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 المعهد العالي للدراسات الإسلامية  
 Pascasarjana UIN Ar-Raniry Banda Aceh  
 Postgraduate School Ar-Raniry State Islamic University



# ICONIC ICAIOS

In Collaboration With  
 4<sup>th</sup> International Conference on Islamic Civilization  
 9<sup>th</sup> International Conference for Aceh and Indian Ocean Studies

**"ISLAMIC HISTORY AND HERITAGE:  
 REMEMBERING THE PAST, REMAKING THE FUTURE"**

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## PROCEEDING OF INTERNATIONAL CONFERENCE ON ISLAMIC CIVILIZATION 4<sup>TH</sup> ICONIC - 9<sup>TH</sup> ICAIOS



Collaboration

# ICONIC

4<sup>th</sup> International Conference on Islamic Civilization

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9<sup>th</sup> International Conference on Aceh and Indian Ocean Studies

**4<sup>th</sup> INTERNATIONAL CONFERENCE ON ISLAMIC CIVILIZATION  
(ICONIC)**

**PASCASARJANA UIN AR-RANIRY**

**22<sup>nd</sup>-24<sup>th</sup> August 2023**

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## **The Role of Psychoeducation for Mental Health**

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### **Abstract**

*The purpose of this article is to explain the role of psychoeducation on mental health. During the pandemic, it turned out to give rise to anxiety and reduce mental health. Through literature or library study design, providing textual information in qualitative form. Library data can be used directly with library materials and examined from various research sources that have been tested, so the results of this article are psychoeducation for families, psychoeducation for communities, psychoeducation in the educational sphere.*

**Keywords:** Education, Family, Mental health, Psychoeducation

### **INTRODUCTION**

For almost two years the pandemic has hit, the various impacts it has had, especially on the education sector, are the implementation of online learning from home (Moorhouse, 2020). Another impact on the health sector is the decline in mental health, especially for children and teenagers, who are forced to stay at home for long periods of time due to isolation regulations, and limited interaction with friends, as well as reduced opportunities for exploration and physical activity, such as: playing and exercise (Jiao et al., 2020). Apart from that, children are easily exposed to online games and gadgets which are supposed to be aimed at learning, but it turns out that children are used to play online so there is a possibility of experiencing gadget addiction (Adib, 2021). It turns out that children and teenagers also experience psychological problems, such as: anxiety, stress, depression and difficulty sleeping (Yanti, 2021).

Mental health is an interesting study that continues to be researched, especially when the pandemic has hit for two years, and in the post-pandemic era, researchers are increasingly trying to explore the condition of people's mental health. It is hoped that people will continue to have peace of mind and good psychological well-being so that they are able to carry out their roles as healthy individuals. Mental health is a state of well-being which is characterized by four parameters, namely: individuals can overcome pressure or stress in daily life, are aware of their own abilities, can work productively, and contribute to their community (WHO, 2018).



Thus, the importance of mental health has also been widely studied, especially in Indonesia, both during the pandemic and post-pandemic. Several interesting studies discuss the positive impact of mental health, the important benefit is that having a healthy mentality is able to manage anxiety (Vibriyanti, 2020); reducing perceived stress (Levani, Hasanah & Fatwakiningsih, 2020); able to try coping strategies to reduce stress (Yusup & Musharyanti, 2021).

Humans need to continue to strive for mental health so they can remain happy, carry out their daily activities without feeling burdened, not experience burnout in their work, and parents are also able to minimize stress in parenting. Some parents experience stress because they have to balance work at the office and work at home while simultaneously caring for their children. Research regarding the impact of parenting stress has been studied quite a lot, especially during the pandemic, including the impact of parenting stress reducing parents' self-compassion (Lestari & Ediaty, 2021); parents are less able to control children's emotional regulation abilities (Kristitanti, Noer & Pebriani, 2023); reducing parents' coping strategy abilities (Pratiwi, Ismail & Irayana, 2021); parents experience anxiety (Herliana & Lestari, 2021); reducing self-efficacy in parenting (Tegu, 2022).

There are several things you can do to minimize parenting stress and maintain the mental health of yourself and your family, namely by providing psychoeducation. Psychoeducation is an action given to individuals and families to strengthen coping strategies or a special way of dealing with mental change difficulties (Suryani et al. 2016), and psychoeducation is also an action modality delivered by professionals, which integrates and synergizes psychotherapy and intervention. education (Trisanti & Nurwati, 2022). Psychoeducation has been proven to be effective in increasing knowledge, reducing anxiety levels and increasing family adaptive coping mechanisms (Lestari, 2012).

Especially for families, it is known as family psychoeducation, which is therapy that is used to provide information to families to improve their skills in caring for their family members who experience mental disorders, so that it is hoped that the family will have positive coping with the stress and burdens they experience (Goldenberg & Goldengerg, 2004).

