

Child Mental Health Education After The Covid-19 Pandemic

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Abstract.

The Covid-19 pandemic is a disease outbreak that has spread not only in Indonesia but throughout the world. This virus not only affects our physical health but also affects our mental health. Even though the government has now declared Indonesia to be free of masks, it cannot be denied that the coronavirus is still among us. For this reason, it is important to maintain good physical and mental health. During the pandemic, many people feel the consequences, especially children who still don't understand what is going on. In addition, the lack of awareness of us or our parents about mental health is a problem that must be faced. Mental health is a condition when our mind is peaceful and calm, so we can live a good life too, while children's mental health is related to how children face the challenges that exist in their lives. Community Service (PKM) "children's mental health education counseling after the covid-19 pandemic" which was held at the Miftahul Ilmi Kindergarten/RA school was carried out as a form of concern for how important mental health is to be maintained even after pandemic period has passed. The implementation of Community Service (PKM) is carried out on a scale through two stages, namely: the observation stage and the activity implementation stage. In the implementation stage, it is carried out through the lecture/discussion method of question and answer. The participants provided material on what mental health is, recognizing mental health problems in children, the effects of the COVID-19 pandemic on children's mental health, and the importance of maintaining mental health as well as tips for maintaining mental health in children. The result of this Community Service (PKM) activity is that previously there were still many parents who did not understand that not only physical health must be maintained but children's mental health also has a very large role in the body of children's development in the future to live their lives.

Keywords: Covid-19 pandemic and children's mental health

I. INTRODUCTION

Coronavirus (covid-19) is an infectious disease caused by the SARS-CoV-2 virus. The coronavirus was first discovered in Wuhan in December 2019 and has a fairly rapid development of transmission throughout the world. (Santika, 2020). Due to the coronavirus pandemic that is spreading around the world, this is a challenge for many countries now dealing with a large group or community transmission (WHO). The COVID-19 pandemic has forced various countries to take different policies according to their country's circumstances. Indonesia itself uses the PSBB policy (large-scale social restrictions). This policy was taken by the Indonesian government at the end of March 2020 as an effort to reduce the spread of the virus. In the implementation of the PSBB, many activities are carried out only from home to reduce outside activities so that the spread of the coronavirus is interrupted. With this policy, educational activities in schools are temporarily limited. The students do online learning (online) or some students who enter alternately. Especially for those who are young or teenagers, this activity restriction will certainly have an impact on mental health. Those who initially did a lot of activities outside the home now have to be "forced" to do it indoors. This condition if only done in a short period of time will not result in anything but if it has to be in the long term it will result in the child becoming bored and depressed, causing his mental health to be disturbed, ranging from anxiety to depression (Choirunissa et al., 2020).

Physical health is very important to maintain as well as mental health which must also be maintained. Mental health can help us to maximize our performance in various aspects of life. When we talk about mental health, the things that become the subject of discussion are the environment and family. The impact of covid-19 that we feel is the restriction of socializing to the outside world so that it can cause stress for some people, including children. According to a child and adolescent psychiatrist, Renvil Reynaldi, this change in situation will cause children to be stressed because some things they usually do have to be stopped for a while. Children will feel burdened by the ban on going out of the house which inhibits children's exports to the environment (Tabi'in, 2020). Mental health according to a health expert Merriam Webster is a good emotional and psychological state, where individuals can use emotions and cognitions so that they can

function to fulfill their daily lives (Dewi, 2012). In addition, mental health can also be interpreted as a harmony in life that is manifested between the functions of the soul so that it is able to deal with existing problems can provide happiness in a positive direction (Fakhriyani, 2019).

Devi sani rezki as a child psychologist explains several things that affect children's mental health, including: (1) Body health and physical activity. (2) interaction with family members. (3) interaction with friends. (4) perception of the environment. (5) other changes that indirectly affect the child. Devi sani also explained that mentally disturbed children can be seen from the form of internalized problems (more withdrawn, more anxious, less cheerful, etc.) and externalize problems (easily irritated, more aggressive, and uncooperative). (Djayadin & Munastiwi, 2020). The problem faced is the lack of understanding of parents about how important children's mental health affects life. Even though now many activities are carried out normally, there are still many that cause anxiety, such as what if the virus returns, or whether we can be normal like before. coronavirus. These anxieties are certainly a nuisance for various individuals, especially young children, so they may affect mental health.

II. METHODS

This Community Service (PKM) research method uses the lecture method and question-and-answer discussion. This activity was carried out by gathering the guardians of the TK / RA MIFTAHUL ILMI students in one classroom. In the implementation of this activity, the appropriate health protocol is applied and all participants have been vaccinated with at least 1 vaccine.

