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**BUILDING MENTAL WELL-BEING BY DEVELOPING A SPIRIT OF  
SOCIAL CONCERN**

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**ABSTRACT**

*Individual mental or psychological well-being is very important in one's growth and development. A healthy mind is a healthy mind. Psychological or mental well-being not only describes an individual's condition that is free from difficulties, but the condition of an individual who is independent, has positive relationships with others, can adapt to the surrounding environment, has goals in life, has good self-acceptance, and is able to realize the potential that is owned continuously in accordance with its growth and development. The purpose of writing this article is to identify the meaning of mental well-being and how it forms. Especially the mental well-being of the people of Sememi Village, Benowo District, Surabaya. This research is a type of qualitative research using literature study method. The data collection technique used in this study was interview and supported by secondary data from books and previous research. The results of this study can be concluded that the majority of the people of Sememi Village have a high sense of social concern as evidenced by the results of interviews and descriptions of the relationship scale of 5 respondents with their families and surroundings which according to 5 respondents give their own happiness when they can provide assistance to neighbors in need.*

Keywords: Mental Well-being, Spirit Social Concern

### INTRODUCTION

Individual mental or psychological well-being is very important in one's growth and development. A healthy mind is a healthy mind. There are many forms of a person's mental well-being, such as self-acceptance. When a person can accept his own good and bad circumstances, that person can create a prosperous and healthy mentality. Being able to accept your own shortcomings is not easy, you need an open and sincere heart so you don't get down with the shortcomings you have. Good well-being is directly linked to positive mental health, helping to reduce stress, anxiety and depression. (Keyes, 2002)

Throughout the life span, each age stage always has developmental tasks that must be passed. If a person fails to carry out developmental tasks in his age range, the development at the next stage will experience interference and cause problems for him. In the adolescent phase, physical changes and psychological make them tend to be unstable in acting and experiencing changes in emotional conditions fast. (Fahmawati et al., 2022)

Another thing that influences mental well-being is individual growth and development. Growth is a physical change that occurs and is quantitative (measurable) such as weight and height), while development is a series of progressive changes that occur as a result of the process of maturity in learning and experience. Everyone must experience growth and development differently. If a person's growth and development can be fulfilled and in accordance with his developmental tasks, it is likely that his psychology will also be safe. However, if gaps are found in one's growth and development process, it can affect one's mental well-being. For example, someone who has less than average height will definitely get attention from the general public, if that person does not have good self-acceptance, that person will be down and of course it will affect the individual's mentality. As a result, this person becomes introverted and lacks confidence when dealing with society in general.

The third is the purpose of life. Someone who has clear and planned life goals, they will do anything to achieve these goals. If they fail to achieve this goal, they will look for other solutions to get back up. However, when a person cannot accept his failure, he will feel like there is pressure inside him which will affect his mentality.

Mental well-being can not only be built with factors that come from within the individual, but external factors also greatly affect a person's mentality. Such as relationships with other people and the surrounding environment. For example, a person's relationship with his neighbors. Humans are social creatures who cannot live alone. In social life, there are many activities and things that allow people to meet and gather. By creating a positive relationship between people will create a conducive environment. To create positive relationships within the community, this can be done in various ways, one of which is by having a caring spirit among human beings. When there are neighbors who need help, then as much as possible we provide help according to our abilities. There are many forms of helping behavior, it can be in the form of materials, services, or even being someone who wants to hear other people's complaints, it can also be called help.

This is in accordance with the existing conditions in Sememi Village RW 3, Benowo District, Surabaya City. Most of the people of RW 3 Sememi have a positive relationship with one another. When a neighbor needs help, they are happy to help. However, not all people in Sememi are like that. There was

one of the residents I met who had a bad relationship with their neighbours. There are several reasons underlying this behavior, one of which is due to a lack of self-acceptance, which makes the person feel unhappy when neighbors remind him to do good. This has an impact on the mentality of the person who then does not attend regular events held by local residents. For this reason, we want to provide education regarding the importance of mental well-being for life by building a spirit of caring for each other in the Sememi Village community.

The spirit of social care is very important to be developed for the community, especially the people of RW 3 Sememi Village, Benowo District, Surabaya. We convey this with psychoeducation services in the PUSPAGA (Family Learning Center) program in the city of Surabaya. We provide this psychoeducation with the aim of helping the local community to develop a spirit of social care among fellow citizens by building good relationships and helping each other so as to create a healthy and prosperous mentality to face every challenge in life in the future.

