

Mental Health And Adolescents Character Development Islamic Perspective

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Abstract: *Mental health is the most important aspect that humans must have, not a few among people who are physically fit but suffer from mental illness. This study analyzed the concept of mental health from the Daradjat perspective in developing adolescent character and the influence of religion on mental health in developing adolescent character. To achieve the objectives of this study, a study of literature related to the research theme was used, therefore the source of this research was Daradjat's works, both directly related to mental health and other fields, the data obtained from these sources were analyzed using a semiotic approach. Based on the results of the study, it is known that the mental health resources offered by Daradjat are those from religion, if humans practice their religion properly and correctly, they will have a healthy mentality. Adolescents as individuals often experience mental illness which results in damaged character, adolescent character can be fostered with a religious approach, mentality and character have an inseparable relationship with one another.*

Keywords: *Mental Health, Adolescent Character, Religiosity*

Introduction

Adolescence is a time filled with various life problems with uncertainty. With the rapid development of changing times caused by the rapid pace of modernization and globalization triggered by technological sophistication from around the world, including Indonesia, it has changed the pattern of human life from classical to modern, from traditional to transitional. This situation changes the various spheres of human life in social, economic, political and cultural aspects, as well as in the field of education. These changes have a positive impact that can lead to progress and negative impacts that lead to moral decadence and a decline in character values.

According to Suhaimi, the development of the times caused by globalization and modernization has recently appeared in two antagonistic forms. On the one hand, modernization is accelerating and supporting rapid and spectacular progress. Especially in science and science. On the other hand, modernization and technology reveal a human face that is blurred by spiritual values. So as to result in humans being dragged into a spiritual void (Liu et al., 2011), (Suhaimi, 2015). In line with Suhaimi, several expert views also emphasize that the picture of humans today is experiencing spiritual aridity and lack of spiritual values, experiencing a crisis in the values of life (Lazerowits, 1964), lost the essence of life (Walker et al., 2012), and experience alienation from his own existence (Scorsolini-Comin et al., 2012).

Indonesian society today is presented with a few problems and challenges (Budiman, 2011). The changing of the old value order into a new value order in people's life, even though it cannot be implemented completely. This causes some people to experience mental disorders so that it can affect themselves and others as a whole. Symptoms of mental health disorders can be seen, such as: a decline in the work ethic of the community, low productivity, increased abuse of power, increased dropout and unemployment rates and increased crime and divorce rates (SA Lubis, 2010).

Such a situation certainly has a bad impact on the teenage generation, especially their adult behavior is vulnerable to various kinds of problems arising from these global currents (Ilie, 2006). Such as intellectual destruction through the use of the internet which is free of control (Quaglio & Millar, 2020), the role of social media in creating a variety of mental breakdowns, and the modernization of western culture which has become the forerunner to the mental breakdown of generations so that the character of adolescents is not good.

There are frequent news in the media about crime, sexual harassment, hate speech, hoaxes, and character assassination, as well as other forms of crime. This phenomenon indicates that people's living conditions are not in good condition and have great potential to experience an identity crisis and a degenerate character of the generation so that the morality of society is damaged (LT Lubis et al., 2019). Sadly, this phenomenon attacks everyone, including the teenage generation.

This phenomenon is certainly the duty of every adult to fortify adolescents in entering the global flow so as not to be trapped in the negative side of the development of globalization. In the family, parents always look after and control their children in using electronic media. At school, educators always provide education about the use of electronic media and social media. Guiding their knowledge about technological and information developments and providing positive knowledge of these technologies (Suparman et al., 2020). Likewise, the government must filter global currents so that they issue regulations on media use. And society also controls the activities of adolescents in the activities they do.

One of the efforts to restore the character of the generation of Muslim youths to their nature is through the psychological approach of religion and mental health. In the realm of psychology, it is to see the extent of religious awareness, religious motivation that grows in adolescents. Whereas in the scope of mental health, how are the attitudes and behaviors that arise in adolescents in living their lives.

Coaching for mental health is an effort to be able to supervise, control, train and direct, as well as provide an example in order to achieve the benefits and life goals that they live in. If it is only limited to giving lessons in material form without intensive guidance to someone, it will make them not virtuous and will experience mental disorders (Malla et al., 2015).

