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“COUNSELING RESONANCES ON
MENTAL HEALTH EMERGENCIES AND AWARENESS”

PSYCHOEDUCATION TO IMPROVE ADOLESCENTS MENTAL HEALTH
AWARENESS

Angela Amanda Berlian Hati¹, Mirza Ghulam Abdullah², Evi Winingsih³, Sherrin
Nurlita Widya⁴

¹State University of Surabaya, Lidah Wetan, Sub-District Lakarsantri, Surabaya, Indonesia,
angela.21003@mhs.unesa.ac.id

²State University of Surabaya, Lidah Wetan, Sub-District Lakarsantri, Surabaya, Indonesia,
mirza.21031@mhs.unesa.ac.id

³State University of Surabaya, Lidah Wetan, Sub-District Lakarsantri, Surabaya, Indonesia,
ewiningsih@unesa.ac.id

⁴State University of Surabaya, Lidah Wetan, Sub-District Lakarsantri, Surabaya, Indonesia,
sherrinwidya@unesa.ac.id

ABSTRACT

*Mental health is the condition of an individual who has self-being seen from how he develops through all aspects of himself and is able to deal with the pressures of life in various situations. Based on the amount of data presented by WHO and various other sources, it shows that the mental health crisis is a serious problem and especially occurs in adolescence. Individuals who are experiencing mental health disorders need help from various parties. It is necessary to take preventive measures in order to reduce the number of individuals experiencing mental health disorders. **The purpose** of the discussion in this article is the implementation of a psychoeducation program as an effort to increase mental health awareness and prevention of mental health disorders in adolescents. **The method** used is Systematic Review by applying the PRISMA (Protocol Review Systematic and Meta-Analysis) model. **The results** are that prevention efforts can be carried out through psychoeducation programs with discussion 1) Psychoeducation on Mental Awareness for Adolescents in the Era of Society 5.0 2) Psychoeducation to Help Adolescents Recognize Themselves and Grow Up 3) Psychoeducation to Help Adolescents Have Knowledge about Prevention of Mental Health Disorders. It is hoped that the article can help various parties in dealing with the phenomenon of mental health disorders.*

Keywords: Psychoeducation, Awareness, Mental Health, Adolescent

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INTRODUCTION

According to the WHO (World Health Organization) globally, an estimated 1 in 7 (14%) adolescents aged 10-19 years experience mental health disorders (1), yet most remain unrecognized and untreated. From the data presented by WHO, it shows that the mental health crisis is a serious problem and especially occurs in adolescence. Many things cause or factor individuals to experience mental health disorders. Such as inadequate and fragile living environment, congenital chronic diseases owned by individuals, other causes of neurological conditions such as: pregnant teenagers, early or forced marriage, orphans and adolescents with ethnic or sexual minority backgrounds or other discriminated groups. In (Nurhaeni, Marisa and Oktiany, 2022) also presented data regarding adolescents who experience mental health disorders as follows: In adolescence (15-24 years) has a percentage of depression of 6.2%. Severe depression will experience a tendency to self-harm to suicide. As many as 80 - 90% of suicides are the result of depression and anxiety. Suicide cases in Indonesia can reach 10,000 or the equivalent of every one hour there is a suicide case. According to sociologists 4.2% of students in Indonesia have thought of suicide. Among students, 6.9% have suicidal intentions while another 3% have attempted suicide.

Mental health is a condition where individuals have well-being that can be seen from themselves who are able to realize their own potential, have the ability to cope with normal life pressures in various situations in life, are able to work productively and produce, and are able to contribute to their community (Gunatirin, 2018). In the book "Mental Health" by Fakhriyani (2019), it is explained that mental health is a person's condition that allows the development of all aspects of development, both physical, intellectual and emotional, which is optimal and in harmony with the development of others, so that further able to interact with the surrounding environment. According to Noach, Y. M. C., Tandjung, F. L., Puay, J., Funay, T., & Saefatu, D. (2023) it is also discussed that mental health is a condition in which humans can grow and develop mentally, physically, spiritually and socially so that they will realize their potential to overcome demands in carrying out tasks productively and dedicating themselves to their community. Thus, it can be concluded that mental health is a condition of individuals who have self-wellbeing seen from how they develop through all aspects of themselves and are able to deal with the pressures of life in various situations.

Individuals who experience mental health disorders certainly have a lot of confusion and tend to face their problems independently. That way, individuals who are experiencing mental health disorders need help from various parties. Starting from the closest environment that can be a friend or a figure who accompanies and accompanies individuals in their worst times. To professional assistance in helping to alleviate mental health disorders.

