

عنوان مقاله:

Enhancing Mental Health Literacy in University : Interactions Between Student Initiatives and Counsellor Strategies

محل انتشار:

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Aims: This research explores efforts to improve mental health literacy in university settings by examining the interaction between student initiatives and counselor strategies. Previous mental health research has tended to separate counselors and students as separate entities, leading to a lack of understanding and knowledge at the university level. **Method:** Exploratory qualitative methodology was used with interviews, observations, documentation, and focus group discussions as data collection tools. **Findings:** The results identified three types of student initiatives (self-initiative, peer-initiative, and collaborative initiative) and different counselor strategies (education and information, counseling and mentoring, and collaboration with stakeholders). The interaction between the two forms an educational and collaborative interaction pattern that promotes mental health development. **Conclusion:** This study recommends three practical steps to improve students' understanding and awareness of mental health: focusing on mental health in new student orientation programs, developing collaborative mental health programs, and encouraging student involvement in developing mental health initiatives in the university environment.

کلمات کلیدی:

Keywords : Self-Initiated, Mental Health, Peer-Initiated, Collaborative-Initiated, Educational Interaction, Collaborative Interaction, Empowerment Interaction

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