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EDUCATION AND EARLY DETECTION OF MENTAL HEALTH AS A COMMUNITY DISCLOSURE EFFORT TO EMOTIONAL MENTAL DISORDERS

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EDUCATION AND EARLY DETECTION OF MENTAL HEALTH AS A COMMUNITY DISCLOSURE EFFORT TO EMOTIONAL MENTAL DISORDERS

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Abstract

Mental health is a problem that cannot be fully resolved, both at the 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*. Activity this held During one month and was attended by 70 cadets. Knowledge about mental health and detection early emotional mental disorder with questionnaire *Self-Rating Questionnaire*). The result of dedication Public show enhancement knowledge about mental health is very good and detectable existence emotional mental disorder

Keywords : emotional mental disorder , mental health I _

INTRODUCTION

Mental health is integral part of health individual in life . Individual no only healthy by physique but also healthy mentally . Healthy mental effect on quality life someone . Mental health is base man in interact one each other in undergo life (Azizah & Jaya, 2016) . Good mental health for individual is condition where individual free from all type disturbance soul and condition where individual could working normally in _ operate life specifically in adapt self face problems in life (Putri et al., 2015) .

Mental health Becomes unfinished problem _ could fully solved , ok global level and national . Stigma against sufferer disturbance Mental health in Indonesia is still very strong . *Labeling* , exclusion and *stereotypes* to sufferer disturbance mental health makes people suffer mental disorders choose silence and not consult an expert . The minimum knowledge about mental health makes evaluation Public to sufferer disturbance mental health is negative. Some people trust reason mental health comes from supernatural things so sufferer disturbance mental health consider disturbance that occurs in herself is shame (bem_engui, 2021) .

In East Java , based on Riskesdas data 2018 is known that prevalence emotional mental disorder by 6.8% of the adult population . It means with amount adult population _ counted 111,878 people experienced emotional mental disorder (Ministry of Health, 2019) . Surabaya as metropolitan city has sufferer emotional mental disorder increased lightness _ every year . Condition disturbance soul that happened in the village Wonokromo where is the health center area? Wonokromo which is located in the city of Surabaya Province East Java received 39 visits in 2017. In 2016 it was obtained ODGJ visits of 24 patients (Afridah, 2018) .

one _ effort prevent happening disturbance mental health *de* detection early disturbance mental health . **Knowledge and understanding** Public about **mental health is** points **important in** realize openness **Public to emotional mental disorder** . Activity devotion Public this conducted for detect early community mental health for realize degrees optimal health for every individuals , families and communities with approach promotive and preventive .

DESTINATION

Destination General

Activity this expected capable increase understanding about mental health and detect case emotional mental disorders in society by early .

Destination Special

1. Increase understanding about mental health so that the stigma is negative could removed and society more open to mental health
2. Detect case emotional mental disorders in society by early for get proper handler _

IMPLEMENTATION PLAN

Strategy Plan

The method used in this community service activity is a participatory education approach which is carried out from April to May 2022 at Balai RW 07 Kelurahan Wonokromo . Participants are health cadres in RW 0 7 Kel. Wonokromo, Kec. Wonokromo, Surabaya as many as ten cadres.

□

In the first week the cadres are given knowledge about mental health , followed by detection early emotional mental disorder with method fill in questionnaire . The cadres were also given leaflets containing information about mental health ..

Giving education is carried out 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 cover

understanding, mental health issues in society , various disturbance mental health , and how manage mental health . In the next session, held session discussion about information that has been given between the presenter and the participants. At the end of the session, participants filled out the post-test and the SRQ (*Self Reporting Questionnaire*) distributed by the observers . *Self Reporting Questionnaire* is a questionnaire containing 20 questions aimed at for detect existence emotional mental disorder .

Settings

service activity was carried out from April to May 2022 at Balai RW 07 Kelurahan Wonokromo Surabaya , East Java, Indonesia. Education this done at that place because it is a the place gathering cadre in meeting routine as well as adequate facilities , such as a fairly spacious room, the availability of LCD and laptops, as well as a location that is easily accessible by cadres.

Target

Activity devotion society this followed by cadres in RW 07 kelurahan wonokromo districts wonokromo as many as 70 people.

RESULTS AND DISCUSSION

Following is results from knowledge of cadres before and after given education about mental health as following

Table 1 Results of pre-test and post-test

Knowledge	Category	n	p(%)
<i>Pre-Test</i>	Not enough	45	64
	Enough	15	21
	Well	10	14
<i>Post-Test</i>	Not enough	10	14
	Enough	25	36
	Well	35	50

Based on table 1 above level knowledge beginning mental health in cadres category not enough as many as 45 people (64%), enough 15 people (21%), good 10 people (14%). That thing caused lack of information about mental health . Posttest results are available enhancement knowledge of cadres category not enough as many as 10 people (14%), enough as many as 25 people (36%), good as many as 35 people (50%). This result showing there is enhancement knowledge significant to the cadre after given education about mental health .

Method lectures and discussions enough effective in convey Theory education to cadre with give cases a lot of psyche happening in society . Besides that , there is communication two direction cause cadre more understand what the speaker is saying . At the moment gift material , the cadres are very enthusiastic be marked with existence question asked _ to presenter (Hasanah et al., 2013) . With give knowledge about mental health to cadre so by gradually *negative* stigma will decrease and divide family that owns disturbance mental health will get help quick give education about Mental health and its treatment are very much needed by the community (Putri et al., 2015) .

TABLE 2 Detection results early emotional mental disorder

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

Based on Table 2 shows the average of indication emotional mental disorder there is about 8 cadres (11%) answered " Yes " more same with six , p this means they indicated experience emotional mental disorder . Whereas there are , 62 people (89%) who answered " Yes" less from six , p this means indicated no experience emotional mental disorder .

Ward Wonokromo is one _ area urban areas in Surabaya. People with the place stay being in the city more many suffer from emotional mental disorder than people with the place live in the countryside . Causes of people living in urban areas more many suffer from emotional mental disorder is environment is one noise . Consequence from noise could trigger lack of sleep , feeling no comfortable , stressful and difficult concentrate . If Keep going continuously so could disturb mental health (Khairunnisa et al., 2021) . The COVID-19 pandemic has had a huge impact on the economic status . It can also _ Becomes reason cadre experience emotional mental disorder . Detection early emotional mental disorder can used as initial data for make village standby healthy soul . Giving education is promotive and preventive efforts health soul . Effort education expected could increase degrees health Public ward wonokromo .

CONCLUSION

Activity devotion Public could increase knowledge and detection early about mental health . Activity this expected could increase attitude positive Public will mental health .

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