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## EDUCATION AND EARLY DETECTION AS A COMMUNITY DISCLOSURE EFFORT TO MENTAL HEALTH

Andikawati Fitriasari <sup>1\*</sup>, Nunik Purwanti <sup>1</sup>, Khamida <sup>1</sup>, Nur Hidaayah <sup>1</sup>

<sup>1</sup> Nursing Department, Faculty of Nursing and Midwifery, Universitas Nahdlatul Ulama Surabaya, East Java Province, Indonesia

\* Correspondence

Andikawati Fitriasari

Nursing Department, Faculty of Nursing and Midwifery, Universitas Nahdlatul Ulama Surabaya, East Java Province, Indonesia

Jalan SMEA No. 57, Surabaya City, East Java Province, Indonesia, 60243

Email: [andikawati\\_f@unusa.ac.id](mailto:andikawati_f@unusa.ac.id)

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### ABSTRACT

Mental health is a problem that cannot be fully resolved, both at global and national levels. Public knowledge and understanding of mental health is an important point in realizing public openness to emotional mental disorders. The purpose of this activity is to increase knowledge about mental health and to detect cases of mental emotional disorders in the community early. The method used in this community service activity is providing *health education*. This activity was carried out for one month and was attended by 70 cadres. Knowledge of mental health and early detection of mental emotional disorders using the *Self-Rating Questionnaire*). The results of community service show that knowledge about mental health is very good and mental emotional disorders are detected.

Keywords: Emotional Mental Disorder, Mental Health, Education, Early Detection.

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### INTRODUCTION

Mental health is an integral part of individual health in life. Individuals are not only physically healthy but also mentally healthy. Mental health affects a person's

quality of life. Mental health is the basis of humans in interacting with each other in living life (Azizah & Jaya, 2016). Good mental health for individuals is a condition where individuals are free from all kinds of

mental disorders, and conditions where individuals can function normally in running their lives, especially in adjusting to face problems in life (Ariana, 2021)

Mental health is a problem that cannot be fully resolved, both at the global and national levels. Stigma against people with mental health disorders in Indonesia is still very strong (Novianty & Rochman Hadjam, 2017). *Labeling*, exclusion and *stereotypes* against people with mental health disorders make people suffering from mental disorders choose to remain silent and not consult experts. The lack of knowledge about mental health makes people's assessment of people with mental health disorders negative (Wongpy & Virlia, 2020). Some people believe that the cause of mental health comes from supernatural things so that people with mental health disorders consider the disturbances that occur in them to be a disgrace (bem\_engui, 2021).

In East Java, based on Riskesdas data in 2018, it is known that the prevalence of mental emotional disorders is 6.8% of the adult population. This means that with a total adult population of 111,878 people experiencing emotional mental disorders (Kemenkes, 2019). Surabaya as a metropolitan city has sufferers of mild emotional mental disorder which is increasing every year. The condition of mental disorders that occurred in the Wonokromo village where the Wonokromo health center located in the city of Surabaya, East Java province received 39 visits in 2017. In 2016 there were 24 patients with ODGJ visits (Afridah, 2018).

One of the efforts to prevent mental health disorders is to detect mental health disorders early. Public knowledge and understanding of mental health is an important point in realizing public

openness to emotional mental disorders. This community service activity is carried out to detect the mental health of the community early to realize optimal health degrees for each individual, family and community with promotive and preventive approaches.

## **OBJECTIVES**

### *General Purpose*

This activity is expected to increase understanding of mental health and detect cases of mental emotional disorders in the community early.

### *Special Purpose*

After implementing this community service activity, it is hoped that the elderly cadres are able to:

1. Increase understanding of mental health so that negative stigma can be removed and society is more open to mental health.
2. Detect cases of mental emotional disorders in the community early to get the right handler.

## **PLAN OF ACTION**

### *Strategy Plan*

The method used in this community service activity is a participatory education approach which was held from April to May 2022 at Balai RW 07 Wonokromo Village. Participants are health cadres in RW 07 Kel. Wonokromo, Kec. Wonokromo, Surabaya as many as ten cadres.

