

## THE 2<sup>nd</sup> INTERNATIONAL CONFERENCE ON GUIDANCE AND COUNSELING

# "COUNSELING RESONANCES ON MENTAL HEALTH EMERGENCIES AND AWARENESS"

# THE ROLE OF PSYCHOEDUCATION IN MAINTAINING ADULTS MENTAL HEALTH

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#### **ABSTRACT**

Mental health is the condition of an individual free from the potential symptoms of mental disorders such as stress, depression, frustration, and so on. Similar to physical health, mental health is also very important and both are interrelated. In adults who experience many processes of change, it is very potential to experience mental health disorders. Reinforced by data that in Indonesia 1 in 5 people have the potential to experience mental health problems. Therefore, preventive treatment is needed to prevent this from happening. One way that can be used is psychoeducation. Several studies have been conducted, but no studies have discussed how important the role of psychoeducation is in maintaining adult mental health. This study uses a systematic review with the PRISMA (Preferred Reporting Items for Systematic Reviews) method. The purpose of using this method is to re-present or analyze new scientific research that has been published previously. From several articles that have gone through the selection stages according to the PRISMA method, it is concluded that psychoeducation plays an important role in preventing or maintaining mental health for adults..

Keywords: Psychoeducation, Mental Health, and Adults

## INTRODUCTION

Mental health has a very important role for every individual, just like physical health. If you have a healthy mentality, it is certain that other aspects of life will run more optimally. A healthy mental condition is also inseparable from a good physical condition, both of which are interrelated with one another (Putri et al., 2015) According to the World Health Organization (WHO) mental health is the well-being of each individual in realizing their own potential (Kesehatan, 2021b).

However, with the current technological era that has entered all aspects of life, it is also possible for a person to experience pressure from himself and the outside world to achieve something beyond his potential, so that he feels he does not get freedom and well-being which results in individuals experiencing mental health problems. This is supported by WHO data that 1 in 4 people in the world will be affected by mental health disorders(Aloysius & Salvia, 2021). Meanwhile, in Indonesia, according to the 2018 Basic Health Research (Riskesdas), more than 19 million people aged more than 15 years experienced mental emotional disorders, and more than 12 million people over 15 years experienced depression. Not only that, based on the Sample Registration System conducted by the Research and Development Agency in 2016, it was found that there were 1,800 suicides per year or every day there were 5 people committing suicide, and 47.7% of suicide victims aged 10-39 years, which is the age of adolescents and productive age. The prevalence of people who have the potential to experience mental health problems in Indonesia is around 1 in 5 people, or reaches 20% of the 250 million population (Kesehatan, 2021).

Adulthood is one level of individual development that is vulnerable to pressure and the risk of mental health disorders. During this period there is a very complex and unique development. Individuals will experience changes and adjustments in their way of thinking and changes in behavior towards a better direction. But in the process of change will not be separated from the pressures that interfere with mental and physical conditions. Mental health disorders that are often experienced based on research that has been done are stress, depression, and so on (Latuheru & Mailoa, 2023).

According to Santrock in (Putri et al., 2015) the causes of mental health disorders are generally categorized into two; physical and psychological. Examples of physical influences are heredity, obesity, which can become schizophrenia, illness, and bodily injury. As for psychology, it is caused by the experience of failures and successes experienced that affect future behavior or habits.

Therefore, when viewed from data that shows individuals who have the potential to experience mental health, especially in Indonesia, it is necessary to handle preventively or prevent this from happening. One way or strategy that can be applied is psychoeducation. According to (Srivastava & Panday, 2016) psychoeducation is an effective method for providing information and training to individuals who experience mental health disorders. According to (Brown, 2004) defines psychoeducation more broadly in a group setting focusing on education and prevention related to psychological concepts or topics in a group setting. Meanwhile, according to (Nifa, 2020) psychoeducation is a form of training for individuals with psychiatric disorders that aims for the treatment and rehabilitation process.