The important role of providing information and psychoeducation to parents, families, children and society so that they can have mental health is the aim of this article. Based on search results from the Google Scholar page, it turns out that during the pandemic two years ago, there was a lot of research examining the provision of psychoeducation, whether in the nature of family psychoeducation, psychoeducation for a community, psychoeducation for students, teachers and society. Assistance in handling mental health during a pandemic and post-pandemic, the author searched from Google Scholar, there are keywords from relevant research, namely treatment or intervention for someone with the aim of improving mental health. This can be identified if the research design used is quasi-experimental. Why? Because quasi-experiment is an experimental design that uses two groups for the entire design or uses one group but applies repeated treatments and measurements (Saifuddin, 2019). This design is recommended for use in conducting experimental research on humans. The experimental design in this research refers to a pre-test post-test control group design, aimed at comparing the effect of a treatment on the experimental group after

being given training with a control group that was not given training (Sugiyono, 2017). In this paper, the treatment provided is in the form of psychoeducation.

This literature review is useful for adding insight to readers, that the pandemic conditions that have been going on from the beginning of 2020 to the end of 2022 have given rise to various new experiences and stories that all individuals are required to be able to adapt to. Especially experiences of anxiety, stress, difficulties studying and working from home, and decreased mental health. The references taken also vary, there are psychoeducational activities based on community service. The point is to show that psychoeducation provides knowledge, understanding and experience with certain strategies so that an individual has better mental health, especially during the pandemic.

## **METHODS**

This research method uses literature or library research. Literature studies are carried out in the stages of data collection, reading, recording and processing sources of information resulting from literature studies. Library research provides textual information in qualitative form. Library data can be used directly with library materials without having to go to the field (Mestika, 2004)

## **RESULTS AND DISCUSSION**

### **Result**

Based on searches using the keywords psychotherapy, pandemic, and quasi-experiment, several collections of research have been found and are listed in the table.

1.

Table 1. RESEARCH ON THE ROLE OF PSYCHOEDUCATION FOR MENTAL HEALTH DURING THE PANDEMIC

(Source: googlescholar)

The Authors	The Research Title	The Partisipan	The Method	The Results
Hapsari, Issom, Qonita, & Sy. (2023).	Psychoeducation on parenting stress management for mothers during the pandemic in Pasir Tanjung Village	There are 31 mothers in Pasir Tanjung Village	Research design: quasi-experimental. Data analysis: t-test.	The results of the study showed that there was no difference in understanding about parenting stress before and after stress management training in parenting. Education level is an important factor that influences participants' understanding of the material provided.
Kriatiani, dkk (2022)	Psychoeducation to become smart and creative parents during the pandemic.	There are 17 parents	Research design: quasi-experimental.	The pre-posttest results showed a change, although not significant, from 74.5% to 76.14%. In addition, it was found that the level of participant satisfaction was high with an average satisfaction level of 93.75%. Seeing the enthusiasm of the participants, it is suggested that psychoeducational activities like this can be carried out regularly on various different topics and aimed not only at parents, but also at teachers and educators to better understand child development and creative ways of educating children.
Soetikno, dkk. (2021)	Increasing the Resilience and Attachment of Parents of Children with Special Needs in Overcoming	A total of 26 parents at one of the Foundations for Children with Special Needs	Research design: quasi-experimental. Data analysis: t-test.	The results of this activity show that psychoeducational counseling regarding stress management is good for both parents and teachers.

	Parenting Stress during the Covid-19 Pandemic			
Hidayah, dkk (2022)	Prophetic Parenting Psychoeducation for Parents of ABA Nganggring Turi Kindergarten Students, Sleman Yogyakarta.	A number of parents (fathers and mothers) of group A and B kindergarten students.	Psychoeducation with a group approach. The psychoeducation stage includes an orientation stage, providing core material, and discussion sessions.	As a result of the parenting psychoeducation activities carried out, parents came to understand the concept of prophetic parenting.
Dabuuke, dkk (2022)	The Influence of Psychoeducation from Parents Guiding Children on Increasing Parent Tutoring among Parents of PAUD Students at YP Singosari Kindergarten, Deli Tua	A total of 20 parents of PAUD children at YP Singosari Kindergarten in the case group and 20 parents of PAUD children at YP Singosari Kindergarten in the control group	The quasi-experimental design aims to analyze the influence of Parental Psychoeducation on Guiding Children on increasing Parent Tutoring among parents of PAUD students.	The results of the research showed that there were no respondents who experienced a decrease in the Parent Tutoring scale after being given Psychoeducation for Parents Guiding Children. The majority of respondents experienced an increase in the Parent Tutoring scale after being given Psychoeducation for Parents Guiding Children. Psychoeducation for Parents Guiding Children was effective in increasing Parent Tutoring for Parents of Students. preschool
Roswita (2022)	Positive parenting	A number of parents were	Research design: quasi-experimental.	Positive parenting psychoeducation to increase children's independence in early childhood using behavior



