

## **Mental Health Literacy, Resilience, and Mental Well-Being among High School Students: A Study in Semarang, Indonesia**

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### **INTRODUCTION:**

Good health and well-being is one of the Sustainable Development Goals in which mental health and well-being are integrated. However, in Indonesia for the past few months, there have been an increasing number of mental health cases that have happened due to low mental well-being status among adolescents including high school students. In fact, this particular situation is not only affected by poor psychological factors such as resilience but also mental health literacy. Hence, research on Indonesian high school students' mental well-being along with the influence of both resilience and mental health literacy is urgently needed.

### **OBJECTIVES:**

This study aims to investigate the relationship between mental health literacy (both knowledge and overall literacy) and resilience toward mental well-being among high school students using adapted measurements for the Indonesian population.

### **METHODS:**

Ethical approval of this study was given by the Board of Psychology Faculty Ethical Committee prior to the data collection. Following that, the data collection was conducted at a private High School in Semarang using convenience sampling. A total of 792 junior and senior high school students completed several measurements namely Mental Health Literacy Questionnaire – Short Version (MHLq-sv), Mental Health Promoting Knowledge (MHPK-10), Brief Resilience Scale (BRS) and Warwick-Edinburgh Mental Well-Being Scale (WEMWBS).

### **RESULTS:**

Based on the statistical analysis results, mental health promoting knowledge was found to be the only variable that has significant correlation with age ( $r = .103$ ;  $p = .004$ ), which means as the students get older they acquire more adequate knowledge. Furthermore it was found that both mental health promoting knowledge and overall literacy both have statistically significant correlation with resilience and mental well-being although multicollinearity was tested beforehand. In the multiple regression model, results show that mental health overall literacy and resilience affect mental well-being simultaneously ( $F = 177.811$ ;  $p = .000$ ). Compared to that, mental health promoting knowledge and resilience presented a stronger significant effect on mental well-being simultaneously ( $F = 321.431$ ;  $p = .000$ ).

### **CONCLUSION:**

To conclude, this research would be beneficial for the mental health professionals who work with adolescents, specifically high school students. In the future, the stakeholders should not only note the importance of resilience but also mental health literacy to enhance mental well-being status among high school students in general.

**KEYWORDS:** mental health literacy, resilience, mental well-being, high school students, Indonesia



# **MENTAL HEALTH LITERACY, RESILIENCE, AND MENTAL WELL- BEING AMONG HIGH SCHOOL STUDENTS: A STUDY IN SEMARANG, INDONESIA**