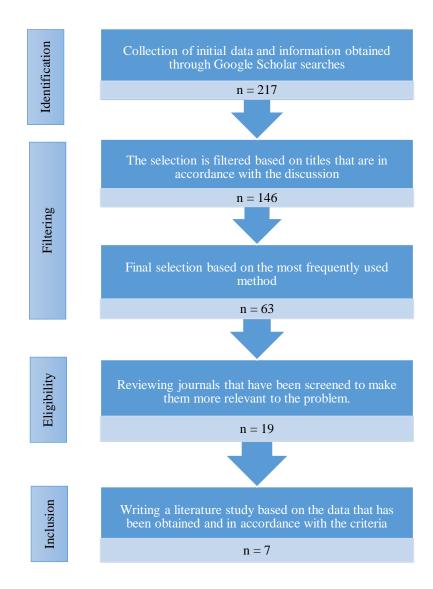
Then according to Nelson-Jones (1992) in the book (Supratiknya, 2011) the meaning of psychoeducation, each of which represents a certain movement, including: (1) Training people to learn various life-skills; (2) Academic-experiential approach in teaching psychology; (3) Humanistic education;

(4) Training professionals in the field of counseling skills; (5) A series of service activities to the community; (6) Providing information services about psychology to the public. Basically, psychoeducation can be given to anyone, from all walks of life, but in this case it will be focused on adults.

#### **METHOD**

This study uses a systematic review with the PRISMA (Preferred Reporting Items for Systematic Reviews) method. According to (Yasin et al., 2022) this method is carried out by collecting data and analyzing the essence of each discussion from several scientific articles that have been tested. The data obtained can be from database sources such as; Google Scholar, Science Direct, Springer, Taylor Francis, and so on. The purpose of using this method is to re-present or analyze new scientific research that has been published previously.

The literature used in this study spans the last ten years 2014 to 2024 published in Indonesian and English. Then the source of literature also comes from national and international research. This literature search uses criteria and keywords including: psychoeducation, mental health, and adulthood. The PRISMA stages consisted of identification, screening, inclusion, and eligibility of articles found and then analyzed. The review was conducted to see if psychoeducation has a role in mental health for adults according to the articles that have met the criteria. The data obtained was then presented in the form of explanations and new findings in a descriptive form.



## RESULT AND DISCUSSION

Based on the results of the literature review using the PRISMA method, the results of several national and international journals were obtained by searching through Google Scholar: 217 articles, then filtered by title: 146, then filtered again based on methods that are often used: 63. Researchers then reviewed the journals that had been filtered to be more relevant to the problems discussed with the results: 19 and final articles that fit the criteria of the topic of the problem: 7.

Title	Country	Language	Research Objectives	Type of Research	Data Collection Methods	Population and Total	Results
Evaluation of An Online Psychoeducation Intervention to Promote Mental Health Help Seeking Attitudes and Intentions among Young Adults: Randomized Controlled Trial (Taylor- Rodgers & Batterham, 2014)	Australia	English	To assess the effectiveness of brief online psychoeducation, which targets depression, anxiety, and suicide stigma, and to increase positive behaviors.	Randomized controlled trial design	Pre-test and Post-test	86 baseline respondents with 67 eligible sample of young adults	Anxiety literacy ↑, depression stigma ↓
Psycho-Education for Anxiety Disorders in Adults: A Systematic Review of its Effectiveness (Rodrigues et al., 2018)	Portugal	English	To present a comprehensive review of psychoeducation in adults diagnosed with anxiety disorders.	Literature Review	PRISMA	Adults with anxiety disorder	Psychological distress and pain ↓, quality of life of the patients with anxiety disorders ↑
Psychoeducation for Adults with Post-Traumatic Stress Symptomatology: A Systematic Review and Meta-Analysis (Brouzos et al., 2022)	Germany	English	To evaluate a randomized controlled trial (RCT) of a psychoeducational intervention for PTSD symptoms in adults.	Literature Review	PRISMA	Adults with PTSD symptoms	Psychoeducation was not significantly in reducing PTSD symptoms, but remains promising.
The Psychoeducation Needs of Parents Who Have An Adult Son or Daughter with A Mental Illness (Reid et al., 2014)	Australia	English	To capture the experiences of people who have family members with mental illness.	Phenomenology study	Interview	8 parents who were members of the Schizophrenia	Knowledge for family ↑ and maintain emotional stability ↑
Psychoeducation an Effective Tool as Treatment Modality in Mental Health (Srivastava & Panday, 2016)	India	English	To show that how psychoeducation is an effective tool as treatment modality in mental health.	Literature Review	Not mentioned	Not mentioned	The results showed that psychoeducation is one of the effective tools for modalities in mental health
Mental Health Psychoeducation for Psychology Student at Tjut	Indonesia	Indonesian	To increase student's knowledge and	Community Service	Experiential Method	40 Psychology Students of Tjut	Knowledge and awareness about Mental Health ↑

