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## The Relationship Between Mental Health Literacy Mental Health of Student at The Faculty of Health Sciences, Tangerang Muhammadiyah University

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### Abstract

**Introduction:** One of the significant health problems in the world, including in Indonesia, is mental health. Students are vulnerable to mental health problems because students have sources of stressors that can trigger anxiety and depression. Mental health literacy is knowledge and beliefs about mental disorders that help with the recognition, management and prevention of mental health disorders. The aim of this research is to determine the relationship between mental health literacy and mental health of students at the Faculty of Health Sciences, Muhammadiyah University, Tangerang. **Methodology:** The research design used was analytical observational with a cross sectional approach. The sample consisted of 248 respondents according to the Slovin formula with cluster sampling technique. Data collection by distributing questionnaires using Google Form. The analysis technique used is Spearman rank analysis to determine whether there is a relationship between mental health literacy and mental health. **Research Findings:** The research results show that the correlation between mental health literacy and mental health is 0.334 with a significance of 0.000. The significance figure for this research is lower than the specified significance figure, namely 0.05. **Conclusions:** This means that there is a relationship between mental health literacy and students' mental health. It is hoped that this research will increase knowledge regarding the relationship between mental health literacy and student mental health.

**Key words:** mental health literacy, mental health, student

### 1. Introduction

Mental disorders are problems that occur in a person's body which can affect their emotions, thoughts and behavior so that they can have a negative impact on their family and themselves<sup>(1)</sup>. Mental disorders in a

person are usually seen from their behavior, thoughts, emotions and relationships with other people, where some examples of mental disorders are depression, anxiety disorders, behavioral disorders, bipolar disorder and others<sup>(2)</sup>.

There are a large number of people in the world who experience mental health problems, including children, teenagers, adults, the elderly and the elderly. There are around 322 million depression patients in the world and half of this number live in Southeast Asia and the Western Pacific region with the largest countries being India and China, while anxiety disorder patients in the world are around 264 million<sup>(3)</sup>. According to reporting data, there are 800,000 cases of suicide as a result of depression<sup>(2)</sup>.

In Indonesia itself, based on Basic Health Research data, the national prevalence of serious mental disorders is 1.7 per mile, which means 1-2 people out of 1000 Indonesians experience mental disorders. According to records from the Ministry of Health of the Republic of Indonesia<sup>(4)</sup>, the prevalence of emotional disorders in the population aged 15 years and over increased from 6% in 2013 to 9.8% in 2018. The prevalence of depressed patients in 2018 was 6, 1%. Basic Health Research data 2018 shows that the prevalence of suicide in the population aged 15 years and over is 0.8% in women and 0.6% in men and depression is one of the most common disorders<sup>(4)</sup>. Basic Health Research data in 2018 showed that the prevalence of emotional mental disorders including depression in individuals aged 15 years and over in Banten Province was 9.27%, in Tangerang City itself, cases of depression in individuals aged 15 years and over were 6.84%. Where the prevalence of people experiencing mental emotional disorders over the age of 15 years is more suffered by women<sup>(4)</sup>. Teenagers are at risk of

experiencing mental health problems due to the process of transitioning roles from children to adults which causes teenagers' psychology to be disturbed<sup>(5)</sup>. Students generally aged 18 to 25 years are in the late teenage phase leading to young adulthood and have great responsibilities for their lives<sup>(6)</sup>. The roles that many students have often give rise to conflicts within themselves because they are confused about prioritizing their interests, which will have an impact on their mental health<sup>(7)</sup>.

Students' lack of awareness and knowledge regarding how to seek appropriate help gives rise to many wrong beliefs or understandings among students which can be detrimental to students who experience mental health disorders. In this condition, mental health literacy is very necessary to increase students' knowledge and awareness to seek the right treatment and the right information, especially in seeking the right professional help<sup>(8)</sup>. Health literacy is a person's ability to obtain, process and interpret basic health information and service requirements needed to make the right health decisions, so that health literacy is expected to increase awareness of healthy behavior among students<sup>(9)</sup>. Mental health literacy is a design in a comprehensive mental health program that can provide someone with knowledge regarding mental disorders and increase information about appropriate service and care locations, as well as appropriate help<sup>(10)</sup>. Students who have good knowledge about mental health can show a responsible attitude towards themselves or others, such as taking precautions, seeking treatment from professional staff and

being sympathetic towards people who experience mental health problems<sup>(11)</sup>. A person's good mental health literacy can also increase knowledge about mental health so that they can help themselves or others who experience mental health problems by providing help. If health literacy is still lacking it will also have a big impact on the level of knowledge about mental health<sup>(12)</sup>. A preliminary study conducted by researchers using interview techniques with students in semesters 5 and 7 found that 7 out of 10 students said they did not apply knowledge about mental health to themselves, many students said they were anxious when they were studying subjects that they considered difficult and it impacts student grades.

