

ABSTRAK

Satu di antara lima anak dan remaja di seluruh dunia, termasuk Indonesia, mengalami masalah kesehatan mental. Masalah ini harus diatasi karena berdampak negatif terhadap optimalisasi fungsi-fungsi penting pada kehidupan mereka di masa kini maupun masa depan. Salah satu alternatif utama untuk mengatasi masalah tersebut adalah meningkatkan kapasitas sekolah agar mampu melakukan inisiatif untuk membangun sistem promosi kesehatan mental berbasis sekolah yang sesuai dengan nilai-nilai dan kebutuhan sekolah. Pada saat ini, sekolah belum memiliki kapasitas tersebut. Tujuan penelitian ini adalah menemukan strategi membangun sistem promosi kesehatan mental berbasis yang sesuai dengan nilai-nilai dan kebutuhan sekolah. Metode penelitian yang digunakan adalah penelitian tindakan partisipatoris yang terdiri dari satu siklus tindakan yang terdiri dari perencanaan, pelaksanaan, pengamatan, dan refleksi. Objek penelitian adalah dua sekolah menengah pertama di Surakarta yang merepresentasikan sekolah pinggir dan tengah kota. Data penelitian dikumpulkan melalui FGD, kuesioner terbuka, observasi, dan dokumen. Partisipan penelitian adalah dua kepala sekolah, delapan guru, dua komite sekolah, dan 531 siswa. Data penelitian dianalisis secara tematik. Hasil penelitian menemukan bahwa: (1) nilai-nilai yang dibutuhkan untuk promosi kesehatan mental di sekolah adalah religius, peduli, menerima, menghargai, dan unggul, dan (2) strategi untuk membangun sistem berupa tindakan penguatan kapasitas pemangku kepentingan sekolah dalam menyusun kebijakan promosi kesehatan mental. Pada akhir pelaksanaan tindakan tersebut tersebut, pemahaman pemangku kepentingan mengenai konsep promosi kesehatan mental lebih baik dan berhasil menyusun kebijakan promosi kesehatan mental secara komprehensif, sesuai nilai-nilai dan kebutuhan sekolah. Hal ini mengindikasikan prospek positif bagi sekolah dalam melakukan inisiatif membangun sistem promosi kesehatan mental secara bottom-up.

Kata kunci: nilai-nilai promotif, pendekatan sistem, penelitian tindakan partisipatoris, promosi kesehatan mental, sekolah

ABSTRACT

One of five children and adolescents around the world, including Indonesia, experience mental health problems. This problem must be overcome because it has a negative impact on optimizing important functions in their lives in the present and the future. One of the main alternatives to overcome this problem is to increase the capacity of schools to be able to take the initiative to build a school-based mental health promotion system that is in accordance with the values and needs of the school. At this time the school does not yet have that capacity. The purpose of this study was to find a strategy to build a mental health promotion system based on the values and needs of the school. The method of this research is participatory action research which consists of one cycle of action: planning, implementing, observing, and reflecting. The object of the study was two junior high schools in Surakarta which is a representation of schools in the suburbs and the middle of the city. Research data was collected through FGDs, open questionnaires, observations, and documents. The participants were two principals, eight teachers, two school committees, and 531 students. Research data are analyzed thematically. The results of the study found that: (1) the values needed for mental health promotion in schools were religious, caring, accepting, appreciating, and excellence, and (2) the strategy to build the system is done through the action to strengthening the capacity of stakeholders in developing mental health promotion policies. At the end of the implementation of these actions, the stakeholder understanding of the concept of mental health promotion better than before, and they are able to develop a mental health promotion policy comprehensively, according to the values and needs of the school. This indicates a positive outlook for schools in carrying out initiatives to build a bottom-up mental health promotion system.

Keywords: *promotive values, system approach, participatory action research, mental health promotion, school*