



## Adolescent mental health literacy: An effort to increase the awareness and support among parents

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### Abstract

Mental health understanding among generation Z is quite good. However, this is not followed by their parents. Due to the lack of mental health awareness, parents of generation Z cannot be a support system for their children. The high suicide rate among adolescents that has caused Indonesia to have a suicide emergency is an indication of this issue. Therefore, we feel responsible for providing a solution for it. We started it with the environment closest to us. Hence, we arranged program with the purpose to build awareness of the young people's parents about mental health issue. The program aimed to increase awareness and support among 'Aisyiyah Tamantirto Utara Branch Leadership members regarding adolescent mental health, enhancing their ability to identify symptoms, respond appropriately, and provide support. The program utilized lectures on the concepts, causes, impacts, and solutions to mental health challenges, incorporating interactive, two-way discussions. Post-test results showed a significant increase in average scores (2.82), demonstrating the program's success in raising awareness about adolescent mental health among participants.

**Keywords:** Mental health; Adolescent; 'Aisyiyah; Parents

## Literasi kesehatan mental remaja: Upaya peningkatan kesadaran dan dukungan orang tua

### Abstrak

Pemahaman kesehatan mental di kalangan generasi Z cukup baik, namun hal ini tidak diikuti oleh orang tua mereka. Kurangnya kesadaran kesehatan mental menyebabkan orang tua generasi Z tidak mampu menjadi sistem pendukung bagi anak-anak mereka. Tingginya angka bunuh diri di kalangan remaja yang telah menjadikan Indonesia dalam kondisi darurat bunuh diri menjadi indikasi masalah ini. Oleh karena itu, kami merasa bertanggung jawab untuk memberikan solusi, dimulai dari lingkungan terdekat. Kami menyelenggarakan program untuk meningkatkan kesadaran orang tua muda tentang isu kesehatan mental. Program ini bertujuan meningkatkan kesadaran dan dukungan di antara anggota Pimpinan Ranting 'Aisyiyah Tamantirto Utara terkait kesehatan mental remaja, meningkatkan kemampuan mereka dalam mengidentifikasi gejala, memberikan respons tepat, dan dukungan. Program ini menggunakan ceramah tentang konsep, penyebab, dampak, dan solusi tantangan kesehatan mental, serta diskusi interaktif dua arah. Hasil post-test menunjukkan peningkatan skor rata-rata yang signifikan (2,82), menunjukkan keberhasilan program dalam meningkatkan kesadaran tentang kesehatan mental remaja di kalangan peserta.

**Kata Kunci:** Kesehatan mental; Remaja; 'Aisyiyah; Orang tua

Contributions to  
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# 1. Introduction

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The prevalence of mental health disorders among Indonesian adolescents has become a significant public health concern ([Rokom, 2021](#)). The 2022 Indonesia National Adolescent Mental Health Survey (I-NAMH) reported that approximately one in three adolescents aged 10 to 17 years (around 15.5 million individuals, or 34.9%) experienced mental health disorders, with anxiety disorders being the most prevalent, affecting approximately 26.7% of this age group. Notably, adolescent females exhibit a higher prevalence of depression compared to adolescent males. This vulnerability is further underscored by a depression rate of 6.2% among individuals aged 15 to 24 years. Adolescents with severe depression are at an increased risk of self-harm and suicide, with approximately 80-90% of suicide cases linked to depression and anxiety. Concerningly, suicide rates in Indonesia can reach up to 10,000 cases annually, equating to approximately one suicide per hour ([Muamar, 2023](#)). Globally, studies indicate that approximately one in seven adolescents has a mental health disorder, representing 13% of the disease burden in this demographic ([Juliansen et al., 2024](#)).

Adolescence represents a particularly vulnerable period for the emergence of mental health issues, stemming from a confluence of biological, psychological, and social changes that can act as either risk or protective factors. A 2015 national school-based survey conducted by the Indonesian Ministry of Health identified several behavioral risk factors for adolescent mental health, including loneliness (46.01%), excessive anxiety or worry (42.18%), and emotional disorders such as loneliness, excessive worry, and suicidal ideation ([Dafnaz in Rahmawaty et al., 2022](#)). The COVID-19 pandemic has further exacerbated these challenges, with studies indicating a decline in student learning motivation and an increase in negative behaviors post-pandemic ([Lam & O'Driscoll, 2023](#); [Rohmadani et al., 2024](#)). Studies in suicidology indicate that 4.2% of students in Indonesia report suicidal ideation, with 6.9% of college students having suicidal intentions and 3% having attempted suicide ([Rachmawati, 2020](#)). This concerning data is compounded by a lack of understanding regarding mental health among adolescents themselves, who may perceive mental health issues as a commonplace aspect of their existence ([Hermann et al., 2022](#)).

