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Self-Awareness as a Modality of Mental Illness Prevention in Teenagers at Zainul Hasan Islamic Boarding School, Genggong, Probolinggo

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A B S T R A C T

Self-awareness has been identified as a key modality in efforts to prevent mental illness in adolescents, especially those in boarding school settings. Adolescents are highly vulnerable to mental health problems such as depression, anxiety, and stress due to biological changes, environmental pressures, and social stigma associated with mental disorders. Methods: This community service activity was conducted at Pondok Pesantren Zainul Hasan, Probolinggo, using the Community-Based Participatory Research (CBPR) method. The participants consisted of 28 santri who participated in a socialization on the importance of self-awareness in preventing mental illness. This activity involved filling out pretest and posttest questionnaires to measure changes in participants' knowledge levels before and after the socialization. Results: The results showed a significant increase in santri's understanding of the concepts of self-awareness and mental health. The pre-test results showed that 20 respondents (71.5%) had a poor assessment, 5 respondents (17.8%) had a sufficient assessment, and 3 respondents (10.7%) had a good assessment of knowledge about mental health in adolescence. As for the post-test results after counseling, where 21 respondents (75%) had a good assessment, in this case there was an increase from 3 respondents to 21 respondents, an increase of 18 respondents. Conclusion: This finding confirms the importance of self-awareness education as a preventive measure in addressing mental health problems in adolescents in pesantren, where access to formal mental health services tends to be limited.

INTRODUCTION

Pondok Pesantren Zainul Hasan Genggong is an Islamic Boarding School founded in 1839 M/1250 H by the caretaker of the late KH. Zainul Abidin Genggong which is located in the village of Karang Bong Pajarakan, Probolinggo East Java. Currently, the caretaker of this pesantren is KH. Moh. Hasan Mutawakkil Alallah, SH, MM. The total number of students in this pesantren is 782 Santri, and can increase every year so that the risk of getting various diseases due to poor health behavior increases (Rahman, 2016).

This is related to the phenomenon that santri, who are teenagers in their education period, are in the transition period from childhood to adulthood. During adolescence, there is rapid growth and development both physically, psychologically and intellectually (Hapsari, 2019). Where, adolescents tend to be more sensitive to emotional influences, especially from the perspective of family and environment.

Islamic boarding schools have different backgrounds and habits, knowledge and awareness about health are still low, the factor of the number of occupancy of dense boarding schools affects clean and healthy living behavior (Ministry of Health RI, 2016). The achievement of Clean and Healthy Living Behavior is not optimal so that community participation is needed, especially Santri to be given health education and promotion (National, 2015). Health promotion is expected to produce behavioral changes that can motivate students to improve healthy behavior (Sutisna et al., 2012). The results of the study suggest that there are policies, sanctions or awards for students who carry out clean and healthy living behaviors (Hidayat, 2011).

One of the health issues that needs attention is related to mental health. This problem also occurs in children in adolescence, where many of them experience mental health problems. In The State of World's Children 2021 report, the results of an international survey of adolescent children found that of adolescents aged 15-24 with a ratio of 1:5, young people felt depressed and had low interest in activities (Kilbourne, et al., 2018). The quality of mental health prevention is an issue that is being promoted around the world, given that conditions vary widely based on service policies in each country, as well as limited access to quality mental health services.

In low- and middle-income countries alone, more than 75 percent of people with mental, neurological and substance abuse disorders receive no treatment at all for their conditions. The prevalence of Post-Traumatic Stress Disorder (PTSD) in the general population ranges from 4 percent to 41 percent and the prevalence of major depression increased by 7 percent after the outbreak (Kang, et al., 2020). Although some cost-effectiveness studies report reduced disability associated with mental health, only a small proportion of those affected receive appropriate treatment. This treatment gap appears particularly wide in low- or middle-income countries, which account for about 85 percent of the world's population (Bruckner et al., 2011).

The 2018 Riskesdas report on the prevalence of emotional disorders and depression in young people aged 15-24 showed that about 6.1% of the total population of 11 million people experienced it. Therefore, managing this problem is a reminder of the importance of mental awareness education for adolescents so that they can understand and get help when they need it. One of the methods in reducing the prevalence of mental illness in adolescents is early intervention as a prevention effort. In the transition period of adolescence to adulthood, this is the time when adolescents should understand and realize about self-awareness that refers to the original personality of the self, which means that adolescents should be aware and acknowledge their innermost thoughts as well as their weaknesses and strengths as well as the values and perceptions in the society.

