

Improving Mental Health Knowledge for Adolescents: Literature Review

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ABSTRACT

Introduction: Mental health is a crucial human right, especially for adolescents. The WHO states that more than 50% of mental disorders appear by the age of 14, yet often go undetected, negatively impacting education and socialization. RISKESDAS 2013-2018 showed an increase in mental emotional disorders in 15 years old and above from 6.0% to 9.8%. Surveillance of child and adolescent mental health is critical, requiring awareness and resource allocation. Schools, as the closest environment, play a role in early detection of mental disorders and should increase knowledge about mental health to reduce stigma. This increased knowledge is essential for adolescents to overcome mental health problems and maintain a better quality of life.

Methods: This study used a systematic literature review approach by following the PRISMA method. Data searches were conducted in October 2024 through various sources such as PubMed, Scopus, and Google Scholar, with the keywords “Mental Health Knowledge” and “Adolescent Mental Health”. So that a total of 20 articles were eligible for use in this study.

Results: The 20 articles showed that interventions such as socialization and school health efforts significantly improved adolescents' knowledge about mental health.

Conclusion: A significant increase in adolescents' knowledge related to mental health was made after the provision of interventions or treatments such as socialization, school health efforts and exposure related to mental health in adolescents. This is known based on the increase in scores on the adolescent post-test.

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INTRODUCTION

Mental health is a fundamental human right that is prioritised. The World Health Organization (WHO) states that more than 50% of cases of mental disorders begin at the age of 14 years, but the magnitude of these cases goes unidentified and untreated which ultimately has a negative impact on education, socialisation and behaviour in their social environment. Mental health in adolescents is a multidimensional concept and to date, most research has focused on mental health risks rather than early signs or diagnoses of mental disorders in general. Based on the Indonesian Basic Health Research (RISKESDAS) in 2013-2018 showed an increase in the prevalence of mental emotional disorders at the age of 15 years and over from 6.0% to 9.8%.¹

Surveillance of mental health and mental disorders in children is an important part of the global Public Health picture. Raising awareness about mental health and mental disorders and identifying resource allocation needs to evaluate progress in improving children's mental health. Mental health surveillance cannot be done occasionally, but

needs to be done continuously. The surveillance can also serve as a reference for health workers, parents, health service providers, local stakeholders and school teachers to understand the prevalence of mental disorders and mental health indicators and challenges related to mental health surveillance.²Stakeholders are considered a strategic interest group for evaluating adolescent mental health. Lack of stakeholder engagement can be a major obstacle in improving knowledge, treatment and prevention of adolescent mental health problems.³

From the age of 14 many adolescents enter a phase of development that is vulnerable to mental health problems and will increase by the age of 16. There is a need for universal and easy-to-implement prevention for adolescents, for example by using mental health apps. Improved mental health and psychological wellbeing, better emotion regulation, reduced psychological distress can be achieved among adolescents and provide important knowledge on how to universally prevent at low cost.⁴

Mental health disorders in children and adolescents are easily detected in the school environment. Knowledge-raising activities on the importance of maintaining mental health need to be conducted frequently in schools and if possible, become part of the school curriculum. Teachers in schools are provided with training on mental health, symptoms, early detection, knowledge of mental health services and mental health care. These mental health knowledge activities focus on resilience and skills. This activity can be embedded in weekly classroom sessions delivered by teachers themselves to increase knowledge about mental health and its effects to avoid barriers or stigma about mental illness among adolescents. Involving parents or guardians, adolescents and teachers in this process will demonstrate a shared commitment to inclusive learner-centred mental health prevention and care.⁵

School is the closest environment to adolescents' lives and has a positive impact on their mental health. However, for some adolescents, school is a source of great stress, worry and fear. Schools are therefore positioned at the forefront of mental health knowledge building activities to address the increasing prevalence of mental disorders worldwide.⁶