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**10<sup>th</sup> AHLA International Conference**  
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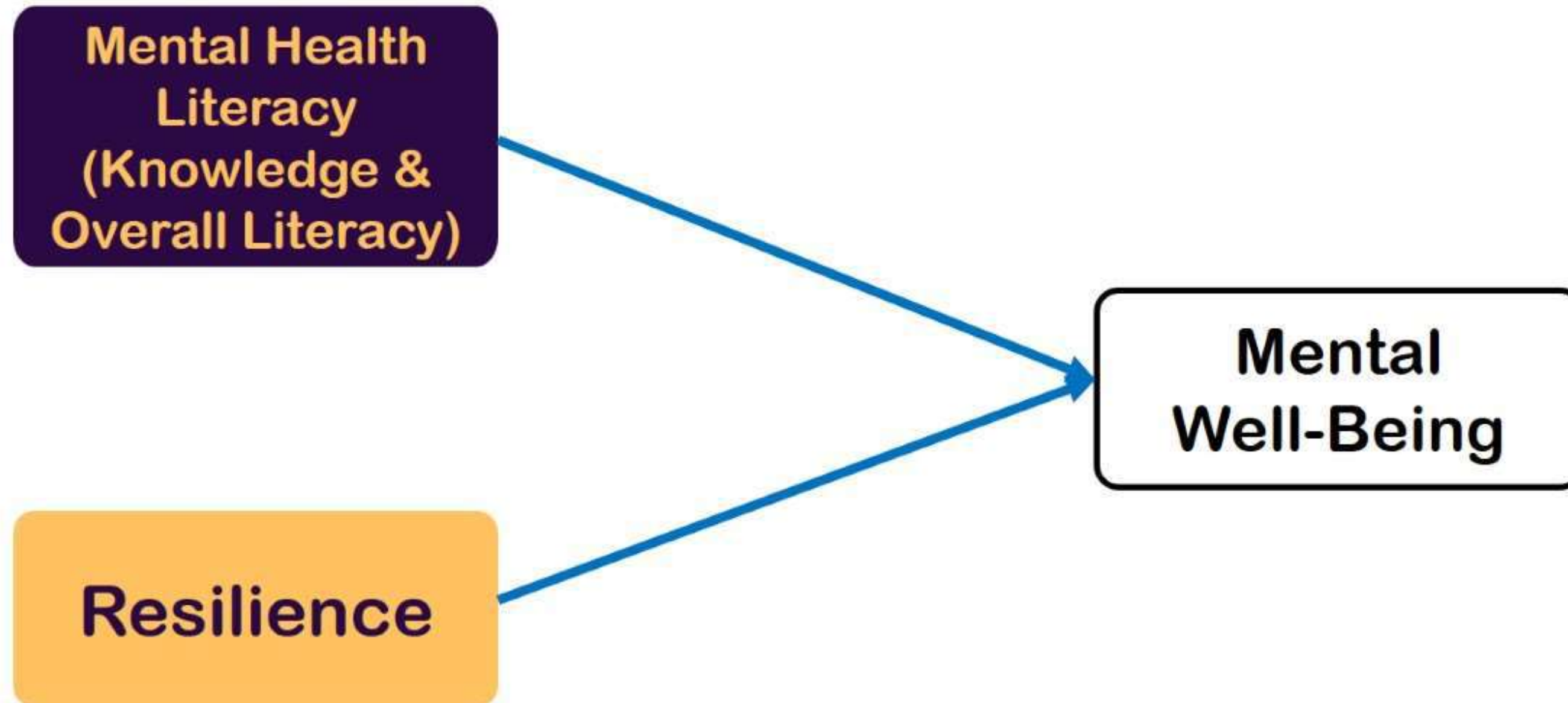
# INTRO- DUCTION

- Data derived from Indonesia-National Adolescent Mental Health Survey 2022, showed that **15,5 million (34,9 %) adolescents were experiencing mental health issues** and 2,45 million (5,5 %) were diagnosed with mental disorders.
- The United Nations through their SDGs even mention **global health (including mental health) and well-being as their 3<sup>rd</sup> goal** out of a total 17 goals.
- Mental Health Literacy have been investigated in several research in which show an **association with mental well-being among adolescents**. (Beasley et al., 2021; Bjørnsen et al., 2019; Song et al., 2023; Zhang et al., 2023).



# INTRO- DUCTION

- However, several other studies presented only a **moderate to weak association between MHL and Mental Health or mental well-being** (Nobre et.al., 2022; Ozparlak et.al., 2023; Boonpichachan et.al., 2022).
- Previous studies investigate **mental health literacy and resilience simultaneously as predictors of well-being** among many populations (Rahimi et.al., 2022; Zhang et.al., 2023; Black et.al., 2023), although **the models proposed vary** over research.
- Other studies on the topic of mental well-being promoting intervention also proposed or developed models including domains of mental health literacy and resilience (Vella et.al., 2020; Bird et.al., 2023)





