

Mental Health Disorders in Students University as a Challenge in Higher Education Era Society 5.0

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Abstract

Mental health disorders in students universities can make students uncomfortable living their daily lives. Mental health disorders will also impact the lectures attended by students. Students who experience mental health disorders tend to be uncomfortable and confused in attending lectures it will impact the low learning outcomes obtained by students. Counseling services in tertiary institutions play an important role in helping students deal with mental health disorders. This type of research is quantitative research with descriptive methods. The purpose of this study was to describe mental health disorders experienced by students in West Sumatra Province throughout 2023. The data used in this study were individual counseling results report data at Universitas Negeri Padang counseling center throughout 2023. The data analysis technique used in this study was descriptive statistical analysis. The results of this study showed that of the 26 students who received counseling services, 1 (3.84%) experienced hopelessness in life, 2 (7.69%) experienced anti-social, 15 (57.70%) experienced academic stress, 5 (19.23%) experienced academic anxiety, and three students (11.54%) experienced excessive anxiety about the future. This study also describes the procedures for counseling services in tertiary institutions in dealing with students' mental health disorders.

Keywords: Student university, Mental health, Counseling

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Introduction

Students at university are required to meet the academic demands of higher education. In meeting these academic demands, students can sometimes experience distractions. One of the serious disorders that often hinder students from meeting the academic demands of higher education is mental health disorders.

Mental health disorders are disorders or diseases related to a person's psychological condition. Psychological conditions that are not conducive tend to make a person chaotic in daily activities, which can even interfere with physical health (Fond et al., 2021; Simon et al., 2020; Whitney & Peterson, 2019). Students at university can experience chaos in this psychological condition if they cannot maintain mental health properly, and vice versa. Students who can maintain their mental health can avoid psychological disorders.

Factors affecting mental health in students at university can come from within (internal) and outside the student university (external). Internal factors influencing student mental health are emotional management, resilience, self-control, and management of daily activities (Amemia & Sakairi, 2019; Ungar & Theron, 2020). Students who have poor emotional management, resilience, self-control, and management of day-to-day activities tend to be prone to mental health disorders. Meanwhile, students with good emotional management, resilience, self-control, and management of daily activities tend to avoid mental health problems. This is in accordance with research conducted by Moeller et al. (2020), which found that students with good emotional management and self-control tend to avoid mental health disorders, while university students with poor emotional management and self-control are more prone to experiencing mental health disorders. In research conducted by Brewer et al. (2019), it was also found that university students who managed their daily activities well and had high resilience tended to avoid mental health disorders compared to students who were unable to manage their activities and had low resilience.

Factors from outside students that cause mental health disorders can come from social and cultural environmental conditions (Castaldelli-Maia et al., 2019; Gopalkrishnan, 2018). Social and cultural environmental conditions are important factors in influencing a person's mental health condition. This is evidenced by research conducted by Lei et al. (2018), which found that European and American students who receive good social support from family and close friends tend to have a conducive psychological condition, meaning they have good mental health. However, European and American students who do not get social support tend to feel empty, have no motivation in life, and are depressed, so they are not happy in life. This means that social support has an important role in building mental health in a person, likewise with culture. Students who live in a dense cultural environment with high work activity or busyness are more prone to experiencing stress. This is also proven by the research of Nguyen et al. (2019) on Japanese state students. Students who live in urban areas that are dense with work activities tend to be prone to experiencing stress, compared to students who come from areas that are not busy with work.

Mental health is important for students to have in meeting the academic demands of higher education. Students who experience mental health disorders tend to be disrupted by undergoing lectures. Research conducted by Baglioni et al. (2020) on European students found several types of mental health disorders experienced by students, namely academic stress, academic anxiety, adjustment problems, online game addiction, love problems, anti-social, depression, and hopelessness about the future. A study by Lipson et al. (2019) on United States (US) students also found the same type of mental health disorder as previous research conducted in Europe. This study found that the types of mental health disorders experienced by US students were depression, academic stress, academic anxiety, and social relationship problems. Furthermore, in research conducted by Chen et al. (2019) on Asia-

Pacific students, it was also found that students generally experience mental health disorders are depression, academic stress, academic anxiety, and social relationships with peers and lecturers.

From the beginning of 2023 until now, in the Province of West Sumatra found several problems that are almost the same as European, American, and Asia-Pacific students in general. Mental health disorders experienced by students, in general, are hopelessness in life, anti-social, academic stress, academic anxiety, and excessive anxiety about the future. Mental health disorders experienced by students must be addressed as soon as possible. Mental health disorders experienced by students will impact the disruption of students' daily lives, especially in the academic life of students in tertiary institutions. Students can be disrupted in attending lectures when experiencing mental health problems, resulting in unsatisfactory learning outcomes.

Counseling services in tertiary institutions can be an alternative solution for students who experience mental health. Counseling services in tertiary institutions aim to help students to live their daily lives effectively, especially the life of studying in tertiary institutions. Therefore, to help students who experience mental health disorders can be assisted through counseling services in tertiary institutions.

Method

This type of research is quantitative research. Creswell (2014) explains that quantitative research uses concrete data in numbers and is processed by statistical analysis. Furthermore, this research uses a descriptive method. Ary et al. (2013) explain that descriptive research describes a phenomenon or description of the implementation of an activity or method.

The purpose of this study was to describe mental health disorders experienced by college students. The mental health disorders described will be grouped into each problem area of human life, namely the personal sector, the social sector, the career field, the family field, and the religious field. The data used in this study is data on the results of individual counseling in counseling practice at Padang State University throughout 2023. The data analysis technique used in this study is presentation analysis. The types and areas of mental health disorders will be presented so that it will be seen the types and areas of severe, moderate, and low mental health disorders experienced by students so can be a comparison with mental health disorders experienced by European, American, and Asia-Pacific students, and in general. This study also describes the procedures for counseling services in tertiary institutions in dealing with students' mental health disorders.