Based on the description described above, the author considers it necessary to take preventive measures in order to reduce the number of individuals experiencing mental health disorders. Especially at the adolescent level or age, there needs to be interest and awareness of the importance of self-care, especially in mental health. It is hoped that from prevention efforts, more and more individuals will realize the importance of paying attention to mental health and trying to take care of themselves. So that the number of individuals experiencing mental health disorders will also decrease. Prevention can be done through various ways and efforts. One of them is through education on the importance of mental health awareness. When there is already awareness in the self, then each individual should have the

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willingness and desire to maintain and care for themselves so that they can survive in facing the situations and conditions in which they are.

METHODOLOGY

In research using the Systematic Literature Review method. In (Wahyudin & Rahayu, 2020) Systematic review is a term used to refer to a particular research or research methodology, the development of which is carried out to collect and evaluate research related to the focus of a particular topic. The method in this systematic literature review can be carried out systematically but still follows existing protocols, namely the subjectivity of a study (According to R. D Ayu & R. M. Aspiradi (2021) in Arief & Sugiarti (2022)). The process of collecting data by analyzing the essence of each discussion point from several valid scientific sources. The analysis was carried out using the PRISMA (Protocol Review Systematic and MetaAnalysis) model. In Al Yasin, Anjani, Salsabil, Rahmayanti & Amalia (2022) the PRISMA systematic review method consists of 1) identification, 2) screening, 3) inclusion and 4) eligibility of articles found and will then be analyzed.

Several articles that have been obtained are selected based on the publication time with a span of the last 5 years (2020-2024) published in Indonesian and English. In searching and analyzing article sources used not only national articles, but also using several international research articles with the language used is English.

The database used to search for sources of scientific articles is Google Scholar with searches based on keywords that have been determined by the author. The keywords used are 1) Psychoeducation, 2) Awareness, 3) Mental Health, 4) Adolescent. Through the keywords that have been set, searching for relevant scientific articles can help the author to discuss further about the topic at hand. After searching and analyzing the articles, the author categorized several appropriate topics, which include: 1) Psychoeducation on Mental Awareness for Teenagers in the Era of Society 5.0 2) Psychoeducation to Prevent Mental Disorders for Adolescents 3) Psychoeducation for Self-Care of Mental Health Disorders. Presentation of results and discussion will be explained in descriptive narrative form. Conclusions regarding the discussion will be drawn after the data is obtained.

RESULT AND DISCUSSION

A search of the literature relevant to the discussion yielded 806 articles. After further analysis and review, 3 articles were found to be suitable and relevant to the criteria and were selected for full-text review.

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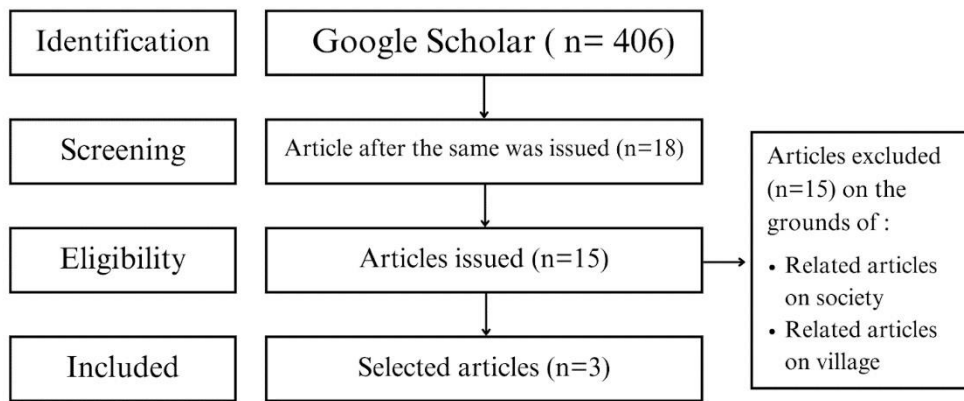


Figure 1. Flowchart and Article Selection

Table 1. Explanation of Psychoeducation to Increase Adolescent Mental Health Awareness

