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The Influence of the Mentari (Mental Health Remaja Indonesia) Application Innovation on Adolescent Mental Health Resilienc...

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THE INFLUENCE OF THE MENTARI (MENTAL HEALTH REMAJA INDONESIA) APPLICATION INNOVATION ON ADOLESCENT MENTAL HEALTH RESILIENCE AT SMP NEGERI 1 PURWADADI

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ABSTRACT

The issue of adolescent mental resilience is increasingly receiving attention worldwide. Adolescents are often confronted with various pressures and stresses in their daily lives, ranging from academic pressure to interpersonal conflicts and family problems. Lack of understanding and support for mental health, as well as the stigma attached to psychological issues, also make it difficult for adolescents to cope with these problems. Therefore, this study aims to evaluate the influence of the MENTARI (Mental Health Remaja Indonesia) application innovation on adolescent mental health resilience at SMP Negeri 1 Purwadadi. Using a quasi-experimental method, data were collected from adolescent respondents before and after using the MENTARI application to measure changes in mental health resilience. The adolescent respondents sampled for the study numbered 187. Data successfully collected through questionnaires will be analyzed using normality tests and difference tests. The analysis results show a significant improvement in adolescent mental resilience after the intervention with the MENTARI application. The results indicate that the features presented in the MENTARI application have been proven to enhance adolescent mental resilience. Therefore, this innovation can be considered successful in supporting efforts to improve adolescent mental well-being in Indonesia.

Keywords: Adolescents; Mental Health; Mental Resilience; Mental of Nursing; Technological Innovation.

INTRODUCTION

Indonesia is one of the developing countries with a considerable number of mental health patients. Various biological, psychological, and social factors, coupled with the population diversity, contribute to the increasing number of mental health cases. The Basic Health Research Data of 2018 shows that the prevalence of emotional mental disorders with symptoms of depression and anxiety in the population aged over 15 years is approximately 6.1% of the total population of 11 million people in Indonesia, and Emotional Mental Disorders (GME) in the population aged ≥ 15 years are experienced by 9.8% of the population, or more than 19 million people in Indonesia (Risksedas, 2018). In adolescence, the percentage of depression is 6.2%. Severe depression tends to lead to self-harm or suicide (Videbeck & Videbeck, 2013). About 80-90% of suicide cases result from depression and anxiety. Suicide cases in Indonesia can reach 10,000 or equivalent to one suicide case every hour (Kementrian Kesehatan, 2022). According to suicidologist experts, 4.2% of students in Indonesia have considered suicide. Among university students, 6.9% have suicidal intentions, while another 3% have attempted suicide. Depression in teenagers can be caused by several factors such as academic pressure, bullying, family factors, and economic problems (Parnawi, 2021).

The provinces occupying the top positions with the highest number of people with mental disorders are North Sumatra Province, DKI Jakarta, West Java, Central Java, East Java, Banten, and North Sulawesi, with an average of 8,000 people per province, and the highest is in West Java reaching 55,000 individuals (Kompas, 2019). Ciamis Regency ranks 7th in West Java with the highest number of ODGJ patients, out of a population of 1,267,8787 people, there are 1,858 schizophrenia patients spread across 27 Districts (Dinkes Ciamis, 2023). Purwadadi District is one of the districts located in Ciamis on the border between West Java and Central Java. With a total population of 1,272,952 people in Ciamis Regency, Purwadadi District has a population of 40,573 people. Karangpaningal Village is one of the villages located in

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Purwadadi District with a total population of 6,300 people. The distance from Galuh University campus to Karangpaningal Village is 35km.

Another impact of other mental health problems is the increasing prevalence of Drug Abuse and Narcotics (NAPZA) in Indonesia. Based on research from the National Narcotics Agency (BNN), the Indonesian Institute of Sciences (BRIN), and the Central Statistics Agency (BPS) in 2021, the annual prevalence rate increased from 1.8% (2019) to 1.95% (2021), or nearly 3.7 million people in the population engaged in drug abuse. The prevalence of NAPZA abuse among students, according to a survey by the National Narcotics Agency in 2018, is 3.2%, with the highest prevalence among high school students at 6.4%. The significant negative impact of NAPZA abuse necessitates joint efforts to address NAPZA abuse in Indonesia. Another major negative impact of NAPZA abuse is the high mortality rate (Ministry of Health, 2022).

