ABSTRACT

Changes in Adolescent Mental Health Knowledge Following the Lamin Rasa Education Program

Indah Ariyani, Ratih Wirapuspita Wisnuwardani

Correspondence E-mail : indahuculforwork@gmail.com

Background : Mental health literacy is important for adolescents' emotional well-being, stress management, and help-seeking. Lamin Rasa is a locally adapted mental health education program implemented in East Kalimantan.

Objective : To assess changes in students' knowledge of emotions, stress, and help-seeking following a Lamin Rasa education session.

Research Methods/ Implementation Methods : A one-group pretest–posttest study involved 25 students at an integrated Sekolah Rakyat in East Kalimantan. Knowledge was assessed before and after the session using a 10-item multiple-choice questionnaire scored from 0 to 100. Mean paired differences were analyzed using a paired t-test after assessing the normality of score differences.

Results : Mean knowledge scores decreased from 81.2 (SD 18.1) before the session to 74.8 (SD 24.3) afterward, corresponding to a mean change of −6.4 points (95% CI: −18.3 to 5.5). The difference was not statistically significant ($t(24)=-1.11$; $p=0.278$). Eleven students (44%) showed increased scores, eleven (44%) showed decreased scores, and three (12%) remained unchanged. At baseline, 19 students (76%) scored at least 80.

Conclusion/Lesson Learned : No statistically significant change in measured mental health knowledge was detected following the Lamin Rasa education session. The findings are limited by the small sample, high baseline scores, and absence of a comparison group.

Keyword : adolescent mental health; mental health literacy; health education; Lamin Rasa; pretest–posttest