

Increasing Adolescent Awareness About Mental Health Using Audiovisual Media

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Abstract

Adolescence is a transitional period in which rapid physical and psychological changes occur. Problems in adolescents that can threaten their health will affect the quality of adolescents as the next generation. Recently, one of the health problems is mental health problems. Lack of awareness and knowledge about mental illness or disorder, often lead to wrong treatment of mental illness. Increased awareness of adolescents about mental health can be done through mental health counseling activities using audiovisual media. This community service activity aims to increase youth awareness about mental health by using audiovisual media. The activity was carried out using the counseling method with audio-visual media, specifically video to 50 girl. The results showed that after counseling, 76% adolescent awareness about mental health in the good category, most of target were very satisfied with theory, speaker and the whole event. Audio-visual media in the form of videos can increase adolescent awareness about mental health.

Keywords: Awareness, Adolescents, Mental Health, Audio Visual

INTRODUCTION

Adolescence is a transitional period in which rapid physical and psychological changes occur. Unfavorable environmental influences can cause attitudes and deviant behavior in adolescents. Problems in adolescents that can threaten their health will affect the quality of adolescents as the next generation (Ismarwati et al., 2022). One of the health problems that has recently been attacking adolescent is mental health problems. Mental health is a state of mental well-being that allows a person to cope with the stresses of life, realize their abilities, carry out activities such as studying and working well so can have a role in society. A survey of adolescents aged 15-18 years showed that respondents who experienced psychological problems were 19% greater than those who did not experience psychological problems. The biggest psychological problems include feeling constantly under pressure, unable to concentrate, and unable to enjoy daily activities. This refers to the conclusion that adolescents experience anxiety and stress (Rahmayanthi et al., 2021). Anxiety, stress, and depression experienced by adolescents if not given proper treatment can end in death. Research conducted on 210 adolescents aged 10-14 years showed that 28.6% of respondents had poor knowledge about mental health (D. Agustina et al., 2022). Some adolescents who experience mental disorders such as stress do not know how to deal with these mental disorders (Handayani & Nur Ayunin, 2022).

Sukowati Village is one of the partners in the community service program conducted by the Pharmacy study program, Faculty of Health Sciences, Nahdlatul Ulama Sunan Giri University. The results of the situation analysis in Sukowati Village indicated that there were problems in the youth group in the form of mental health disorders in adolescents. The results of the interviews showed that mental health disorders were caused by the COVID-19 pandemic and a lack of awareness about how to maintain mental health. Lack of awareness and knowledge about mental illness or disorder, often lead to wrong treatment of mental illness (Choresyo et al., 2015). Increased awareness of adolescents about mental health can be done through mental health counseling activities. Counseling regarding adolescent mental health in Labar Gresik Village showed a

decrease in respondents who had less knowledge about mental health 45.4% (Lestarina, 2021). Counseling related to mental health and stress management in adolescents shows an increase in adolescent understanding in the good category of 80.6% (Putri et al., 2022). Increasing adolescent knowledge can be done by providing counseling offline and online. Virtual/online counseling shows a significant increase in knowledge scores in adolescents aged 12-14 years (Arisani & Wahyuni, 2022; Prasetyo, 2021).

The effectiveness of health education is influenced by the media used. Counseling using audiovisual media shows have a better effect on knowledge and more effective compared to visual media (Caesar & Prasetya, 2020). Audio visual media also improve the attitudes of adolescents 15-19 years in three high schools regarding risky behavior on adolescent health (Agustina, 2019). The use of the specific audiovisual media can reduce symptoms of fatigue or and tiredness, they improve concentration, and help people in their psychological health (Nicolaou & Kalliris, 2020). This community service activity aims to increase youth awareness about mental health by using audiovisual media.

METHOD

Community service activities are carried out at the Sukowati Village Hall, Kapas District, Bojonegoro Regency on October 23, 2022. The target for this activity was 50 youth aged 15-19 years. The activity was carried out using the counseling method with audio-visual media, specifically video. The methods and media used are based on similar activities that have been carried out before. videos have been shown to be able to increase the knowledge, attitudes and skills of health education participants (Arifin et al., 2022; Fatimah et al., 2019). The activity began with an opening by the master of ceremony, ice breaking to get closer with the target, watch the video playing and discussion about the video that shown. The video shown starts with a teenager who has a mental disorder and then attends counseling about mental health and becomes aware the importance of mental health and how to maintain mental health. In the end, at the end, adolescent are taught about self-love. The duration of the video is around 8 minutes while the duration of the activity is around 1 hour. The duration of the activity is planned based on the duration of the adolescent's concentration, teenage attention increased in the first 15-20 minutes, then decreased in the second 15-20 minutes, and then increases and decreases again (Setyani & Ismah, 2018).

