Islamic Mental Health Education for Adolescents in the Digital Era

Asriyanti Rosmalina¹, Habib Elrahman², Hany Handayani³, Hazrul Affendi⁴
¹ Institut Agama Islam Negeri Syekh Nurjati Cirebon, Indonesia
² Bilad Al Sham University, Syria
³ STKIP Purwakarta, Indonesia
⁴ Kolej Islam Teknologi Antarabangsa (KITAB) Pulau Pinang, Malaysia

Article Info	ABSTRACT
	The development of the times in the current digital era has a positive and negative impact on the stages of adolescent development. Among the development of mental health for adolescents as individuals, the child development category in the final phase shows that their development still requires self-control guidelines for thinking and acting. Developing the health potential of adolescents can be done with Islamic mental health education. This study aims to discuss how important Islamic mental health education for adolescents in the digital era. The research method used is a type of library research. Based on the results of library research shows that teenagers who understand religious guidelines and carry out these understandings in everyday life, such as praying, remembrance, and reading the Qur'an, as well as good motivational support from parents, also make teenagers more able to easily socialize with the environment, able to control emotions in a variety of effective ways and increased concern for others of education by increasing its relevance in graduate employment. The contribution of this research provides information that Islamic mental health education can increase social awareness, control emotions, develop self-potential, and overcome adolescent problems. **Keywords:** Digital Era, Islamic Education, Adolescent, Mental Health

Corresponding Author:
Asriyanti Rosmalina
Institut Agama Islam Negeri Syekh Nurjati Cirebon, Indonesia
Email: asriyantirosmalina@gmail.com

1. INTRODUCTION

The digital era is where all kinds of information enter one's life without any filter. This information in the digital era can positively impact an individual to be more active and passionate about working in life (Liu et al., 2021). In addition, information in the digital era can also have a negative impact, such as making an individual lose his way of life due to negligence in enjoying all the information (Kambali et al., 2023).

The development of information technology and communism in the digital era occurs quickly (Haryanto, 2019) and has a very large influence, especially in education (Ouyang et al., 2022). Changes occur from the development of technology and communication through several parties, such as the main subject of students, society (parties who enjoy the results and where the process of education takes place), and various technologies that support the development process in education.

Many challenges were faced when information and communication technology development in the digital era occurred quickly and had a huge impact (Hidayat et al., 2022), especially on teenagers, such as school demands, free internet access, and social problems (Szymkowiak et al., 2021). Teenagers are required to be able to compete and adapt to their environment (Masanet et al., 2019). Adolescence is a period of change in self-awareness (Demetriou et al., 2020) which makes adolescents more concerned about

the views of others about them. The changes that occur during adolescence can bring adolescents into turmoil and can cause mental health disturbances in the adolescents themselves (Lestarina, 2021).

In this digital era, issues related to mental health have become issues that are often used, especially concerning adolescents (Odgers & Jensen, 2020). This is a very good step because education about mental health is easy to accept. In this way, education becomes a provision for coping with problems that arise in life. However, mental health issues become a bomb for teenagers who apply this education to the public, where adolescents feel that they are under a mental burden of wrong understanding and application in response to education about mental health among adolescents.

Brunborg and Andreas (2019) found that adolescents who use social media daily correlate positively with depression. Kasus di Indonesia, In the case of Indonesia, the Jogja city health officials stated that 6,753 people experienced mild to severe mental health disorders in the city of Jogja (Putri et al., 2021). Based on these cases, some people aged 20-45 experience mental health disorders, including social media, online games, and education. Mental health has become a current topic in education(Araújo et al., 2020).

In Indonesia, mental health is part of the healthy concept following Health Law No. 36, 2009 (Koswara, 2018). However, the focus of mental health development programs in Indonesia is limited to responding to disasters, such as the Aceh tsunami and Bali bombings (Guscott et al., 2007), liberation from forcible restraint or *Pasung* (Hunt et al., 2021), and psychologist services at *Puskesmas* or public health center (Marastuti et al., 2020).

