

SOMEAH (Solidaritas Mental Health) Platform as an Effort to Increase Civic Disposition to Generation Z Mental Illness in the Digital Age

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ABSTRACT

Indonesia is one of the countries prone to mental illness. Mental disorders can occur due to several factors such as genetic, environmental, and social. The mental health of citizens is an integral part of the health and welfare aspects of the state, it is also closely related to the development of the character of citizens (civic disposition). Mental health disorders can result in a decrease in a person's quality of life, disrupted activities, physical disorders, and can even affect the quality of relationships with other people. Therefore, the symptoms of mental health disorders need to be addressed immediately. In this study, SOMEAH (Solidaritas Mental Health) was introduced as a platform to deal with symptoms so that they do not progress to a more serious level. This study uses the Design and Development (D&D) model, which is a systematic study of the process and evaluation of development design to build an empirical foundation in creating products and tools for both learning and non-learning activities. The SOMEAH platform is made digitally through social media and websites so that it has broad and timeless coverage in educating mental health. In addition, it can also facilitate the prevention of symptoms of mental disorders which aims to reduce mental health problems of Generation Z in Indonesia and improve the character of citizens. Based on the research results, it is stated that the SOMEAH platform can be effective in educating mental health for Generation Z.

Keywords: Civic Disposition, Mental Health, Mental Illness, Solidaritas Mental Health (SOMEAH).

1. INTRODUCTION

The mental health of citizens is an integral part of the health and welfare aspects of the country. Indonesia is one of the vulnerable countries in terms of mental illness. Mental illness is a health condition that involves changes in emotions, moods, thoughts, behavior or a combination of those [1]. Mental illness can occur due to several factors such as genetics, environment and social. Based on data obtained from the Ministry of Health of the Republic of Indonesia, people with mental illness continue to increase every year[2]. Especially in Jakarta, as the capital city of the country, which population density and work-related stress is higher than other areas. It is estimated that each year the cases has increased by 0.8%. The prevalence of depression in 2018 showed that only 9% of depressed patients underwent medical treatment, and 91% of depressed patients did not meet any medical treatments [3].

The quality of citizens' health actually has three aspects, namely biological organs (physical/physical), psychoeducational (mental-emotional/spirit) and socio-cultural (social-cultural/environmental). The mental health of citizens is closely related to the development of citizen characteristics (civic disposition). An improvement of civic disposition can be the first aid to overcome mental illness symptoms. It can be done through the formation of human values resembling Pancasila characteristics that includes thoughts, feelings, and values in life. Based on data from the World Federation of Mental Health (WFMH), there are one in four people who experience mental health problems and die from suicide every four seconds [4]. However, they receive little or no attention from those around them or receive no support at all.

Overcoming mental health disorders must be done in accordance with current needs. With mental health problems in Indonesia, especially those that occur in Generation Z, this research initiates the creation of a

digital platform as media for learning. The so-called SOMEAH (Mental Health Solidarity) platform aims to effectively and efficiently provide first aid for generation Z in the process of overcoming health problems.

The SOMEAH platform is also a form of digital literacy through a website that is collaborated with the use of Instagram to make it easy for anyone to access, as it is not limited by space and time. The users are expected to improve their civic disposition which hypothetically can tackle mental illness proven by web-based medical test.

Based on the description above, mental health is a problem that cannot be left alone. Therefore, this research is done to design a digital platform called SOMEAH (Solidaritas Mental Health) as the first aid for mental illness expected to solve mental health problems in Indonesia through literacy to improve and strengthen the characteristics of citizens who are able to reduce the number of health problems in this Digital Age while still complying with health protocols.

2. THEORETICAL REVIEW

2.1 Mental Health

Mental health is very important part of human being as well as physical health in general. With mental health, other aspects of life will work optimally. A healthy mental condition cannot be separated from a good physical health condition. According to WHO, mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

According to Karl Menninger, mentally healthy individuals are those who have the ability to restrain themselves, show intelligence, behave with the feelings of others, and have a happy life attitude. Currently, a mentally healthy individual can be defined in two ways, negatively in the absence of mental disorders and positively when the individual characteristics are mentally healthy. The characteristics of mentally healthy individuals refer to positive conditions or traits, such as: positive psychological well-being, strong character and good/virtuous traits [5].