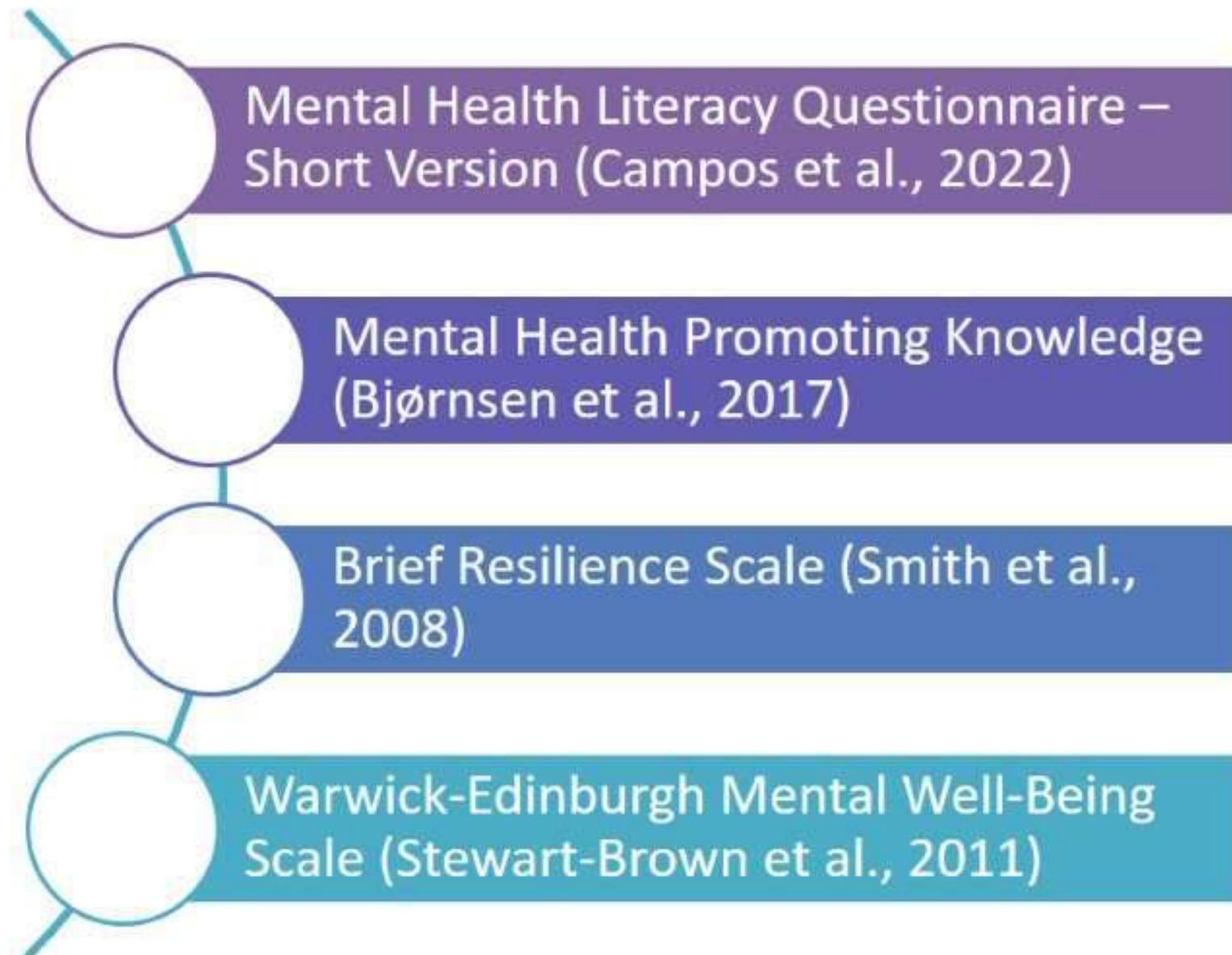
# OBJECTIVES

This study aims to investigate the relationship between mental health literacy (both knowledge and overall literacy) and resilience toward mental well-being among high school students using adapted measurements for the Indonesian population.

