

## ABSTRAK

**Latar belakang:** Mahasiswa adalah bagian dari populasi yang berisiko mengalami masalah kesehatan mental, karena mengalami banyak tekanan psikologis. Oleh karena itu, diperlukan solusi untuk mengatasi masalah ini, yaitu penerapan *health promoting university* (HPU). Dalam mengembangkan program HPU terkait dengan kesehatan mental, diperlukan analisis kebutuhan pada sasaran dengan menggunakan teori PRECEDE-PROCEED.

**Tujuan:** Penelitian ini bertujuan untuk mengidentifikasi dan mengeksplorasi kebutuhan mahasiswa terhadap pengembangan program kesehatan mental di lingkungan kampus.

**Metode:** Jenis penelitian ini adalah *mixed methods* dengan desain *sequential explanatory*. Sampel kuantitatif ( $n = 162$ ) ditentukan dengan metode *consecutive sampling*, sedangkan sampel kualitatif ( $n = 26$ ) ditentukan dengan metode *purposive sampling*. Adapun metode pengumpulan data dilakukan dengan survei, FGD, dan wawancara mendalam.

**Hasil:** Masalah mental yang dialami mahasiswa S1 FK-KMK UGM saat ini, adalah: terdapat 41,98% responden ingin mengubah penampilan fisiknya jika mampu, 32,72% tidak merasa percaya diri, 34,57% sering merasa cemas, 12,96% merasa tidak melakukan kegiatan akademik dengan baik, dan 5,56% merasa terasing di kampus. Selain itu, masalah lainnya, adalah merasa salah jurusan, terkejut dengan sistem belajar di kampus, sulit beradaptasi dengan teman baru, merasa mendapat banyak tekanan, nilai akademik buruk, merasa malas kuliah, menarik diri dari lingkungan sosial, melakukan *self-harm*, dan gangguan jiwa berat. Berdasarkan norma subjektif, partisipan memiliki keyakinan yang kuat terhadap urgensi kesehatan mental bagi mahasiswa. Dari aspek pengalaman, yang dapat mempengaruhi kesehatan mental adalah pengalaman organisasi, melakukan hobi, *bullying* di masa lalu, pengalaman menyenangkan dan pengalaman menghadapi masalah mental. Dari aspek kebijakan, partisipan menyatakan kebutuhan terkait dengan sistem belajar mengajar, jadwal kuliah, sistem penilaian, dan DPA. Adapun dari aspek fasilitas, partisipan menyatakan kebutuhan terkait dengan lingkungan, sarana dan prasarana penunjang, fasilitas konseling dan pelayanan kesehatan, serta fasilitas olahraga dan seni.

**Kesimpulan:** Diperlukan pengembangan program kesehatan mental yang sesuai dengan kebutuhan mahasiswa, khususnya terkait dengan kebijakan, sistem perkuliahan, dan fasilitas yang dapat meningkatkan kesehatan mental mahasiswa.

**Kata kunci:** analisis kebutuhan, *health promoting university* (HPU), kesehatan mental, mahasiswa, universitas

## ABSTRACT

**Background:** *Students are the part of population at risk of experiencing mental health problems, because they experience a lot of psychological stress. Therefore, a solution is needed to overcome this problem, namely the implementation of health promoting university (HPU). In developing the HPU program related to mental health, a needs analysis of targets is needed using the PRECEDE-PROCEED theory.*

**Objective:** *The study aimed to identify and explore student needs for the development of mental health programs in the campus.*

**Method:** *The type of research was mixed methods with sequential explanatory design. Quantitative samples (n = 162) were determined by consecutive sampling method, while qualitative samples (n = 26) were determined by purposive sampling method. The method of data collection was done by surveys, FGD, and in-depth interview.*

**Results:** *The mental health problems experienced by undergraduate students of FK-KMK UGM at this time were 41.98% of respondents who want to change their physical appearance if they were capable, 32.72% did not feel confident, 34.57% often feel anxious, 12.96% felt they were not doing academic activities well, and 5.56% feeling isolated in campus. In addition, another problems were feeling wrong in their majors, shocked by the learning system on campus, felt difficulties to adapt to new friends, feeling a lot of pressure, bad academic values, felt so lazy to study, withdrew from the social environment, self-harm, and severe mental disorders. Based on subjective norms, the participants had a strong belief in the urgency of mental health for students. From the aspect of experience, which can affect participants' mental health were organizational experience, doing hobbies, past bullying, pleasant experiences and experiences dealing with mental problems. From the aspect of policy, the participants stated the needs related to the teaching and learning system, class schedules, assessment systems, DPA, and other lecture policies, while from the aspect of facilities, the participants stated the needs related to the environment, supporting facilities and infrastructure, counseling facilities and health services and sports and arts facilities.*

**Conclusion:** *It is necessary to develop the mental health program that fits the needs of students, especially related to the lecture system, policy and facilities that can improve the mental health of students.*

**Keywords:** *needs analysis, health promoting university (HPU), mental health, students, universities*