

HEALTH EDUCATION RELATED TO "BALANCED NUTRITION AND MENTAL HEALTH"

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Background: In our daily lives, nutrition and mental health are two inseparable aspects. Both are the most important parts in maintaining our physical and mental health. To enhance adolescents know le community service activity aims to increase knowledge and understanding and the role of adolescents in maintaining mental health by linking it to balanced nutritional consumption. This activity aims to demonstrate that knowing the importance of maintaining mental health by fulfilling balanced nutrition, it can reduce the incidence of mental health crises in adolescents. **Method:** The method used is an interactive lecture Q&A and pre-post tests to students of SMP N 3 Purwoharjo Satu Atap regarding the prevention of mental health crises through the fulfillment of balanced nutrition in adolescents using observation techniques and pre-test data collection with the aim of determining whether or not this educational activity is necessary. Pre-test and post-test analysis are used to determine whether or not there is a change in understanding about prevention and how to prevent mental health crises through the fulfillment of balanced nutrition.. **Result:** The results of educational activities have an effect on increasing the understanding of students of SMP N 3 Purwoharjo Satu Atap about how to prevent mental health crises through the fulfillment of balanced nutrition. **Conclusion :** Nutrition is one of the important factors that determines the level of health and in schools...

1. INTRODUCTION

In our daily lives, nutrition and mental health are two inseparable aspects. Both are the most important parts in maintaining our physical and mental health.

40

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The importance of nutrition for mental health cannot be ignored. To carry out cognitive functions properly, the body needs several important nutrients such as vitamins, minerals, proteins, healthy fats, and carbohydrates. However, on the other hand, when the body lacks these nutrients, an imbalance can occur in the brain which can lead to mental health problems. (Surya, 2023)

Mental health is important for adolescents, especially in relation to difficulty focusing, frequent forgetfulness and can make adolescents demotivated in learning. (Ramayanthi, 2021) Mental health is no less important than physical health, mental health is also a condition that requires great attention. However, it should be noted that in Indonesia, the problem of mental health has still not been resolved properly. In fact, mental health often affects the adolescent age group. While currently, people with mental or mental disorders tend to be given a negative stigma by society. (Nurhaeni, 2022) Depression, anxiety, and behavioral disorders are among the leading causes of adolescent illness and disability. (Agustarika, 2023)

A recent report shows that emergency room visits for mental health crises spiked among children, adolescents, and young adults in the United States from 2011 to 2020. Not only in the United States, the high rate of mental health problems among adolescents also occurs globally, including in Indonesia. (Arif, 2023)

Some types of mental health problems that are generally experienced by the Indonesian people are depression and addiction. Usually mental health problems such as depression can occur due to problems or thoughts in someone who does not find a way out, causing them to experience mood swings. However, as a trigger for mental health problems that are no less important, namely unbalanced nutritional intake. Nutrition plays an important role in mental health. Food that enters the body can have a

significant impact on mental health. A healthy and balanced diet can help a person think clearly and improve concentration. So if someone meets their nutritional intake properly, they can avoid mental health problems such as depression. Conversely, if the absorption of nutrients in the body is disrupted and unbalanced, it can trigger mental health disorders. Nutrition is one of the important factors that determines the level of health, especially among school children. School children are a strategic target in improving community nutrition. Because the quality of healthy, intelligent, and productive Human Resources (HR) in the future can be determined from the quality of Indonesian children. In addition, children will also be the next generation of national development. So it is important to support growth and development at an early age with efforts, one of which is to meet the need for nutritious food and achieve optimal nutritional status. School children are part of the school environment which is a target group both in relation to behavior where at school the maturation process can be formed optimally. (Mulyani, 2014) . This is important because school children are experiencing physical and mental growth which is very necessary to support their lives in the future. (Ningsih, 2016)

Several studies also show that children who do not eat breakfast and are hungry behave worse at school, such as fighting and rarely attending school, while attention will increase when respondents eat breakfast and nutritious food. (Foundation, 2017) The harmony between physical and mental development can be described in the following statement. Good nutrition greatly affects children's concentration and intelligence in receiving and absorbing every knowledge they get.

Based on the description above, it is deemed necessary to carry out community service activities with the theme of nutrition and mental health.

2. METODE

This community service activity was carried out by the Community Service Team of the S1 Nutrition Study Program, STIKES Banyuwangi. The series of activities included counseling and discussion, with the following materials: Counseling on the Importance of Implementing Balanced Nutrition in Improving Mental Health, Counseling on Adolescent Mental Health, and Balanced Nutrition that Helps Improve Mental Health. The discussion was held together with students of SMP N 3 Purwoharjo Satu Atap, to provide an opportunity for students to ask questions about the counseling material that was not clear or to provide other examples. Evaluation of the activity was held before and after the counseling was completed.