## 2. Methods

### 2.1 Design Research

The research method was carried out using an analytical observational research design with a cross sectional design. Cross sectional is a research design that is measured and carried out once (simultaneously). The research was conducted at the Faculty of Health Sciences, Muhammadiyah University, Tangerang in April – June 2023 with a population of 652 students. The sample obtained according to the Slovin formula was 248 respondents using the cluster sampling technique.

### 2.2 Data Analysis

Data collection by distributing questionnaires directly to students. Researchers used the mental health literacy questionnaire to measure the level of mental health literacy and the SRQ 29 Guttman questionnaire to measure students' mental health. The analysis technique used is univariate and bivariate analysis to determine the level of mental health literacy in the

categories of low literacy, medium literacy, high literacy and to analyze students' mental health in categories of indicated disorders and not indicated disorders and to determine the relationship between mental health literacy and mental health.

## 3. Result

**Table 1: Normality Test**

One-Sample Kolmogorov-Smirnov Test		
	Unstandardized	Residual
N	248	
Normal Parameters <sup>a,b</sup>	Mean	.0000000
	Std. Deviation	1.82274380
Most Extreme	Absolute	.099
Differences	positive	.099
	negative	-.068
Test Statistic		.099
Exact Sig. (2-tailed)		.014

a. Test distribution is Normal.

Based on table 1. the normality test using the Kolmogorov-Smirnov method is significant for the exact sig value. (2-tailed) gets a value of 0.014, which means it is greater than the value of 0.05, so it can be concluded that the data distribution in this study meets the assumption of normality.

## Respondent Characteristics

**Table 2: Frequency of Demographic Data for Students at the Faculty of Health Sciences, Muhammadiyah University, Tangerang (n=248)**

No.	Variable	Frequency	Percentage (%)
	<b>Sex</b>		
1.	Male	20	8,1%
	Female	228	91,9%
	Amount	248	100%
	<b>Age</b>		
2.	17	5	2%
	18	20	8,1%
	19	60	24,2%
	20	75	30,2%
	21	56	22,6%
	22	28	11,3%
	23	4	1,6%
	Amount	248	100%
	<b>Residence</b>		
3.	Live alone	14	5,6%
	With parents	34	94,4%
	Amount	248	100%
	<b>Amount of Pocket Money</b>		
4.	<Rp. 1.500.000	63	25,4%
	Rp. 1.500.000 - Rp. 3.000.000	160	64,5%
	>Rp. 3.500.000	25	10,1%
	Amount	248	100%

Based on table 2, the results of research conducted by researchers from 248 respondents, the characteristics of respondents were mostly women with a total of 228

(91.9%). Based on the research results, it was found that the average respondent was 20 years old, 75 (30.2%) of the respondents. Based on research results from 248 respondents, 234 (94.4%) of them predominantly lived with their parents. Of the 248 respondents, the amount of pocket money was more in the range of Rp. 1,500,000-Rp. 3,000,000 as many as 160 (64.5%).

**Table 3. Frequency of Mental Health Literacy**

Variable	Frequency	Percentage (%)
Mental Health		
Indicated interference	60	24.4%
No indication of interference	188	75.8%
Amount	248	100%

Based on table 3, the results show that the average mental health literacy level of students at the Faculty of Health Sciences, Muhammadiyah University of Tangerang is in the high literacy category with a total of 196 respondents.

**Table 4. Frequency of student motivation levels**

Variable	Frequency	Percentage (%)
Mental Health		
Indicated interference	60	24.4%
No indication of interference	188	75.8%
Amount	248	100%

Based on table 4, it was found that the mental health results of students at the Faculty of Health Sciences, Muhammadiyah University, Tangerang, on average had no indication of disorder, 188 (75.8%).

**Table 5. Relationship between place of residence and mental health of students (n=248)**

	Residence with	Mental Health
Residence with	Correlation coefficient Sig. (2-tailed) N	.016 .805 248 248
Mental Health	Correlation coefficient Sig. (2-tailed) N	.016 .805 248 248

Based on the analysis results in table 5, it shows that the correlation coefficient between place of residence

and student mental health is 0.016 with a significance of 0.805. The significance figure in the results of this study exceeds the predetermined significance figure, namely  $>0.05$ . This means that there is no relationship between where you live and the mental health of students at the Faculty of Health Sciences, Tangerang Muhammadiyah University.