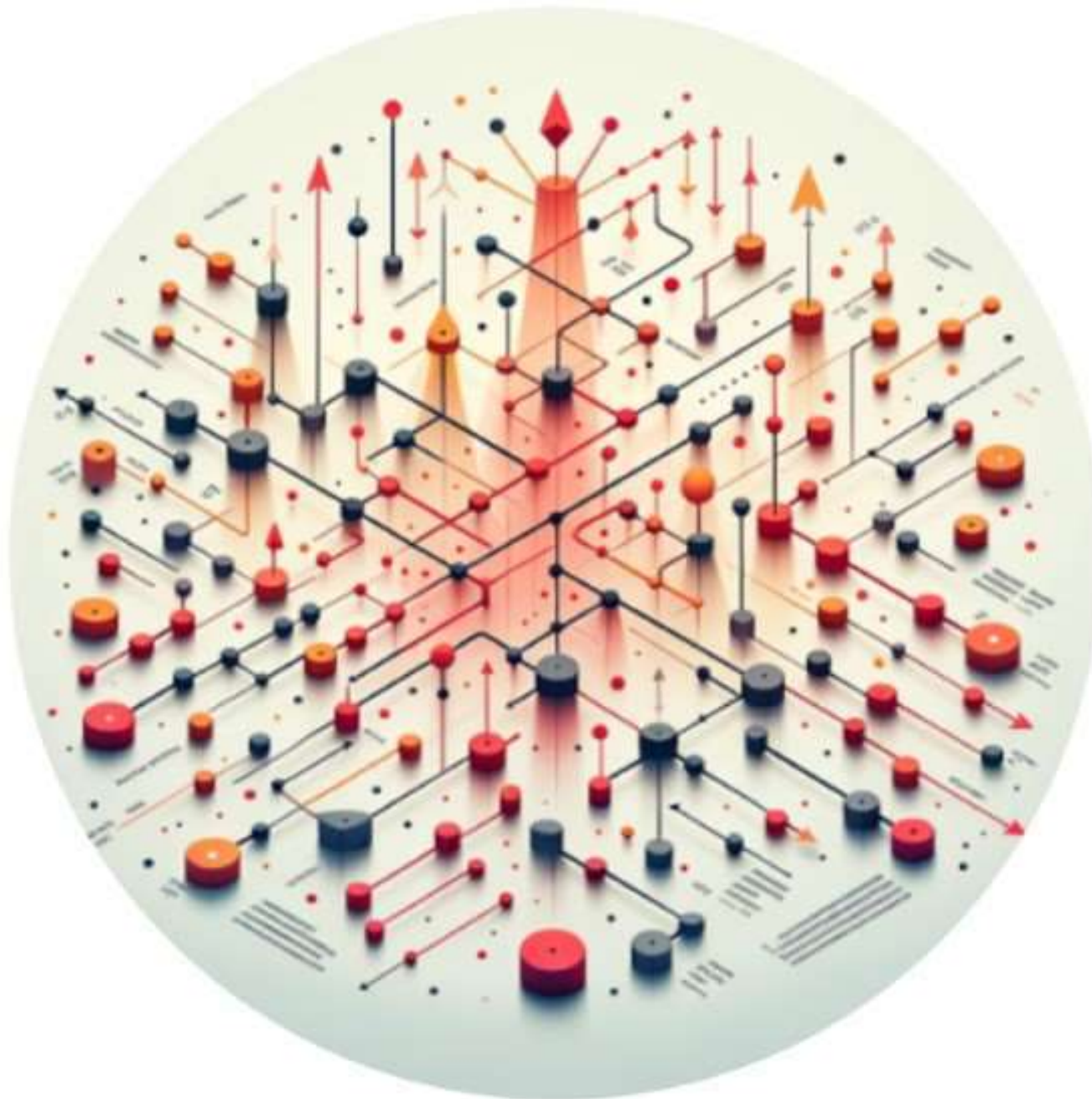
The adaptation procedure and psychometric properties of the mental health literacy measurements will be published by other colleagues from SCU.

# METHODS

- Ethical approval: Board of Psychology Faculty Ethical Committee
- Data collection → at a Private High School in Semarang using convenience sampling
- Participants: 792 junior and senior high school student.







# **METHODS**

## **(DATA ANALYSIS)**

- T-Test and ANOVA among groups of demographic
- Correlation analysis among all variables.
- Multiple regression: MHL and resilience on mental well-being.