Stages of Activity Implementation

a. Preparation

- The team conducted a location review or survey to identify problems and needs of partners.
- Application for permission to conduct community service at STIKES Banyuwangi
- Administrative management (correspondence)
- Preparation of tools and materials and accommodation
- Coordination with the Principal and students participating in the 6th batch of Kampus Mengajar to determine the target, place and time of the community service implementation
- Preparing the tools and materials to be used such as LCD, Laptop, souvenirs, etc.

b. Implementation

This community service activity was carried out at SMPN3 Purwoharjo Satu Atap on November 27, 2023, with 148

male and female students in grades 7-9. Each class was handled by 2 speakers. The material presented was useful for disseminating information on the importance of implementing a balanced diet in relation to maintaining mental health. This PKM activity began with an explanation of mental health in adolescents related to their nutritional behavior. Furthermore, an explanation of balanced nutrition in its role in improving mental health. The implementation of the activity can be seen in Figure 1.

The schedule of the implementation of the activity:

- Opening by the MC
- Introduction
- Pre-test (direct questions)
- Presentation of material I (mental health) by speaker 1
 - Presentation of material II (Balanced nutrition) by speaker 2
- Q&A and post-test
- Ice breaking
- Closing and conclusion
- Group photo
- Giving souvenirs

c. Closing

- Students are given questions related to the material that has been presented to determine their level of understanding after listening to the material.
- Ice breaking
- Giving souvenirs
- Group photo with the team
- Saying goodbye to students, teachers and the principal

3. RESULTS AND DISCUSSION

This community service activity was carried out at SMPN3 Purwoharjo Satu Atap on November 27, 2023, with 148 male and female students in grades 7-9 participating. Each class was handled by 2 speakers. The material presented was useful for disseminating information on the

importance of implementing a balanced diet in relation to maintaining mental health. This PKM activity began with an explanation of mental health in adolescents related to their nutritional behavior. Furthermore, an explanation of balanced nutrition in its role in improving mental health. The implementation of the activity can be seen in Figure 1 and Figure 2. To measure students' basic knowledge and its improvement after counseling, as well as to provide an overview of the level of success of the methods used in this community service activity, a test was carried out at the beginning of the activity (pre-test) and at the end of the activity (post-test).

Tabel 1. Target Participants Based on Class

N o	Target	Participan t	Persentag e
1	Student s 7th	52	35 %
2	students 8th	42	29 %
3	student 9th	54	36 %
	total	148	100 %

The results of the pre-test conducted at the beginning of the activity are one of the driving factors for the success of the program and make it easier for participants to understand the problems given. However, there are obstacles faced by participants in the form of limited knowledge about the role of balanced nutrition in supporting mental health so that this needs more attention. Mental health problems in junior high school students are beginning to be felt in their academic performance. It is important for schools to take appropriate action so that students get the support and assistance they need. Prolonged anxiety disorders will also have an impact on a person's eating patterns. Someone who is

anxious will more easily experience changes in appetite, such as an increase or decrease in appetite so that they often have a poor or low quality diet. In a study conducted at Kent State University in America, it was found that medical students tend to consume foods that are high in sugar and fat and this causes weight gain. The study stated that the higher the level of anxiety, the worse the nutritional intake that will be consumed. (Alzahrani SH, 2020) due to several problems in students can cause loss of interest in daily activities, mood swings, feelings of worthlessness, deviant behavior and especially the academic performance of the person concerned. Schools need to take early prevention of mental health in junior high school students, which is sometimes still considered not serious, so that students often experience a decline in academic achievement or social events outside of academics that interfere with their school activities. Schools need to educate their students about how balanced nutrition plays an important role in managing digestive tract health so that it can help prevent various mental health problems. The implementation of Community Service received appreciation from the teachers and principal of SMPN 3 Purwoharjo Satu Atap, that the material for this activity will be studied again to be developed as material in the teaching and learning process, especially the P5 activity at SMPN 3 Purwoharjo Satu Atap is expected to help achieve students' understanding of the role of balanced nutrition that helps improve mental health. As an effort to meet nutritional needs and optimize physical development, nutritional knowledge is needed for someone to be able to implement a good diet. (Yulia, 2018) Regarding this, Maslow explained that the hierarchy of basic human needs with a pyramid-shaped scheme is self-actualization. Self-actualization described by Maslow is psychologically healthy, becoming a whole person, fully improving, and fully mature. A "healthy" or self-actualizing person has

characteristics such as an appropriate perception of Reality. The ability to accept oneself, others, and human nature, the ability to show spontaneity, the capacity to concentrate on solving problems, the need to separate oneself and the need for privacy, independence, autonomy, and a resistance to enculturation. (Maslow, 2013) Individual understanding through positive living and early prevention efforts are essential to maintaining adolescent mental health. (Sapto W, 2024)

Image of activity documentation Documentation of community service activities with the theme “Health Education Related To Balanced Nutrition and Mental Health.”



Figure 4.1 Documentation of community service activities

4. CONCLUSION

The conclusion of the Community Service activities at SMPN 3 Purwoharjo Satu Atap are:

1. The results obtained are basic initial understanding of participants which is still not good regarding balanced nutrition and mental health. The basic understanding that is not good from participants is about mental health and balanced nutrition
2. Additional knowledge was obtained from participants although not significantly before and after counseling about the activity material provided
3. Through community service activities at SMPN 3 Purwoharjo Satu Atap, it provides

benefits and runs optimally in increasing student knowledge about the activity material provided.

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