Societal perceptions of mental health disorders as trivial or taboo issues contribute to stigma, leading to discrimination, exclusion, humiliation, and abuse against individuals experiencing these challenges ([Corrigan & Watson, 2002](#)). This stigma is often rooted in a lack of information, understanding, and knowledge about mental health disorders within the community ([Ningrum et al., 2022](#)). The severe consequences of this lack of understanding are evident in the fact that approximately 91% of Indonesians with mental illness do not receive proper treatment.

Recognizing our responsibility as academics to contribute to positive societal change, this issue has become a significant concern. Therefore, widespread mental health awareness is crucial and imperative, particularly among parents who play an essential role in the mental health of their children and adolescents. Mental health specialists emphasize the need for parents to recognize disruptions in their children's daily functioning, difficulties in emotional regulation, and changes in concentration ([Zhafira, 2022](#)).

This Community Partnership Service (PKM) program was developed to address this critical need by targeting parents within Pimpinan Ranting 'Aisyiyah Tamantirto Utara. 'Aisyiyah, a progressive Islamic women's organization integral to Muhammadiyah, has a strong presence in education and community well-being. Its active involvement in social initiatives and its geographical proximity to numerous schools create a unique context where mothers serve as both caregivers and primary educators. Consequently, their knowledge and awareness of mental health are vital for their own well-being and their effectiveness in supporting their children. The significant pressures and demands placed on mothers, many of whom are also educators, further underscore the importance of mental health support ([Honda et al., 2023](#); [Stallard et al., 2004](#)), as parental mental health directly impacts positive child engagement.

While this program is not based on specific documented cases within Pimpinan Ranting 'Aisyiyah Tamantirto Utara due to the challenges in obtaining localized mental health data, the organization's role in the community and the recognized need for parental mental health literacy provide a strong rationale for this initiative. The adolescent mental health literacy for parents' program aims to increase awareness and support among these members regarding adolescent mental health, enhancing their understanding of symptom identification, appropriate responses, and support strategies. Our contribution includes a team of trainers, modules, and audio-visual and textual materials, while Pimpinan Ranting 'Aisyiyah Tamantirto Utara provides participants, fostering a collaborative approach to address this urgent societal issue.

## 2. Method

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This community service activity was conducted on April 20, 2024, at ABA Kindergarten Godegan Tamantirto, targeting 15 to 20 members of Pimpinan Ranting 'Aisyiyah Tamantirto Utara. This aligns with definitions of mental health literacy as encompassing knowledge and beliefs about mental disorders that facilitate recognition, management, and prevention ([Handayani et al., 2020](#)), including prevention, underlying conditions, help-seeking, self-help strategies, and first aid skills ([Kutcher et al., 2016](#)). Furthermore, improved mental health literacy can reduce stigma, enhance quality of life, mitigate risks through early warning sign recognition, and foster better interpersonal relationships ([Baraka, 2023](#)).

The program incorporated a pre-test to assess baseline knowledge, followed by a 90-minute lecture by Dr. Herlina Siwi Widiani, S.Psi., M.A., PhD, covering concepts, causes, effects, and solutions to mental health challenges. A 60-minute discussion facilitated two-way communication, and a post-test evaluated knowledge gains. The program concluded with a closing session. A post-program discussion with participants and partners (Pimpinan Ranting 'Aisyiyah Tamantirto Utara) identified areas for future improvement, and future collaborations are planned. This activity built upon previous community engagement efforts to create effective learning materials ([Milana et al., 2023](#)) and addresses the importance of understanding knowledge and attitudes toward health behaviors ([Khairina et al., 2022](#)).

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management, and prevention (Handayani et al., 2020), including aspects such as prevention, underlying conditions, help-seeking behaviors, self-help strategies, and first aid skills (Kutcher et al., 2016). Furthermore, improved mental health literacy can reduce stigma, enhance quality of life, mitigate risks through early warning sign recognition, and foster better interpersonal relationships (Baraka, 2023).

The program employed a pre-test to assess participants' baseline knowledge, followed by a 90-minute lecture delivered by Dr. Herlina Siwi Widiani, S.Psi., M.A., PhD. The lecture covered concepts, causes, effects, and potential solutions related to mental health challenges. A 60-minute discussion facilitated two-way communication, and a post-test evaluated knowledge gains. The program concluded with a closing session. A post-program discussion involving participants and partners from Pimpinan Ranting 'Aisyiyah Tamantirto Utara identified areas for future improvement, and plans for subsequent collaborations are underway. This activity built upon previous community engagement efforts focused on creating effective learning materials (Milana et al., 2023) and addressed the recognized importance of understanding knowledge and attitudes toward health behaviors (Khairina et al., 2022).