Title	Country	Language	Research Objectives	Type of Research	Data Collection Methods	Population and Total	Results
Nyak Dhien (Fadhilah et al.,			awareness of Mental			Nyak Dhien	
2024)			Health.			University	
Mental Health Literacy	Indonesia	Indonesian	To educate the	Community	Pre-test and	19 adults of	Knowledge and
Psychoeducation: Strategies			community about mental	Service	Post-test	Kampung	awareness about
for Maintaining Mental Health			health literacy in			Wisata	mental health ↑
in Kampung Wisata (Lestari &			Kampung Wisata				
Wahyudianto, 2022)							

The criteria for adults in the literature review here are adults who need education about mental health, have a mental illness, or adults who have a family member who has a mental illness. The psychoeducation for adults is expected to increase knowledge, awareness, and strength to take care of themselves and family members about the importance of mental health. By gaining a deeper understanding of their condition, individuals can more actively participate in their own treatment, including making decision to take up the treatment and found an effective coping strategy. This can improve adherence to treatment and speed up the recovery process. In addition, by increasing knowledge about mental health, hopefully it will reduce the stigma for people who have mental illnesses and are labeled as "crazy" (Farisandy et al., 2023). This is very important as stigma is often a major barrier to adults seeking professional help.

Discussing the stigma of people with mental illness, through psychoeducation as a media for promoting awareness of mental health, research conducted by (Onnela et al., 2021) proved that psychoeducation plays a role in providing a better understanding of mental health. A better understanding of what mental health is and the factors that can affect it can help adults to deal with symptoms of mental illness. Psychoeducation provides the needs to manage emotions and responses to situations that may cause stress or anxiety, thus helping individuals build stronger mental resilience.

Based on the above literature, the results show the important role of psychoeducation in increasing knowledge and awareness of maintaining mental health. Applying the knowledge that is gained through psychoeducation in daily life requires support from several stakeholders. The family is one of the internal stakeholders whose support is essential for building a mentally healthy environment. Especially for families who have members with mental illness. As a family who has a member with mental illness, it is very important to enhance knowledge of caring as a caregiver. Likewise with (Reid et al., 2014)'s opinion, as a caregiver, it is necessary to take care of their own mental health and the one who their taking care of.

## CONCLUSION

Based on the results of the systemic literature review above, it can be concluded that psychoeducation has an important role in maintaining adult mental health. Psychoeducation can increase the knowledge and awareness of adults who need education about mental health, have mental illness, and adults who have family members who have mental illness. In addition, by increasing knowledge about mental health, hopefully that it will reduce stigma for people who have mental illnesses. Therefore, it is hoped that psychoeducation can be applied to adults to prevent mental health disorders.

The suggestions that can be made include:

- 1. For researchers, then they can apply psychoeducation services to adults directly based on the findings that have been obtained at this time.
- 2. For counselors, they can pay more attention to a person's mental health and provide preventive services in the form of counseling to prevent mental health disorders.
- 3. For future researchers, can develop more specific variables to be studied that are tailored to the future.

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