

Mental Health

USD MATTER

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Basic Knowledge about Mental Health

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.¹ Mental health is important at every stage of life, from childhood and adolescence through adulthood. According to the World Health Organization (WHO), it can be defined as “a state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

WHAT IS MENTAL ILLNESS?

Mental illnesses are conditions that affect a person’s thinking, feeling, mood or behavior, such as depression, anxiety, bipolar disorder, or schizophrenia. Such conditions may be occasional or long-lasting (chronic) and affect someone’s ability to relate to others and function each day.

THE DIFFERENCES BETWEEN POOR MENTAL HEALTH AND MENTAL ILLNESS

Although the terms are often used interchangeably, poor mental health and mental illness are not the same things. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being.

THEN, IS MENTAL HEALTH IMPORTANT?

Mental and physical health are equally important components of overall health. Mental illness, especially depression, increases the risk for many types of physical health problems, particularly long-lasting conditions like stroke, type 2 diabetes, and heart disease. Similarly, the presence of chronic conditions can increase the risk for mental illness.

MENTAL HEALTH AMONG STUDENTS

WHAT IS THE PROBLEM WITH STUDENTS?

Ever feel failed in your exam?

The American College Health Association, in a survey in 2015, found that students with psychological distress received lower grades in their exams or courses, and experienced a significant disruption in completing their theses, dissertations and/or practicum tasks.

HOW WILL IT EFFECT THE YOUNG?

Poor mental health is also associated with poor interpersonal skills. This translates to students having difficulty in interacting with another person, whether in initiating conversations with friends or asking teachers questions.

Mental health problems can affect many areas of students' lives, reducing their quality of life, academic achievement, physical health, and satisfaction with the college experience, and negatively impacting relationships with friends and family members. These issues can also have long-term consequences for students, affecting their future employment, earning potential, and overall health.

Finally, mental health is also instrumental in allowing students to accept negative feedback with a positive mindset. Poor mental health may lead to the student being skeptical toward understanding a different perspective or in interpreting criticism. This type of individual is generally protective and defensive of his thoughts and does not take opinions from a third party easily.

CONSEQUENCES

- Peers, family members, faculty, and staff may be personally affected out of concern for these students.
- Depression and anxiety can have harmful effects on relationships and work productivity.
- Suicide and suicidal thoughts can affect the larger campus community.
- Roommates, peers, faculty, and staff also experience profound grief over student suicides and suicidal behavior
- The community is negatively affected when students are unable to finish their degrees and contribute valuable skills in a competitive job market.

MENTAL HEALTH IN INDONESIA

based on journal

Stigma toward people with mental health problems in Indonesia

Mental health problems are serious issues in Indonesia. The prevalence of severe mental disorder in Indonesian population is 1.7%. In community, people with mental disorder are often stigmatized, while in fact this stigmatization could negatively impact them. One of the most common form of discrimination toward people with mental disorder is the practice of pasung. Mental health problems are a serious issue in Indonesia, including in East Java, a province in the Java Island. According to the national survey or Riset Kesehatan Dasar, the prevalence of severe mental illnesses such as schizophrenia and other psychotic disorders in East Java is 2.2 per mil. This figure is higher compared to the national prevalence in Indonesia which is 1.7 per mil.

People with mental disorder struggle to heal from illness; yet, they face stigmatization by the society. Stigma is a negative labeling toward a particular group of people, which could have deleterious effects on the sufferers of mental disorder.

The impact of this stigma :

- Stigma shapes a bad image on mental disorders
- It also makes people living with mental illness lose their self-esteem and self-efficacy, as well as preventing them from seeking medical help for their clinical conditions
- Furthermore, stigma may result in discrimination against people with mental disorder and prevent them from gaining two important opportunities to pursue their life goals: job opportunity and opportunity to live independently and safely
- stigma toward people with mental illness has been found not only limited to lay population but also to occur among health professionals like psychiatrists, psychologists, and nurses who work with people with mental disorder

One kind of discrimination resulting from stigma toward people with mental illness is the practice of pasung. Pasung is the practice of confining and restraining the mentally ill. In Indonesia, pasung is fairly common.

THEN WHAT CAN WE DO?

WHAT CAN TEACHERS DO?

- Create a mentor-mentee or a 'buddy' program. This can be helpful in getting the students out of their shells while also encouraging them to be more involved in social interactions.
- Teachers could personally convey their feedback to the individual students instead of sharing it in front of the whole classroom. The latter may be perceived by the students as an act of exposing their weaknesses, which may also cause a negative impact in their lives, such as lower self-esteem.

WHAT CAN PUBLIC DO?

- **Showing individuals respect and acceptance** removes a significant barrier to successfully coping with their illness. Having people see you as an individual and not as your illness can make the biggest difference for someone who is struggling with their mental health.
- **Advocating within our circles of influence** helps ensure these individuals have the same rights and opportunities as other members of your church, school and community.
- **Learning more about mental health** allows us to provide helpful support to those affected in our families and communities.

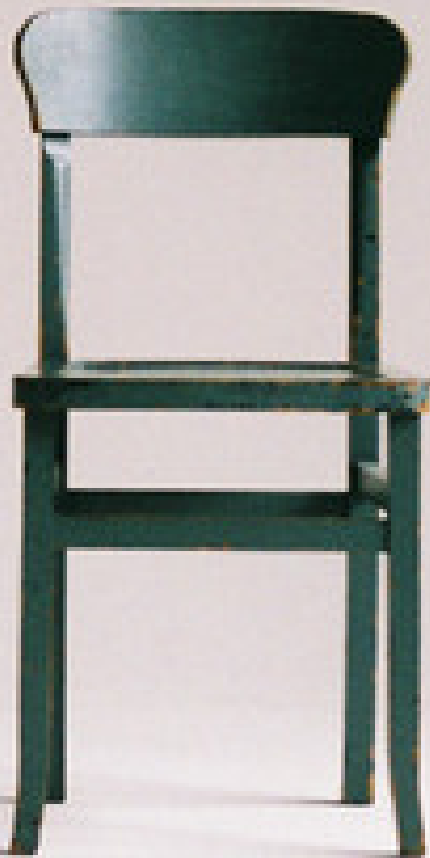
OTHER STRATEGY

One of the strategies to challenge stigmatic attitudes is by education. Knowledge is important for changing stigmatic belief against people with mental illness. It can decrease prejudice against mental health patients, raise awareness of mental disorders, and prevent stigmatizing labeling. While stigma impedes people from seeking and receiving professional treatment, improving knowledge of mental health might offer a solution.

Experience of contact with mental illness is also an important factor. Addition to contact with mental health patients, personal experience of mental health problem is also associated with more positive attitudes. People who have gone through a mental health disorder themselves are found to be more familiar with mental illness and have less stigmatic attitudes.

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AWARE THE MENTAL
HEALTH



SOURCE :

<https://www.cdc.gov/mentalhealth/learn/index.htm#:~:text=Mental%20health%20includes%20our%20emotional, others%2C%20and%20make%20healthy%20choices.&text=Mental%20health%20is%20important%20at,childhood %20and%20adolescence%20through%20adulthood.>

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<https://www.pinterest.org/mental-health-awareness-blog/>

Journal :

Hartini, N., Fardana, N.A., and Wardana, N.D. 2018. Stigma toward people with mental health problems in Indonesia. Psychol Res Behav Manag. Vol 11.