

Mental Health Psychoeducation: Effort to Increase Mental Health Literacy in Adolescence

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Keywords

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Abstract

Some adolescents demonstrate a deficiency in awareness regarding mental health. This deficit in knowledge is attributable to a lack of mental health literacy. The objective of this research is to ascertain the efficacy of psychoeducation in enhancing mental health literacy among teenagers belonging to the Karang Taruna organisation. Eighteen participants were selected using a purposive sampling technique, with the criteria being young men or women who were members of Karang Taruna. The methodology employed in this study is a quasi-experimental design with a one-group pretest-posttest. The results of the data analysis, conducted using the Paired Sample T-test, indicating a statistically significant difference between the pretest and posttest results. The results demonstrated a notable increase in scores from the pretest to the posttest following the administration of psychoeducation. This outcome substantiates the efficacy of psychoeducation in enhancing public awareness about mental health literacy. It is anticipated that by fostering mental health literacy, individuals will be better equipped to identify, comprehend, and avert issues pertaining to mental health.

INTRODUCTION

Syarifuddin et al. (2023) mental health referred to one aspect to need considered in realizing comprehensive about health. An Individual with with a healthy mental condition will affect his physical condition and quality of life (Tim Kerja Hukum & Humas, 2022). Similiarly with Gustaman (2023) that a person have a good mental health also have strong and healthy bodies. Therefore, mental health disorders not only affect psychological conditions but also threaten the individual's physical health. According to WHO (2022) mental health is a condition that a people able to cope with a stresses of life, realize their abilities, and able to optimize their capabilities. So, health condition can be defined a condition with physical, psychological, and well being without certainty disabilities.

The term of mental health literacy is an understanding about information related to mental health, for example how the individual recognizes, manages, and how to prevent the occurrence of mild mental health problems. The definition of literacy referred to knowledge and awareness of mental health itself (Ikmar, 2022). Persons who do not take care of their mental health have the potential to affect aspects of their physical health. Support provided by the environment in the form of positive affirmations will also greatly affect a person's mental health. In the end, mental health includes a state in which a person can achieve well-being in their mental state (Fakhriani, 2019).

Based on assessment with interview and observation from April 2 to May 3, 2024 in RW 06, Harapan Mulya Village, Bekasi City. These interviews and observations were conducted with the ranks of RW administrators, PKK, Posyandu, Karang Taruna and ordinary residents living in the area. Based on the results of the interview, it was found that the majority of the community did not know about mental health, how to recognize and deal with people with mental disorders. This can be seen from an individual who experienced obstacles but was left alone and became the focus of discussion. Regarding mental health, according to the individual, mental health is a person who is not disabled by amputation. In fact, this statement was agreed by members of the Karang Taruna, most of whom are teenagers. Teenagers with developments in the digital era, which means information and messages are quickly and easily accessible, do not know about mental health. The teenagers are confused information or knowledge about mental health. In other words, this group of residents does not have a basic understanding of mental health, so the statement made by the individual about mental health is considered a person who is not disabled (does not need to have an amputation). The results of an interview conducted with one of participant:

"I must profess a certain ignorance with regard to the concept of mental health. Could you clarify whether the notion of mental health in this context is analogous to the concept of insanity?"

(S1-W, Preliminary Study)

This opinion is also supported by the other participant:

"I must profess a certain ignorance with regard to that particular matter." (S2-N, Preliminary Study)

They don't have about mental health causes the community around the environment not to know how to respond to it, and if they want to provide assistance, they do not understand what kind of assistance should be given to individuals with psychological disorders. It can be concluded based on the results of the interview, residents try not to label or judge individuals who experience mental health disorders with the label "crazy people", they only assume that the individual is a little different from the usual individual. On the one hand, some individuals already understand a little about how to seek psychological help, namely they stated that those who understand the symptoms of mental health disorders will immediately contact the health center if there are individuals who are indicated as having psychological symptoms or whose behavior looks different from usual.

Based on observation, some of teenagers who are members of "Karang Taruna" seem to have little understanding of the characteristics of mental health and some questions related to psychological symptoms. This is indicated by their confusion when answering questions asked where they look left and right before answering, and they often throw their questions asked to be answered by other members. The way of answering questions also looks ambiguous and irrelevant to the questions given and they need quite a long time to respond to the questions given. Then, the way members of the youth organization respond when a person with skizophrenia (ODGJ) comes to the environment, some of them ignore them, some are afraid, and some even mock, laugh at and make the ODGJ the subject of jokes.

