

Raising public awareness of mental health

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ABSTRACT

Mental health is an important component of general health, and it greatly affects the quality of life of a person and society. However, stigma and lack of understanding of mental disorders in Indonesia lead to low awareness and delayed treatment. People often think that mental disorders are caused by supernatural beings in their environment, which causes them to misunderstand this mental health condition. This creates fear for those suffering from mental health disorders and leads to delayed treatment. Using qualitative descriptive methods based on previous literature research, this paper investigates the importance of improved psychological support in the treatment of mental health disorders. The results of the study show that various biological, psychological, and social components cause mental health disorders, which require thorough and ongoing treatment. One of the important components in helping individuals with mental disorders is psychological support; This can be provided through professional services as well as emotional support from family and people they know. It is imperative for governments and related organizations to increase literacy about mental health, improve access to psychological services, and reduce stigma in society. Handling mental health disorders is the responsibility of society as a whole, not just individuals. Therefore, one of the wisest ways to build a more mentally and socially prosperous society is to create a culture that is open, caring, and supportive of mental health issues.



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INTRODUCTION

Today, mental health is often underestimated or unimportant, and receives less attention. In fact, mental health is an important component of an individual's overall health. Mental health is considered just as important as physical health in overall health. Mental health is a health condition that causes changes in thoughts, emotions, or behaviour. Pressures and problems in the social environment, work, or family habits can be associated with mental health (Ihuoma Njoku, M.D., 2022).

Many people in Indonesia today experience mental health disorders, especially among adolescents and young adults who are more easily affected by social pressures, academic obligations, and the impact of digital media. According to data from the Ministry of Health of the Republic of Indonesia and the World Health Organization (WHO), the prevalence of mental disorders continues to increase every year. However, Indonesian people may not be equally aware of mental health disorders.

Some people consider mental health disorders to be inappropriate or disgraceful. People with mental health disorders often experience discrimination, labelling, stereotyping, and exclusion (Center For Public Mental Health, 2020). People often think that mental disorders are caused by supernatural beings in their environment, which causes them to misunderstand this mental health condition. This creates fear for those suffering from mental health disorders and leads to delayed treatment.

This problem shows that people need to be more aware of the importance of mental health, especially by providing the right psychological support. Counseling services, mental health education, and a supportive social environment are some examples of this support. As part of preventive efforts to reduce the number of people suffering from mental disorders, it would be much better if the whole

community was aware of the importance of mental health. The concept of Person in the Environment says that everyone is influenced by others when they are in an environment. With the presence of a person, the environment will become more dynamic, which will affect the individual directly or indirectly and impact changes in a particular individual (Putri, Wibhawa, & Gutama, 2015).

A more comprehensive approach is needed to address issues that arise as a result of a lack of attention to mental health. The term "individual problem" is no longer relevant; It is now part of a public health challenge that requires a sustained and systematic response. Psychological support comes not only from professionals such as psychologists and psychiatrists, but also from family, friends and others. Helping people who are experiencing emotional distress, trauma, or life stress is essential. When a person is heard, understood, and accompanied emotionally, the risk of developing mental disorders can be reduced, and recovery can go better. Those who initially only experience stress or anxiety often get worse due to a lack of psychological support. Therefore, one of the strategic steps in the prevention and intervention of mental health problems is to build a culture where people care about each other and are open.

RESEARCH METHODS

This study uses a qualitative descriptive literature study methodology. The aim of this study was to study mental health issues and how important it is to improve psychological support. This method is considered appropriate because the focus of the research does not lie on hypothesis testing, but on understanding the phenomenon through in-depth interpretation of written sources to gain an understanding of existing data. The study was designed as a literature study, which means that the research did not conduct direct research on the subject; Instead, this study analyses and compiles various previous scientific sources. Gaining a strong theoretical and conceptual understanding of the problem being researched is the goal of this design.

All scientific literature on mental health was included in the study population. The data sources for the study were selected by purposive sampling; The criteria selected include a set of scientific journals published in the last five to ten years related to mental health, psychological support, and public health policy. We used a content analysis sheet as the main tool in this study, which was used to review and identify the themes, variables, and outcomes of the literature reviewed.

