

The Role Of Youth In Overcoming Crisis And Creating A Safe Environment, Both Physically And Mentally

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Abstract: *Mental health is a condition where individuals are in good physical, mental, and emotional state. Some symptoms of mental disorders that may occur include behavioral changes in teenagers who tend to be rough and irritable, moods that can change suddenly, weight loss due to mental distress leading to decreased appetite, and having excessive fears of something. This journal discusses the role of family in maintaining mental health, family strategies in preserving the mental health of children/teenagers, the role of education in anti-bullying, and strategies to avoid bullying cases. The method used in the preparation of this journal is a literature review, which involves analyzing various scientific articles, books, mass media, and research reports. This research is expected to serve as a reference for informing mental health strategies in the community.*

Keywords: *Mental health, Mental Health Strategies*

Abstrak: Kesehatan mental merupakan kondisi dimana individu berada dalam kondisi fisik, mental, dan emosional yang baik. Beberapa gejala gangguan mental yang mungkin terjadi antara lain perubahan perilaku pada remaja yang cenderung kasar dan mudah tersinggung, suasana hati yang dapat berubah secara tiba-tiba, penurunan berat badan akibat tekanan mental yang mengakibatkan nafsu makan menurun, dan memiliki ketakutan yang berlebihan terhadap sesuatu. Jurnal ini membahas tentang peran keluarga dalam menjaga kesehatan mental, strategi keluarga dalam menjaga kesehatan mental anak/remaja, peran pendidikan dalam anti perundungan, dan strategi untuk menghindari kasus perundungan. Metode yang digunakan dalam penyusunan jurnal ini adalah kajian pustaka, yaitu dengan menganalisis berbagai artikel ilmiah, buku, media massa, dan laporan penelitian. Penelitian ini diharapkan dapat menjadi acuan dalam menginformasikan strategi kesehatan mental di masyarakat.

Kata Kunci: Kesehatan mental, Strategi Kesehatan Mental

INTRODUCTION

Mental health can be influenced by various life events that can have a significant impact on a person's interaction patterns and personality. These cases occur in the form of violence in the home environment, child abuse, or long-term severe depression. Mental health is hindered, resulting in mental disorders or mental illness. Mental disorders and mental illness can change your own personality and behavior. Changes in coping with depression, interacting with others, and sometimes encouraging the desire for self-harm occur. Mental health is a condition where a person is in a physical, mental, and emotional state. Another barrier that can arise when mental health is disturbed is that teenagers tend to be cruel and stimulated. Heart beings suddenly change over time and are very fearful of something.

The increasing number of bullying cases in schools and workplaces indicates a lack of focus and attention to this issue as a whole. Global data shows that individuals who are victims of bullying are at greater risk for mental health issues compared to those who have not experienced bullying. Furthermore, bullies often face emotional problems that significantly require help and support. These perpetrators need specialized therapeutic care and counseling that will help them address their emotional issues. Unlike traditional assistance, holistic solutions involve multi-faceted strategies such as education, psychological support, and community empowerment to reduce and address bullying. This focuses on preventing problems and aims to improve the mental health and integration of these individuals.

RESEARCH METHODOLOGY

This research uses a literature review method, which involves analyzing, identifying, and examining various scientific articles, books, internet media, and other research reports. This study is expected to serve as a reference to inform mental health strategies in the community.

RESULTS AND DISCUSSION

1. The Role of the Family as the Main Pillar in Maintaining Mental Health

Mental health, or referred to in English as mental health, is a state of health related to a person's mental, psychological, and emotional aspects. Mental health describes the mental health condition of an individual, including maintaining emotional balance, the ability to cope with stress, and the quality of interpersonal relationships. An individual can be said to have good mental health when living life with a calm spirit. Conversely, an individual whose mental health is disturbed will

have a hard time controlling their emotions and thinking skills, and it can even lead to urges to harm themselves. Without proper and adequate supervision, disturbed mental states can lead to problems in daily life that ultimately affect those impacted, such as a decrease in performance at work or achievements in educational institutions, which disrupt social interactions with others. Therefore, every individual is expected to maintain mental health and identify the signs or symptoms of mental disorders early on, without considering that mental disorders are something taboo or shameful to discuss. others. Bullying comes in various choices and forms, not directly, physically, non-verbally, and bullying is present in various choices and forms. The components of bullying are given to the perpetrator, the victim, and the bystanders. There are several factors that influence bullying, including individual factors and environmental factors. Bullying actions can have negative impacts on the applicants, victims, and my reactions. Bullying can lead to emotional problems such as: organizations also do not reject bullying at a higher rate than bullying among children.

