

Health Education on Mental Health Issues And Prevention Among Adolescents

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Abstract

Mental health issues are one of the leading causes of health-related disabilities among children and adolescents worldwide. The prevalence of mental health disorders has been reported to increase during adolescence. The objective of this community service activity is to provide health education on mental health and how to address it for adolescents. The methods used in this community service activity consist of three stages: preparation, implementation, and evaluation. The activity provided to adolescents is in the form of health education. The evaluation of the activity was conducted using a pretest-posttest of knowledge about mental health. The results of this activity show that the level of knowledge among adolescents before the activity was in the poor category at 56%, and after the activity, it increased to the good category at 52%. Health education activities on mental health for adolescents have positive implications for strengthening mental health among adolescents.

Keywords: adolescents, education, mental health

Introduction

Adolescence is a crucial period in shaping the next generation to be healthy, resilient, and productive. To achieve this, maintaining physical health alone is insufficient (Morgado et al., 2021). Adolescent mental health also plays a significant role in determining their quality of life and well-being. However, in recent years, mental health issues among adolescents have been on the rise. A survey conducted by I-NAMHS (Indonesia National Adolescent Mental Health Survey) in 2022 revealed that 15.5 million or approximately 34.9% of adolescents are experiencing mental health issues (Indonesia - National Adolescent Mental Health (I-NAMHS), 2022). Additionally, data from the WHO indicates that 1 in 7 children aged 10–19 years old are facing mental health challenges. Based on preliminary study results conducted in Jember District, where 20 respondents completed a mental health questionnaire, 20% experienced severe mental health issues, 30% experienced moderate mental health issues, and 50% experienced mild mental health issues (Solmi et al., 2022).

Good mental health can help adolescents grow and develop optimally, emotionally, physically and socially. Symptoms of mental health disorders are often overlooked, as they are considered normal changes that occur during puberty (Budiman, Yuhbaba, & Cahyono, 2023). However, if not treated properly from an early age, these common symptoms can worsen and become symptoms of severe mental disorders, which can even lead to self-harm or suicide (Islam et al., 2020).

From an educational perspective, early identification and intervention of mental health issues among adolescents is important. Attention and intervention regarding students' mental health at school can improve learning and prevent negative outcomes associated with untreated mental health issues. Health education about mental health and how to deal with it is a very important activity for adolescents as a form of promotion and prevention of health issues.

]Identification of Problems

Adolescent mental health is a crucial issue today due to various interrelated factors. Stress, anxiety, depression, eating disorders, and social pressure are the main challenges. In addition, issues of self-identity, loneliness, and low self-confidence can also affect adolescent mental health. The lack of knowledge among adolescents and access to information about mental health is a major challenge in today's era. Inadequate mental health services are one of the factors contributing to the high prevalence of mental health issues among adolescents. Given this issue, it is crucial to provide mental health education and strategies for addressing these issues among adolescents as part of efforts to improve mental health.

Implementation Methodology

A series of community service activities are ongoing activities carried out with teenagers as a form of implication of the results of research that has been conducted. Providing health education and ways to overcome mental health issues for teenagers requires several stages, including:

1. Preparation Stage

The preparation stage for community service activities consists of several steps, including coordinating with the school and conducting an initial survey to identify the needs and issues faced by adolescents.

2. Implementation Stage

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health education activities, where 50
gramme. The mental health education

activity for adolescents was conducted over 3 hours, with the first hour used for delivering the material and the last 2 hours used for a group learning session on how to address mental health issues among adolescents.

3. Evaluation Stage

Monitoring and evaluation of the community service activity were conducted to assess the success of the programme, using pre-test and post-test questions to assess the adolescents' knowledge.

Results and Discussion

The results of community service activities on health education and ways to overcome mental health problems in adolescents are shown in the following table:

Table 1 Adolescents' level of knowledge before health education

Level of Knowledge	Frequency	Percent
Good knowledge	6	12.0
Average knowledge	16	32.0
Poor knowledge	28	56.0
Total	50	100.0

Based on the results of the pretest, it was found that adolescents had poor knowledge prior to the health education activity, with 56% falling into the poor category.

Table 1 Adolescents' level of knowledge after health education

Level of Knowledge	Frequency	Percent
Good knowledge	26	52.0
Average knowledge	14	28.0
Poor knowledge	10	20.0
Total	50	100.0

Based on the results of the post-test, it was found that 52% of adolescents had poor knowledge after participating in health education activities.

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There was an increase in knowledge before
adolescents. Mental health issues have

important implications for various aspects of adolescents' lives, including their ability to engage in education, participate in constructive family relationships, make friends, and develop independence (Budiman, Yuhbaba, Sholehah, et al., 2023).

Adolescent mental health is an important issue in the current education system. Adolescents generally experience a lot of pressure and stress that can have a negative impact on their mental health (Nuris Yuhbaba et al., 2022). Factors such as academic pressure, social relationships, and hormonal changes can cause mental health problems in adolescents. Educational implications must also be considered, as these issues can affect learning ability and academic achievement (Scheiner et al., 2022).

The problems that many teenagers experience today are manifestations of stress, including depression, anxiety, irregular eating patterns, drug abuse, and physical ailments such as dizziness and joint pain. Just like in adults, stress can have negative effects on the adolescent body, but the difference lies in the sources of stress and how adolescents respond to these issues. These responses are determined by the environment and circumstances they are currently experiencing.

Health education provided to teenagers is an activity given to teenagers as a form of support for them, as good knowledge enables teenagers to understand how to address their mental health issues.

Conclusion

Adolescence is a time for young people to get a healthy start in life. The number of adolescents reporting poor mental health is increasing. Building knowledge about good mental health in adolescents can protect their mental health. Schools can provide the infrastructure to help them grow into mentally healthy adults.

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