

EFFORTS TO PROVIDE MENTAL HEALTH SUPPORT TO CHILDREN SO THAT THEIR SOULS ARE HEALTHY

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Abstract

When a person's physical, intellectual, and emotional growth aligns with the realization of harmony and adjustment between people, themselves, and their environment, they are said to be in good mental health. It's crucial to support kids' mental health in addition to their physical health. Both must go hand in hand without needing to focus on one point. That way, children can grow into individuals who don't get sick easily and are also mentally strong. To provide mental health support to children so that their souls are healthy, there are several steps that can be taken, namely by inviting children to talk about their feelings. Encourage children to maintain emotional and physical balance by encouraging them to engage in healthy activities, such as arranging study schedules, playing and communicating well. By taking these steps, parents can help their children maintain their mental health and build a strong foundation for their future emotional well-being. Library research techniques are used in this study. The definition and components of mental health, strategies for preserving children's mental health, and the part parents play in enhancing their mental health are all covered in this study.

Keywords: Support, children's mental health, healthy soul

INTRODUCTION

According to Estrada et al., (2019) mental health is a good condition from an emotional, psychological and social perspective that allows a person to function effectively in everyday life. Mental health involves the ability to manage emotions, maintain healthy relationships with others, and adapt to changes in life. Mental health also includes happiness, satisfaction, and the ability to cope with stress and challenges in life. So this will have a big influence on a person's life.

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The World Health Organization (WHO) defines mental health as a condition of whole physical, mental, and social well-being rather than only the absence of mental diseases. Each individual has a different healthy mental condition. Individual psychological and biological factors such as emotional, hereditary, substance use, and unhealthy lifestyles can make a person more susceptible to mental health problems. Unfavorable social, economic, and environmental factors like inequality, violence, abuse, and poverty can also raise one's chance of developing mental health issues. This is especially influential during adolescence, which is an important period for children's development both physically and psychologically.

Young people's mental health disorders, including anxiety, depression, and behavioral disorders, are a major contributor to disease and disability. Impaired mental health can affect a person's thought patterns, feelings and behavior so that it can interfere with physical health. Mental health risks that occur during the body's development period greatly affect a child's future. For example, harsh parenting and physical punishment from those around you, especially parents, can damage a child's mental health. This illness can significantly affect every aspect of life, including relationships with family and friends, career, and education, and children's social life (Sharma, M., & Branscum, 2020).

Children with mental health conditions are very vulnerable to small things that can cause stress, depression and trauma. In this world, Ten percent of kids and teenagers suffer from mental illnesses, yet most of them don't ask for assistance or go through treatment. One of the leading causes of death is suicide at an early age. The consequences of not addressing mental health and social psychology development for children can continue into adulthood (Brown, C., & Dixon, 2020). Children who are still growing need more supervision from the people around them, such as family or friends, regarding their psychological and social conditions. Especially parents who play a crucial part in promoting the mental health of kids.

In addition to being the state of mind in which children do not suffer from mental disease, children's mental health also refers to their capacity for rational thought, emotional regulation, and age-appropriate socialization. Youngsters with sound mental health will exhibit a number of favorable traits, including as the capacity to adjust to changing circumstances, manage stress, uphold positive connections, and bounce back from trying circumstances. On the other side, a child's poor social life and mental and emotional imbalance during childhood might lead to more severe behavioral disorders. Raising and

caring for children with love is the same as building a strong foundation for children so that children can develop the social and emotional skills they need to live a happy, healthy and prosperous life. The quality of the environment in which children and adolescents grow and develop can also shape their well-being and development. If you experience symptoms of mental disorders, immediately consult a doctor or mental health professional (Scazzero, 2021).

According to Brown, C., & Carr, S. (2019), it is important to pay attention to children's mental health from the time they are born. After birth, children need love, guidance and security from their parents. When parents are able to make their children feel protected, at that time the parents are building a foundation for the child's mental health. If during the process of growth and development a child has a healthy and strong mentality, he can think clearly, concentrate, learn new things more easily, and is able to socialize well. The development of children's emotional, self-esteem, and self-confidence depends greatly on the role that parents play in their mental health.