	psychoeducation in increasing the independence of early childhood	involved in this activity.	Data analysis: nonparametric statistical test, the Wilcoxon Ranked Test	modification strategies does not increase children's independence significantly. ( $z=1.564$ with $p=0.118$ ).
Thoomaszen, dkk (2023)	Assistance and Psychoeducation in Caring for Children with Autism Spectrum Disorder for Staff and Parents Assisted by PLA Naimata	Mentoring and psychoeducation consisted of two main sessions for 27 people (8 staff and 19 parents assisted by PLA Naimata).	Community Service Method (PKM), namely Participatory Action Research (PAR) by applying mentoring and psychoeducation.	The results of the quantitative evaluation (post-test) of the PKM activity process showed that the highest rating (very good) was 74.07% in the comfortable place/facility aspect, 59.25% in the handout (teaching material) aspect which was very helpful in learning and understand the material, and 55.55% in this aspect are willing to participate again if the Christian Psychology study program holds PKM activities. The remaining percentage figures for other aspects are in the good category. As a result of the qualitative data, participants verbally and in writing expressed their assessment that this activity could provide insight in obtaining new information and knowledge in caring for children with ASD, could answer the needs and problems experienced, and it was hoped that in the future this activity could be sustainable. Therefore, assistance and psychoeducation regarding parenting patterns for children with autism through materials and various delivery methods applied can provide education and skills based on the needs and problems of PLA Naimata Assisted Staff and Parents
Panis, dkk (2022)	Effectiveness of Psychoeducation to Prevent Violence against	A total of 23 participants	The experimental research method with a one-group pretest-posttest design	The results of the research show that psychoeducational activities carried out to prevent and deal with violence against children are effective in helping young parent

	Children in Young Parent Couples in Kupang City			couples not to use violence in order to provide good care for children.
Alimah (2022).	Psychoeducation to increase parents' knowledge in developing independent self-care for children with special needs.	A number of participants with the aim of teaching parents to create creativity to support children's independent self-care.	The assessment methods used were interviews, questionnaires on knowledge of independence in children, and checklist data on the success of cadres in conveying to parents	Research results: There is an increase in the understanding of independent self-care in children and one technique for increasing independence in children can be using positive reinforcement.
Wongpy & Virlia, (2020).	Socialization and psychoeducation on mental health in the community	A number of people in the city of Surabaya	Methods for providing mental health screening, psychoeducation and meditation for the community.	The evaluation results of program implementation show that the designed program is effective in increasing knowledge, increasing positive attitudes of the community towards mental health as well as public awareness of their own mental health conditions.

## Discussion

Some of this research includes the important benefits of psychoeducation for teenagers, namely being able to strengthen self-acceptance of pandemic conditions (Bhakti & Kurniawan, 2020); managing stress (Arnani, 2021); increasing information about mental health through psychoeducation (Rusli, et al. 2020); informing parents for early childhood independence (Rowwita, 2022); as well as helping to implement positive reinforcement in increasing children's independence (Alimah, 2022); optimizing family resilience (Mawaddah et al, 2021); improving mental health (Lidiawati, 2021); helping reduce the burden on families by providing family support roles (Sutinah, 2020); family strength model assistance in seeking family resilience (Pertwi, & Syakarofath, 2020); helps stress management in caregiving (Hapsari et al. 2023).

References regarding the application of psychoeducation for the community include having important benefits, namely trying to reduce anxiety (Dekawaty & Wahyudi, 2022); improving the mental health of people in a particular area (Rahman & Fatihah, 2022). Providing material and psychological skills through psychoeducation is also carried out for school teachers. Psychoeducation provides knowledge and skills (practices) of stress management, emotion management, mindfulness, self-regulation, prosocial behavior, and art therapy (Akbar & Issom, 2022).

The various sources reviewed by the author focus on the role of psychoeducation, so they can be classified as follows: First, research that has discussed family psychoeducation activities shows that effective psychoeducation is given to mothers, prophetic parenting, parents to remain mentally intelligent during the pandemic. Second, it focuses on psychoeducation for a community, with research results showing the importance of increasing resilience for parents who have children with special needs, strengthening happiness for parents who have autistic children. Third, psychoeducation for students and teachers, which is more focused on the educational environment, this can be seen from research on psychoeducation for students to prevent domestic violence. Fourth, psychoeducation in society, its scope is much broader and more complex, one of which is providing psychoeducation and knowledge about people's positive attitudes towards mental health as well as public awareness of mental health conditions.

## CONCLUSION

The benefits of psychoeducation are considered very important, because of the ease of conveying information, through offline or online training. Psychoeducation especially plays a bigger role in sharper cognitive development, because psychoeducation training participants are usually invited to collaborate with each other to identify problems, understand them, manage them, find solutions and evaluate them. So from the results of this research, there are enough researchers to help in the field of mental health to become individuals who are healthy in thoughts, feelings and behavior.

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