Mental health is a state where individuals exhibit visible well-being, able to recognize their own potential, cope with normal life pressures in various situations, work productively and efficiently, and contribute to their communities (Anwar, 2015). Mental health is influenced by life events that have a significant impact on a person's personality and behavior (Rahmat et al., 2020). These events can include domestic violence, child abuse, or long-term severe stress (Ministry of Health, 2022).

If mental health is disrupted, mental disorders or illnesses emerge (Verhagen et al., 2022). Mental disorders can alter how a person handles stress, interacts with others, makes choices, and may trigger desires to self-harm (Umayah et al., 2018). The importance of mental health for adolescents is evident as mental disorders manifest in behavioral changes, mood swings, difficulty concentrating, weight loss, self-harm, various health issues, and intense feelings (WHO, 2022).

Adolescents are individuals who are constantly seeking their identity. An adolescent is no longer considered a child but is not yet considered an adult. On one hand, adolescents desire freedom and independence, free from parental influence, but on the other hand, they still need assistance, support, and protection from their parents (Fatmawati et al., 2023). Parents often fail to recognize or understand the changes that occur, failing to realize that their child has grown into an adolescent, no longer a child who always needs assistance. Parents become confused when dealing with adolescent emotional and behavioral fluctuations, leading to conflicts between them (Videbeck & Videbeck, 2013). If conflicts between parents and adolescents persist, it can lead to various negative outcomes, both for the adolescent and their relationship with their parents (Wahyuningrum et al., 2023).

Moreover, many factors and conditions can cause stress during adolescence (Rahmat et al., 2020). Adolescents face various changes occurring within themselves and developmental milestones that must be achieved according to their age (Fitri & Adelya, 2017). These challenges have the potential to cause behavioral problems and trigger significant stress in adolescents' lives if they are unable to cope with these challenges (Fusar-Poli et al., 2020).

Adolescents at SMPN 1 Purwadadi have never received information about mental health, nor have they participated in adolescent mental health support programs to improve mental health resilience. The school, particularly the School Health Unit (UKS) at SMPN 1 Purwadadi, does not have a program and has never organized activities related to adolescent mental health. Adolescents do not consider mental health to be important. When faced with stressors, adolescents only turn to their peers for help, often unable to resolve the issue.

Despite societal stigma, the courage to open up to others and seek treatment is one of the right steps. In the digital era like today, many platforms provide online counseling services, but

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47 early detection assessment is still very rare, especially for adolescents. Early detection is important for early intervention because adolescents spend most of their time at school, making it easier for healthcare workers to reach them. To facilitate this early detection, we will introduce an application that can be accessed anytime by students (adolescents) to identify emotional, hyperactivity, behavioral, peer, and prosocial issues. From this screening, it will be divided into three groups: normal, borderline, and abnormal. If the result is normal, students only need to open the education section of the application; if it shows borderline results, students need to access the interventions provided in the application, and if the result is abnormal, students need to be referred to experts. Screening for mental health problems is carried out so that people experiencing mental health problems can be identified and receive preventive services and/or other follow-up services earlier. People with mental health conditions can also be encouraged to remain healthy by receiving mental health promotion efforts. Thus, this innovation supports the SDGs' goals for healthy and prosperous lives, quality education, innovative industries and infrastructure, and partnerships to achieve goals.

9 One way to improve the resilience of adolescent mental health is to increase adolescent literacy about mental health by providing adolescent mental health support programs through communication, information, and education activities. Increasing adolescents' knowledge or literacy about mental health can have an impact on their own mental health because good mental health is essential for facing challenges in this era of globalization. Increased knowledge about mental health can have an impact on adolescent mental health itself because good mental health is essential for facing challenges in this era of globalization. The concept of mental health literacy refers to increasing knowledge and beliefs about mental disorders and their management or prevention (Silva et al., 2015).

