

EMPOWERING FAMILIES: PSYCHOEDUCATIONAL APPROACH TO MENTAL HEALTH IN SOUTH MERUYA, WEST JAKARTA

AGUSTINI¹, Merly ERLINA^{2*}, Prahastia Kurnia PUTRI³, Melani APRIANTI⁴, Aulia KIRANA⁵, Winy Nila WISUDAWATI⁶, Roudotul FIRDAUS⁷, Rika RUKMANA⁸

^{1,2,3,4,5,6,7} *Universitas Mercu Buana, Jakarta, INDONESIA*

**merly.erlina@mercubuana.ac.id*

ABSTRACT

Psychoeducation is very crucial in increasing knowledge through learning related to psychological or mental problems, including symptoms, causes, and how to overcome them, to individuals, families, or groups. Psychoeducation with the theme of family mental health was held as implementation of community service in the South Meruya area. There are several psychoeducation topics presented in this community service, namely: Psychoeducation on Problem Focused Coping Strategies in Family Mental Health Management; The Role of Parents in Training Emotion Regulation in Adolescent Children; Psychoeducation to Support Children's Mental Health by Establishing Attachment with Children; Parenting Class: Family Parenting in Responding to Bullying; Psychoeducation on Mental Health Promotion through a Family Approach, and Understanding Adolescents: How to handle and exploring Risk Behavior. The community service was held in three Child-Friendly Integrated Public Space (RPTRA), and the audience was women volunteers of the Family Welfare Movement (Ibu-Ibu PKK). The results of this psychoeducation activity almost all participants felt a change in relevant knowledge about family mental health that was relevant to their problems and the results of the satisfaction survey showed that participants were satisfied with the psychoeducation we conducted

Keywords: Psychoeducation, Mental Health, Family, Community Service, Kelurahan Meruya Selatan

1. INTRODUCTION

Human mental health is just as important as physical health. When a person's mental health improves, other aspects of life also function more optimally. The World Health Organization (WHO) explains that mental health is understood not only as the absence of disease, but also more broadly as a state of well-being in which individuals are able to develop their abilities, stress coping of daily life, and engage in productive and healthy activities, gainful employment, and contribute to improvement. In Indonesia, about 20% of the population has mental disorders. Riskesdas recorded a 6% increase in the number of cases of mental disorders from 2013 to 2018, with the rate reaching 9.8%. It is estimated that more than 19 million people above the age of 15 have affective mental disorders and more than 12 million above the same age have depression, causing BPJS losses of up to 730 billion rupiah.

This condition indicates the importance of promotive efforts in the field of mental health, especially in the context of family as the main support system for individuals. Mental health promotion efforts aim to increase awareness, knowledge, and skills of individuals and communities in maintaining and improving their mental health. Promotive activities include education on stress management, relaxation techniques, and the importance of maintaining healthy social relationships. In addition, organizing events or campaigns on the importance of mental health, such as seminars or workshops on understanding and handling mental health problems, are also part of promotional efforts. A healthy and harmonious family is very influential in shaping an individual's mental health.

Mental health is a phenomenon that needs to be considered in relation to the problems experienced by children, adolescents, adults and the elderly lately (Ifdhil, 2018; Bukhori). Ifdhil (2018) also mentioned that good mental health in a community can make a big difference and make the community environment more productive. The development of mentally healthy communities requires the support of various stakeholders, including families, communities, and local people. It is further explained that if the family does not function well, there can be various mental health problems experienced by all family members in the house, both children and parents. Families teach children the ability to empathize and adapt to other people and the environment. This is related to the way parents raise their children. Parenting,

especially maternal parenting practices, plays a crucial role in building attachment relationships and also affects children's mental health (Angraini, 2020).

The mental health services needed in the field are so large that mental health development is needed, one of which is in the family environment (Hoeft, Fortney, Patel, & Unützer, 2018) Angraini (2020) explains that one way to maintain children's mental health is to strengthen the bond between parents and children, especially mothers. As mother-child interaction is one of the first steps in a child's social relationships and emotional development, the mother-child bond has an impact on a child's mental health.

One of the parties that plays an active role in tackling mental problems is the role of the Family Empowerment and Welfare (PKK) movement. Efforts to empower family welfare in the PKK movement are generally described in the 10 main PKK programs, namely: (1) The appreciation and practice of Pancasila; (2) Mutual cooperation; (3) Food; (4) Clothing; (5) Housing and household management; (6) Education and Skills; (7) Health; (8) Cooperative Life Development; (9) Environmental Sustainability; and (10) Healthy Planning.