Author and Year	Conclusion
Noach, Y. M. C., Tandjung, F. L., Puay, J., Funay, T., & Saefatu, D. (2023)	Application of Psychoeducation targeting adolescents through several topics of discussion: Psychoeducation on Mental Health Awareness for Teenagers in Era 5.0, Mental Health Awareness for Teenagers, Mental Health Awareness: Make Yourself Priority, Wise Social Media proved to have a positive contribution to increasing understanding of mental health awareness for GMIT Youth of Sion and Betani Camplong Congregations. In addition, the application of psychoeducation that was carried out increased the empathy of adolescents in the GMIT Sion and Betani Camplong congregations.
Safarina, N. A., Safuwan, S., Dewi, R., & Zahara, C. I. (2022).	The application of psychoeducation to individuals in the Miftahul Jannah Islamic Education Foundation Orphanage, Tambon Tunong Village, Dewantara District, North Aceh Regency regarding increasing understanding of writing techniques can be an emotional catharsis effort related to preventing mental health disorders. Through writing can also improve one's attitude and behavior, improve social relationships, and increase creativity, memory and motivation. It was explained that when individuals choose to write by pouring what is written in the brain onto paper or books, then it will certainly provide many benefits for themselves.
Mengga, R. C., Ria, N., Mengga, M. J., & Hermanto, Y. P. (2024)	The application of psychoeducation regarding recognition of self-emotion, the process of emotion in oneself, emotion management is one of the preventive efforts in the existence of mental health disorders. Where emotion management is the right effort that can be done in order for individuals to face situations. Through psychoeducation on emotional management material, there is an increased understanding of individual resilience efforts.

Psychoeducation on Mental Awareness for Teenagers in the Era of Society 5.0

The development of the times at this time is followed by the advancement of existing technology. Through these many developments, of course, it is necessary to be wiser in the process of utilizing and using. The utilization of technological advances is important to support humans in all areas of life. Technological advances can also be utilized as a means of assisting existing knowledge and media to support the implementation of psychoeducation. In Noach, Y. M. C., Tandjung, F. L., Puay, J., Funay, T., & Saefatu, D. (2023) it is discussed that the presence of society 5.0 has benefits for building life, but

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also has negative effects that can threaten an increasingly competitive world. Thus, the use of technology in the era of society 5.0 can also have an impact that refers to negative things and threatens the world. Keep in mind, the situation where currently in the era of society 5.0 has begun to penetrate or can enter into various fields of life such as: education, social and economic. Existing misutilization does not help humans in knowing the understanding of mental awareness, but instead can cause serious mental health diseases or disorders. Among them are: Anxiety and Depression, Loneliness, Academic and Achievement Stress, Eating Disorders, Identity and Gender Changes, Addiction, Helplessness and Low Self-Esteem. Misuse or unwise use can also not directly experience mental health diseases, but can also have an impact on human life such as: Decreased quality of life, Decreased health risks, Decreased productivity, Increased risk of risky behaviors and Impact on social relationships. These impacts are very influential and can hinder adolescents in carrying out daily activities or activities in their lives. The existence of technology can help individuals, especially adolescents, in various efforts to recognize themselves, expand knowledge about mental health.

Wisely, individuals, especially adolescents who are able to make good use of the existence of technology can feel a myriad of benefits. This of course also supports the existence of Psychoeducation as the right means and forum in providing knowledge to many people about preventive or preventive efforts, especially in the field of mental health. Psychoeducation exists in the world of education to help students in recognizing themselves and knowledge in the field of psychology and help provide understanding in their own growth. With the world becoming more advanced, there will be continuous differences between individuals and generations. This is also related to the provision of materials and media used in the application of Psychoeducation. The materials and media applied in psychoeducation should always evolve along with the world's progress so that students can be comfortable and interested in the discussion in psychoeducation itself.

Psychoeducation to Help Teens Recognize Themselves and Grow Up

According to Haidar, G., & Apsari, N. C. (2020) Adolescence is a period of turmoil due to rapid growth and development such as emotional and intellectual changes from concrete to abstract causes. It is also called an unstable period because individuals are no longer children and cannot be called adults where individuals will experience a process of self-discovery by trying new things including risky behavior. This condition makes teenagers look for information from various sources, supported by the ease of accessing everything they want. That way, adolescence is a transitional period experienced by individuals in experiencing growth. A period where individuals move from childhood to adulthood. Of course, adolescence plays a big role in the majority of an individual's life, because in undergoing adolescence individuals will also determine how the individual will become an individual in the future. There will be a lot of confusion and anxiety experienced by adolescents in undergoing their own adolescence. Through these problems, assistance to adolescents is very necessary in order to guide and provide the right direction for individuals in recognizing themselves and their growth and development. During this time, the majority of adolescents will rebel against parents or some people who are considered to hinder themselves in carrying out existing activities and activities, this is because the portion of parents or other people in providing understanding as well as assistance is still largely inappropriate and even

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wrong. Excessive education will also make teenagers think that they are restrained and not free to explore themselves while undergoing adolescence. Adolescents no longer have to be educated in the past or the same way as when they were children, but how adolescents are given assistance in exploring themselves without having to have restrictions that seem restrictive. In particular, how adolescents are assisted in the stage of recognizing themselves and how they are in undergoing their growth.

