

# Sehat Jiwa for School: School-based Mental Health Prevention Program as Intervention to Mitigate Child Abuse

## Background

- In Indonesia, children are becoming more vulnerable to mental health issues. 29% of Indonesian children often feel depressed or have little interest in doing things (UNICEF)
- COVID-19 pandemic potentially increasing the prevalence of mental health disorders. Lockdown increased **the risk of adolescents being exposed to domestic violence and online exploitation or bullying**, and reduced income opportunities for adolescents and young adults who were already out of school before the pandemic began.
- The **culture of collectivism** in Indonesia encourages adolescents to **base their self-worth** on whether or not a group accepts them.
- **Low mental health literacy spreads stigma** about it and hinders people from getting help. As life challenges get more complex, **youth are not prepared with proper knowledge and a strong support system**.
- Investment in promotion and prevention programs in mental health remains very limited. Thus we believe that mental health education, particularly in school, is a way to fill in the gap in mental health practice and **integration steps to mitigate child abuse**.

## The Scope

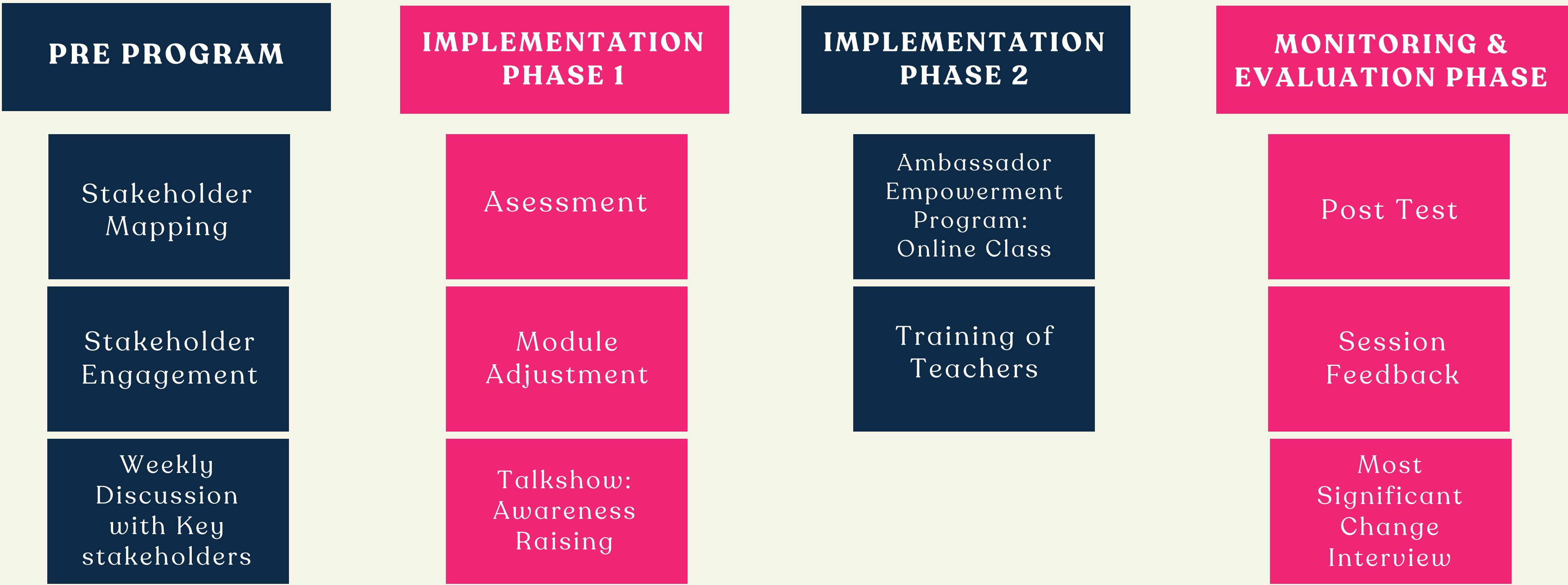
Partner engagement:

- Unilever Indonesia
- Provincial Education Board Jakarta (DISDIK)
- Clinical Psychologist Association (IPK)

Beneficiaries:



## Program Roadmap



## The Takeaways

- 35.7% of students felt more comfortable discussing their problems with their peers, while 39.5% of students preferred to confide in their parents instead of their teachers (3.4%). **These findings underscore the importance of strengthening school systems as a social determinant of mental health.**
- 2005 student reported **10% increased knowledge and intention** to build healthier and safer relationships in their environment.
- **The involvement of the government (Provincial Education Board Jakarta) increased the program effectivity**, particularly in strengthening the school’s cooperation with the program.
- Through the program, 34 teachers **understand the urgency of their involvement and are motivated** to help students who are facing psychological problems

## What’s Next?

- Monitor and follow up to **ensure the sustainability** of initial support or program by the teachers.
- This program is **likely to be replicated in other areas or on a wider scale**.
- **Testing the program in different socio-cultural contexts** to understand its potential for program development.
- Develop a multistakeholder forum to **advocate the incorporation of school-based mental health programs** in the macro level.

More info about the program: [www.sehatjiwa.id](http://www.sehatjiwa.id)

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