Equally important, you need to be aware of other people's mental health, and that those close to them should also be aware of this. At this point, mental health issues are still considered taboo by society. Those who experience mental health problems are seen as lacking services and not remembering God. For this reason, they hesitate to communicate these issues to others. Additionally, the cost of seeing a psychologist is also very high and increasingly problematic. All parties involved in addressing this issue regarding mental health—namely the state, society, and those affected—must unite and fully recognize their mental health. If these three work together and are fully aware of their mental health, they would surely have a lower mortality rate due to mental illness. As an institutional provider, the government, as a society that supports the importance of mental health, does not have disturbing reviews and has a high level of awareness among stakeholders.

When individuals suffer from mental health disorders or inadequate mental health conditions, there is undoubtedly a triggering factor, one of which could be bitter experiences due to unfortunate incidents that occurred in the past. Various triggers for mental health issues include a background of mental health disorders in the family or genetic factors; it is possible that a person's mental disorder can be triggered by family background such as depression and excessive pressure affecting the child. Genetic factors can also influence how the brain and nervous system function, as well as responses to stress. Living in an unhealthy residential environment, being in a toxic and conflict-filled environment can trigger stress, feelings of insecurity, and noise that can impact a person's psychological condition, being a victim of discriminatory behavior and stigma, Mental disturbances can also arise when someone experiences unfair treatment based on race, gender, sexuality, religion, etc., being socially isolated or feeling lonely, a lack of communication and connection with others can lead to feelings of loneliness and isolation. This can also worsen a person's mental condition. Prolonged severe stress or anxiety, excessive

stress can weaken a person's mental and even physical state; if not managed well, it can lead to disorders such as depression and anxiety. Injuries to the head, such as those sustained in accidents like hitting something hard or concussions, can affect brain function. Abnormalities in the brain's nerves or chemical compounds in the brain, brain diseases such as epilepsy that disrupt brain nerves can also impair brain function, potentially triggering behavioral disorders and emotional changes. Experiencing poor economic conditions, financial difficulties such as being unable to meet daily needs can lead to stress, anxiety, despair, and everything can have a significant impact on a person's mental health. Losing a source of livelihood and not being able to find a job, prolonged unemployment can also affect mental health, such as despair and anxiety due to social pressure from unmet economic needs. The death of a loved one, the loss of someone dear or beloved can foster deep, lingering wounds and sadness that can develop into depression and stress disorders, as well as drug abuse and excessive consumption of alcoholic beverages. Substances or compounds found in illegal drugs and alcoholic beverages can disrupt emotional balance and brain function as well as interfere with mental health.

Using social media too often can influence people's thinking. Social media has become an inseparable part of human life. People use it to share personal activities, or to use it for work such as Calhatan, daily activities, moments with friends, etc. Unfortunately, the freedom to comment or express personal opinions about social media is often unrestricted, even if it is often negative. As a result, there are many negative consequences, especially for teenagers who are searching for their identity. The negative effects of using social media on mental health. Like fear, social media is often a place where you express yourself excessively. Many users, especially teenagers, do not respond to reality, but they feel the need to show a perfect life. This can lead to fear through pressure and always looking good in the eyes of others. Depression is often exacerbated by social media because it prevents the building of healthy relationships with friends and partners. Young people tend to compare themselves to others who appear successful or happy on social media, which makes them feel frustrated with themselves. In terms of criminal activities, social media is also a way for irresponsible parties to commit crimes. Cases such as cyberbullying, fraud, human trafficking, and the purchase and sale of illegal goods often start on social media platforms.

With this negative effect, there are several steps to reduce the addiction to social media so that you can maintain your mentality. You can limit your time using social media by restricting your social media usage, for example by setting alarms and stopwatches. Direct interaction with people nearby, such as family and friends, can be a much healthier alternative. Seek information from other sources instead of relying entirely on social media; look for information through newspapers, books, or news on television. This helps reduce dependence and broaden perspectives. Engage in positive activities, involving yourself in positive activities such as sports, arts, or social activities can be an effective way to distract from social media. These activities

can also have a positive impact on physical and mental health. Use social media wisely, social media is not always bad if used in the right way. Focusing on things that educate, inspire, or help others can add value, both for oneself and for others. For those who find it very difficult to control themselves, the last resort is to delete social media applications from their devices. This step allows teenagers to completely detach from the influence of social media and focus on real life. By adopting these measures, it is hoped that teenagers can reduce the negative impact of social media and live a healthier life, both physically and mentally. Using social media is not wrong, as long as it is done wisely and balanced.