The lack of knowledge that adolescents have about mental health is due to lack of information about it. Lack of knowledge about mental health affects the mental status of adolescents so that adolescents have difficulty in overcoming mental health problems such as not being able to maintain their quality of life in the present and in the future. Lack of knowledge about mental health also results in adolescents not being able to think calmly, not being able to make the right decisions, not appreciating all the abilities they have, lacking motivation to have a better life, not wanting to work hard and easily despairing when facing their lives. Therefore, it is necessary to increase knowledge about mental health, especially in adolescents.⁷

METHOD

This study employs a clear and systematic approach to ensure the reliability and validity of the findings. Below are the components of the methodology:

Research Type

This research method uses a literature review approach:

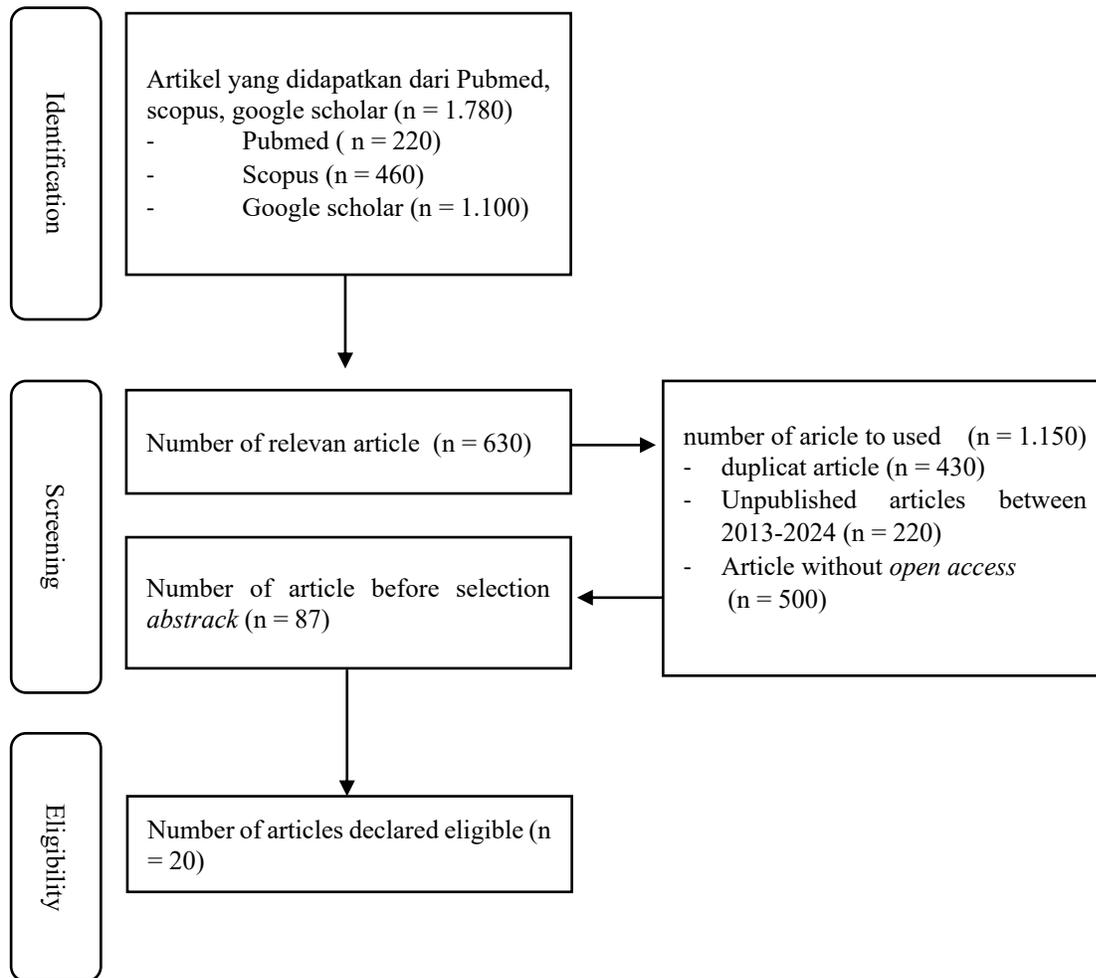
Literature review: “This study used a systematic literature review approach guided by the Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) method and protocol. Database searches were conducted using several sources such as pubmed, scopus, and google scholar. The keywords searched were "mental health knowledge" and "adolescent mental health". Table 1 displays the criteria for inclusion and exclusion.”