South Meruya Administrative Village, Kembangan Sub-district, West Jakarta is one of the areas that actively implements the PKK program. The area has a high population density and a variety of social problems, such as divorce, domestic violence, bullying, and substance abuse. According to Mrs. Dra. Sri Astuti as the Head of the People's Welfare Section of South Meruya Administrative Village, mental health problems in this area are quite significant such as cases of divorce, domestic violence, victims of bullying, and substance use. Therefore, contributions from various parties are needed to overcome these problems. The Meruya Selatan Village Government together with the Meru Buana University Faculty of Psychology Service Team took the initiative to conduct psychoeducation activities as a form of mental health promotion, especially family mental health. The community service team conducted interviews and initial in-depth observations about the problems experienced by the community, the results of these interviews resulted in an idea for a psychoeducational topic that is very relevant to the needs of the community being served, the topic to be presented is: psychoeducation on the role of parents in the emotional regulation of adolescents, psychoeducation in the form of parenting classes for parents to recognize signs of bullying and strategies for managing the healthy use of digital technology to support family mental health, training parents, especially mothers, to develop parenting patterns that provide attachment, psychoeducation on problem focused coping strategies in managing family mental health and psychoeducation on dealing with adolescents and their risky behavior.

2. METHOD

Psychoeducation Topic Mental Health Promotion Through Family Approach in Meruya Selatan Village

The purpose of this service activity is to provide an understanding to the community, especially housewives, about the importance of understanding mental health as capital to improve family psychological well-being and develop a community empowerment model that is in accordance with local conditions. The methods used in the implementation of this activity include lecture, group discussion, preview, question and answer, and evaluation. The first method; Lecture, this method was chosen due to the large number of participants present with the aim that all participants can understand the material. The lectures delivered were related to family mental health. The second method; Group discussion, discussion is a learning method in which there is a conversation between educators and students, and students with other students to get the correct problem solving. Group discussion is the activity of a group of individuals who exchange information to solve a problem. Group discussions in this activity are carried out in the form of assistance in tackling mental health problems. The third method is question and answer where participants can ask about anything related to the material and then can provide answers to these questions. The type of activity carried out uses the Bronfenbrenner ecological approach model.

Understanding Adolescents: How to handle and exploring Risk Behavior

The purpose of this service activity is for PKK mothers in Meruya Selatan to understand adolescent development and risky behavior. Can communicate constructively with adolescents. Activities are carried

out in stages, starting from the implementation stage by analyzing needs; Partner participation in activities, conducting evaluations by comparing the results of questionnaires before and after assessments and materials (pre-test and post- test). If there is an increase in understanding, it can be concluded that the training is quite successful in achieving its objectives. In addition, to see the satisfaction of participants, a satisfaction questionnaire was distributed at the end of the training to assess the overall training.

Psychoeducation on Problem Focused Coping Strategies in Family Mental Health Management

The purpose of this psychoeducation activity is so that the community has the right stress coping strategies in overcoming the problems that occur, so that it can reduce the level of stress, anxiety, and even depression in the family. When the community has an understanding and is able to deal with existing pressures, the problems that occur in the family can be handled properly. Activities are carried out in stages, starting from identifying problems by conducting observations and interviews with residents of Meruya Selatan village and collecting primary and secondary data; coordination and licensing with the village and partners; followed by preparation in the form of preparing psychoeducation modules. The implementation of activities was carried out in the form of seminars and interactive discussions attended by 30 residents. Program evaluation was carried out through pre-test and post-test measurements and collecting feedback from participants to assess the effectiveness of the activities.

The Role of Parents in Training Emotion Regulation in Adolescent Children

To measure the success of adolescents' problem-solving solutions, there are several indicators of achievement such as including emotional understanding, emotional management, and emotional display behaviour.