The role of the family is often a primary source of emotional support. Family members can convey the security and love needed when someone faces challenges or emotional stress. The presence of a supportive family helps individuals feel accepted, understood, and not alone when dealing with problems. The family is also the first environment where individuals learn about values, standards, and opportunities to interact with others. The training provided by the family, including managing emotions, effective expression and communication, has a profoundly influential effect on an individual's mental health development. The formation of a positive personality within the family environment can help individuals face life's challenges. Family attention and sensitivity to the status of members allow for the early identification of mental disorders such as depression and anxiety. Early detection allows for immediate implementation of appropriate interventions. This prevents the illness from worsening.

The parent-child relationship utilized by parents and caregivers has a significant impact on a child's mental health. Support, loving and consistent parenting helps children develop with confidence and high self-esteem. Conversely, inconsistent parent-child relationships can increase the risk of mental health issues in the future. Families also play a role in creating a healthy and stable environment. A harmonious family environment, filled with love and free from long-lasting violence or conflict, helps create a mental illness that is beneficial for mental health. Conversely, conflict and violent environments can have negative effects on mental health, and families often model behaviors for one another. Children learn from the behaviors of their parents and siblings. Children tend to imitate behaviors when families demonstrate healthy ways to cope with stress and manage emotions. Conversely, families also play a role in demonstrating unhealthy paths such as substance abuse or violence that can lead to harmful actions. Family support can serve as professional support in finding professional help in care, advice, or medical treatment. With the encouragement and support of family, individuals can find and accept the help they need. Good mental health is key to a happy and productive life. The role of the family is crucial in achieving this. Through emotional support, education, early identification, good parenting, a healthy environment, role models, and access to health services, families become the main pillars of the mental health of their supporting members. Therefore, it is very important for all families to recognize their

role and strive to create an environment that supports the optimal mental health of each and every member.

2. The Role of Education in Educating the Importance of Maintaining an Anti-Bullying Environment

Bullying is a term borrowed from English that originates from the word bully, which refers to a threatener, a perpetrator of intimidation, or a person who harasses a weak party. In Indonesia, this is often referred to with terms such as oppression, coercion, hazing, extortion, exclusion, or intimidation (Susanti, 2006). Barbara Coloroso (2003:44) defines bullying as an act of hostility carried out with the intention to harm. The individual may engage in such actions in the form of aggressive threats, terror, or covert behavior, carried out either directly or indirectly, individually or in groups, and usually disguised within relationships that appear to be friendships. According to Olweus (1993), bullying is any act that repeatedly and without reason beats another child. Rigby (2005, in Anesty, 2009) quoted that bullying is a cause that creates pain manifested in the form of real actions, which creates horror for the victims. This action is carried out by individuals or groups who are more dominant, often done repeatedly with a specific intent and accompanied by feelings of joy (Retno Astuti, 2008:3). Riauskina, Djuwita, and Soesetio (2001) define bullying in schools as aggressive actions carried out repeatedly by a student or a group of students who are more dominant against a group of weaker students with the aim of causing harm. Some experts believe that there is a significant difference between the complaint of wanting to hurt others and unconscious behavior that causes harm. The expansion of the definition of bullying to include behavior is because it is defined as a negative action that is actually performed by the perpetrator, not just their intention or desire.

This helps to prevent bullying behavior and create a better environment. In addition, by understanding these causes, relevant parties can be more aware of the potential to cause bullying behavior. Several factors that lead to bullying are: B. Environmental Factors First. This is because the same age group has a significant impact on children's lives. Peers of the same age are individuals of the same age and maturity. The peer environment plays a very important role in the development of individual personality. Peer groups help develop communication and social skills. Interaction with peers allows us to talk, listen, share, and resolve conflicts in a healthy way. In addition, peer environments also play a role in enhancing individual identity.

Adolescents often explore their identity through experiences and interactions with their peers. Peer groups can be a place where teenagers feel acceptance, appreciation, and have a clear role, all of which are crucial elements in the formation of their identity (Permata & Nasution, 2022). Peer environments or groups consisting of same-age friends play an important role in the socialization process of children. However, on the other hand, this environment can also trigger negative behaviors such as bullying. Children are often influenced by group dynamics and the social

pressure present among peers, which can force them to engage in bullying behavior to show strength or gain recognition from the group, even though they may feel uncomfortable with such actions (Zakiyah, Humaedi, & Santoso, 2017). They may feel pressured to act this way to gain acceptance or to be able to join certain groups. This shows how significant the impact of the peer environment is on children's behavior. Additionally, bullying behavior can also be influenced by factors within the family environment. The family is considered the first place for a child to learn; thus, it becomes the main foundation in their early development specifically. Children learn their knowledge, intelligence, and interests within the family environment through direct interactions with parents and individuals living nearby.

The education provided by the family plays a crucial role in a child's development. It can have a positive effect when the family environment offers appropriate motivation, inspiration, and stimulation for the child (Saputra, 2021). If a child is raised in a family atmosphere surrounded by poor behavior, this can significantly affect the child's future. Bullying behavior may also emerge as a result of the early education received from parents or family members.