Table 1. criteria Inklusi and Ekslusi

criteria Inklusi	criteria Ekslusi
Articles that discuss mental health knowledge for adolescents	Articles Not that discuss mental health knowledge for adolescents
Scientific and research articles published between 2013-2024 and open access	Scientific and non research articles published between 2013-2024 and open access
Mthods and desaint with kualitatif and kuantitatif	Literature review method or non-quantitative and non-qualitative methods

Population and Sample/Informants

Eligible articles were then categorised into findings such as year of publication, objectives and results. 20 articles were obtained that met the criteria for inclusion. Based on the results of the search using the keywords "*Mental Health Knowledge*" fan "*Adolescent mental health*" and then the inclusion criteria, a total of 1,780 articles were found taken from Pubmed (n = 220), scopus (n = 460) and google scholar (n = 1,100). after sorting the relevant titles, 630 articles were obtained, then duplicate articles (n = 430), articles that were not published in the 2013-2024 range (n = 220), articles that were not open access (n = 500) were deleted. After filtering the abstracts, 87 articles were obtained and 20 articles were declared eligible for use in this study.



Data Collection Procedures

A systematic and literature search was conducted in October 2024 using the keywords "*mental health knowledge*" and "*adolescent mental health*" from several pubmed, scopus, and google scholar sources.

Data Analysis

The articles obtained are then stored to assist the author in determining the title as well as selecting eligible articles and not. Eligible articles will be sorted again to avoid duplication. Finally, eligible articles will be sorted again according to the inclusion criteria.

RESULTS

Table 2. Summary of Mental Health Knowledge Improvement for Adolescents

Title, author , year	Objective	Sample Size	Methods	Result
Efforts to Increase Knowledge about Mental Health in Adolescents Through Counselling at Kupang City High School (Flavianus Riantiaro, Israil Yuan Umbu Wanda, Serli Kause, Maria Intania Vanesa Asury, Obed Buni Pona, Ermawati Yaku Danga, Savitri Rambu Juni Rana, Merlin Nenoso) (2023) ⁸	This activity aims to increase the knowledge of high school adolescents about mental health.	he total number of respondents in this study was 187 adolescents from 4 senior high schools (SMA) in Kupang City, namely SMA N 4 Kupang, SMA 9 Kupang, SMA Saint Carolus Kupang and SMA Swasta Kristen 1 Kupang.	There are 4 stages of data collection in community service research, namely the preparation stage by communicating with school partners, the implementation stage by conducting counselling using leaflet, LCD, and lecture media, the evaluation stage by evaluating the implementation of activities and submitting pre-test and post-test results.	Based on the pre-test results, out of 187 students, there were 98 people who had insufficient knowledge, 55 people with sufficient knowledge, and 44 people with good knowledge. While in the post-test, out of 187 students, 31 people had poor knowledge, 24 people with sufficient knowledge, and 132 people had good knowledge. Adolescents really need education about mental health. This education can increase adolescents' understanding, and good knowledge to help them take preventive measures for themselves. The results showed that health education is effective in improve knowldge adulcesen
Increasing Knowledge on the Impact of Cyberbullying on Mental Health in Adolescents (Paramita Septianawati, Irma Finurina Mustikawati, Inggar Ratna Kusuma, Tisna) (2023) ⁹	The objective of the proposed community service programme is to provide socialisation on the impact of cyberbullying on mental health.	9 adolescent girls at the Muhammadiyah Tanjung Purwokerto Orphanage for Girls	The activities carried out include counselling using leaflets on cyberbullying prevention. This leaflet serves as a medium to facilitate young women in understanding the dangers of cyberbullying, especially its impact on mental health. In addition, this study used univariate data analysis and bivariate data analysis with the Pearson test.	It was found that the girls' blood sugar levels (GDS) were below 125 mg/dL, indicating that these values were within normal limits. From the assessment using the GAD, 4 experienced minimal anxiety, 2 experienced mild anxiety, and 3 experienced moderate anxiety. The mean anxiety score of the adolescent girls was recorded as 6.33, indicating that they experienced mild anxiety. Based on the results of the bivariate test, there was no relationship between the level of anxiety and blood sugar levels in adolescent girls at the orphanage, with a p-value of 0.378 (p>0.05). The average knowledge of participants before socialisation was 75.22, which showed a fairly good understanding of cyberbullying. After following the socialisation material and completing the post-test, the average score of participants increased to 87.7.