# RESULTS

## A. Demographical Data

Variable	Categories	Frequency	Percentage
Sex	Male	383	48.4
	Female	409	51.6
Age	12 y.o.	101	12.8
	13 y.o.	137	17.3
	14 y.o.	143	18.1
	15 y.o.	131	16.5
	16 y.o.	136	17.2
	17 y.o.	126	15.9
	18 y.o.	18	2.3

# RESULTS

## A. Demographical Data

Variable	Categories	Frequency	Percentage
Class	1 JHS	123	15.5
	2 JHS	136	17.2
	3 JHS	138	17.4
	1 SHS	117	14.8
	2 SHS	146	18.4
	3 SHS	132	16.7



# RESULTS

## B. T-Test and ANOVA

- There are significant differences on **Mental Health Promoting Knowledge** ( $t=3.126$  ;  $p= .002$ ), **Resilience** ( $t=7.359$  ;  $p= .000$ ), and **Mental Well-Being** ( $t=7.027$  ;  $p= .000$ ) between male and female students.
- For age groups, significant variance across groups was found only in **Mental Health Promoting Knowledge** ( $F=3.714$ ;  $p= .001$ ).
- Similarly, **Mental Health Promoting Knowledge** between class groups was the only variable that showed significant results ( $F=3.921$ ;  $p= .002$ ).

# RESULTS

## C. Correlation

	Mean	SD	MHPK	MHL	Resilience	MWB
MHPK	35.88	6.598	1			
MHL	57.90	5.680	.283**	1		
Resilience	18.23	3.536	.368**	.144**	1	
MWB	49.32	8.658	.579**	.258**	.526**	1



# RESULTS

## D. Multiple Regression (MHPK)

		B	Std. Err.	Beta	t	F	df	R <sup>2</sup>	Adj. R <sup>2</sup>
MWB	Constant	10.596	2.789		3.800	177.811	2	.311	.309
	MHPK*	.284	.046	.186	6.239				
	Resilience*	1.222	.073	.499	16.708				

## E. Multiple Regression (MHL)

		B	Std. Err.	Beta	t	F	df	R <sup>2</sup>	Adj. R <sup>2</sup>
MWB	Constant	12.149	1.484		8.185	321.431	2	.449	.448
	MHL*	.586	.037	.446	15.707				
	Resilience*	.886	.070	.362	12.738				



# DISCUSSION

01

This study's results confirm that due to males and females' different mental health risk profiles, gender should be considered to be a key biological element in addressing mental health intervention or prevention (Suanrueang et.al., 2022; Otten et.al., 2021)

02

Results indicate that there are significant differences in MHPK across age and class groups. Rapid changes in cognitive maturation during late adolescence, facilitate older ones to attain more complex knowledge (Nobre et.al., 2022).





# DISCUSSION

03

Although MHPK shows a higher correlation with MWB, MHL (overall model) influences MWB more based on the regression model. This supports the idea of paradigm-shifting from knowledge-based literacy to practical skills to maintain mental health (Sampaio et.al., 2022).

04

MHL and Resilience have been investigated under several models in which one predicts the other. However, this study revealed that both MHL/MHPK and Resilience could predict the level of mental well-being among adolescents.





# CONCLUSION & FUTURE DIRECTION

## CONCLUSION

Mental Health Literacy (both knowledge and overall literacy) and Resilience predict Indonesian adolescents' Mental Well-Being simultaneously. Overall MHL + Resilience contributes more to MWB rather than MHPK + Resilience.



## FUTURE DIRECTION

Conducting data collection among a wider population to capture comprehensive picture of mental health literacy status and its condition with mental health status among Indonesian adolescents.





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# THANK YOU!