In 2019, the World Federation of Mental Health (WFMH) set the theme for World Mental Health Day, namely, Mental Health Promotion and Suicide Prevention (Srivastava, 2019). Because the prevalence of suicide increases by more than 800,000 people every year. Thus, it can be calculated that per 40/s, one person dies due to suicide (Bachmann, 2018). The reason someone commits suicide is not used to processing feelings and souls, so it can lead to depression (Martins et al., 2021).

According to the Ministry of Health of Indonesia that forms of mental health disorders, especially among adolescents, are shown by symptoms of depression and anxiety in the form of self-harm to suicide by 80-90%, 4.2% of students think of suicide, among college students 6 .9% had suicidal intent, and 3% attempted suicide (Purnamasari et al., 2023). It negatively impacts the rapid development of information and communication technology.

Mental disorders affect 10-20% of children and adolescents worldwide (Finch et al., 2020). Half of all cases of mental disorders start at the age of 14 years (Gogineni et al., 2019). Several surveys worldwide have been conducted to obtain the prevalence of mental health. The most frequently mentioned prevalence rate of mental health disorders in children and adolescents is 20%. One review reported that 8% of preschool-age, 12% of school-age, and 15% of youth had mental health problems (Yasipin et al., 2020).

Adolescence is one of the most crucial periods in the development of human life (Orben et al., 2020). At this stage, everyone wants to live peacefully and happily. However, this condition is challenging to obtain because of the many problems that arise during adolescence. One of the problems in adolescence is the emergence of depression (Orchard et al., 2020) which several factors, including traumatic childhood experiences, inharmonious parental relationships, and lack of peer relationships, can cause (Windarwati et al., 2020).

Apart from the negative impact of the rapid development of information and communication technology, disorders that occur in mental health are caused mainly by factors that can increase the vulnerability of children and adolescents. For example, 1. "loss," a preeminent risk factor; 2. minorities; 3. poor education and employment; 4. bad friendships and family relationships; 5. experiencing or witnessing domestic violence; 6. experiencing poor physical condition; 6. having people who suffer from drug abuse or other mental illnesses (Weiss et al., 2014).

Adolescent mental health is essential to determine the nation's quality. Adolescents who grow up in a supportive environment are human resources who are invaluable national assets. However, in current reality, some adolescents have committed immoral offenses, so some adolescents believe that the relationship between women and men does not need to be limited and that there is no parental control. Usually, violations like this are accompanied by an act that disturbs the comfort of the community itself. The cause of these violations is a lack of counseling or guidance, which is a forum for gathering and channeling toward a healthy mentality. In this way, some teenagers will get together and channel their mental health into unhealthy ways, such as going in groups and joining restless children. Ultimately, the behavior is unpleasant and disturbing for many people (Subur, 2016).

Mental disorders that occur in adolescents can affect a person's state of mind, feelings, and mood. In addition, mental disorders also affect the individual's ability to interact with other people and the individual's daily functions. If left untreated, mental health disorders can cause a person to experience psychiatric disorders (Yazici & Yazici, 2019).

Based on the developmental period, the dynamics of mental health will be evident during puberty or the search for self-identity, namely during adolescence. The condition of adolescent mental health in Indonesia is motivated by the experiences of adolescents in the academic and non-academic because, in Indonesia, adolescence is a period that is still identical to the period of study at school.

Children and youth are part of the community members who will become the nation's successors. Adolescence is the final phase of development rather than childhood itself. Based on previous research results, adolescence is a period that still needs self-control to think, behave and behave. Therefore, it is necessary to carry out comprehensive and coordinated early detection in the form of a partnership between school families and professionals (Health, Education, and Social) to increase growth and development in adolescent mental health education (Saputra & Suryadi, 2022).

In the process of efforts being made to prepare a generation of qualified youth who can compete healthily, in this case, good cooperation and care are needed with the educational process in mental health and the quality of mental health education. Mental health education is a process of changing healthy life behavior based on self-awareness that arises from an individual, a group, or a community. Promoting healthy living behaviors is the primary goal of mental health education, and it also serves as a promotional, preventative, curative, and rehabilitation effort.

In realizing the availability of a young generation with a healthy mentality and good morals who have high competence and enthusiasm in achieving goals, cooperation from all parties, especially parents and educators, is needed through various religious education (including Islamic education). Islamic mental health education is transforming and internalizing values and knowledge in adolescents through the growth and development of natural potential in achieving harmony and perfection in life.