Google Scholar is a premier platform for literature search because it provides broad access to scientific journals in a variety of fields, such as mental health and public health. Google Scholar is the best choice because of its ease of access, completeness of data, and ability to display relevant and up-to-date references. Once found on this platform, each article found is selected based on the year of publication, the credibility of the publisher, and the relevance of the content to the topic of the paper.

Data is collected through a search of scientific journals and official documents that can be accessed online, such as Google Scholar. Relevant keywords include mental health, public health, psychological support, and mental health awareness. To perform data analysis, content analysis techniques are used. That is, information from the literature is identified and grouped into specific themes that correspond to the focus of the research. Next, content synthesis is done to draw general conclusions, look at trends in results, and compare results from two different studies.

RESULTS AND DISCUSSION

Mental health is an important component of general health and reflects a person's emotionally, psychologically, and socially health. A person who is in a healthy psychological state has the ability to deal with life pressures reasonably, work productively, and create healthy and meaningful relationships with others. The World Health Organization (WHO) says that mental health is an important part of health. This shows that the influence of physical and mental health on a person's quality of life is equally great. In the context of public health, mental health affects families, communities, socioeconomic development, and even the country as a whole. Work production, social relationships, and emotional stability are disrupted when people's mental health is disrupted. Ultimately, this adds to the burden on the health system and slows down the progress of human development. Therefore, the state, educational institutions, workplaces, and communities must all participate in mental health interventions.

As stated in the Law of the Republic of Indonesia Number 18 of 2014 concerning Mental Health, mental health is a condition that allows a person to develop physically, mentally, spiritually, and socially. Mentally healthy people can identify and manage their emotions, cope with stress, work

efficiently, and make a positive contribution to their environment (Frans Judea Samosir, 2021). The ability to adapt to change and difficulties and the ability to establish healthy relationships with others are signs of good mental health.

Unfortunately, many people in Indonesia suffer from mental disorders but do not get enough support or treatment. The World Health Organization (WHO) says that eating disorders encompass a wide range of conditions that have diverse symptoms, but are generally characterized by abnormal changes in thoughts, emotions, behaviour, and social relationships. Schizophrenia, depression, bipolar disorder, dementia, developmental disorders such as autism, substance abuse disorders, and intellectual disabilities are some examples of mental disorders.

More than 12 million people in Indonesia over the age of 15 suffer from depression and more than 19 million suffer from mental and emotional disorders, according to 2018 Basic Health Research data. These numbers suggest that mental disorders are a serious and widespread health problem, not a minor one. Data from the Sample Registration System of the Agency for Research and Development in 2016 shows that in Indonesia there are around 1,800 suicides every year, or an average of 5 cases per day. On the other hand, 47.7% of the total comes from the age group of 10 to 39 years, which is the productive age group and adolescents who are supposed to be responsible for national development. The high number of these suggests that more and more people need to know about mental health and get psychological support that is easily accessible and not stigmatized. Therefore, it can be said that mental health is very important to maintain the balance of people's lives, both individually and collectively. Supportive policies and a broader understanding of mental health need to be strengthened through education, health services, and community participation in building an environment that supports mental health. Factors that have the potential to cause mental health disorders.

Mental health disorders are when a person has symptoms of a psychiatric disorder caused by various interconnected factors, such as biological, psychological, and social. Somatogenic (physical or biological), psychogenic (psychological), and sociogenic (social) factors. Factors that come from a person's physical or biological condition are called somatogenic factors. For example, disorders related to brain structure (neuroanatomy), brain function (neurophysiology), or chemical imbalances in the brain (neurochemistry) can contribute to the appearance of symptoms related to mental disorders. In addition, disorders can also come from suboptimal developmental components, such as disorders that occur during pregnancy, during the birth process, or as a result of certain diseases that affect the nervous system.

The psychological aspects and life experiences that affect a person's mental state are called psychogenic factors. There are several factors that can cause emotional disorders that go on to become mental disorders, including unhealthy mother-child relationship patterns, lack of paternal roles, or sibling conflicts. Other factors include the experience of loss, feelings of guilt, excessive shame, or insurmountable stress. The way a person responds to stress, emotional maturity, and coping strategies to life problems greatly affect their mental balance.