### **METHODOLOGY**

This research is a type of qualitative research using literature study method. The data collection technique used in this study was interview and supported by secondary data from books and previous research. Interviews were conducted with the Sememi Village community directly using the interview guidelines that had been prepared previously. The literature used is a source related to the problem under study. The analysis technique used in this study is descriptive analysis where the data is analyzed and described according to reality. Data from the literature study will be used to discuss possible interventions to be applied to the problems obtained from the interview results.

### **RESULT AND DISCUSSION**

According to (Ryff, 2015) in (Hidayati et al., 2021) psychological or mental well-being does not only describe an individual's state of being free from difficulties, but the condition of an individual who is independent, has positive relationships with others, can adapt to the surrounding environment, has life goals, have good self-acceptance, and be able to realize their potential continuously according to their growth and development. Another opinion from Jorm (2019) in (Fatahya & Abidin, 2017) states that mental health literacy is knowledge that can be used by individuals to do things that are beneficial to mental health. Individuals who are literate about mental health need to apply this knowledge in their daily habits in order to reduce the risk of health problems caused by mental health problems or to choose more appropriate strategies for dealing with individual mental health. (Aldwin & Revenson, 1987)

Social concern creates a sense of solidarity in society, strengthens social bonds and helps create a more harmonious environment. (Hou et al., 2020) According to Junrong (2016) in (Prawoto, 2022) there are three main problems that often occur in the community environment, namely slow management, the availability of volunteers to help the village, and the difficulty for village officials to socialize with their residents. The purpose of writing this article is to identify the meaning of mental well-being and how it forms. Especially the mental well-being of the people of Sememi Village, Benowo District, Surabaya. To provide information regarding the importance of social care for the welfare of citizens, we provide

psychoeducation services in the Sememi RW 3 Village in the PUSPAGA (Family Learning Center) program in the city of Surabaya. We provide this psychoeducation with the aim of helping the local community to develop a spirit of social care among fellow citizens by building good relationships and helping each other so as to create a healthy and prosperous mentality to face every challenge in life in the future.

According to Lazarus in (Anisatul Fikriyah Aprilianti, 2023) says that happiness is a form of expression of interaction between humans and their surroundings. In this case, humans can be happy because of themselves and happy for themselves, but on the other hand there is also someone who is happy because of other people and for other people. This can prove that happiness is not selfish but can be shared with other people and the environment. Such a positive relationship and helping each other will create its own happiness for someone.

From the results of my interviews with 5 residents, one of the things that can make you feel peaceful is being happy when you have good relationships with yourself and with the people in your surroundings. The following is data from my interviews with 5 respondents from Sememi Village residents, Benowo District, Surabaya regarding the level of happiness of residents based on a scale of 1-10:

Number	Name	Relationships with spouse, children and family	Relationship with work	Relations with other people and social community
1.	Siti Yulaikah	10	8	8
2.	Rahmawati	9	8	8
3.	A (Nama Samaran)	7	6	8
4.	B (Nama Samaran)	10	7	8
5.	C (Nama Samaran)	10	8	9

The results of the data in the table above can be described that each individual has a different level of happiness in each aspect. The x-ray of happiness can be a reference for a person's mental well-being and social care. After I talked to these women, they said that they were happy to be village cadres because they could help other people and also for the sustainability of their village. Another thing that makes them happy to meet residents at the village hall is because they are too bored if they have to be in the house all the time, by coming to the village hall, women can do activities that make them happy. After this psychoeducation about mental well-being, the people of the Sememi sub-district became more aware of the importance of happiness for themselves, others and health.

### CONCLUSION

Individual mental or psychological well-being is very important in one's growth and development. A healthy mind is a healthy mind. Psychological or mental well-being not only describes an individual's condition that is free from difficulties, but the condition of an individual who is independent, has positive relationships with others, can adapt to the surrounding environment, has goals in life, has good self-

acceptance, and is able to realize the potential that is owned continuously in accordance with its growth and development. Another form of mental well-being is happiness, the happiness of being able to provide assistance to others in need as well as concern for others. Happiness is a form of expression of interaction between humans and their surroundings. In this case, humans can be happy because of themselves and happy for themselves, but on the other hand there is also someone who is happy because of other people and for other people. After I conducted psychoeducation services at the PUSPAGA (Family Learning Center) program in Surabaya City, I obtained the results of interviews and scale-based data collection conducted on 5 respondents from Sememi Village, Benowo District, Surabaya. It can be concluded that each individual has a different level of happiness. -Different in every aspect. The x-ray of happiness can be a reference for a person's mental well-being and social care. After this psychoeducation about mental well-being, the people of the Sememi sub-district became more aware of the importance of happiness for themselves, others and health.

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