Education is needed to foster a thought as a process or effort to change the attitude or behavior of an individual or group of people with a process of human maturation based on training and teaching efforts. Islamic education covers all aspects of human life, starting from the development of knowledge, worship, and morals, or it can be broader than that (Kholil et al., 2022).

Based on the description above, Islamic mental health education is essential for teenagers in this digital era because if one party is mentally unhealthy, all activities in his life will not run effectively and efficiently. This study aims to discuss how important Islamic mental health education for adolescents in the digital era. This research's novelty follows Araújo et al.'s (2020) opinion that mental health has become a current topic in education. In addition, the issue of adolescent mental health in schools has yet to receive equal educational attention, both at the primary and secondary school levels.

2. METHOD

The type of research used by researchers is a type of library research. Library research is a type of research that is used to collect in-depth information through various literature, books, journals, and other references. Sources of data used to obtain information researchers can obtain from scientific books, scientific journals, and a thesis that are appropriate to the problem under study. The steps for determining references are: 1) Selecting sources according to the keywords "digital era", "Islamic education", "adolescent", "mental health," and "Islamic mental health education"; 2) Selection of sources based on the contents of the abstract according to the main topic; 3) Selection of sources based on the entire article's topic; 4) Sources are chosen based on their general relevance to the main subject.

3. RESULTS AND DISCUSSION

The digital era is the digital technology phase that enters the midst of human life. The use of social media in today's digital era provides many conveniences in daily life (Marlowe, 2020), such as making online payments, ordering food in restaurants, shopping through online sites (Chen et al., 2020), etc. In the current era of digital technology, society, especially teenagers, and social media are used as a means of expression (Literat & Kligler-Vilenchik, 2019). Everyone can communicate verbally and non-verbally to anyone without space and time restrictions (Bakar et al., 2022).

The presence of social media can have a negative impact on life (Abbas et al., 2019). With the existence of space for freedom of expression, many people are found who are not responsible for giving comments directed at a person or group of people. Besides that, much false news or hoaxes are circulating in the digital era (Au et al., 2022). Using gadgets that can access various applications, such as Facebook, Instagram, or online games, makes its users ignore other activities.

Negative influences on a person's mental health, namely spending more time (Abi-Jaoude et al., 2020) with friends on social media, comparing oneself to others on social media (Lee, 2014), having received negative comments from social media (Naslund et al., 2020), getting distracted by social media in situations that they should not, have no free time to imagine themselves (Koessmeier & Büttner, 2021), and have symptoms of anxiety and depression (Hawes et al., 2020).

The modern world in the digitalization era has recognized that humans cannot be separated between body, mind, and spirit because the human thinking system requires means of realization. This approval will only be seen when it is accompanied by enthusiastic endeavor and frequent body movements. Thus humans are aligned in terms of mental health character, intellectual power, psychological character, and physical abilities (Haniza, 2019; Khaidir & Suud, 2020).

Adolescence is a significant biological, psychological, and social change (Lerner & Foch, 2021; Thorisdottir et al., 2021) for young people as they can adapt to their emerging needs and develop new responsibilities and skills (Beregovaya et al., 2019). During adolescence, they develop a greater sense of

identity and autonomy. That was a challenging period of his life and arguably a more challenging time in contemporary circles, as adolescents face various personal and educational pressures.

WHO states that adolescence is a period from 10-19 years (Exavery et al., 2011). Where adolescence is the last phase of the development of children, rapid changes usually occur, such as psychological, harmonious, and social phases (Polack et al., 2021). The description of the mental attitude of Islamic youth lies in the actualization of adolescent mental health in their ability to adapt and control their potential (Younis, 2021). These adolescents can face life's challenges and solve problems well with themselves, others, and the environment. According to religious law, mentally healthy adolescents have distinctive characteristics such as having a healthy self-concept, clear goals in life, the ability to act efficiently, coordinating all potentials with their efforts, self-regulation and personality integration, and having a mind that is always calm.