The implementation of this activity is divided into:

a. Preparation

Stage In this stage the first thing to do is to observe the place that will be used as the goal of Community Service (PKM) activities carried out in TK/RA MIFTAHUL ILMI. Furthermore, in terms of licensing, starting from asking for a letter to the Faculty of Economics and Business to be given to the school so that it can carry out activities.

b. The implementation stage of

Community Service Activities (PKM) is carried out using the lecture method and this discussion is held to increase awareness about the importance of "child mental health education after the pandemic". The activity was attended by the mentor lecturer, MIFATHUL ILMI TK/RA teacher council, and parents of students as the target of this Community Service (PKM) activity. The resource person explained what mental health is, identifying mental health problems in children, the effects of the COVID-19 pandemic on children's mental health, and the importance of maintaining mental health as well as tips for maintaining children's mental health amid the COVID-19 pandemic. Resource persons also carry out discussion activities on children's mental health.



Fig 1. Presentation of the material "Education for children's mental health after the COVID-19 pandemic".

III. RESULTS AND DISCUSSION

TK/RA MIFTAHUL ILMI, which is located in the village of Tebing.lingghara, west blade sub-district, Labuhan Batu district. Community Service Activities (PKM) are carried out on Wednesday, March 23, 2022, at 09.00 WIB until finished, in one of the Miftahul Ilmi TK/RA classrooms with 30 participants.

The implementation of this activity was positively welcomed by members of the Community Service (PKM) who were present. This PKM activity was carried out because the resource persons felt that we were not paying attention to children's mental health, especially during a pandemic. Therefore, through the Community Service (PKM) program, this community service worker invites members of the Community Service (PKM) to be more sensitive to how important children's mental health is to pay attention to because it will affect their social life in the future. The materials provided by the speakers are: About what a child mental health is, a child's mental health is how children think and feel about themselves and the world around them. Therefore, children's mental health is related to how children face challenges in life. The resource persons also conveyed mental health problems in children, such as behavioral problems, social-emotional disorders, parent-child relationship disorders, learning development disorders, and eating and health behavior disorders (CNN Indonesia Team, 2020).

In addition, the service also includes the effects of COVID-19 on children's mental health (Permana, 2021), namely:

1. Skin hunger and lack of social referrals
2. Digital media addiction and increased stress and anxiety
3. Cabin fever and emotional burnout

On this occasion the servant also gave tips for maintaining children's mental health (Fiona, 2022), namely:

1. Focus on the positive
2. Acknowledge the feelings of the little one (child)
3. Encourage social interaction in children
4. Respond calmly to children's emotions
5. Be a happy parent
6. And no punishment.

During the discussion, a member of the Community Service (PKM) asked how the attitude of parents towards their children should turn out to be more active due to the environmental effects outside the home. The attitude that we must do as parents is to give more attention and understanding to what is being done, whether right or wrong. Furthermore, parents also said that currently many of their children are addicted to digital media such as cellphones, so for this reason, the devotees here provide some tips so that children are not addicted to digital media, such as inviting children to play directly, limiting the use of digital media according to the child's age. , schedule children to play with digital media and the most important thing is to be a good example for children, so of course, we often forget that we as adults will always be an example. So that children do not become addicted to digital media such as cellphones, the role of parents is a very important, as an example. So parents must be wiser to regulate the use of digital media itself, lest we as adults who give prohibitions appear to stick to digital media, then our prohibitions will not produce results.



Fig 2.Group discussion session on children's mental health issues.

So far, parents think that health is only about physical, the fact is that mental health also plays a big role in the development of children to face challenges in life. Be it behavioral problems, emotional-social disorders, or learning development disorders in children. From the obstacles found by the devotees, it is hoped that there will be more activities about the importance of mental health so that parents understand better.



Fig 3.Group photo of participants in the Community Service (PKM) outreach activity
"Information on Children's Mental Health Education After the Covid-19
Pandemic Period in Miftahul Ilmi Kindergarten/RA".

IV. CONCLUSIONS AND RECOMMENDATIONS

Conclusions

Community Service Activities (PKM) with the title "Child Mental Health Education Counseling After the Covid-19 Pandemic Period at Miftahul Ilmi Kindergarten/RA has been completed, hopefully, this activity makes us aware that children's mental health needs to be taken care of. Even though the COVID-19 pandemic is now over, there are still effects that will be caused after the pandemic period, of course, the most visible effect currently is the number of children who are addicted to digital media such as cellphones. often and can interfere with child development. So now we as adults must be aware that the mental health of children must also be maintained and cared for so that children can have a good life.

Suggestion

Hopefully, socialization about children's mental health can be held again so that we all understand more deeply, especially after the COVID-19 pandemic.

V. THANK-YOU NOTE

Dean of the Faculty of Economics and Business, Advisory Lecturer I, Supervisor II, Principal of TK/RA Miftahul Ilmi, teacher council, Parents who were present as the audience in the socialization activity, and do not forget the team that has helped carry out the outreach. Community (PKM).

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