According to a study conducted by Lestari in 2016, the irregular lifestyle of parents, divorce situations, emotional and mental instability of parents, and negative forms of communication among family members, such as insults, harsh words, and arguments in front of children, can contribute to stress and depression in children. Adolescents who grow up in families with poor communication methods, such as sharp sarcasm, are likely to imitate such behavior in their daily lives. This negative form of communication will carry over into their social interactions, making it easy for adolescents to throw sharp jabs accompanied by rude and harsh words. This can result in children acting divided and becoming perpetrators of bullying, as they are already accustomed to a home environment filled with harshness.

Therefore, an unhealthy family environment filled with negative communication patterns can influence children to develop bullying behavior. Other factors causing bullying include an individual's social status. This social status can drive bullying behavior because it may lead to differences in several important aspects of a person's life. According to Setiowati's research in 2020, factors such as differences in perspectives, physical, psychological, social, economic, religious, cultural conditions, and gender are the main causes of bullying behavior. Differences in economic status relate to the family's financial capacity to meet both material and non-material needs.

Economic and social status indicators can encompass several significant factors that assess the economic position of an individual or their family in society. These indicators include education, employment, income, ownership status, dependents, type of residence, daily dietary habits, community status, and civic participation (Laini, 2021). Generally, individuals with a higher social status, such as children from wealthy families, tend to have a condescending view of poor people. However, it is crucial to remember that not everyone who is economically

disadvantaged is a victim in the context of bullying. In fact, some of those who are less fortunate can also be perpetrators of bullying. This can be driven by feelings of envy, dissatisfaction, or other factors. This underscores the importance of not looking down on or demeaning individuals based on their social status. Conversely, the disparity in social status must be seen as an opportunity for mutual help and support. One of the subsequent causes of bullying is the misuse of technology. The rapid development of technology, without being accompanied by adequate enlightenment among Indonesians in its use, can have negative impacts on individuals themselves. Many individuals admit to being addicted to technology and smartphones, which leads them to spend time primarily playing on smartphones, both on social media and online games. In addition, there is still a tendency for many students to be more interested in new cultures from abroad than in their own local culture. This phenomenon of globalization also leads to a decline in moral quality among students, as it brings content that is not always appropriate for children to consume. Some of the content can even directly or indirectly influence the character of the learners (Listiana, 2021).

The use of social media has an impact that is divided into two parts, namely positive impact and negative impact. The positive impact includes ease of access to schoolwork and easier receipt of information by media social users. However, the negative impact is also prominent, one of which is the emergence of bullying behavior (Wirmando, Anita, Hurat, & Korompis, 2021). Although social media can be used for learning purposes, communicating with others, or increasing knowledge, there are instances where users imitate violent actions after seeing them on social media. In fact, misuse of social media can lead to bullying, such as the spread of malicious comments. If social media is used to propagate comments that belittle, insult, or defame others, then such actions are clearly a form of bullying. This shows that using social media without filters or supervision can have negative and detrimental effects, especially in terms of spreading bullying behavior.

Cases of intimidation still often occur around us, making anyone a potential victim, either directly or indirectly. In fact, you might experience intimidation without even realizing it. Generally, there are four types of intimidation that commonly occur. Physical intimidation involves direct physical contact between the perpetrator and the victim. Examples include hitting, kicking, slapping, or other physical behaviors that cause pain or injury to the victim. This is the most obvious form of intimidation, as it directly affects the victim's body. Verbal bullying occurs through words created by the perpetrator to harm the victim. This can take the form of insults, accusations, taunts, or humiliating nicknames. Verbal bullying does not leave physical marks, but it can affect your emotions and self-esteem. Social bullying is a type of bullying that often involves a group of people who deliberately isolate or make the victim feel unaccepted. For example, by ignoring, mocking, avoiding, or giving degrading looks. Victims of social bullying often feel isolated and uncomfortable in that environment. Cyberbullying, with the advancement of

technology and the internet, has also become widespread in the online world. Negative comments, threats, or harsh words delivered through social media are examples of cyberbullying. Due to its online nature, the impact can be very broad and difficult to control.

CONCLUSION

Mental health in adolescents is a very important element to ensure good emotional, physical, and social growth. Families and educational institutions play a crucial role in preventing and addressing issues such as mental disorders and bullying. Families can provide emotional support, detect early signs of mental disorders, and create a supportive environment. On the other hand, educational institutions contribute by providing education on the importance of creating a bullying-free environment and disseminating information that supports mental health. Through effective collaboration between families, education, and communities, it is hoped that adolescents can develop into mentally healthy individuals who are better prepared to face various challenges in life.

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