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## **Acceptance Letter** **to the 10<sup>th</sup> International Health Literacy Conference 2024**

**Dear Daniswara Agusta Wijaya,**

On behalf of the Asian Health Literacy Association (AHLA) and the Scientific Committee, we are delighted to inform you that your abstract titled, "**CODE114: Mental Health Literacy, Resilience, and Mental Well-Being among High School Students: A Study in Semarang, Indonesia**" has been accepted for the **Oral presentation** at the 10th AHLA International Health Literacy Conference. We believe your presentation will significantly contribute to the knowledge exchange and discussions during the conference.

The 10AHLA conference will be held from May 12-15, 2024 at Pham Ngoc Thach University of Medicine and Pharmacy, located at 02 Duong Quang Trung Street, 10 District, Ho Chi Minh City, Vietnam. This prestigious event will bring together healthcare professionals, researchers, and industry leaders to share innovative ideas, cutting-edge research, and best practices in the field. This year's theme, **Health Literacy in the Revolution of the Digital Age**, promises engaging discussions and networking opportunities.

The AHLA was established and registered in Geneva, Switzerland, in 2013, with over a dozen country offices and more than 100 institutional members worldwide. This 10th AHLA International Health Literacy Conference will be the most important regional health conference in 2024. For more information, please visit our conference website: <https://ahla2024.pnt.edu.vn> or AHLA website: <https://www.ahla-asia.org/about/25.htm>.

In addition to attending the conference, we would like to invite you to participate in several sessions on special topics on health literacy in the days following, scheduled from May 9th to 10th and 16th to 17th, as part of the academic exchange program organized by the AHLA network.

Your participation in the conference and related meetings would greatly enhance the overall quality of our event. We believe that your unique perspective and experience align with the goals of our conference.

To confirm your attendance or inquire further details, please feel free to contact our organizing committee at [AHLA.mailbox@gmail.com](mailto:AHLA.mailbox@gmail.com).

We look forward to welcoming you as our prestigious guests, and we hope you will enjoy the conference and your stay in Vietnam.

Sincerely,

**Prof. Angela Y.M Leung**  
President  
Asian Health Literacy Association

Date: Mar 25th, 2024

**Assoc. Prof. Nguyen Thanh Hiep**  
Rector  
Pham Ngoc Thach University of Medicine, Vietnam

Date: Mar 25th, 2024



**A · H · L · A**  
Asian Health Literacy Association



**THE 10<sup>TH</sup>**  
**AHLA INTERNATIONAL**  
**HEALTH LITERACY CONFERENCE**

Health Literacy in The Revolution of The Digital Age

01-10AHLA

# CERTIFICATE

of International Health Literacy Conference

IS PRESENTED TO

**DANISWARA AGUSTA WIJAYA**

*has attended and given an outstanding oral presentation  
at the 10th AHLA International Health Literacy Conference,  
held from May 12-15, 2024*

*Ho Chi Minh City, May 16, 2024*

**Prof. Angela Y. M. Leung, PhD.**  
President AHLA

**Prof. NGUYEN THANH HIEP, MD. PhD.**  
Conference Chairman





## Surat Tugas

Nomor : 00296/B.7.2/ST.FP/05/2024

Dekan Fakultas Psikologi, Universitas Katolik Soegijapranata, dengan ini memberikan tugas kepada:

Nama : 1. DANISWARA AGUSTA WIJAYA, S.Psi., M.Psi (Ketua Tim Penelitian)  
2. Dr. ENDANG WIDYORINI, MS (Anggota Tim Penelitian)

Status : Dosen Universitas Katolik Soegijapranata

Tugas : Mengikuti kegiatan AHLA 10th International Health Literacy Conference.  
Diselenggarakan oleh Asian Health Literacy Association  
Sumber dana Universitas

Waktu : 12 - 15 Mei 2024

Tempat: Ho Chi Minh City Vietnam

Demikian Surat Tugas ini dibuat untuk dilaksanakan dengan penuh tanggung jawab dan dipergunakan sebagaimana mestinya.



Semarang, 07 Mei 2024  
Dekan Fakultas Psikologi

Dr. Dra. KRISTIANA HARYANTI, M.Si.