Title, author , year	Objective	Sample Size	Methods	Result
<p>PKM Adolescents' Knowledge of Adolescent Mental Health in the Era of Globalisation</p> <p>(Costarin Enopadria, Erma Erfiana, Putri Amelia Lestari) (2023)¹⁰</p>	<p>The purpose of this community service is to improve adolescents' understanding of mental health in the era of globalisation at SMAN 1 Sitiung, West Sumatra.</p>	<p>The number of participants in the activity was 50 teenagers who attended.</p>	<p>This activity began with the preparation stage, which included gathering information about the needs of counselling, determining the materials and participants, and preparing the materials. Next was the implementation stage, which consisted of pre-test, counselling, and post-test. The last stage is evaluation, which includes activity assessment and report preparation.</p>	<p>The pretest results showed that 80% of adolescents had a poor understanding of mental health. After being given health education, post-test results showed that 60% of adolescents now have good knowledge about mental health at SMAN 1 Sitiung.</p>
<p>Improving Adolescent Mental Health through School Mental Health Efforts</p> <p>School (UKJS) at SMU 12 Padang City</p> <p>(Heppi Sasmita) (2018)¹¹</p>	<p>The purpose of this community service is to increase the knowledge and skills of adolescents in overcoming mental health problems through School Mental Health Efforts (UKJS) activities.</p>	<p>A sample of 46 students was taken from August to December 2017.</p>	<p>The research design was quasy expriemental with One Group pre test - post test design. Univariate analysis was conducted through exploratory analysis, while bivariate analysis used a paired sample t-test statistical test to evaluate the improvement of mental health before and after the School Mental Health Effort (UKJS) intervention.</p>	<p>The results showed that the average mental health of students before the implementation of the School Mental Health Effort was 58.3478, while after the intervention the number increased to 65.1087. The average increase between mental health before and after the intervention was 6.7609. There was a significant improvement in students' mental health before and after the intervention of School Mental Health Effort.</p>
<p>Improving Knowledge about Mental Health Disorders in Adolescents</p> <p>(Ani Nurhaeni, Dewi Erna Marisa, Thia Oktiany) (2022)¹²</p>	<p>The purpose of this Community Service is to increase students' knowledge about mental health.</p>	<p>The targets of this counselling were 28 students of bulding MA.</p>	<p>The counselling methods applied were lectures and question and answer sessions. Tools used in this activity include LCD and laptop, banners, Power Point presentations, and videos. The stages of the Community</p>	<p>The results of the Community Service Activity show that MA Pembangunan Mandirancan students have understood the definition of mental health and mental disorders, their symptoms, causes, and prevention efforts against mental disorders.</p>

Title, author , year	Objective	Sample Size	Methods	Result
			Service activities include planning (situation analysis, problem identification health, preparation of SAP, materials, and preparation of tools and materials), implementation, and evaluation of these activities.	
Effect of Teen Mental Health First Aid Education on the Knowledge Level of Teenagers in Reducing Mental Health Problems at SMAN 3 Batam (Mira Agusthia, Rizki Sari Utami Muchtar, Dea Ramadhani) (2023) ¹³	This study aims to identify the effect of Teen Mental Health First Aid education on improving adolescents' knowledge in reducing mental health problems at SMAN 3 Batam.	36 students at SMAN 3 Batam	This type of research is quantitative with a quasi-experimental design of one group pre-test - post-test without a control group, using purposive sampling technique. This research analysis uses univariate test and Wilcoxon statistical test.	Before MHFA education, the level of knowledge of adolescents was in the poor category, at 86.1%. After the education, the level of knowledge increased to good, with a percentage of 83.3%. The results of the analysis showed that there was a significant effect of MHFA education on increasing adolescents' knowledge in reducing mental health disorders at SMAN 3 Batam, with a p value = 0.000 (p < 0.05).