This indicates that there are still many residents of the environment who have a negative stigma about individuals with psychological disorders and many still do not understand how to respond and help when they meet individuals who have psychological disorders. This can also indicate that some people in the environment have low mental health literacy, because many still ignore the importance of mental health, underestimate mental disorders and do not understand how to provide psychological assistance. So, based on assessment, this research has aim to make psychoeducation about mental health to enhance mental health literacy. The target participants are teenagers who are members of "Karang Taruna". With considerations, that they are in the forefront of helping their group, in this case teenagers, and can act as first responder in society.

Psychoeducation assessed effective methods for enhance literacy mental health especially teenagers. Through psychoeducation, an individual get many informations and understanding about mental health, including symptoms of mental disorders, how to seek help, and coping strategies. Based on the community

service activities carried out by Sari and Saleh (2022) that with psychoeducation related to adolescents' understanding of mental health during the Covid 19, it was able to increase respondents' knowledge regarding mental health and how to maintain it. This is important because many adolescents do not have sufficient knowledge about mental health, which can hinder them from seeking help when needed. This is in line with the effectiveness of psychoeducation provided to adolescents in increasing their mental health knowledge, thus encouraging them to seek help when experiencing obstacles, have strategies to prevent psychological disorders experienced and become more empowered (Morgado et al., 2021; Russell et al., 2023). Based on research by Jafar and Wahyuni (2023) shows that psychoeducation carried out through the distribution of posters on social media has succeeded in increasing mental health literacy. The results of the pre-test and post-test showed high significance ($p < 0.05$), which indicates that psychoeducation is effective in increasing knowledge about mental health among adolescents.

Psychoeducation can be interpreted providing interventions for individual, family, yang ditujukan pada individu, keluarga, and groups that aim to educate their respondents about something that happens in life, and help research subjects develop sources of support and social support in dealing with what happens in their lives and develop coping skills to face challenges that occur, in other words psychoeducation is a treatment that is delivered formally and professionally by implementing psychotherapeutic and educational interventions (Wongpy & Virlia, 2020). Through give psychoeducation about mental health expect to improve knowledge about literacy mental health, seeking behavior and first responder in society.

Mental health literacy can be interpreted as insight or something that is an individual's belief regarding mental disorders with the aim of helping individuals to better recognize, manage, and even become a preventive measure when there is a mental disorder, the higher the mental health literacy of a person, the more capable or has the ability to identify mental illness and have more insight regarding the sources of care provided to sufferers appropriately (Rachmayani & Kurniawati, 2018). Unfortunately, mental health literacy in society, both globally and in Indonesia, is still low and is often ignored or considered trivial (Kelly et al., 2007). This is evidenced by the low level of public knowledge about mental health. Mental health is the most important part of an individual's life, but there are still many teenagers who do not understand mental health. The lack of understanding related to mental health is caused by low literacy. This was proven by researchers who asked questions about mental health to eight teenagers from Karang Taruna, then many of them said they did not know, and only one person understood enough but only from a spiritual perspective (Milufa & Wahjuni, 2020). The meaning is low mental health literacy among most young people in the area, with low mental health literacy the area tends to experience delays in handling cases of mental health

disorders with high mental health literacy it will be very possible for people in the area to understand how to handle mental health disorders with the aim of increasing mental health literacy in the community in the area, so researchers took the initiative to provide psychoeducation related to mental health (Zakiah et al., 2023).

Based on research by Lestari and Wahyudianto (2022) with good mental health literacy, individuals can also gain knowledge on how individuals seek and find help when needed. Thus, individuals can decide on the appropriate actions when seeking help from experts, which is a problem in this case, many people do not have knowledge about the symptoms, characteristics of mental health disorders, and even individuals do not have knowledge and insight into procedures and who to contact when seeking help from experts if they have an emergency regarding mental health disorders (Novianty & Hadjam, 2017).

The research to be conducted refers to previous research. The difference between this research and the previous one is that the material presented in this research is not only related to symptoms or disorders but also conveys the definition of mental health first. In addition, it also explains the crisis faced by individuals that causes psychological disorders. It is expected that respondents can understand the causes of the disorder before knowing about the disorder first, after which they are told how to overcome it.