Daradjat emphasized that a healthy mental condition is very much needed and must be pursued in everyone's life. Because mental health can affect every aspect of human life, both in terms of intelligence, aspects of spirituality, aspects of feelings, and aspects of physical health. mentions that mental health is also an effort to adjust to both individually and socially. So as to create a good relationship with himself and create peace with others around the community where he lives and works.

From the description above, it can be seen that mental health can be a solution for the youth generation in order to improve, straighten and form good character. The formation of the character of Islamic adolescents through a mental health approach is very, very important to be realized in the education of the teenage generation, both in education in the family, in school, and in the social environment.

Research Methods

This research uses the study of character thinking. This research also examines the thoughts of characters by trying to explore the thoughts of certain figures who have phenomenal works, where these works can be in the form of books, letters, messages or other documents that reflect their thoughts. This research also explores, analyzes, then interprets, and generates the facts of expert thought. In this case, it is a mental health analysis of the character of teenagers from the Daradjat perspective. The data sources of this research are primary data from Dardjat's books and secondary data from writings on Daradjat.

Results and Discussion

Efforts that can be made in dealing with symptoms of mental disorders are to increase religious awareness in the community (Ritonga, Asrina, et al., 2020). Religion will provide enlightenment and guidance to human thinking patterns towards a better and happier life (Ritonga,

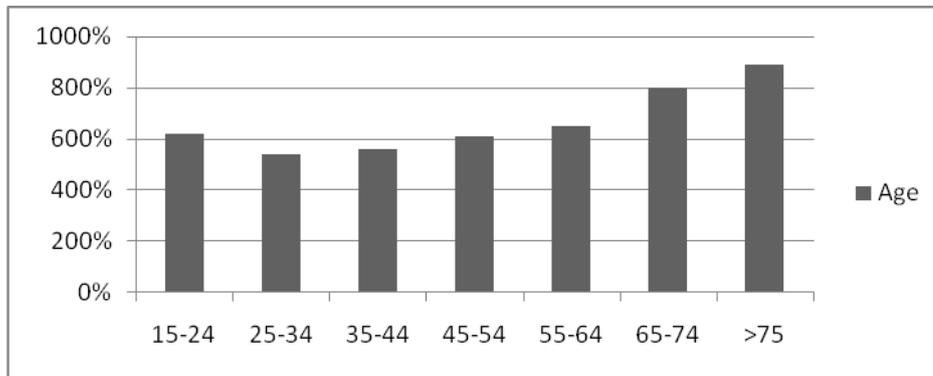
Lahmi, et al., 2020). So that the life that humans live will be avoided from individualistic, materialistic traits, and the emergence of unhealthy competition in social life (Masood et al., 2016).

Based on the opinions of several experts above, Daradjat also said that religion plays an important role in human life. Religion can be a solution and a cure for mental disorders and illnesses (Husna et al., 2020). The role of religion will be a fortress in human life in order to avoid all forms of disturbance (Suran, 2010) and the bad feelings in his life. The more a person lives the religious rules perfectly, the better his life will be and away from all forms of mental disorders.

According to Daradjat, juvenile delinquency is an action that contains elements of neglect, wrong actions, anxiety, are actions that disturb the peace and interests of others and oneself. This view is a phenomenon seen from an unhealthy mental state of adolescents, so that the actions that adolescents display tend to lead to negative actions.

According to the calculation of disease burden in 2017, several types of mental disorders that are predicted to be experienced by the population in Indonesia include depression, anxiety, schizofernia, bipolar disorder, behavioral disorders, autism, eating behavior disorders, intellectual disabilities, Attention Deficit Hyperactivity Disorder (ADHD). In a period of three decades (1990-2017), there was a change in the pattern of mental illness, which experienced an increase in DALYs including schizofernia, bipolar disorder, autism, and eating disorders. Depressive disorder has remained at the top spot in three decades.

Depression Prevalence in Population Aged ≥15 Years by Age Group



Based on the data above is one of the mental disorders that occur in Indonesia. The results of the 2018 Reskesdas show that depressive disorders have started to occur since the teenage age range with a prevalence of 6.2%.