DISCUSSION

According to the World Health Organisation (WHO), nearly one billion people worldwide experience some form of mental health disorder. In 2019, it was reported that around 970 million people were living with mental disorders. Some common types of mental disorders include anxiety, bipolar, depression, post-traumatic stress disorder (PTSD), schizophrenia, toxic parenting, and eating disorders. The WHO also states that most causes of death in individuals with mental health disorders are caused by preventable physical illnesses.²⁸ Mental health is very important because individuals who have a good mental state tend to live life better. They are able to think positively and behave well in social interactions. On the contrary, those with mental problems will face various disorders. Many people, especially teenagers, yearn for good mental health, but many of them also experience mental disorders.²⁸

This literature review was conducted by analysing 20 articles within the last 11 years. The articles used came from research conducted in Indonesia and abroad, sourced from accredited national journals and reputable international journals. The articles presented discuss increasing mental health knowledge for adolescents.

Based on the results of the articles, it is known that adolescents' knowledge of mental health increased after interventions such as socialisation, school health efforts and exposure related to mental health. Of the 20 articles, 100% of the articles showed a significant effect between the provision of interventions such as socialisation, school health efforts and exposure related to mental health in adolescents. In some studies, such as the research conducted by Flavianus Riantiaro (2023), it is known that the pre-test value is lower than the post-test value, as evidenced by the fact that out of 187 students, there were 98 people who had poor knowledge, 55 people with sufficient knowledge, and 44 people with good knowledge in the pre-test. While in the post-test, out of 187 students, 31 people had poor knowledge, 24 people with sufficient knowledge, and 132 people had good knowledge.⁸

In a study conducted by Paramita Septianawati (2023), the average knowledge of participants before the socialisation of cyberbullying was 75.22, and increased to 87.7 after following the socialisation material and filling out the post-test.⁹ Another study also conducted by Costarin Enopadria (2023) also showed that as many as 80% of

adolescents had insufficient knowledge about mental health at the time of the pre-test and post-test results showed that 60% of adolescents now have good knowledge about mental health at SMAN 1 Sitiung.¹⁰ In Mira Agusthia's research (2023), it was known that the level of knowledge of adolescents was in the insufficient category, namely 86.1%. After education, the level of knowledge increased to good, with a percentage of 83.3%.¹³ Likewise, research conducted by Sri Endriyani (2024), Diany Ufieta Syafitri (2021), Ingunn Skre (2013), Yudhawati (2022), Butet Agustarika (2023), Teti Rahmawati (2024), Romadhiyana Kisno Saputri (2023), Triyana Harlia Putri (2024), Dwi Helynarti Syurandhari (2023), Rahmat Hidayat (2023), Devi Marganing Tyas (2023) showed an increase in adolescent knowledge after being given interventions such as socialisation, school health efforts and exposure related to mental health for adolescents..^{14,15,18,19,20,21,22,}

CONCLUSION

Based on the articles that have been extracted and analysed, it is known that all 20 articles show a significant increase in adolescent knowledge related to mental health after being given interventions or treatments such as socialisation, school health efforts and exposure related to mental health in adolescents. This is known based on the increase in the score on the adolescent post-test.

AUTHOR'S CONTRIBUTION STATEMENT

The 1st author is the main author and Corresponding Author in this research and the 2nd and 3rd authors as authors in supporting and guiding in this research.

CONFLICTS OF INTEREST

The authors also declare that in this study they have no financial or personal relationships with entities that could affect the objectivity of the study.

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