### *Implementation*

In the first week, cadres are given knowledge about mental health, followed by early detection of emotional mental disorders by filling out a questionnaire. The

cadres were also given leaflets containing information on mental health.

Education was provided offline while maintaining health protocols. Before the activity started, participants were given a pre-test in the form of a paper-based questionnaire. After that, participants were given knowledge about mental health including understanding, mental health issues in the community, various mental health disorders, and how to manage mental health. In the next session, a discussion session was held regarding the information that had been provided between the presenters and participants. At the end of the session, participants filled out the post-test and the SRQ (*Self Reporting Questionnaire*) which were distributed by the observers. *Self Reporting Questionnaire* is a questionnaire that contains 20 questions that aim to detect mental emotional disorders (Paisal et al., 2020).

#### Setting

This community service activity will be held from April to May 2022 at Balai RW 07 Wonokromo Village, Surabaya, East Java, Indonesia. This education is carried out at this place because it is a gathering place for cadres in routine meetings and adequate facilities, such as a fairly large room, the availability of LCDs and laptops, as well as locations that are easily accessible by cadres.

#### Target

This community service activity was attended by 70 cadres in the RW 07 area, Wonokromo sub-district, Wonokromo sub-district.

## RESULTS AND DISCUSSION

The following are the results of the knowledge of the cadres before and after

being given education about mental health as follows.

**Table 1.** Results of pre-test and post-test.

Knowledge	Category	n	p (%)
<i>Pre-Test</i>	Less	45	64
	Enough	15	21
	Good	10	14
<i>Post-Test</i>	Less	10	14
	Enough	25	36
	Good	35	50

Based on table 1 above, the initial level of mental health knowledge among cadres in the poor category was 45 people (64%), enough for 15 people (21%), good 10 people (14%). This is due to the lack of information about mental health. The results of the posttest showed an increase in knowledge in the less category cadres as many as 10 people (14%), enough as many as 25 people (36%), both as many as 35 people (50%). These results indicate that there is a significant increase in knowledge of cadres after being given education about mental health.



**Figure 1.** Pre-Test Implementation Before Community Service Activities.



**Figure 2.** Implementation of Community Service Activities.



**Figure 3.** Q&A Session After the Implementation of Community Service Activities.

The lecture and discussion methods are quite effective in delivering educational materials to cadres by providing psychiatric cases that often occur in the community. In addition, the existence of two-way communication causes cadres to better understand what is conveyed by the presenters. At the time of giving the material, the cadres were very enthusiastic, marked by the questions asked of the presenters (Hasanah et al., 2013). Stigma will gradually *negative* decrease and families who have mental health disorders will get immediate help providing education about mental health and its management is needed by the community (Putri et al., 2015)

**Table 2.** The results of early detection of emotional mental disorders.

Variable	n	p (%)
Answering "Yes" 6 of 20	8	11
Answering "Yes" 6 of 20	62	89

Based on table 2 showed that the average of indications of emotional mental disorders is about 8 people cadres (11%) who answered “Yes” were more equal to six, this means that they are indicated to have emotional mental disorders. Meanwhile, there are 62 people (89%) who answered "Yes" less than six, this means that they do not experience mental emotional disorders.



**Figure 4.** Post-Test After Implementation Community Service Activities.

Wonokromo Village is one of the urban areas in Surabaya. People who live in urban areas suffer from mental emotional disorders more than people who live in rural areas. The reason why people who live in urban areas suffer from mental and emotional disorders is the environment, one of which is noise. As a result of noise can trigger a lack of sleep, feelings of discomfort, stress and difficulty concentrating. If it continues, it can interfere with mental health (Khairunnisa et al., 2021). The COVID-19 pandemic has had a huge impact on the economic status.

This can also be the cause of cadres experiencing mental emotional disorders. Early detection of emotional mental disorders can be used as initial data to make villages alert for mental health. Providing education is a promotive and preventive mental health effort. Educational efforts are expected to improve the health status of the Wonokromo village community.

## CONCLUSION

Community service activities can increase knowledge and early detection of mental health. This activity is expected to increase the community's positive attitude towards mental health.

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