### 3. Results and Discussion

#### 3.1. Adolescent mental health literacy workshop

Adolescents' mental health is significantly influenced by their parents (Bögels & Brechman-Toussaint, 2006; K. Q. Lin et al., 2024; Westrupp et al., 2021; Yap & Jorm, 2015). Parental characteristics such as higher levels of interparental conflict, over-involvement, and aversiveness, coupled with lower levels of parental warmth, autonomy granting, and monitoring, have been linked to adolescent depression and anxiety. Evidence suggests long-term preventive effects from parenting interventions targeting modifiable parental risk and protective factors, demonstrating a reduction in adolescents' internalizing difficulties (Sandler et al., 2011). Furthermore, Craig et al. (2021) affirmed parents' capacity to recognize and validate their adolescent children's emotional experiences. Consequently, promoting mental health literacy among parents of high-risk young adolescents is crucial (Dishion et al., 2003; McLeod et al., 2007).

A workshop was conducted at ABA Kindergarten Godegan Tamantirto on Saturday, April 20, 2024. This initiative was a collaborative effort between the Communication Department of Universitas Muhammadiyah Yogyakarta (UMY) and Pimpinan Ranting 'Aisyiyah Tamantirto Utara. The workshop, themed "Raising awareness of the importance of adolescent mental health," was attended by 28 members of Pimpinan Ranting 'Aisyiyah Tamantirto Utara.

The program commenced at 09:30 A.M. and concluded at 11:30 A.M. Prior to the main sessions, participants were administered a pre-test questionnaire to assess their baseline knowledge. The questionnaire comprised the following open-ended questions: (a) what do you know about "Mental health"? (b) what are the symptoms of adolescents with mental disorders? and (c) what should you do if your family has mental disorders?

The program officially opened with welcoming remarks from a representative of Pimpinan Ranting 'Aisyiyah Tamantirto, followed by the workshop, which was structured into two sessions. The first session involved a 45-minute presentation on mental health delivered by Herlina Siwi Widiani, S.Psi, M.A., Ph.D., a lecturer from the

Faculty of Psychology at Universitas Ahmad Dahlan. The presentation focused on mental health literacy, encompassing the importance of understanding mental health, its definition, prevalent adolescent mental health problems, etiological factors, types of adolescent mental disorders, and strategies for prevention and treatment (Begum et al., 2020; J. Lin & Guo, 2024; Muslic et al., 2021). Widiania provided detailed explanations and relevant examples to facilitate participants' comprehension of adolescent mental health issues.

The second session was a 45-minute question and answer period. This interactive session allowed participants to provide feedback through questions and comments. The session was engaging, with numerous inquiries and observations from the participants, primarily focusing on mothers' experiences in managing adolescent issues indicative of potential mental disorders. The final segment of the program involved a symbolic handover of aid and souvenirs, followed by a group photograph session. Documentation from the workshop is presented in Figure 1.



Figure 1. Documentation of workshop

### 3.2. Program evaluation

For evaluation purposes, participants were asked to complete a post-test questionnaire upon conclusion of the workshop. Following the collection and assessment of both pre-test and post-test responses, an evaluation was conducted. The pre-test results indicated a moderate baseline understanding of adolescent mental health concepts and awareness among the 20 participants who completed the questionnaire (out of 28 attendees). Five participants achieved a perfect score of 3 points (all questions answered correctly), eight participants scored 2 points, five participants scored 1 point, and two participants received no points. The average pre-test score for all participants was 1.8.

The post-test results demonstrated a significant improvement in understanding. Seventeen out of the 28 participants completed the post-test questionnaire. Among these, fourteen participants achieved a perfect score of 3 points, while the remaining three participants scored 2 points. The average post-test score for all participants was 2.82. These findings suggest that the adolescents' mental health literacy workshop for parents was successful in significantly increasing mothers' awareness regarding the importance of understanding mental health in adolescents (Alataş et al., 2025).

## 4. Conclusion

The program significantly improved participants' understanding of adolescent mental health. While the pre-test indicated some baseline knowledge (average score 1.8), the post-test revealed a substantial increase (average score 2.82), demonstrating the program's effectiveness. The interactive format, incorporating presentations and Q&A sessions, fostered knowledge acquisition and active engagement. In short, the workshop



successfully raised awareness among members of Pimpinan Ranting 'Aisyiyah Tamantirto Utara regarding the importance of adolescent mental health.

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## Conflict of Interest

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