METHODOLOGY

28 1 This study is a quantitative quasi-experimental research using a one-group pretest-posttest design, aimed at testing the effectiveness of an intervention, namely the provision of the MENTARI Assessment application on adolescent mental resilience at SMP Negeri 1 Purwadadi. The number of samples used in this study is 187 adolescents or students at SMP Negeri 1 Purwadadi. In this research, the sample is directly given the intervention and observed for changes between before and after the intervention without a control group. Data were collected through a series of steps, starting from pre-test, then the provision of the intervention or Mentari Assessment application, and ending with the post-test. The data used in this study consist of primary data which are the results of pre-tests and post-tests collected by distributing questionnaires to respondents.

45 38 36 The primary data successfully collected will be presented in the results and discussion, supported by secondary data as supporting primary data results. Secondary data for this research was obtained from the review of journals with relevant topics. To determine the effect of using the MENTARI application on adolescent mental health resilience at SMP Negeri 1 Purwadadi, the parameters assessed in this study include emotional, behavioral, hyperactivity, peer, prosocial, and difficulty aspects. The data obtained will be tested for the normality assumption of the data to ensure the distribution of the obtained data and test the difference between pre-test and post-test results with paired sample t-test. Data analysis will be conducted using the SPSS (Statistical Product and Social Science) program.

RESULTS AND DISCUSSION

The mental health issues of teenagers have become a pressing concern that requires more attention from society. This can be attributed to teenagers frequently facing various pressures, ranging from social interactions, life challenges, academic pressures, to even family issues that are not harmonious (Blakemore, 2019; Orben et al., 2020). In facing these pressures, the resilience of teenagers' mental health is tested. Teenage mental resilience refers to an individual's ability to cope with stress, challenges, and transitions related to the shift from childhood to adulthood. This includes the ability to solve problems, build healthy relationships, manage emotions effectively, and maintain overall well-being (McGeown et al., 2018). Good mental resilience in teenagers is also a crucial factor in preventing mental health problems such as depression, anxiety, and self-destructive behavior (Gucciardi, 2017). Therefore, teenage mental resilience is a vital aspect to support the mental well-being of teenagers undergoing the transition to adulthood.

One innovation developed with the aim of improving teenage mental well-being is the development of the MENTARI (Mental Health Remaja Indonesia) application. In this research discussion, the main focus is to evaluate the impact of the MENTARI application on the mental health resilience of teenagers at SMP Negeri 1 Purwadadi. This application has several main features, including assisting teenagers in early detection of mental health issues, providing mental health education for teenagers, offering interventions for teenagers in borderline phases, and serving as an alarm for teenagers who have entered abnormal phases, thus needing to be referred to experts.

To determine the success of this application, pre-tests and post-tests are needed after teenagers receive interventions from the MENTARI application. The following is a description of the pre-test results conducted before teenagers received interventions from the Mentari application:

Table 1 Pre-test Scores for Adolescent Mental Resilience at SMP Negeri 1 Purwadadi

	Emotional		Behavior		Hyperactivity		Peer		Prosocial	
	N	%	N	%	N	%	N	%	N	%
Normal	48	25,66%	63	33,68%	140	74,68%	67	35,82%	160	85,56%
Borderline	17	9,09%	34	18,18%	23	11,29%	33	17,64%	15	8,02%
Abnormal	122	65,24%	90	43,13%	24	12,84%	87	46,52%	12	6,41%
Total	187	100%	187	100%	187	100%	187	100%	187	100%

Based on the results from Table 1, which describes the pre-test scores of adolescent mental resilience at SMP Negeri 1 Purwadadi before receiving the MENTARI intervention, the majority of teenagers in the emotional category (N=122), behavior category (N=90), and peer relations category (N=87) were in abnormal conditions or below the threshold. This could happen because adolescence is a critical period in an individual's developmental cycle as preparation for entering adulthood. Biological, psychological, and social changes occur during this time (Estuningtyas, 2018). At the same time, these changes can trigger conflicts between teenagers and themselves or with their surrounding environment (Kalindjian et al., 2022). Meanwhile, for the hyperactivity category (N=140) and prosocial category (N=160), they were in normal conditions. In Table 2, it also describes the pre-test results regarding the total level of difficulty experienced by the students of SMP Negeri 1 Purwadadi categorized based on the grade of the teenagers:

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Table 2 Frequency Distribution of Pre-test Results for the Total Difficulty of Adolescents at SMP Negeri 1 Purwadadi

Total Difficulty	N	%
7 th Grade	69	36,90%
8 th Grade	65	34,75%
9 th Grade	53	28,35%
Total	187	100%

Based on the results in Table 2, it can be seen that the highest total difficulty is experienced by most students in grade 7 (N=69). This could be due to grade 7 students undergoing the transition from elementary school to junior high school. This transition often becomes a challenging moment as students need to adapt to a new learning environment and higher academic demands. Junior high school requires higher study discipline, with more complex and in-depth material. Additionally, students are also faced with social and emotional changes, from building relationships with peers to managing pressure from their surroundings. All these changes require time and adaptation.