The main task as a teenager in the final phase is to achieve an ego identity or an awareness to know yourself and be able to plan your life goals (Malin, 2021). The dynamics of normal mental development in adolescents are within an individual. Individuals do not experience psychopathological disorders. Individuals have a sense of presence and togetherness with the surrounding environment, able to carry out roles in the environment. Individuals can accept changes that are experienced, such as physical, social, and mental. Individuals can control themselves and build good relationships with their parents (Niu et al., 2020). Individuals can express feelings flexibly in finding solutions to life's problems.

Therefore, the mental health possessed by a teenager, including accepting yourself as you are. Can accept others as they are and can overcome the problems of everyday life. These adolescents can carry out interpersonal and intrapersonal roles, which are fundamental to development (Zou et al., 2020).

Based on the described above, adolescent health in today's digital era requires guidance and direction to achieve healthy mental development in adolescents. One of the guidance solutions is mental health education, a process of building awareness and concern for adolescents with prevention efforts based on early detection and promotive carried out through socialization. Changes that occur in a teenager's mental health behavior support the growth and development of the individual from the educational process in an institution.

Mental health education is a process of literacy, knowledge, and beliefs about mental health disorders (Ibrahim et al., 2019). Mental health education supports recognizing, managing, and preventing mental health. Therefore mental health education is a strong bond between education and health. It can be realized by achieving optimal health quality in health literacy providers and learning resources. Therefore, educational studies are an institutional part that can provide integrated health services in the education system to create a series of treatments and increase the achievement of educational and mental health goals (Nurochim & Ngaisah, 2021).

Mental health education must be carried out in educational institutions as a teaching system. Without mental health education in schools, it can have a negative impact on the understanding of moral values that can hinder students from making decisions. Mental health education is carried out Islamically in schools by instilling the importance of worship, which is carried out from an early age (Kamaruddin et al., 2022). Thus adolescents have a healthy mentality as a whole, namely adolescents who are formed through maintenance in worship to develop the potential of youth themselves.

In essence, the guidance process carried out at an institution has a role as a systematically arranged instrument that aims to identify an individual at risk of experiencing certain disorders. Efforts made in the early detection of mental health disorders can be carried out as an activation process that classifies patients with mental disorders based on psychological complaints. The classification of the patient's emotional and mental health due to the examination includes normal, borderline, and abnormal (Jürges et al., 2019).

Several things can be done to maintain mental health from social media in the era of digital technology (O'Reilly et al., 2019). Based on UNICEF, 1. choosing to do good; 2. using social media applications to help improve mental health; 3. protecting yourself from others online; 4. avoiding things that disturb emotions, thoughts, and actions; 5. take a short break from social media and be filled with religious activities in everyday life.

According to psychology and Islam, Islamic mental health education is one of the best ways to guide adolescents (Tsoraya et al., 2022). Islamic mental health education is to help the formation of a healthy mentality to make the lives of these teenagers to be direct. These adolescent potentials can develop based on the principles of a healthy life. The adolescent can reach the stage of identifying a mentally healthy self-identity. Teenagers can maintain relationships with God, themselves, and relationships with the environment. This Islamic health guidance can be carried out with Islamic worship (Nurochim, 2016).

The Qur'an explains that Islamic education is an educational process that is very important to do. The educational process refers to the Al-Qur'an, which contains many stories that describe the principles of education. The importance of education and material should be taught in education, such as faith, morals, muamalah, social, worship, and other sciences.

Surah Al-Hijr Verses 9-10 explain that students receiving Islamic education should be based on the values contained in the Al-Quran. Thus, Islamic education provides guidance and fosters students to

become fully human. Human beings who are faithful, pious, skilled, and have good morals. In addition, the task of Islamic education is to provide direction for the growth and development of individual needs from stage to stage until an individual reaches a very optimal point of ability, is mentally healthy, and can communicate well with himself and others.