The types of mental disorders most often experienced by children are ADHD, depression and anxiety disorders. In fact, several of these conditions can occur simultaneously. To avoid this, parents need to build a strong mental health foundation in their children. To provide mental health support to children so that their souls are healthy, there are several steps that can be taken, namely by inviting children to talk about their feelings. This shows that the child is not alone and that the parents care. Children may need help getting professional support (Kpanake, 2018). Encourage children to maintain emotional and physical balance by encouraging them to engage in healthy activities, such as arranging study schedules, playing and communicating well. Make sure your child also maintains physical health by providing nutritious food and encouraging a healthy lifestyle. Love, support and strong relationships with family and those closest to you can have a direct and positive influence on a child's mental health. Children need to feel that they have support from parents and family. Children need to be taught how to manage stress well, such as changing lifestyle patterns, eating healthy, and managing stress well (Uyun, Q., Kurniawan, I. N., & Jaufalaily, 2019).

By taking these steps, parents can help their children maintain their mental health and build a strong foundation for their future emotional well-being.

RESEARCH METHOD

Library research techniques are used in this study. Finding, assessing, and synthesizing research works and ideas produced by academics and practitioners can be done methodically, explicitly, and reproducibly through library research (Okoli & Schabram, 2015).

Literary research is a method for gathering data that involves studying books, literature, notes, and reporting that are related to efforts to provide mental health support to children so that their souls are healthy. Conducting studies linked to the theory and research topic is the next step after determining the research topic, and this is known as the literature study. Researchers will comb through relevant literature to gather as much information as they can in their search for theories. Books, journals, periodicals, research findings, and other relevant sources can all be found in libraries. When a researcher finds pertinent material, it is promptly and consistently compiled for study purposes. As a result, general procedures including methodically selecting hypotheses, locating literature, and evaluating documents that contain information relevant to the research topic are all included in the literature study.

RESULT AND DISCUSSION

Definition and Aspects of Mental Health

According to Ellison et al., (2018) mental health or what is usually called a psychological disorder is referred to as mental health, psychology and emotions. Various conditions can disturb a person's mental condition, resulting in symptoms of mental health disorders. However, mental health problems may alter how a person makes decisions, handles stress and emotions, and interacts with others.

Someone who is mentally disturbed tends to have difficulty controlling their emotions and can even affect their relationships with other people, their ability to think is weak, and can even trigger actions such as self-harm. Common mental illnesses include depression, bipolar disorder, anxiety, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and psychosis. Apart from that, there are mental illnesses that attack certain sufferers, such as mothers after giving birth, namely postpartum depression (Iasiello, M., & Van Agteren, 2020).

According to Spitzer, R. L., & Endicott, J. (2018) good mental health is a condition when a person's mind and soul are free from disturbances (calm), both externally and internally, able to work efficiently and are able to give back to the community. The World Federation for Mental Health defines mental

health as a state that permits the development of one's physical, intellectual, and emotional faculties depending on each person's circumstances.

Mental health or Mental health pertains to an individual's emotional, mental, and psychological well-being. A psychologist or psychiatrist will begin the diagnosis of mental health disorders with a medical and psychiatric interview. Initially, the doctor will ask about the client's history of symptoms and illnesses in the family. Then, the doctor performs a physical examination to rule out any potential medical conditions. The doctor may request more testing from the patient, such as thyroid function tests, drug and alcohol screens, and CT scans, if necessary to detect brain abnormalities. If there are no other potential medical conditions, the doctor will prescribe appropriate medication and therapy (Leonardi, 2018).