There are various cases of behavioral deviations in adolescents, such as cases of bullying (Ferrara et al., 2018), (Garett et al., 2016) steal (Grant et al., 2011), skipping school, free sex, vandalism, drinking or illegal drugs, dressing indecently, and fighting. In this millennial era, cases of adolescent behavior deviation are increasing. According to data from the Indonesian Child Protection Commission for a period of nine years from 2011 to 2019, there were 37,381 cases of complaints of violence against children. There were 2,473 reports of bullying in educational institutions and social media and it continues to increase.

The following is the number of cases of children as perpetrators and victims (source: Primastika, 2018)

Case	2015		2016		2017	
	Doer	Victim	Doer	Victim	Doer	Victim
Physical violence (fighting, abuse, and the like)	81	197	108	146	112	173
psychic violence (bullying, etc.)	22	58	39	64	41	62
Sexual violence (rape, molestation, sodomy/ pedophilia)	157	218	146	192	168	188
Murder	36	59	48	72	51	64
Theft	81	34	43	56	57	55
Traffic accident	52	74	71	94	76	93

Ownership of sharp weapons	48	23	28	23	52	23
Kidnapping	6	16	8	36	8	34
Abortion	19	16	48	64	53	58
Terrorism	0	15	0	16	4	17
Total	502	710	539	763	622	767

In recent years there has been an increasing number of juvenile delinquency, not only the usual juvenile delinquency that is generally committed by teenagers, but has entered the realm of crime which causes further deterioration of adolescent character and morality. This also often occurs because it is influenced by alcohol and drug use, but it is also triggered by promiscuity so that they no longer have rules and values in living life in the environment.

From the data above, it describes the real conditions of adolescents today who experience mental disorders resulting in delinquency against themselves which causes damage to the character of the teenage generation. This is certainly a concern for parents, teachers, and the community who want the teenage generation to return to a healthy mentality and good character. For this reason, it is necessary to look again and find solutions so that the teenage generation can be saved from this unhealthy mental state.

For this reason, Drajat said that education for adolescents is very important in order to control the emotions and thoughts of adolescents from various forms of deviation caused by mental unhealthiness. argued that education is determining one's future. Will he be able to be a good person or be a bad person in society. Can he be happy or suffer. And education will also shape a person's mental and characteristics in life.

Drajat's opinion can be analyzed that education plays a role as a determinant of a person's future. If the education that a person goes through is good, his life will be good. Good and perfect education is education that integrates the potentials contained in a person in the cognitive (knowledge), affective (ethics) and psychomotor (skills), as well as spiritual (religious and mental) realms. If these components are developed in a perfect education, they will have a positive mental and physical impact in human life.

According to D, Islamic Religious Education is guidance and direction for students in order to understand, appreciate, and practice the values of Islamic teachings which are believed to be entirely as teachings (Maselena et al., 2019) that they can use and realize in their lives (Husna et al., 2020). So that the teachings of Islam that he learns can save his life and provide prosperity in the life of the world and the hereafter.

Furthermore, according to Drajat, the concept of Islamic education has five important components that must be present in education. First, Islamic education includes all dimensions related to humans. Second, make a balanced life in the world and the hereafter. Third, pay attention to the surrounding environment and care for others. Fourth, Islamic education continues throughout life. And fifth, the curriculum contained in Islamic Education can make humans useful to live in the world and the hereafter.

Conclusion

Mental health is a person's response to a problem and being able to adjust to that problem. Then from the problem whether people will have the enthusiasm to live or not. For this reason, adolescents who are going through their teenage years also often experience mental disorders, which have an impact on their attitudes and behavior. Therefore, it is necessary to develop youth mental through religious and educational approaches. The religious experience that a person receives will affect his mental health. Therefore, parents, teachers and community members actually provide the best religious guidance for children and adolescents.

Forming a positive character in adolescents requires intensive coaching through coaching in the family, coaching in schools, and in the community. Mental health has a big influence on the character building of adolescents. If youth are mentally healthy, positive characters will be easily formed. However, if adolescents are mentally damaged, it will be difficult to develop a positive character in them.

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