

MENTAL HEALTH EDUCATION FOR TEENS IN TPQ DARUSSALAM SIDOARJO

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ABSTRACT

Mental health is not only the absence of mental disorders, but also shows the individual's ability to carry out roles in life in a balanced and harmonious manner with other people. The issue of mental health problems occurs in adolescents that their lives currently revolve around social media which have an impact on their mental health. Education program about mental health for teens is a form of community service in order to prevent mental health problems in adolescents. Implementation of the mental health education for teens took place on January 9, 2023 at TPQ Darussalam Sidoarjo. The target of this activity was students aged 12-15 years. There was a process of preparing the activity for approximately 4 weeks by starting the permits from related parties. As a form of evaluation, the activity was attended by 23 students and they took part in the activity cooperative and enthusiastically. They were able to describe the criteria of mental health and how to maintain it.

Keywords: *Mental health, Students, Adolescent*

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INTRODUCTION

October 10th is a World Mental Health Day which is observed with the aim "to raise awareness of mental health problems worldwide and mobilize efforts to support mental health" (WHO, 2022). Mental health is not only the absence of mental disorders, but also shows the individual's ability to carry out roles in life in a balanced and harmonious manner with other people.

The issue of mental health problems also occurs in adolescents, where their lives currently revolve around cell phones which have an impact on their mental health. Social media can contribute to an increase in mental health problems among adolescents and young adults (Rosenberg, 2019). Around 20% of children and adolescents in the world have mental health conditions, with suicide as the second leading cause of death among children aged 15-29 years (WHO, 2022).

Adolescents have roles, tasks and responsibilities in their lives, which can be a stressor and an obstacle in completing their education. Maintenance and improvement of the mental health of nursing students needs to be carried out by individuals, the family environment, and the school environment.

OBJECTIVES

General Purpose

After being given counseling about the mental health for teens, it was hoped that the students could understand and manage it in their daily lives.

Special Purpose

The specific objectives after this health education, the students were expected to be able to:

1. Explain the definition of mental health
2. Explain the criteria of mental health
3. Explain the sign and symptom of mental health illness
4. Explain the maintain of mental health

PLAN OF ACTION

Strategy Plan

The strategic plan for implementing this counseling includes:

1. Coordinate with policy makers at TPQ Darussalam Sidoarjo
2. Determine the implementation time contract with targets in TPQ Darussalam Sidoarjo
3. Carry out outreach activities at TPQ Darussalam Sidoarjo

Implementation

The implementation was taken place after the permit to do community service issued by Institute for Research and Community Service Health Polytechnic of Kerta Cendekia with the number: 013/SPPD/D/I/2023.

The process of implementation was as follows:

1. Contact the school principal of TPQ Darussalam to ask for the permission to do health education
2. Prepare the place and equipment for the activity
3. Do health education

Setting

The setting of health education was at TPQ Darussalam Sidoarjo on January 9, 2023.

Target

The target for this health education was the students aged 12-15 years old at TPQ Darussalam Sidoarjo.

RESULTS AND DISCUSSION

The health education was start from 16.00 to 17.00 in the mosque of TPQ Darussalam Sidoarjo and attended by 23 students.

Equipment used for the activity includes LCD (Liquid Crystal Display), projector, laptop, and leaflet.

The team of presenter invited two nursing students (1st grade and 2nd grade) on this health education to share their

experiences when was adolescent age regarding to the mental health.

Peer education has evolved from self-education to cutting-edge health education and motivational models created to encourage students to support each other in promoting positive health ideas and practices (Dodd et al., 2022). Adolescent behave may be influenced by exposure to adversity, peer pressure to fit in, and identity exploration. Sharing session with the peer on health education would explore their thought and feelings. As prevention program, early detection of mental health illness among adolescent are needed (Annisa et al., 2023).



Figure 1. Sharing session

This activity used the leaflets as media for the participant. Media flyers and posters made to get the people's attention, yet need a time for them to leave a lasting impression (Muwakhidah et al., 2021). The media shall be source of information for other people even they are not participating on the health education.

The presenter responded to all queries put up by attendees. The presenter answered questions, and every student had an opportunity to respond. Therefore, the purpose of this health education was achieved.

The head of TPQ Darussalam Sidoarjo were cooperative to work together in implementing this health education.



Figure 2. The Head of TPQ Darussalam Sidoarjo

CONCLUSION

The mental health education for teens in TPQ Darussalam Sidoarjo was sufficient success with the participants are able to state the definition of mental health, criteria of mental health, sign and symptoms of mental health illness, and management of mental health.

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