Sociogenic factors are factors that come from a person's social environment and living conditions. Emotional instability in the family can be caused by a disharmonious family environment, harsh or indifferent parenting, and excessive or overly cold expression of emotions. In addition, a person's mental health can be exacerbated by difficult socioeconomic situations, such as low income, inadequate housing, limited access to education and health services, and discrimination against certain groups, such as minority groups or based on religion or race. Demanding or stressful social values also cause psychological burden, especially for adolescents and productive people.

From these various components, it is clear that mental health disorders do not only come from within a person, but are also influenced by a person's social environment and the support they receive. Therefore, handling this problem must be carried out comprehensively using a multidisciplinary approach involving medical, psychological, and social elements. To lower the risk of mental disorders and improve the overall quality of life of the community, people should be more aware of the importance of mental health and support psychological support.

Increasing access to psychological support is one of the important steps in addressing mental health disorders. Counselling, psychological therapy, and social support, which includes family, friends, and community, are some forms of psychological support. This support is essential because it can help people cope with anxiety, depression, stress, and other mental disorders that are often triggered by the

stresses caused by daily life. Without adequate support, mental disorders can progress to more severe and even cause prolonged suffering.

Increased psychological awareness is also important in the prevention of mental health disorders. Individuals can fail to get help if they don't understand mental health and ignore their symptoms. This is often linked to the social stigma that is still attached to people with mental disorders, which can cause them to feel embarrassed or afraid to ask for help. Therefore, increasing public knowledge about mental health is essential so that people experiencing mental problems are more open to getting the psychological support they need. The government has a very important role in raising public awareness about the importance of psychological support and mental health. In different walks of life, such as in schools, campuses, workplaces, and communities, mental health education must be carried out on an ongoing basis. Conversations about mental health conducted in schools and workplaces can help reduce mental health stigma and encourage people to be more open about mental health issues. This has been proven in the research of modern society. Asfahani, et.all in 2024 stated that in addition, health institutions must strengthen the existing psychological support system by making therapy and counselling easier and cheaper. In Indonesia, many remote areas still lack mental health support, even though some major cities already have good mental health services. Therefore, it is important to create a psychological support program that is community-based and accessible.

In addition to medical services, family support and a social environment are essential for the recovery of individuals experiencing mental disorders. Families that provide strong emotional support can help people with mental illness control their emotions and reduce the feelings of isolation they often experience. In addition, a non-discriminatory and inclusive environment can also speed up recovery because people feel accepted and not excluded. It is essential to deal with mental health disorders with psychological support. By strengthening the government, community, and family support systems, it is hoped that individuals with mental disorders can get immediate help and undergo a better recovery process. Improving the quality of life of a person and society as a whole will be positively influenced by effective psychological support.

While physical and mental health is very important, mental health is often overlooked and stigmatized in Indonesian society. The results of the study show that various biological, psychological, and social components cause mental health disorders, which require thorough and ongoing treatment. One of the important components in helping individuals with mental disorders is psychological support; This can be provided through professional services as well as emotional support from family and people they know. It is imperative for governments and related organizations to increase literacy about mental health, improve access to psychological services, and reduce stigma in society. Handling mental health disorders is the responsibility of society as a whole, not just individuals. Therefore, one of the wisest ways to build a more mentally and socially prosperous society is to create a culture that is open, caring, and supportive of mental health issues.

CONCLUSION

Mental health is equivalent to physical health and is an important part of human life, but it is often overlooked and stigmatized in Indonesian society. The results of the study show that various biological, psychological, and social components cause mental health disorders, which require thorough and ongoing treatment. One of the important components in helping individuals with mental disorders is psychological support; This can be provided through professional services as well as emotional support from family and people they know. It is imperative for governments and related organizations to increase literacy about mental health, improve access to psychological services, and reduce stigma in society. Handling mental health disorders is the responsibility of society as a whole, not just individuals. Therefore, one of the wisest ways to build a more mentally and socially prosperous society is to create a culture that is open, caring, and supportive of mental health issues.

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