Sometimes, taking a simple test such as the depression test on websites like Halodoc can also help identify mental health conditions. There are several ways to treat mental health disorders, including psychotherapy, oral medication, intensive care in hospitals, rehabilitation, self-care, brain stimulation, and others. Having several treatment methods can make it easier for clients to choose which method is suitable and should be taken for treatment. In addition, early diagnosis and treatment can help clients to recover from the conditions experienced, carry out normal activities, and avoid serious and dangerous mental health disorders.

The phrase "mental hygiene" can be translated as "mental health science," according to Reiter, J. T., Dobmeyer, A. C., & Hunter, C. L. (2018). While hygiene is derived from the Greek term hygiene, which means the science of health, mental derives from the Latin word mens, mentis, which means soul, life, soul, spirit, and spirit. Therefore, the study of mental health involves considering the human mind as a complex psychophysical whole. According to Spiker, D. A., & Hammer, J. H. (2019) In order to have a meaningful life, people must create changes between themselves, their environment, and their faith or devotion. This is what mental health is all about: realizing actual harmony between mental functions. and content both here on Earth and in the hereafter. This definition incorporates components of religion that are highly significant and that should be applied in daily life in order to apply the principles of mental health and build positive connections with other people.

Graham et al., (2019) added that mental health science is a science of mental health that concerns a healthy spiritual life, by viewing the human person as a complex psychophysical totality. Charzyńska, E., & Heszen-Celińska, I. (2020) added that a person's ideal physical, intellectual, and emotional

development as well as their development in harmony with the conditions of others are considered aspects of mental health according to medical research. Consequently, the definition of mental health is holistic and considers all facets of an individual's life as well as their interactions with other people. According to Tamminen et al. (2019), there are two types of influences that can affect mental health: internal and external factors. A person's personality, physical state, level of development and maturity, psychological state, level of religiosity, outlook on tackling life's challenges, and mental equilibrium are examples of internal elements. And external factors are factors that originate from outside the individual, consisting of economic, cultural and environmental conditions, both family, community and educational environments.

According to the views expressed by these specialists, mental health is defined as the state in which an individual's physical, intellectual, and emotional growth corresponds with the realization of harmony and adjustment between people, themselves, and their surroundings based on faith and devotion in order to achieve a happy life in this world and the next.

Orth, Z., Moosajee, F., & Van Wyk, B. (2022) divides mental health into several aspects, including:

1. The realization of true harmony between mental functions
The development of all mental potential in a balanced manner so that humans can achieve health physically and spiritually and avoid inner conflict, shock, doubt and emotional pressure in the face of various urges and desires.
2. Creation of adjustment between humans and themselves
Efforts to adapt healthily to oneself which includes building and developing all the Humans possess both potential and power, as well as the capacity to make the best use of these attributes through self-adjustment, which benefits both the individual and others in terms of wealth and happiness.
3. Healthy adjustment to the environment and society
Humans are able to peacefully construct and develop themselves within society, in addition to meeting its needs and improving it.
4. Predicated on piety and faith
Only if the endeavor is founded on faith and devotion to Allah can the problem of serious harmony between psychological processes and adjustment between humans and themselves and their surroundings be realized well and perfectly.
5. Aim for a contented and joyful life on Earth as well as in the hereafter.
Enabling people to have successful, affluent, and joyful lives on a physical

and spiritual level both here on Earth and in the afterlife is the aim of mental health.

Ways to Maintain Children's Mental Health

Supporting children's mental health is just as important as maintaining physical health. Both must go hand in hand without needing to focus on one point. That way, children can grow into individuals who don't get sick easily and are also mentally strong. However, ways that can be done to maintain children's mental health are as follows (Keeley, B., 2021):