After the pre-test was given, the junior high school students at SMP Negeri 1 Purwadadi were then provided with an intervention in the form of the MENTARI application. To see the changes that occurred as an influence of the MENTARI application, a post-test was then conducted with the following results:

Table 4 Post-test Scores for Adolescent Mental Resilience at SMP Negeri 1 Purwadadi

	Emotional		Behavior		Hyperactivity		Peer		Prosocial	
	N	%	N	%	N	%	N	%	N	%
Normal	73	39,04%	69	36,90%	140	74,86%	79	42,25%	162	86,63%
Borderline	65	34,76%	63	33,69%	38	20,33%	58	31,02%	19	10,16%
Abnormal	49	26,20%	55	29,41%	9	4,81%	50	26,73%	6	3,21%
Total	187	100%	187	100%	187	100%	187	100%	187	100%

Table 4 Frequency Distribution of Post-test Results for the Total Difficulty of Adolescents at SMP Negeri 1 Purwadadi

Total Difficulty	N	%
7 th Grade	60	32,09%
8 th Grade	63	33,69%
9 th Grade	64	34,22%
Total	187	100%

Based on the results from Table 3 and Table 4, it can be seen that there are some changes in the five categories. Now, the majority of the results in the five categories are in normal conditions, and in the distribution of total difficulty, there is a shift where the majority are in grade 9. To determine whether these changes are statistically significant or not, a difference test needs to be conducted. Before conducting the difference test, the normality of the pre-test and post-test results needs to be tested first. Here are the results of the normality test using the SPSS program:

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Table 5 Normality Test of Adolescent Mental Resilience at SMP Negeri 1 Purwadadi

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Pre-test of Mental Resilience	187	100%	0	0.0%	187	100%
Post-test of Mental Resilience	187	100%	0	0.0%	187	100%

Based on the results of the normality test from Table 5, the results of the pre-test and post-test of the respondents are declared to be normally distributed. This is indicated by all pre-test and post-test results being valid. Thus, the accuracy and reliability of the statistical analysis results can be considered more effectively, providing a strong basis for interpreting the research findings. Subsequently, after the data are declared to be normally distributed, the difference between the pre-test and post-test data of the mental resilience of adolescents at SMP Negeri 1 Purwadadi is tested. The following are the difference test results:

Table 6 Difference Test of Adolescent Mental Resilience at SMP Negeri 1 Purwadadi

		Descriptive		Statistic	Std. Error
Pre-test of Mental Resilience	Mean			14.3360	.22145
	95% Confidence Interval for Mean	Lower Bound		13.6192	
		Upper Bound		15.0528	
	5% Trimmed Mean			14.2985	
	Median			13.2097	
	Variance			5.221	
	Std. Deviation			2.0452	
	Minimum			3.3378	
	Maximum			17.842	
	Range			15.868	
	Interquartile Range			7.934	.224
	Skewness			.113	.863
	Kurtosis			-1.270	.64721
Post-test of Mental Resilience	Mean			17.2746	
	95% Confidence Interval for Mean	Lower Bound		16.8643	
		Upper Bound		17.7031	
	5% Trimmed Mean			16.9953	
	Median			15.4200	
	Variance			3.0638	
	Std. Deviation			1.6492	
	Minimum			9.7347	
	Maximum			19.4486	
	Range			9.7139	
	Interquartile Range			4.6395	.175
	Skewness			.102	.709
	Kurtosis			-1.222	.51249

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Table 6 shows the difference test results between the pre-test and post-test data of adolescent mental resilience at SMP Negeri 1 Purwadadi. The total scores from the pre-test and post-test indicate that the mean has changed on average, with the mean of the post-test results initially at 14.3360 rising to 17.2746 at the post-test. The comparison of minimum values at pre-test and post-test is 3.3378 to 9.7347, while the comparison of maximum values at pre-test and post-test is 17.842 to 19.4486. The standard deviation between pre-test and post-test values is 2.0452 to 1.6492. This indicates a change in the form of an increase in the mental resilience of adolescents at SMP Negeri 1 Purwadadi.