- Emotion Understanding: Identifying emotions: Being aware of and understanding the various emotions felt by oneself and others. Predicting emotions: Being able to predict how one's own and others' emotions will react in certain situations. Understanding the source of emotions: Knowing the factors that trigger or provoke emotions.
- Emotion Management: Controlling emotions: Being able to control the intensity and expression of emotions, both negative and positive emotions. Customizing emotional responses: Being able to respond to emotions in appropriate and healthy ways, for example by taking deep breaths or talking to others when facing negative emotions. Using cognitive strategies: Using positive and realistic thinking to manage emotions, for example by re-framing a perspective on a difficult situation.
- Behaviours that Demonstrate Emotion Regulation: Coping with stressful situations: Able to face and cope with stressful or difficult situations in a productive way, e.g. by seeking solutions or help. Avoiding impulsive behavior: Able to refrain from impulsive and destructive emotional reactions. Correcting mistakes: Being able to acknowledge and learn from mistakes and take action to improve the situation.
- The Positive Impact of Emotion Regulation: Good mental health: Good emotion regulation helps reduce the risk of mental problems such as depression, anxiety, and behavioural disorders. Positive interpersonal relationships: Being able to build and maintain healthy relationships with others. Success in various fields: The ability to manage emotions helps achieve success in education, work and everyday life.

PARENTING CLASS: Family Parenting in Response to Bullying

This community service was carried out by an implementation team consisting of lecturers and students from Universitas Mercu Buana. The stages of implementing the activity began with an initial survey conducted through direct interviews, the team coordinated with the Meruya Selatan village as the main partner. The core activities of the service are socialization and parenting class training.

The psychoeducation program that was carried out contained material topics, namely: Introduction to the concepts and signs of bullying in schools and the digital world; Parents' strategies in preventing and handling bullying; Management of healthy use of digital technology to support children's and families' mental health.

Psychoeducation to Support Children's Mental Health by Establishing Attachment with Children

This community service activity was carried out in Meruya Selatan Village, with the main target of parents, especially mothers who live in the area. The form of activities is in the form of training and psychoeducation focused on developing secure attachment between parents and children, with the aim of supporting mental health improvement in the family.

The implementation of the program began with a site survey and situation analysis through observation and interviews with the village to identify the main needs of the community. After that, the team developed a training module themed "Supporting Family Mental Health through Secure Attachment with Children," prepared pre-test and post-test questionnaires, and designed roleplay scenarios as part of the training. Psychoeducation was provided directly through seminars combined with effective communication practices. Participants' understanding was evaluated through completion of a pre-test before the training and a post-test after the activity ended, as well as through observation of participants' behavior during the session.

3. RESULTS AND DISCUSSION

Topic Psychoeducation on Mental Health Promotion through Family Approach in Meruya Selatan Village

Before the start of psychoeducation, participants were given a pre-test and after psychoeducation, a post-test was conducted. This was to measure the target group's level of knowledge about mental health. To find out whether Psychoeducation on Mental Health Promotion through a Family Approach in Meruya Selatan Village can increase participants' knowledge and understanding of mental health, then an inferential test is carried out, namely the paired sample T Test. The significance value (2-tailed) of the analysis results is 0.000 ($p < 0.05$) so that the results of the initial test and the final test have significant changes (meaningful). Based on descriptive statistics of the initial test and final test, it is proven that the final test is higher. It can be concluded that Psychoeducation on Mental Health Promotion through a Family Approach in Meruya Selatan Village can increase participants' knowledge and understanding of mental health.

Understanding Adolescents: How to handle and exploring Risk Behavior

The evaluation of the activity was carried out by comparing the results of the pre-test and post-test which was packaged in the form of a crossword game. The questions given were related to the material on that day such as. "One of the risky behaviors of adolescents is". Based on the results of the pretest and post-test, there was an increase of 1 point in 8 participants. Out of 18 participants, 8 people (44%) showed an increase in scores by 1 point after participating in the activity. Most of the other participants did not change their scores and had a relatively good initial understanding.

Psychoeducation on Problem Focused Coping Strategies in Family Mental Health Management

The Community Service (PkM) activity entitled "Psychoeducation on Problem Focused Coping Strategies in Family Mental Health Management" was successfully implemented in Meruya Selatan Village, West Jakarta, on February 20, 2025. This program lasted for 5 months, from February to June 2025, and had a positive impact on the community, especially in increasing family understanding and skills in managing stress and internal conflict.

The implementation of this service program was carried out in several stages, starting from the initial survey and observation of community problems, coordination with the village, preparation of psychoeducational materials, to the implementation of a one-day seminar involving around 30 residents. The materials provided included an introduction to stress in the family, problem focused coping strategies, conflict resolution techniques, and simulations of effective communication between family members.