1. Always listen to their complaints
One way to maintain children's mental health is to regularly listen to their complaints. Try to ask how he is doing regularly every time you come home from school or before bed. By getting used to talking about his feelings, he will understand that his parents are always there when he needs someone to talk to. Find the right time if you see that he is really sad or depressed.
2. Help Through Difficulties
Mothers and fathers need to regularly pay attention to their emotions and behavior. If there is something different, try asking and help the child to overcome the difficulty. It's not easy to get past this behavior, especially if it becomes more challenging. It would be better if you try to understand what he feels and the reasons why this happens.
3. Teaches how to control emotions
Another way to maintain children's mental health is to teach them the right way to control negative emotions. Parents can teach coping skills at home, such as deep breathing, using a stress ball, making a work of art, going for a walk, or exercising. Choose the best way to do it so that your child remains mentally healthy.
4. Create a Routine at Home
It is necessary to create a routine at home for children. Because uncertainty in daily schedules can cause stress and anxiety in children's lives. Try to make a weekly schedule for eating, sleeping and watching movies. Apart from that, also set boundaries at home, such as sleeping hours, for example.
5. Show Love and Support
The most important way to maintain a child's mental health is to show that he is loved and always has support from his parents. Make sure he knows that his father and mother always love him and support him in everything he does as long as it is positive. This can certainly make him feel safe at home.

6. Support their talents and interests

By keeping him active and creative, and continuing to learn new things, he can improve the child's relationship with his parents. Of course this is an important way to help children maintain their mental health. Continue to support and encourage him to continue to improve his talents and explore his interests.

These are some of the ways mothers can support their children's mental health. The importance of parents' roles in this matter which of course can influence their future when they grow up. By having a healthy and strong mentality, children do not easily give up when facing any difficulties. Mental health in children does not only mean preventing mental disorders, but also include the child's capacity for thought, emotional regulation, and social interaction the surrounding environment according to their age (Arango et al., 2018).

Children with good mental conditions tend to have positive characters, such as not getting angry easily, adapting more easily, being able to communicate well, and being able to recover from difficult situations. This is an important provision for living his life when he grows up in the future. That is why, maintaining children's mental health is one of the duties of parents that should not be ignored. According to Ungar, M., & Theron, L. (2020) there are several ways that parents can take care of their children's mental health, as follows:

1. Build children's self-confidence

Building self-confidence is the main thing that needs to be done to create a healthy mentality in children. This can be done by giving praise or appreciation to children when they succeed in doing something new or achieving certain achievements. Apart from that, other ways to build children's self-confidence are by helping children determine their life goals, teaching children to be honest and able to admit mistakes, and avoiding words or behavior that make children feel depressed and become less confident.

2. Provide sufficient playing time

For children, playing is not just fun but also a time to learn or explore new things. When playing, children tend to be more creative and can learn to solve problems. Providing sufficient play time can help maintain children's health both physically and mentally.

3. Encourage children to socialize

Maintaining children's mental health can also be done by teaching children to socialize with their peers. The reason is, this will make it easier for children to recognize and appreciate their own weaknesses and strengths. Socializing can also be an opportunity for children to live side by side with other people. In order to meet lots of friends, parents can take their children to visit the local area, school or playground.

4. Give Full Attention

Mental disorders in children are often triggered by inappropriate parenting patterns, for example a lack of attention to children. So, one way to maintain children's mental health can be done by giving full love to your little one. Show them forms of affection that are well received, such as kissing them when they are going to sleep, hugging them when they go to school, or asking about their activities at school.

5. Get closer to your children

The next way to maintain children's mental health is to keep parents and kids in a positive connection. This can be done by doing fun activities together, for example reading books, playing, or other activities that can strengthen the relationship between children and parents. Building a good relationship can also build a child's sense of trust with their parents. This is important to achieve so that children always feel safe when they are near their parents. That way, he will feel like he has a place to lean on.

6. Teach children how to relieve stress

As a parent, it is important to validate your child's feelings and explain that feelings of sadness, worry and stress are normal. Then, teach your child to overcome the feelings he is experiencing. For example, when a child is having a dispute with a friend and feels sad, what parents can do is provide validation and suggestions for resolving the dispute so that the feeling of sadness can disappear. Teaching children how to deal with stress or coping mechanisms can help children to solve problems effectively. This can be an important provision for children's lives when they become teenagers and adults in the future.

