

## Daftar Isi

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| Abstrak .....   | <b>Error! Bookmark not defined.</b> |
| <i>Abstract</i> .....   | <b>Error! Bookmark not defined.</b> |
| Daftar Isi .....  | 0                                   |
| Pendahuluan .....   | <b>Error! Bookmark not defined.</b> |
| Metode .....  | <b>Error! Bookmark not defined.</b> |
| 1. Tahap Persiapan .....  | <b>Error! Bookmark not defined.</b> |
| 2. Tahap Identifikasi Masalah .....   | <b>Error! Bookmark not defined.</b> |
| 3. Tahap Perencanaan, Pelaksanaan Aksi .....                                      | <b>Error! Bookmark not defined.</b> |
| 4. Tahap Refleksi, Evaluasi dan Penyebarluasan Hasil .....                        | <b>Error! Bookmark not defined.</b> |
| Hasil .....   | <b>Error! Bookmark not defined.</b> |
| <b>A. Identifikasi Penyebab Masalah Efikasi Diri Kesehatan Mental</b>             | <b>Error! Bookmark not defined.</b> |
| 1. Gejala dalam Diri .....  | <b>Error! Bookmark not defined.</b> |
| 2. Hambatan dari Lingkungan .....   | <b>Error! Bookmark not defined.</b> |
| <b>B. Rancangan dan Pelaksanaan Aksi Mengatasi Efikasi Diri Kesehatan Mental.</b> | <b>Error! Bookmark not defined.</b> |
| 1. Perancangan Aksi .....   | <b>Error! Bookmark not defined.</b> |
| 2. Pelaksanaan Aksi .....   | <b>Error! Bookmark not defined.</b> |
| <b>C. Refleksi dan Evaluasi Hasil Aksi</b> .....                                  | <b>Error! Bookmark not defined.</b> |
| 1. KAREJA itu Rumah .....   | <b>Error! Bookmark not defined.</b> |
| 2. Kesadaran Kritis tentang Keberlanjutan dan Dukungan                            | <b>Error! Bookmark not defined.</b> |
| <b>D. Presentasi Hasil Aksi</b> .....   | <b>Error! Bookmark not defined.</b> |
| <b>E. Evaluasi Pendamping</b> .....   | <b>Error! Bookmark not defined.</b> |
| Diskusi .....   | <b>Error! Bookmark not defined.</b> |

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| Kesimpulan.....  | <b>Error! Bookmark not defined.</b> |
| Daftar Pustaka.....                                      | <b>Error! Bookmark not defined.</b> |
| Lampiran.....  | <b>Error! Bookmark not defined.</b> |
| <b>A.</b> Panduan observasi.....                         | <b>Error! Bookmark not defined.</b> |
| <b>B.</b> Hasil Catatan Observasi.....                   | <b>Error! Bookmark not defined.</b> |
| 1. Tahap Orientasi.....                                  | <b>Error! Bookmark not defined.</b> |
| 2. Tahap Identifikasi Masalah.....                       | <b>Error! Bookmark not defined.</b> |
| 3. Tahap Rancangan dan Pelaksanaan Aksi.....             | <b>Error! Bookmark not defined.</b> |
| 4. Tahap Refleksi.....                                   | <b>Error! Bookmark not defined.</b> |
| <b>C.</b> Panduan <i>Focus Group Discussion</i> .....    | <b>Error! Bookmark not defined.</b> |
| 1. Tahap persiapan.....                                  | <b>Error! Bookmark not defined.</b> |
| 2. Tahap Identifikasi Masalah.....                       | <b>Error! Bookmark not defined.</b> |
| 3. Tahap Rancangan Aksi.....                             | <b>Error! Bookmark not defined.</b> |
| 4. Tahap Pelaksanaan Aksi.....                           | <b>Error! Bookmark not defined.</b> |
| 5. Tahap Refleksi.....                                   | <b>Error! Bookmark not defined.</b> |
| <b>D.</b> <i>Transcript Focus Group Discussion</i> ..... | <b>Error! Bookmark not defined.</b> |
| <b>E.</b> Panduan Wawancara.....                         | <b>Error! Bookmark not defined.</b> |
| Pertanyaan Studi Pendahuluan.....                        | <b>Error! Bookmark not defined.</b> |
| Pertanyaan Evaluasi.....                                 | <b>Error! Bookmark not defined.</b> |
| <b>F.</b> Dokumentasi Penelitian.....                    | <b>Error! Bookmark not defined.</b> |
| Tahap persiapan.....                                     | <b>Error! Bookmark not defined.</b> |
| Tahap Identifikasi Masalah.....                          | <b>Error! Bookmark not defined.</b> |
| Tahap Rancangan Aksi.....                                | <b>Error! Bookmark not defined.</b> |
| Tahap Pelaksanaan Aksi.....                              | <b>Error! Bookmark not defined.</b> |
| Tahap Refleksi.....                                      | <b>Error! Bookmark not defined.</b> |

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| Presentasi Aksi.....   | <b>Error! Bookmark not defined.</b> |
| <b>G.</b> Hasil Aksi.....  | <b>Error! Bookmark not defined.</b> |
| 1. Buklet ‘ <i>One Day One Page</i> ’ .....                      | <b>Error! Bookmark not defined.</b> |
| 2. Papan Apresiasi ‘Wama Wami KAREJA’ .....                      | <b>Error! Bookmark not defined.</b> |
| <b>H.</b> Skala MHSE ( <i>Mental Health Self-Efficacy</i> )..... | <b>Error! Bookmark not defined.</b> |
| <b>I.</b> Lembar <i>Informed Consent</i> .....                   | <b>Error! Bookmark not defined.</b> |
| <b>J.</b> Lembar <i>Ethical Clearance</i> .....                  | <b>Error! Bookmark not defined.</b> |
| <b>K.</b> Lembar Pengantar Penelitian Dinas.....                 | <b>Error! Bookmark not defined.</b> |