METHOD

This research using experiment with only one group design without control group with one group pretest-posttest design. Because of this research, knowing the changes before and after psychoeducation is given. Experimental research is conducted by means of manipulation by giving certain treatments to research subjects, after which the impact is measured (Jaedun, 2022).

Design

The research design used by researchers in this study is included in quasi-experimental research using the one-group pretest-posttest. This means that in this study only one group was given manipulation, after which measurements were taken again (Seniati et al., 2005). Beside that, this study was conducted without using a control group as a comparison and the measurement used the same measuring instrument. Given that this study used a pretest as an initial description of community knowledge about mental health, then psychoeducation was given and then a posttest was given to measure the extent of effectiveness after psychoeducation was given.

Participants

The population used in this study were teenagers in Harapan Mulya. The sample used in this study were teenagers who were members of “Karang Taruna” in

RW 06 according to the sampling criteria with purposive sampling techniques. The number of participants who participated in this study was Eighteen people consisting of fifteen men and three women. These eighteen people are active members of the Karang Taruna organization. The active criteria are always participating and always manage in every activities of the organization. After getting active Karang Taruna members, a questionnaire was given to determine mental health literacy which was used as a pretest score before starting psychoeducation.

Instruments

The variable in this study is mental health literacy. To measure and determine the increase in mental health literacy that Jorm's theory has regarding mental health literacy and its relationship to help-seeking behavior. Therefore, the measuring instrument used in this study adapted the measuring instrument from Jorm which has been translated into Indonesian which was taken from research from (Kuswardana, 2019). Instrument used to measure mental health literacy uses five aspects that are reduced to eighteen items with reliability pada rentang 0.41-0.60. It means to satisfy for reliability criteria. Validity in this measurement uses the formula of reproducibility and scalability coefficients. It is declared valid if the reproducibility coefficient (K_r) = > 0.90 and the scalability coefficient (K_s) = > 0.60. This scale has a value of $K_r = 0.95$, and $K_s = 0.76$. This scale meets the requirements to be said to be valid.

This measurement, both pretest and posttest, uses the same measuring instrument. The five aspects used as the basis for making the measuring instrument include:

1. Knowledge of mental disorder prevention: this aspect relates to knowledge of mental health characteristics and mental disorders.
2. Recognition when the disorder develops: this aspect includes how individuals identify early symptoms of mental disorders in someone.
3. Knowledge of professional treatment: this aspect discusses individual knowledge about sources of professional help to deal with mental health disorders.
4. Knowledge of effective self-help strategies: this aspect relates to individual knowledge about techniques for providing help to themselves when experiencing mild mental health disorders.
5. Knowledge of first aid for others: this aspect includes individual knowledge so that they can provide first aid to others when experiencing mild mental health disorders.
6. The instrument used to measure mental health literacy uses five aspects which are reduced to eighteen items.

Tabel 1*Blueprint Literacy Mental Health Scale*

No	Aspects	Indicator	Aitem	Total Aitem
1.	Knowledge About Prevention	Having Information relate to characteristics about mental health and psychological disorders	1,4,5,7,8,9,10	7
2.	Recognize When a Disorders	Identyfing early symptoms about mental health	2,11, 12,13	4
3.	Knowledge of Profesional Help Available	Having Information About Profesional Helping	3,18	2
4.	Knowledge About Self Help's Strategy	Understanding how self-help techniques can help to reduce symptoms	14,15	2
5.	Knowledge About First Aid	Understanding About First Aid to Help Person	6,16,17	3
<i>Total</i>				18

Procedure

The data collection procedure in this study was divided into three sessions, there are:

1. Pretest: Measuring members of the youth organization which was carried out the day before the psychoeducation was given. This pretest was given with the intention of measuring the initial knowledge of the youth organization members before psychoeducation was carried out (Seniati et al., 2005).
2. Manipulation (Psychoeducation): In this session, members of the youth organization were given manipulation. The manipulation used in this study was the provision of psychoeducation with the aim of providing new insights and knowledge to members of the Karang Taruna organization regarding mental health literacy. Psychoeducational contents includes about mental health, psychological symptoms, understanding about psychological crisis, how to prevent psychological disorders and as Karang Taruna How to deal with mental heath problems. This is only one session with 5 hours while playing games and ice breaking relate with this materials. For example, quiz about literacy mental health.
3. Posttest: This session was carried out after the provision of manipulation (psychoeducation) with the aim of measuring whether the provision of mental health psychoeducation was effective in improving mental health literacy in the community in the environment (Seniati et al., 2005).