A person who is "mentally or mentally healthy" has the following characteristics:

- a. Feeling good about himself, includes
 - 1) Able to deal with situations
 - 2) Able to overcome disappointments in life
 - 3) Satisfied with daily life
 - 4) Have reasonable self-esteem
 - 5) Assess himself realistically, not excessive and not an obligation

- b. Feeling comfortable relating to other people, including
 - 1) Being able to love others
 - 2) Have a permanent personal relationship
 - 3) Can respect other people's different opinions
 - 4) Feeling part of a group
 - 5) Don't "outsmart" others and also don't let others "outsmart" him
- c. Able to fulfill life, includes
 - 1) Set realistic life goals
 - 2) Able to make decisions
 - 3) Able to accept responsibility
 - 4) Able to plan for the future
 - 5) Can accept new ideas and experiences

Mental health disorders are conditions of individuals who have symptoms of mental disorders. There are various causes of mental health disorders in a person. According to Santrock (1999) the causes of mental disorders are generally categorized into physical or biological aspects such as heredity, obesity which tends to psychosis, manic depression and schizophrenia, temperature due to sensitive people, illness, and bodily injury [6]. Santrock also explained that mental disorders can also be caused by psychological factors where someone with experiences of frustration, failure and success will experience habits, habits, and habits in the future. The statement that human life can be divided into 7 periods and in certain circumstances can support the occurrence of mental disorders.

2.2 Civic Disposition

Civic disposition is the third component of civic competences that includes attitude, traits, and character of the citizen. Civic disposition is a private and public character of citizens that needs to be maintained in a constitutional democracy. According to Winataputra and Budimansyah (2012: 205) it is stated that private characters such as moral responsibility, self-discipline, and respect towards dignity of each individual [7]. Meanwhile, public characters such as awareness of citizenship, politeness, obey the rule of law, and able to compromise. The definition of civic disposition according to Pasandaran, et al (2018), refers to acts of awareness and concern for the rights of others, welfare, fair and objective treatment, trust, and freedom to live together

Building the character of citizens is very important to maintain the existence of a nation or state. President Soekarno emphasized the principle of political sovereignty which is standing on his own feet (independent) in the economy, and personality based on culture. As stated by Budimansyah (2009), in his professorial lecture that historically and socio-culturally, nation building and character building is a national commitment that has long grown in Indonesia as society, nation, and state [8]. Good character relates to knowing the good, loving the good, and doing the good [9]. Citizen characteristic must be built and shaped so that every citizen will have the readiness in facing

various cultures in different nations. Therefore, the shaped identity can adjust well without losing that certain identity.

3. METHOD

This study uses the Design and Development (D&D) model which is a systematic study of design, development and evaluation with the aim of building an empirical basis for creating processes and tools for both learning and non-learning activities and creating or improving models that govern their development[10]. The focus in D&D research includes analysis, planning, production, and evaluation. D&D research is also known as a way of creating procedures, techniques, or tools based on methodical analysis of a specific case [10]. D&D Research is also a "...major on the development of interactive, computer-based media and web design". Category of this research is a product research. This research instruments underwent several steps and processes in which the truths of its result is based on certain scientific methods. The D&D research model has an alternative descriptive method and focuses on analysis, planning, production and evaluation by measuring effectiveness.

4. FINDINGS AND DISCUSSION

Implementation of the SOMEAH platform as an effort to overcome the symptoms of health problems through improving the characteristics of citizens

Development of the characteristics of citizens is strongly influenced by the mental health of the citizens themselves. Based on the collected data, some of respondents categorized as Generation Z experiences symptoms of mental disorders

Data collection process was carried out twice. The first data collection was conducted to identify mental health knowledge and civic dispositions, as well as to see whether this Generation Z respondents has symptoms of mental disorders or not. While the second data collection was carried out to see the effectiveness of the SOMEAH platform in educating mental health as one way to improve civic dispositions. Following are the results of data processing

Table 1 Mental Health Information

No	Question	Mean	Category
1	I know about mental health	3,65	Know
2	I understand mental health symptoms	3,81	enough to know
3	What do you mean by mental health disorder? and what are the symptoms of	All answered with relatively correct answers.	

	mental health disorders that you know?		
4	I know about the disposition of citizenship (characteristics of citizens)	2,26	don't know
5	What do you know about Citizenship Characteristics (Civic Disposition)?	10 people answered they didn't know, 2 people answered but it wasn't quite right, and 22 people answered quite correctly.	
6	Can the existence and development of characteristic values of citizens minimize the symptoms of mental health disorders?	3,44	Know
7	according to the country, how important is the development of citizen characteristics to be applied to the current generation Z? Give your opinion about it	19 people answered very important, 13 people answered important, and 2 people did not answer because they didn't know.	
8	I like socializing with anyone, even those I just met	3,26	enough to feel
9	I feel life is always not on my side	3,41	feel
10	I always get angry over small things	3,41	feel
11	I feel anxious all the time	3,62	feel
12	I don't believe in myself	3,74	feel
13	I always feel low when I see people who are better than me	3,26	enough to feel
14	I always feel sad and hopeless	3,68	feel
15	I always feel scared suddenly for no reason	3,50	feel