Self-recognition is the right effort and provision for adolescents when starting their adventure in exploring the world and their lives. By knowing themselves, teenagers can easily determine and choose what decisions are right for them. Teenagers will know where they will go and act in facing situations and circumstances. Self-recognition is not only limited to individuals in knowing the characteristics or uniqueness within themselves, but also how their efforts in developing and continuing to realize the best potential and abilities within themselves. This is of course also relevant to efforts in understanding knowledge of their growth and development. Through an understanding of growth and development, individuals will adjust the stages or phases experienced with the reality conditions that occur. With the harmony between knowledge of growth and development and self-conditions, individuals develop in a balanced manner and according to the existing stages. The absence of harmony between these two things can make individuals "precocious" where the condition of individuals who behave, act and behave earlier than their age. All of these things are done simultaneously, both self-recognition and understanding of growth and development so that individuals will be more optimal in undergoing adolescence. Not to forget, assistance is still needed when adolescents carry out this. One of the assistance that can be done is through the Psychoeducation Program.

Psychoeducation programs exist as a form of providing assistance and support to learners in dealing with the developmental process in order to achieve optimality. Psychoeducation also aims to assist individuals in developing aspects of life both personally and socially. The implementation of psychoeducation is of course also tailored to the needs based on the results of the assessment of the problems needed by students. Therefore, the organization of psychoeducation can include various topics that support the growth and development of students. One topic or material that is seriously discussed is how psychoeducation programs can help individuals recognize themselves. In practice, this topic is commonly referred to as "Self-Development". Self-development is a way to realize one's best potential and abilities through self-development efforts (Haidar, G., & Apsari, N. C. (2020). Explained by (Harum, Aulia & Anas 2023) that self-development is a concrete form of self-actualization where individuals try to achieve the best version of themselves by utilizing their potential. In research conducted by Haidar & Apsari in 2020, it was proven that organizing psychoeducation with the material "Self-Development" was effective in helping the process of adolescents finding their identity. In addition, there is also an increase in students' understanding of themselves. Many understandings can be taken from the implementation of psychoeducation with "Self Development" material such as: recognizing yourself, knowing what your strengths and weaknesses are, and knowing about the use of your strengths and weaknesses as selfcompetence. In an effort to know oneself, many aspects can also be included in the process of recognizing oneself. One of them is about understanding emotions within oneself.

The implementation of psychoeducation focuses on how individuals recognize themselves and develop themselves according to their age and stage of development. Self-recognition can also be through

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how individuals understand their emotional states. Through research conducted (Mengga, R. C., Ria, N., Mengga, M. J., & Hermanto, Y. P., 2024), a psychoeducation program was conducted by discussing emotional understanding with the aim of increasing social awareness to Church youth. Through this research, psychoeducation is carried out with stages such as: an explanation of the two types of emotions, the process of emotion, how individuals can recognize feelings and understand everyone can regulate emotions and finally, how individuals can manage their emotions. In the first discussion, it is explained how emotions are divided into two types, namely positive emotions and negative emotions. This understanding is done with the aim that individuals can distinguish which emotions arise when individuals respond and act in all situations, so that it relates to how individuals regulate emotions and self-control. The existence of a discussion about emotional management in oneself is certainly a very interesting and useful topic or material because individuals, especially in adolescence, will tend to experience a lot of anxiety and are followed by self-owned rebellion. The existing rebellion is also triggered by one of the existing emotions, so it is very important for each individual to have strong and resilient emotional control and selfcontrol.