7. Provide constructive criticism

If your child makes a mistake, try to give constructive criticism, so that he can accept it well and correct or not repeat the mistake. Avoid blaming or judging children, because this can actually cause their mental health to suffer.

The Role of Parents in Improving Children's Mental Health

According to Reedtz et al., (2019) the role of parents in supporting children's mental health cannot be ignored. In an increasingly complex and challenging world, the role of parents is the first line of defense in maintaining the emotional and psychological well-being of their children. This article will discuss why parents' role is so important in improving children's mental health, as well as strategies they can use to create an environment that supports positive emotional growth.

1. Build a Safe and Supportive Environment

Parents play a key role in creating a safe and supportive environment for children. By providing consistent emotional support, children feel more comfortable talking about their feelings and coping with the challenges they face.

2. Active Listening and Empathy

Listening is one of the most valuable skills a parent can have. When parents sincerely listen to children, they feel valued and understood. It also helps children overcome feelings of loneliness and improves their mental health.

3. Understand the challenges faced by children

Every child has their own challenges and problems. Parents who try to understand their child's feelings and views on these issues help create a deeper emotional bond and help the child overcome anxiety or stress.

4. Provide guidance in overcoming difficulties

Parents have an important role in helping children develop emotional regulation skills and coping strategies. This involves teaching how to cope with stress, manage conflict, and deal with pressure in healthy ways.

5. Model Positive Behavior

Children often imitate their parents' behavior. Therefore, it is important for parents to be an example in managing emotions, dealing with problems, and maintaining life balance. By being a positive role model, parents can teach children to have a healthy outlook and attitude towards mental health.

6. Raising and caring for children with love is the same as building a strong foundation for children so that children can develop the social and emotional skills they need to live happy, healthy and prosperous lives.

The quality of the environment in which children and adolescents grow and develop can also shape their well-being and development. If you experience symptoms of mental disorders, immediately consult a doctor or mental health professional.

The importance of children's mental health and the role that parents in improving it cannot be ignored. Parents have a responsibility to ensure that their children's mental health is well maintained. Parents often discover it simpler to recognize their child's physical requirements, such as clothing, food, and rest. The mental and emotional requirements of a youngster, however, might not be as obvious. Consequently, it's critical that parents focus on their child's mental health and take them to a psychologist for evaluation and treatment that may be needed. Accepting failure is one of the best ways to strengthen children's mental health. Parents need to understand their children's feelings regarding situations that cause disappointment, and invite children to talk. The first thing a parent may do is have a heart-to-heart conversation with their child regarding their condition and mental health (Eruyar et al., 2018).

Parents also need to provide emotional support to children, such as giving praise and creating a safe and comfortable setting that fosters the development of kids' mental wellness. The closeness of father and child can make children more cheerful and reduce the risk of stress and depression in children, so that children's The state of mental wellness will remain ideal. The part dads play in providing extra love and attention to their children is also very important. By paying attention to children's physical and mental needs, accepting failure, providing emotional support, and creating a safe environment, parents can significantly contribute to enhancing kids' mental health (Becker et al., 2018).

CONCLUSION

When someone is in good mental health, their physical, intellectual, and emotional development develops in line with the realization of harmony and adjustment between humans, themselves and their environment. Supporting children's mental health is just as important as maintaining physical health. Both must go hand in hand without needing to focus on one point. That way, children can grow into individuals who don't get sick easily and are also mentally strong. To provide mental health support to children so that their souls are healthy, there are several steps that can be taken, namely by inviting children to talk about their feelings. Love, support and strong relationships with family and those closest to you can have a direct and positive influence on a child's mental health. Children need to feel that they have support from parents and family. Children need to be taught how to manage stress well, such as changing lifestyle patterns, eating healthily, and managing stress well.

By taking these steps, parents can help their children maintain their mental health and build a strong foundation for their future emotional well-being.

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