**Table 6. Relationship between the amount of pocket money and mental health (n=248)**

	Amount of Pocket money	Mental Health
Amount of Pocket money	Correlation coefficient Sig. (2-tailed) N	.057 .368 248 248
Mental Health	Correlation coefficient Sig. (2-tailed) N	.057 .368 248 248

Based on the results of the analysis in table 4.6, it shows that the correlation coefficient between the amount of pocket money and students' mental health is 0.057 with a significance of 0.368. The significance figure in the results of this study exceeds the predetermined significance figure, namely  $>0.05$ . This means that there is no relationship between the amount of pocket money and the mental health of students at the Faculty of Health Sciences, Muhammadiyah University, Tangerang.

**Table 7. Relationship between mental health literacy and student mental health (n=248)**

	Mental Health Literacy	Mental Health
Mental Health Literacy	Correlation coefficient Sig. (2-tailed) N	1.000 .334 .000 248 248
Mental Health	Correlation coefficient Sig. (2-tailed) N	.334 .000 248 248

Based on the results of the analysis in table 7, it shows that the correlation coefficient between mental health literacy and student mental health is 0.334 with a significance of 0.000. The significance figure in the

results of this study is smaller than the predetermined significance figure, namely  $>0.05$ . This means that there is a relationship between mental health literacy and the mental health of students at the Faculty of Health Sciences, Tangerang Muhammadiyah University.

Regarding the correlation coefficient, the correlation coefficient ranges from 0 (no correlation at all) to 1 (perfect correlation). Where the higher the correlation coefficient, the stronger the correlation, and vice versa. Based on the correlation coefficient of 0.334, it can be said that the Mental Health Literacy and Mental Health variables have a low correlation.

#### 4. Discussion

Based on the research results, it shows that there is a relationship between mental health literacy and the mental health of students at the Faculty of Health Sciences, Muhammadiyah University, Tangerang. This result is different from the results of research by Fatahya & Abidin<sup>(13)</sup> which found that there was no relationship between mental health literacy and mental health. This is thought to be because respondents in Fatahya & Abidin<sup>(13)</sup> research had moderate to low mental health literacy. This can have an impact on the relationship between mental health literacy and mental health. This is different from research conducted by Handayani<sup>(14)</sup> which found that people who have high mental health literacy tend to utilize mental health services more than people who have low mental health literacy, this is because individuals who have high mental health literacy tend to be more aware of the importance of maintaining mental health and paying attention to signs of

mental health disorders. This may encourage them to seek professional help Mental Health Literacy Mental health Mental Health Literacy Correlation coefficient Sig.(2- tailed) N 1.000 248 .334 .000 248 Mental health Correlation coefficient Sig. (2- tailed) N .334 .000 248 1.000 248 if necessary.

The results of this research are in accordance with the opinion of Andersson<sup>(15)</sup> who states that an individual who has a high level of mental health literacy will be able to carry out recognition of his mental health or take preventive action if he feels that there is something wrong with his mental health. Research conducted by Magasi<sup>(16)</sup> shows that mental health literacy can help students recognize the symptoms of mental health disorders and take appropriate action to care for themselves. This can affect students' mental health positively. Mental health literacy can also help reduce the stigma of mental disorders and provide support for students. Apart from that, research conducted by Handayani<sup>(14)</sup> shows that people with high health literacy tend to utilize mental health services more than people who have health literacy low mental. This shows that mental health literacy can influence mental health service utilization behavior. By having good mental health literacy, individuals can better understand the importance of maintaining mental health and utilizing mental health when necessary. These findings indicate that mental health literacy is an important predictor of mental health. The results of the correlation analysis carried out with Spearman Rho showed that the significance score obtained was 0.000, which was lower than the significance level of 0.05 ( $0.000 < 0.05$ ). These

results indicate that there is a significant proven relationship between mental health literacy and mental health. This research also produced a correlation coefficient value of 0.334, which shows that the correlation between variables in this study is in the low category. This is thought to be because mental health literacy is still cognitive or knowledge is not yet included in affective or behavioral aspects. Then, a positive correlation score indicates that the relationship between the two mental health literacy variables and mental health is also positive, which means that the higher the level of mental literacy a person has, the higher his mental health will be.

## 5. Conclusions

The results of the relationship between mental health literacy and mental health of students at the Faculty of Health Sciences, Muhammadiyah University of Tangerang, there is a positive relationship between mental health literacy and mental health. It can be seen that the variables of mental health literacy and mental health have a significant relationship. Apart from that, the correlation coefficient value also shows positive results. Thus, the hypothesis proposed by the researcher was accepted, namely that there was a relationship between mental health literacy and the mental health of students at the Faculty of Health Sciences, Muhammadiyah University, Tangerang.

It is hoped that the Faculty of Health Sciences, Muhammadiyah University of Tangerang can carry out overall student screening to identify mental health problems among students.

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