Jika digambarkan, desain pada penelitian ini adalah sebagai berikut:

Pretest (O1) → Manipulation (X) → Posttest (O2)

Data Analysis

Analysis used in this study with paired sample t-test. It is caused in this study to examine the condition before and after the respondents received treatment or manipulation, which means that the data is connected with each other.

RESULT

This study was followed by eighteen participants who were members of the “Karang Taruna”. Data analysis began by conducting an assumption test first. The results obtained from the assumption test were for the normality test to get a value of $p = 0.941$ which means $p > 0.05$, based on the results of the normality test that had been carried out the data was normal. Furthermore, a homogeneity test was carried out and the results were obtained that $p = 0.186$ which means $p > 0.05$. Based on the values obtained, it means that the data is homogeneous. Thus, the assumption test to use the parametric difference test analysis technique is fulfilled. Therefore, the paired sample t-test analysis technique. The following are the results of the difference test analysis that has been carried out:

Table 2

Description

	Mean	N	Std. Deviation	Std. Error Mean
Pretest	58.39	18	4.692	1.106
Posttest	67.28	18	8.079	1.904

Analysis data used SPSS (Statistical Package for the Social Sciences) which has been widely used by students for processing research data. Based on data testing using these tools, paired samples statistics data were obtained which contained data descriptions regarding the pretest and posttest tests with N or samples of 18 participants. In this analysis, the data description regarding the Standard Deviation pre-test was 4,692 and the Standard Deviation post-test was 8,079. Moreover, data was also obtained regarding the Standard Error Mean pre-test of 1,106 and the Standard Error Mean post-test of 1,904. Furthermore, it was also found that the mean pre-test and post-test results showed an increase in conditions before and after treatment or training was given. This can be shown from the mean pre-test results of 58.39 and the mean post-test results of 67.28, which can be explained that there was an increase of 8.89 after participants were given manipulation in the form of psychoeducation in order to increase knowledge about mental health literacy of the members of Karang Taruna.

Tabel 3

Analysis data with Paired Samples T Test

	t	Sig.
Pretest - Posttest	-4.634	.000

Based on the results of the paired sample t test, it shows that the difference in the mean obtained in this test with two sets of data is -8.889, this means that if you look at the mean obtained by the group after filling out the pre-test and post-test. There is a difference in the results of the two sets of data filled in by similar people, and there is also a std deviation of 8.138 which means that in the results that have been collected there is a variation between data pairs that fall into a fairly large category, the std error mean is 1.918 which shows the level of difference based on the mean is quite accurate, then there is also a 95% confidence interval value which is -12.936 at the lower limit while at the upper limit it is -4.842, the t value obtained in the table above is -4.634. So, from these results it can be interpreted how significant the difference caused by this study is, and df which is 17, the significance value in the paired sample t test is .000 which can be interpreted that the results of the data that have been tested by the paired sample t test are proven to be significant because the p value or the significance obtained is <0.05 .

DISCUSSION

People in various countries, especially Indonesia, need to pay more attention to mental health more seriously. This is because in the global health world, mental health has received more attention and goes hand in hand in building a balanced health world (Fuady et al., 2019). Considering that mental health is something that needs to be prioritized. So through this study, this research aim to improve mental health literacy through psychoeducation about mental health. The hope is that the community will be more alert and have awareness of mental health. Among them, through this psychoeducation, it is hoped that the community will have insight into mental health, what are the characteristics of people with mental health disorders, how to handle them and have knowledge related to help-seeking behavior if they find severe mental health disorders in their environment. Learning from Psychoeducation, they gain knowledge that they did not know before. This results like with research conduct by Abd El Salam et al. (2023) that psychoeducation an increase knowledge about adolescent mental health, reduce stigma and increase help-seeking behavior.

In this research shows that with psychoeducation about mental health effective to enhance literacy of mental health. This can be seen from the increase in scores between before and after mental health psychoeducation was given. Based on results of the paired sample t-test where there is a p value = .000 <0.05 because the p result or significance value obtained is smaller than 0.05, this proves that the hypothesis about the effectiveness of mental health psychoeducation with the aim of increasing mental health literacy can be accepted. Based on the data in table 1 and table 2, there is a difference in the mean obtained from the pretest data and also the posttest data. The mean on the posttest results is greater than the pretest results.