During the activity, participants were quite enthusiastic. The majority of participants expressed that the material was very relevant to the conditions they experienced and expressed the desire to apply coping strategies in their daily lives. The pre-test and post-test results showed a significant increase in participants' understanding, from an average of 40% to 88%. In addition, the results of observations and interviews showed that participants were able to identify sources of stress in the family and find alternative

solutions better. Positive support also came from activity partners, such as lurah and community leaders, who considered that this program was very useful and worth continuing in the future.

The Role of Parents in Training Emotion Regulation in Adolescent Children

Adolescent problems that often occur in the community in Meruya Selatan Village are problems of emotion regulation faced by adolescents. The impacts that occur in the problem of emotional regulation in Meruya Selatan Village, such as aggression, apathy, anxiety, helplessness in dealing with pressure and conflict, and difficulty managing emotions. The solution offered is to take part in psychoeducation on the role of parents in adolescent emotion regulation so that people can apply and apply the strategies they have learned to their family members. To measure the success of adolescent problem solving solutions, there are several indicators of achievement such as understanding emotions, managing emotions, and showing emotional behavior.

After the psychoeducation program for parents in the area, the author was informed of the evaluation results that showed a significant increase in participants' understanding and awareness of the importance of the role of parents in helping adolescents manage emotions in a healthy manner.

PARENTING CLASS: Family Parenting in Response to Bullying

The results of the activity evaluation showed:

- Increased understanding of participants, as evidenced by the comparison of pre-test and post-test results which showed an increase in the average score of 35%.
- High participant satisfaction, based on the evaluation questionnaire, 90% of participants stated that the material was easy to understand and useful.
- The partner (Meruya Selatan Village) gave appreciation and expressed commitment to support similar activities in the future.

Through this community service program, an approach based on education and family empowerment is carried out, which tries to be analyzed more scientifically based on the theory of bullying from Olweus. By attending the parenting. class, it is seen that parents have a basic understanding of bullying, understand the character, needs and profile of each child to make it easier to provide appropriate care. And parents have a strategy for handling and assisting children regarding bullying.

Psychoeducation Supports Children's Mental Health by Establishing Attachment with Children

Based on the pre-test data, the first question shows that 23 people (76.7%) understand parenting well, then the second pre-test data shows that 30 people (100%) understand that parents first establish a connection with the child before correcting the child. Furthermore, the third pre-test data shows that 30 people (100%) understand that spending time with children is not enough once in a while even though the time is long. Furthermore, the fourth pre-test data shows that 30 people (100%) understand that family has an important role in a person's mental health, especially family members. Furthermore, the fifth pre-test data shows that 28 people (93.3%) understand that family members become important role models for each other in shaping daily behavior. Then the sixth pre-test data shows that 30 people (100%) understand that good mental health is the key to a happy and productive life for themselves and others.

Based on the post-test data, the first question shows that 6 people (20%) have understood about behavior, understanding that parenting is not just about behavior, then the post-test data of the second question shows that 29 people (96.7%) have understood about when they want to correct their children, parents must first establish a connection with their children, then the post-test data of the third question shows that 30 people (100%) understand that spending time with children is not enough even if it is a long time, then the post-test data of the fourth question shows that 28 people (93.3%) understand that family has an important role in a person's mental health, especially family members, the fifth question post-test data shows that 30 people (100%) understand that family has an important role in a person's mental health, especially family members, then the sixth question post-test data shows that 30 people (100%) understand that good mental health is the key to a happy and productive life for themselves and others. In the accumulation of pretest and posttest data taken by the author, 21 people (70.0%) experienced an increase

in knowledge about parenting and about mental health after being given material and also interactive questions and answers in the community service program conducted at the RPTRA in Meruya Utara Village. It can be said that the majority of participants who took part in this community service program gained knowledge about parenting and mental health

4. CONCLUSION

The community service program that has been implemented in South Meruya Administrative Village shows positive results, especially in increasing residents' understanding and skills related to mental health issues in the family. The various psychoeducation materials presented, such as coping strategies, the role of parents in adolescent emotional regulation, secure attachment between parents and children, and parenting in dealing with bullying, were designed based on the real needs in the field obtained from previous observations and interviews.

Evaluation results through pre-test and post-test showed a significant increase in participants' understanding. The level of participant satisfaction with the content of the material and the course of the activity was also high. Active support from partners and direct student involvement in the implementation process contributed greatly to the success of this program.

The main success of this program lies in its approach that is responsive to community needs and involves the active participation of all parties. However, the limited implementation time is one of the challenges in delivering the material in more depth. In the future, similar programs are recommended to be developed through further training.

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