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The observed changes after the intervention indicate the success of the intervention provided through the MENTARI application. The MENTARI application has proven to be effective in providing early detection features for adolescent mental health, which is the main attraction for them. Early detection of adolescent mental health problems is crucial as it can help reduce the burden of mental illness that may occur in the future (Kessler et al., 2005; Patton et al., 2016). With quick and easy access through this application, adolescents can recognize and address mental health problems before they worsen, thereby increasing their chances of recovery and overall well-being.

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Many adolescents are still reluctant to seek help for various reasons, including lack of knowledge about signs of mental illness, fear of privacy violations, and the belief that they can handle problems on their own (Gulliver et al., 2010; James, 2007; Rickwood et al., 2007). The features provided by the MENTARI application, which actively provide information and education about mental health and resilience to adolescents, can be seen as a solution to address these issues. With easy access through this application, adolescents can gain a better understanding of their mental health and feel safer and more comfortable in maintaining their privacy. Additionally, the information and education provided by this application also help reduce the stigma surrounding mental illness, allowing adolescents to be more open in seeking help and getting the support they need.

Furthermore, features regarding education and intervention for adolescents play a role in enhancing adolescent mental resilience. In this context, the use of mental resilience applications allows adolescents to obtain information and support without having to interact directly with other individuals, thus providing important privacy for some adolescents. Additionally, the advantage of this application lies in its flexible availability, allowing its use to be done anytime and anywhere, according to the needs of each adolescent (Grist et al., 2018). The success of the MENTARI application in enhancing adolescent mental resilience at SMP Negeri 1 Purwadadi is a first step in supporting the mental health of adolescents in Indonesia. Therefore, this achievement can be considered a solid foundation for guiding further steps in supporting adolescent mental health throughout Indonesia, with the hope of providing positive and sustainable impact for future generations.

CONCLUSION

The conclusion of this study highlights the complexity of the mental health issues faced by adolescents and innovative efforts to enhance their mental resilience. Adolescent mental health problems, often triggered by pressures from various aspects of life, require serious attention from society and policymakers. With strong mental resilience, adolescents have the ability to overcome challenges and stress they face on their journey to adulthood. The importance of mental resilience in preventing more serious mental health problems has been recognized in the literature. In this context, the MENTARI application (Indonesian Adolescent Mental Health) offers an innovative solution by providing information, education, and

39 interventions that can help enhance adolescent mental resilience. The research results indicate that the MENTARI application is effective in enhancing the mental resilience of adolescents at SMP Negeri 1 Purwadadi. The features of this application, such as early detection, education, and intervention, provide significant benefits for adolescents in managing their mental health. Although there are still challenges in overcoming stigma and adolescents' reluctance to seek help, the MENTARI application paves the way for a more inclusive and accessible approach to adolescent mental health care. The success of this application is an important first step in efforts to improve adolescent mental health in Indonesia, and it is expected to have a positive and sustainable impact on future generations.

LIMITATIONS AND FUTURE DIRECTION

5 This study has several limitations that need to be considered. First, the use of quasi-experimental methods means that we cannot draw strong cause-and-effect conclusions from the results of this study. Additionally, the use of a sample limited to adolescents from SMP Negeri 1 Purwadadi may restrict the generalization of the study's findings to a broader adolescent population in Indonesia. Furthermore, this study only evaluates the effect of the MENTARI application on adolescent mental resilience over a relatively short period. Therefore, there is no information about the long-term effects of using this application on adolescent mental health. In order to address these limitations, future research could adopt a stronger research design, such as a controlled randomized experimental design, and expand the sample to include adolescents from various geographical and social backgrounds. Additionally, future research could also employ more diverse data collection methods, such as in-depth interviews or direct observations, to gain a deeper understanding of adolescents' experiences and perceptions of their mental health.

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