This is supported research by Mori et al. (2022) and Simkiss et al. (2023) with *randomized controlled trial* design that psychoeducation able to increase knowledge about adolescence related to mental health at the junior high and high school levels. In addition to increasing knowledge through psychoeducation, it can change their attitudes and behaviors related to mental health

Increasing posttest in this study is also similar to research conducted by Izzah et al. (2024) which shows that the planned psychoeducation activities have proven to be successful in increasing the level of mental health literacy. This can be seen from the results of the previous pretest, which was 11.30 after psychoeducation was given and the post-test results increased to 13.30. Therefore, it can be seen that psychoeducation has proven effective in increasing mental health literacy in the community.

Based on activity in community conducted by Merida et al. (2024) also proved that after being given psychoeducation related to mental health literacy, residents have broad insight into mental health, and residents also become open and will be alert if they ask for professional help if they find complaints of mental health disorders. In general, with good mental health literacy, the first is that individuals can know how to prevent mild mental disorders. Furthermore, they can understand and recognize the disorder, know about the behavior of seeking professional help related to mental health if there are individuals who experience severe mental disorders. In addition, knowing how to self-help when the individual experiences mild psychological disorders, and also understanding how to provide first aid to others if they experience psychological disorders. This is also seen in adolescents who are members of Karang Taurana that knowledge about mental health is important.

Research by Jafar and Wahyuni (2023) finding that psychoeducation with distributing posters containing mental health and distributed to social media so that they can be accessed by various groups and communities, can increase mental health literacy. It can be seen from after the series of implementations in the form of pretest, psychoeducation, posttest, a significance value of $0.000 < 0.05$ was obtained, there was a significant difference between the pretest and posttest. This is in line with this study because in the post-test data there was an increase or change. This means that these results prove that providing mental health psychoeducation with the intention of increasing mental health literacy is declared effective.

Effectiveness from psychoeducation referred to previous research by providing psychoeducation able to improve the individual's understanding of mental health and also to improve their mental health literacy. It is hoped that with this high level of mental health literacy, it can raise awareness of mental health disorders. Based on *systematic review* conducted by Seedaket et al. (2020) shows that psychoeducation is one way to improve mental health literacy in adolescents.

Beginning from public awareness, especially in this case, adolescents about mental health, individuals can identify symptoms of mental health disorders and individuals can also provide assistance to people who have mental health disorders that are still in the mild stage. In addition, individuals also have the ability to provide assistance to themselves when they feel mild mental health disorders. It is supported by research from Jorm in Fuady et al. (2019) which states that individuals with a high level of mental health literacy will have the skills to be individuals who provide first aid to individuals who need it.

This research in line with research by Dwiyani and Widuri (2020) which states that psychoeducation can improve mental health literacy of teachers and students. This can be seen from the significant changes based on the Z value data obtained of -6.970 with $p = 0.000$ which means there is a difference in the pretest and posttest data. Referring to the research results that have been obtained and comparing them with previous studies, it can be seen that providing mental health psychoeducation has been proven to increase the level of mental health literacy. So, from this results obtained in line with and supported by previous researchers and there is a significant change in scores between conditions before and after treatment. In other words, the posttest value obtained increased compared to the pretest.

CONCLUSION

Based on the results, it can be concluded that there is a difference in mental health literacy in conditions before and after psychoeducation is given. This is indicated by the results of the posttest score which increased from the previous pretest results. Therefore, providing psychoeducation to adolescent members of Karang Taruna has been proven to increase mental health literacy.

From this research, have a theoretical and practical suggestion. For theoretical suggestion, to complete and develop knowledge and understanding related to mental health through psychoeducation can use experimental design not only using one group. In addition, can use time series design to find out the increase in scores after being given psychoeducation. In the future research can specifically develop themes on mental health related to psychological disorders or phenomena more specifically adjusted to conditions in society. For example, such as preventing self-harm, overcoming psychological disorders in postpartum mothers, and other psychological disorders that are in accordance with the phenomena experienced. For practical suggestion, it is expected with knowledge about mental health can be implemented to help promote mental health by Karang Taruna Members with other adolescence or youth groups. In addition, with the knowledge that has been obtained, it helps teenagers, especially Karang Taruna members, to solve problems related to mental health, such as recognizing symptoms of psychological disorders and behavior in seeking help with professional.

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