The activity consists of 3 stages, the preparation stage, the implementation stage and the evaluation stage. The preparation stage starts from a site survey, analysis of existing problems at the site, manufacturing proposals, submission of activity permits to partners and material production. The implementation stage is the implementation of activities in the form of counseling related to mental health in adolescents using audio-visual media in the form of videos. The evaluation stage is carried out to see the effectiveness of the activities carried out using the survey method through questionnaires related to awareness about mental health. The questionnaire consists of questions about adolescent awareness on mental health issues (Nugroho et al., 2022).

RESULTS AND DISCUSSION

The community service activity was attended by 50 teenage girl, the Chairperson of the PKK Sukowati Village, and the community service team for the Pharmacy Study Program, Faculty of Health Sciences, Nahdlatul Ulama University Sunan Giri. The activity went according to plan, starting with the opening, ice breaking that was carried out by inviting the target to dance using a song that was popular with adolescent so that intimacy emerged between the presenter, presenter and target, then survey about mental health awareness. Furthermore, the video was played and discussion is held regarding the video. The activity was greeted with good enthusiasm which can be seen from the liveliness in the discussion. Adolescent mentioned that they became aware that they had experienced mental health problems such as anxiety, lack of confidence and stress. The event ended with a prayer and filling out a questionnaire related to mental health

awareness and activity evaluation. Documentation of the community service activity is presented in Figure 1. Survey about mental health awareness at the beginning of the activity showed that 44% of the targets were have an awareness of mental health in low category. This lack of awareness partly because the target never received counseling about mental health. After counseling, based on the results of the questionnaire, adolescent awareness about mental health showed that adolescent awareness of mental health was in the good category at 76%, the moderate category was at 16%, the low category was 8%. These results indicate that counseling can increase adolescent awareness regarding mental health. These results are consistent with the results of Rozali et al., (2021) that providing information and knowledge about mental health can affect participants awareness about mental health disorders. Counseling about mental health awareness being able to maintain and care for adolescent mental health, not only by counseling directly but also by online. Adolescent will be better able to understand how to take care of mental health (Prasetyo, 2021).



Figure 1. (A). Ice Breaking (B). Watch videos about mental health

Counseling for adolescent in Sukowati village about mental health awareness was said to be successful when viewed from an increase in target awareness. One of the reason of success is the media used. Average value of knowledge and attitudes of adolescents after being given education by audiovisual media is better than by visual media (Meidiana et al., 2018). Audiovisual media has an effect on increasing knowledge of adolescents aged 10-17 years (Dewie et al., 2022). Audio-visual media has an interest in audio and visual effect that can attract the target's interest so that the target absorbs the information conveyed then increasing their awareness and knowledge about mental health. Counseling about mental health awareness to adolescents using audio-visual media has not been widely carried out. Several media that have been used in mental health education in previous community service activities were still in the form of visual media such as posters. audiovisual media that has been used is video that is presented online, which limits direct interaction between the target and the speaker (Janitra et al., 2021; Syarifuddin & Ponseng, 2021; Yustikasari et al., 2022). This activity shows that there is an update in the selection of media used in mental health education.

Table 1. The Community Service Activity Evaluation

Indicators	Very Satisfied		Satisfied		Quite Satisfied		Not Satisfied	
	n	%	n	%	n	%	n	%
Theory	33	66	7	14	4	8	6	12
Speaker	36	72	8	16	4	8	2	4
The whole event	26	52	11	22	6	12	7	14

Evaluation of the community service activity was carried out by filling out questionnaires related to satisfaction with the program and materials. The results of the evaluation of the activities presented in table 1. Table 1 show that most of target were very satisfied with theory, speaker and the whole event. As many as 66% of target are very satisfied with the theory that present, this is because the material is displayed using video media which is proven to be able to make adolescent feel interested in participating in counseling activities (Erianti & Adila, 2019). Videos with a short duration are able to increase the knowledge of adolescent because they can stimulate the senses of hearing and sense of sight which make adolescent receive information faster and easier to remember (Kusumastuty et al., 2021). The ice breaker and speaker was assisted by peer-aged students with targets is thought to have an influence on the target's assessment of the entire program. Counselors who come from peers are proven to be able to influence adolescent behavior (Ismarwati et al., 2022). Most of the targets were very satisfied with the community service activities carried out. This happens because activities are able to build an intimate atmosphere and provide opportunities to interact well with the performers. The community service activity activities begin by building an intimate atmosphere between the presenter and the target through a short game and end with a discussion session where the presenter gives the target the opportunity to express his opinion. Two interaction activities between the speaker and the target are thought to influence the target's assessment of the whole activities.

CONCLUSIONS

Audio-visual media in the form of videos can increase adolescent awareness about mental health. Assistance activities in maintaining adolescent mental health can be carried out as a continuation of the program. The effectiveness of audiovisual media in increasing adolescent knowledge can be applied to other health education activities.

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