

MENTAL HEALTH EDUCATION FOR ADOLESCENTS THROUGH VIDEO MEDIA

Adinda Putri Fatikha¹ . Siti Fatmawati, S. Kep. Ns., M. Kep²

adindafatikha35@gmail.com

Diploma III Nursing Study Program

'Aisyiyah University of Surakarta

SUMMARY

Background: Indonesian Community Mental Health Index data in 2023 recorded 9,162,886 cases of depression with a prevalence rate of 3.7%. Adolescents, a group susceptible to mental health issues because they are experiencing a developmental and emotional transition phase. Many adolescents have minimal understanding and awareness of the importance of mental health. Mental health education since adolescence is important to strengthen mental resilience, with the title "Mental Health Education for Adolescents Through Video Media".

Objective: As a medium of education and information to adolescents, especially parents who have adolescent children, so that they understand the importance of Mental Health in Adolescents .

Method: Video creation using Canva and Capcut, and there were three respondents.

Results: The Mental Health Education Video Media for Adolescents will be registered for Intellectual Property Rights (IPR).

Conclusion: Video media has been proven to have better effectiveness than other media in increasing adolescent knowledge.

Keywords: *Mental Health, Adolescents, Education*