16	I have a sense of excessive exaggeration	3,82	feel
17	I feel insecure	3,26	enough to feel
18	I can't see anything positive about an incident	4,21	feel
19	I feel easily offended	3,79	feel
20	I feel life is meaningless	4,41	strongly feel
21	I find it difficult to initiate initiation in doing something	3,71	feel
22	I have high anxiety in public	3,53	feel
23	I find it difficult to focus/concentrate	3,26	enough to feel
24	I feel useless in doing anything	4,03	feel
25	I have drastic changes in mood or mood	3,26	enough to feel
26	Often feel helpless and hopeless	3,82	feel
27	Experiencing significant fatigue, complacent energy or having trouble sleeping	3,47	feel
28	I feel unable to understand myself	3,44	feel
29	I really love my life right now	1,94	strongly feel
30	I don't think the public has considered the importance of mental health disorders	3,62	agree
31	I think it is necessary to get education about the symptoms of mental health disorders	4,29	strongly agree
32	Is education about the symptoms of mental health disorders important for	All are almost very important, 25 people answered very important and 9 people answered important	

	you? Give your opinion about it	
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In this study, about 50% already knew in general about mental health and its disorders, 17% were very knowledgeable, 11% knew enough, and 22% did not know much. About 45% never knew about civic disposition, 20% did not know much, 5% knew enough, 25% already knew, and 5% knew very well.

Based on the data we got, it is known that most of the Z generation, around 75% feel symptoms of mental disorders, 20% feel enough, and 5% strongly feel.

During the research, several questions were asked to respondents to test the effectiveness of the SOMEAH platform in helping to deal with the symptoms of mental illness. This research was conducted not only to find out the high number of mental illness cases among Generation Z, but also to help improve civic disposition. One of the most basic things in developing the concept of citizen character is to pay attention to the psychological condition of citizens. Citizens who have good mental health can help other citizens to be a good citizen. Therefore, collaboration between psychology and civic education is needed. Psychology offers several targeted ways to develop a successful and thriving Generation Z, while civic education is about enabling people to make their own decisions and take responsibility for their own lives and those of their communities [11]. This study concludes that the SOMEAH platform is a media to influence public perception in improving their mental health.

Table 2 Popularity information “Platform SOMEAH (Solidaritas Mental Health)”

Educational facilities	76%
Overcoming anxiety	76%
Understanding the symptoms of mental illness	84%
Understanding the importance of life	87%
Understanding the importance of processing emotions	82%
Increase self-confidence	77%
The role of poster posting in improving mental health	78%
Positive digital media	82%
Gives peace of life	78%

Information about the symptoms of mental illness which is experienced by most of the Z generation received through the first research data. Then to overcome the mental illness, the solution offered by the

researcher is the SOMEAH platform which consists of a website and social media Instagram. Based on the accumulated data obtained from 50 respondents, more than 70% of them acknowledged that the SOMEAH platform can provide good effectiveness for the mental health of Generation Z as a generation that has a big role in developing civic disposition. More than 80% said that SOMEAH platforms can help provide understanding toward mental health and civic disposition. This platform can be regarded as a media that provides a positive role which is beneficial not only for people with mental illness but also Generation Z in recognizing the importance of mental health to develop civic disposition. This research has concluded that social media used in this research study is the most important source for the public regarding information about mental health and the website is one of the medium that let users to express feelings and find solutions of mental disorder symptoms experienced by Generation Z.

5. CONCLUSION

Based on the results of the study, Generation Z already knows and feels some symptoms of mental disorders. To develop the disposition of citizenship, it is necessary to find solutions in educating and overcoming health problems in citizens.

Based on the results of the study, the health of citizens has an effect on increasing the characteristics of citizens, this can be seen from a person's mental development.

Citizens who have good mental health can help other citizens to become good citizens. Therefore, policies that lead to mental health education and the importance of mental health are very much needed to create a welfare state

The solution that the researchers did was to create a SOMEAH platform which aims to educate about mental health so that it can improve the characteristics of citizens. Based on the results of the study, it was also stated that the SOMEAH platform is believed to be effective in educating mental health for Generation Z.

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