling. In this way, lay counselors can be professionally trained and can provide effective mental health interventions especially in low-income countries and middle-income countries. In addition, personal development can also be done by young people. By participating in self-development activities, young people tend to be able to develop positive social attitudes, be able to engage in productive activities, and be able to develop future work skills.

The world continues to change every day with extraordinary technological developments in all aspects of social life. These technological developments can help individuals to achieve prosperity, overcome problems, and increase productivity, especially during this COVID-19 pandemic. However, on the other hand, it can also cause mental health problems. This is a challenge for today's young people who are deeply affected by the COVID-19 pandemic. Many young peoples are cut off from their closest people such as family and friends. In addition, social distancing and online learning have also hampered young people during the COVID-19 pandemic. What can be done to help young people is to provide mental health care and self-development programs.

First, e-mental health care is a form of technological development in mental health care that can reach a wider community. The use of e-mental health care can reduce stigma and support more people to seek psychological help, and also help patients who are not comfortable meeting face-to-face so that they can get a more comfortable treatment room. Thus, e-mental health care can be an effective and complementary option to traditional face-to-face psychological support. The shift from dependence on one expert group to provide mental health services to the use of non-specialist providers led to the birth of the concept of online lay counseling. Professionally trained lay counselors can provide effective mental health interventions in low-income countries and middle-income countries. The need for online lay counseling is caused by several factors as follows.

a. Access to care through e-mental health has the potential to increase access to mental health services
b. The lack of mental health professionals with online lay counseling can overcome the shortage of professionals.
c. As a preventive measure before a more serious psychological problem occurs.

In online lay counseling, counselors must complete preparatory training consisting of certain topics such as mental act, overview lay counseling program, basic counseling skills, safety net procedure (psychologist), cultural sensitivity, mental health first aid, and SOAP.

Second, personal development also needs to be given to help young people, so that they can become someone who is fully involved in the world around them. In this case, it can be done by methods, such as training/ workshops, self-led learning, participating in volunteer organizations/ activities, and mentoring. The young people skills needed for the future are digital literacy, resilience, adaptability, communication skills, problem solving, and a global mindset. The benefits of mentoring activities for self-development for young people are as follows.

a. Mentoring can introduce young people to positive attitudes in social and relationships. Young people who do mentoring tend to trust their parents and communicate better with them.
b. Young people who have mentors are more likely to engage in productive and rewarding activities than adolescents without mentors.
c. By preparing young people for college and careers, mentoring helps develop future job skills.