METHOD

The implementation of community service is carried out using the Community-based Participatory Research (CBPR) method. The target of the activity was the students of Pondok Pesanten Zainul Hasan Genggong, totaling 28 people. The series of community service activities are as follows:

1. Participant registration assisted by FK UNUSA students
2. Opening and remarks from the UPPM FK UNUSA Community Service team then continued from the delivery of remarks by the pesantren manager.
3. The activity continued by distributing pretest questionnaires containing questions about the importance of self-awareness in preventing mental illness in the Pondok Pesanten Zainul Hasan Genggong environment.
4. Providing education for approximately 45-60 minutes, this method is carried out by counseling the lecture method with the help of projector media by displaying material.
5. Q&A session and live discussion for 15-20 minutes.
6. Furthermore, participants were asked to fill out the Posttest questionnaire. This questionnaire was conducted with the aim of assessing and knowing the comparison of participants' knowledge pre-counseling and post-counseling. Scores will be compared from the pretest and posttest questionnaires to see if there is any knowledge gained among the participants.
7. Closing and awarding prizes for those who actively asked questions and souvenirs for the pesantren

RESULT AND DISCUSSION

After conducting counseling activities on mental health awareness campaigns for santriwan and santriwati PP. Zainul Hasan, Genggong Probolinggo, showed an increase in knowledge. The increase in knowledge is related to the topic of counseling delivered, namely regarding preeclampsia and eclampsia in pregnancy. This can be seen from the results of the evaluation carried out through filling out a questionnaire given after the counseling (posttest). The results of filling out the pretest and posttest questionnaires can show the level of knowledge of the participants before and after being given counseling material. All the results of the students' work were assessed on a percentage scale.

The formula used to measure the percentage of answers obtained from the pre-test and post-test is; the number of correct questions compared to the total number of questions, then multiplied by 100%. Furthermore, the value is divided into three categories. According to Arikunto (2019) the criteria or categories of knowledge measurement results are divided into three, namely GOOD if the value is in the range 76 - 100%, ENOUGH if the value is in the range 56 - 75%, and LACK if the value is less than 55%. To analyze the data collected from the pre-test and post-test values of the students participating in the counseling, Microsoft Excel data processing software was used. The following are the results of the

analysis of the results of filling out the pretest and posttest questionnaires. There were 20 students who participated in this counseling. Santri filled in the pre-test and post-test questions. The results of the pre-test and post-test are as follows

Table.1 Results of Pretest and Posttest Assessment of Extension Participants

Category	Pre-Test		Post-Test	
	F	%	F	%
Good	3	10,7	21	75
Enough	5	17,8	7	25
Lack	20	71,5	0	0
Total	28	100	28	100

Based on Table.1, it can be seen that the pre-test results show that 20 respondents (71.5%) have a poor assessment, 5 respondents (17.8%) have a sufficient assessment, and 3 respondents (10.7%) have a good assessment of knowledge about mental health in adolescence. It can be concluded that more than half of the respondents have insufficient knowledge and half have sufficient and good knowledge, so this counseling is needed.

From the same table, it can also be seen the results of the post-test after counseling, where 21 respondents (75%) had a good assessment, in this case there was an increase from 3 respondents to 21 respondents, an increase of 18 respondents. In addition, only 7 respondents (25%) had a fair assessment and no respondents (0%) had a poor assessment, which was related to the success of the counseling with no respondents having less knowledge or even not understanding at all after the presentation of the counseling material.

Self-awareness is a major aspect of an individual's psychological dimension and is necessary for adolescents to understand the impacts that will occur if they choose to marry at a young age. Recent studies highlight the importance of mental health awareness and self-awareness among adolescents, especially in Islamic boarding schools. Campaigns and trainings on self-awareness have shown promising results in educating youth about mental health, with one study reporting a 29% increase in mental health awareness among participants (Beby Astri Tarigan et al., 2023). Research in the pesantren environment revealed that although the educational environment has a positive influence on students' behavior and relationships, there is still a need to improve emotional awareness and control (Duna Izfanna, 2020).

Self-awareness training is also effective in addressing social problems such as early marriage among adolescents (Elda Trialisa Putri et al., 2019). In addition, initiatives to integrate mental health management into pesantren-based schools have been successful, with one program achieving 100% of the target in implementing mental health services (Nuzulul Kusuma Putri et al., 2023). These findings confirm the potential of education on self-awareness and mental health in preventing mental illness among adolescents in pesantren settings. The following is documentation of the counseling activities in the pesantren:



Figure. 1 (a) Counseling activity; (b) Group photo after post-test

Source: FK UNUSA committee documentation (2024)

CONCLUSION

The study concludes that increasing self-awareness among adolescents, particularly in pesantren settings, positively impacts the prevention of mental health problems. Through socialization and educational interventions, adolescents became better at recognizing their strengths, weaknesses, and emotional or cognitive changes that may trigger mental disorders. Pretest and posttest results showed significant improvements in students' understanding of mental health and the role of self-awareness in prevention, while also helping to reduce social stigma that hinders seeking professional help. Moreover, self-awareness encouraged adolescents to be more proactive in maintaining their mental health. Community-based education, as applied in this study, offers a simple yet effective method to enhance mental health literacy in environments with limited access to formal health services. Sustainable self-awareness programs can therefore be a key strategy for fostering supportive environments for adolescent mental health, especially in Islamic boarding schools.

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