Psychoeducation to Help Adolescents Have Knowledge about Preventing Mental Health Disorders

Effective learning is that is balanced between the provision of theory and direct practice. Supported by the existence of various types of individual learning methods, one of which is more effective through practice so that what is discussed can be digested and can be understood by oneself. This of course also applies to the implementation of psychoeducation. Psychoeducation focuses on providing assistance to individuals or groups in an effort to understand the psychological self. Relevant to assistance efforts, especially for adolescents in having knowledge about preventing mental health disorders. In Safarina, N. A., Safuwani, S., Dewi, R., & Zahara, C. I. (2022) explained that every individual must want to maintain their mental health to stay healthy and good. This can be realized through various existing prevention efforts. One of them is through self-care. The self-care in question does not refer to physical or visual beauty so that it has an impact on how the self is seen by others. Rather, psychological self-care with the aim of personal self can always be stable and survive in the face of various situations and conditions. This discussion can also be called the resilience of the self that individuals have. Resilience is the resilience that a person has in facing various tough situations in his life (Amelia, S., Asni, E., & Chairilisyah, D. (2014). Not only in facing tough situations in daily life, individuals can also face tough situations in the world of education. This phenomenon is known as academic resilience. Discussed about academic resilience is a person's resilience in facing various academic tasks in an educational environment. According to Sholichah, I. F., Paulana, A. N., & Fitriya, P. (2019) students who have high self-esteem are likely to have high academic resilience as well or it can be said that the two things are interconnected. Some treatments that are carried out are proven to be effective in helping individuals in efforts to both emotional catharsis and psychological health.

Self-care is defined as a practice or activity that a person does to care for and pay attention to the physical, emotional, mental and spiritual needs of each individual. Self-care is carried out with the aim of maintaining individual psychological balance and well-being. The act of self-care involves taking time to prioritize oneself, regarding personal boundaries and taking actions that support health and

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happiness. Selfcare is often misinterpreted in several ways such as: Self-care as a form of self-centeredness, self-care is about having fun, self-care is about luxury or expensive things, self-care is about avoiding responsibility and so on. Forms that can be said to be self-care are grouped into: physical actions, mental actions, social actions and emotional actions. In physical actions, self-care is carried out through activities: Regular exercise, healthy diet and adequate sleep. Through mental actions with activities: maintaining positive thoughts, practicing stress management skills and learning new things. Social actions that reflect self-care: maintaining healthy relationships and setting interpersonal boundaries with others. And the last is through emotional actions that can be done by: Providing time for rest and relaxation, limiting exposure to stress and expressing oneself. In the activity of expressing oneself can be done in many ways as well, the activities carried out can be adjusted to the preferences of each individual. These include: painting, playing music, knitting, singing and writing. Writing activities can be one of the manifestations of self-care and this has proven effective as evidenced by research conducted by Safarina, N. A., Safuwan, S., Dewi, R., & Zahara, C. I. in 2022.

Writing can be one of the right efforts in expressing oneself or also for emotional catharsis. It is explained that writing is an act of catharsis, namely behavior where individuals can express and vent the emotions we feel freely so that thoughts and feelings become comfortable (Abbas, 2020). In research (Safarina et al, 2022) it is explained that the dedication is carried out as a form of assistance in channeling the ideas, feelings and hopes of the target subject into a medium that is old and makes him feel safe, helps the subject respond according to the stimulus so that the subject does not waste time and energy emphasizing his feelings, then helps the subject reduce the pressure felt so that it can help achieve optimal mental health. The psychoeducation program aims to help individuals reduce the pressure or stress they feel. Through expressive writing, it can have a positive impact on individuals who do it. Writing is an activity to explore and express oneself, writing has its own power that can allow individuals involved to develop a higher awareness of an unpleasant event. It can be concluded that writing is also a form of manifestation of efforts to prevent mental health disorders in individuals.

CONCLUSION

Mental health is a condition of an individual who has self-being seen from how he develops through all aspects of himself and is able to deal with life pressures in various situations. Individuals who experience mental health disorders certainly have a lot of confusion and tend to face their problems independently. That way, individuals who are experiencing mental health disorders need help from various parties. Psychoeducation is one of the strategies that can be applied to prevent mental health disorders and provide an understanding of mental health awareness in adolescents. Through the organization of psychoeducation by discussing: 1) Psychoeducation on Mental Awareness for Adolescents in the Era of Society 5.0 2) Psychoeducation to Help Adolescents Recognize Themselves and Grow 3) Psychoeducation to Help Adolescents Have Knowledge About Prevention of Mental Health Disorders, is expected to be the right assistance in providing understanding to adolescents in order to prevent mental health disorders. The author's suggestion for future researchers is that it is hoped that the writing of this scientific article can be an inspiration and reference in conducting further research with relevant discussions, then suggestions for Counseling Guidance Teachers are that it is hoped that the

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presentation of discussion material regarding the implementation of psychoeducation programs can be an inspiration and source of literature for the implementation of psychoeducation programs.

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