Islamic education develops human potential through educational processes such as providing care, nurturing, and managing until these students can be formed into positive individuals, valid for themselves and the surrounding environment. Potentials that can be developed and actualized include 1. Religious Potential (a soul that recognizes the existence of the supreme creator, namely Allah, and is committed that Allah is its god since it is in the spirit); 2. Intellectual potential (innate potential to gain knowledge and, based on this potential, also able to distinguish between good and bad); 3. Social potential (Human tendency to be able to live with other people, socialize and be able to communicate well, able to appreciate differences); 4. Economic Potential (human ability to defend himself by providing physical needs to fulfill survival in worshiping Allah SWT); 5. Art potential (providing a happy and safe atmosphere in the teaching and learning process so that creative and innovative learning can be produced); 6. Potential for Inheritance of Religion (inheriting Islamic cultural values to build continuous Islamic knowledge and culture that can be used as a guide in daily life) and; 7. Interaction between Potential and Culture (Humans have enormous potential encouragement, namely a potential to uphold Islamic civilization and culture. Humans are responsible as caliphs on earth) (Helmawati, 2014).

Before the digital era, Islam had a perfect and educative system that could not be compared to other systems. Perfection and education can be seen and assessed as worship and can also be seen as a spiritual practice. Worship carried out in daily life is used as setting patterns of life-based on the implementation of prayer, setting social and economic patterns, educational settings, setting patterns of people's integrity and fraternal arrangements.

Implementing Islamic mental health education for a teenager is usually done by praying in congregation, dhikr, and reading the Qur'an (Nahuda et al., 2022). Carrying out Islamic mental health education activities can make teenagers form a social intelligence with the environment.

Mental health education activities are divided into five activities, including 1. routine daily activities by carrying out five congregational prayer prayers at the mosque, 2. weekly activities filled with religious recitations, 3. monthly activities carried out in a friendly and welcoming manner, 4. annual activities by commemorating Islamic holidays; 5. Training activities or seminars on Islam and religion (Reza, 2016).

Based on the results of observations that have been made that teenagers who actively participate in mosque activities, namely these teenagers tend to have good mental health. Teenagers can lead a balanced life between learning activities and worship activities. Teenagers can maintain worship with discipline. Teenagers have productivity, wealth, discipline, and other positive activities. This statement is the same as that stated by Tsoraya et al. (2022) that, in essence, religion's role in daily worship contains ethical, moral, and life guidelines that are physically healthy and mentally healthy.

This statement is supported by the opinion of Shaykh Hakim Mu'inuddin Chisyti (Lubis et al., 2019), who explains that religious activities can form a healthy mentality in today's youth. Prayers are performed by accepting eight body positions separately and reciting each verse of the Qur'an in each posture. The prayer movement is a series of movements that maintain balance in the body's organs, glands, and hormones. The prayer movements form health-enhancing effects on physical health and mental health. For example, when carrying out a sitting position during prayer, you will feel relief, spreading oxygen throughout your body, balancing the sympathetic system, and feeling emotional joy.

Islamic worship, especially in prayer, has a very positive impact on physical and mental health (Andriyani et al., 2022). Improving adolescents' mental health can be achieved by emphasizing commitment, sincerity, and persistence in worshiping Allah SWT.

Prayer worship is one of the solutions to building mental health in adolescents (Willenberg et al., 2020). In addition, there are supporting activities that can be carried out to improve morale, behavior, and mental health that refer to the development of emotional intelligence by involving the role of parents to provide motivation and supervision of children. Parents must assist and develop the potential of adolescents to the maximum extent possible (Singh et al., 2020). Usually, teenagers who carry out Islamic education activities well and their parents participate in accompanying activities to the fullest, then the emotional development of adolescents is perfectly achieved.

With Islamic worship, the youth's role in developing potential in their environment or the surrounding area will be achieved with good mental health conditions. Adolescents who play an active role in participating in the implementation of Islamic worship well will be able to excel in showing their quality and potential, both mental health potential and maximum physical health.

4. CONCLUSION

The literature study results show that adolescents understand worship and carry out this understanding daily, such as praying, remembering, and reading the Al Qur'an. In addition, good motivational support from parents is also a way for adolescents to obtain mental health achievements in developing their potential and overcoming problems. Their lives are more grateful, they are more productive, and they can manage

time to carry out more practical activities. With these positive activities, adolescents have good mental health standards. Even in the digital era, adolescents receiving Islamic mental health education can quickly socialize with their environment and control their emotions effectively, such as increasing a sense of concern for others. The contribution of this research provides information that Islamic mental health education can increase social awareness, control emotions, develop self-potential, and overcome adolescent problems.

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