Results and Discussion

Description of Mental Health Disorders Experienced by Students During Counseling Practices

Mental health disorders can happen to anyone, including students currently studying at tertiary institutions. Based on the counseling practice experience in West Sumatra Province

in 2023, several mental disorders were found in students. The description of the student's mental health disorder can be seen in the image below.

Table 1. Data Description of Student Mental Health Disorders in Counseling Practices Throughout 2023

No	Problem Field	Problem Type	Frequency	Percentage
1	Private	Despair of life	1	3.84 %
2	Social	Anti-social	2	7.69 %
3	Academic	Academic stress	15	57.70 %
		Academic Anxiety	5	19.23 %
4	Career	Excessive anxiety about the future	3	11.54 %
Total			26	100 %

Based on Table 1, there are four problem areas encountered in the practice of counseling students in West Sumatra Province throughout 2023, namely the areas of personal, social, academic, and career problems. During the counseling practice, 1 out of 26 students received counseling services (3.85%) who experienced hopelessness in life. Furthermore, in the social problems field, 2 out of 26 (7.69%) students received counseling services experiencing anti-social disorders. Then in the academic problems field, 15 out of 26 (57.70%) students who received counseling services experienced academic stress, and 5 out of 26 (19.23%) students who received counseling services experienced academic anxiety. After that, in the field of career problems, it was found that 3 out of 26 (11.54%) students who received counseling services experienced excessive anxiety about the future. Excessive anxiety about the future.

Mental Health Disorders

Mental health disorders are conditions of the chaotic psychological atmosphere in a person. Mental health disorders are the same as physical health disorders that can interfere with and hinder a person from carrying out their daily activities. Someone diagnosed with a mental health disorder tends to be uncomfortable in everyday life. The most dominant symptom for someone with a mental health disorder is a bad emotional state, unable to think properly, inappropriate behavior, and even physical health begins to decline (Wathelet et al., 2020; Zhou et al., 2020).

Mental health disorders are divided into several fields, namely personal, social, academic, and career fields. Then these types of mental health disorders are further divided based on the problem area. Usually, the areas and types of dominant mental health disorders are influenced by the population where people live or do their daily activities, for example, in the population of employees who work in offices (Blakemore, 2019; Foster et al., 2019). The dominant mental health disorders experienced by office employees are work stress and excessive anxiety about future careers, although other mental health disorders also occur in-office employees. So is the college student population. The most dominant mental health

disorders experienced by college students are academic stress, academic anxiety, hopelessness, and anti-social behavior disorder. Health problems must be addressed or restored as soon as possible. Mental health disorders experienced for a long time can cause a person's life to become chaotic, so in the end, it will impact physical health problems.

Counseling Services in Higher Education

Professional experts carry out counseling services called counselors. Counselors can practice counseling services in schools, communities, and universities. Professional college counselors at the campus counseling center carry out counseling services in tertiary institutions. All students in tertiary institutions can utilize counseling services in tertiary institutions. The main purpose of counseling services in tertiary institutions is to help students live their daily lives smoothly, especially in carrying out lecture activities (Prayitno & Amti, 2008).

A student's life can be said to be vulnerable to experiencing mental health disorders. Mentally healthy students tend to be able to live their daily life well, especially in carrying out lecture activities. Vice versa, students affected by mental health disorders tend to be uncomfortable and anxious in daily activities, especially in daily activities.

Students must meet the academic demands of higher education and live a social life. In carrying out these activities, sometimes students can experience obstacles that disrupt the atmosphere's psychological condition and impact mental health disorders in students. Counseling services in tertiary institutions have an important role in overcoming student mental health disorders. Students who experience mental health disorders can visit the campus counseling center to get counseling services to deal with the mental health problems they are experiencing.

Counseling services in higher education in overcoming student mental health disorders

Mental health problems experienced by students must be addressed as soon as possible. Campus counseling centers have an important role in overcoming mental health disorders in students. There are three stages of implementing counseling services in tertiary institutions in dealing with student mental health disorders.

Pre-counseling Stage

In the pre-counseling stage, students who experience mental health disorders can visit the campus counseling center. At this pre-counseling stage, the authorities at the tertiary institution can also refer students who experience mental health disorders to the campus counseling service center. Students can register and contract with counselors at the counseling center; then, the counselor can make an initial diagnosis of mental health disorders experienced by students (Corey, 2012).

Early diagnosis at this pre-counseling stage is very important. Counselors can know or identify in advance the types of mental health disorders experienced by students. Counselors can diagnose student mental health disorders using psychological tests and non-test instruments. This initial diagnosis data is used as a guideline for counseling students with mental health disorders.

Counseling process

The counselor starting the counseling process can refer to the client's initial diagnosis of mental health disorders. In the counseling process, the counselor must use a counseling service model appropriate to the type of mental health disorder experienced by the client. The stages in the counseling process consist of the initial stage, the transitional stage, the work stage, and the termination stage (Prayitno & Amti, 2008).

In the early stages of counseling, the counselor must establish a good therapeutic relationship with the client. This initial counseling process will determine the success of counseling in the next stage. Therefore, the counselor must build a good therapeutic relationship with the client. In addition, in the early stages of counseling, structuring must also be carried out for clients and making contracts with clients in the counseling process. Furthermore, at the transitional stage, the counselor must ask the client about his readiness to attend counseling services.

At the working stage related to the counseling model used. The counseling model used is adapted to the mental health disorder experienced by the client. Furthermore, at the termination stage, it is necessary to carry out an immediate evaluation in the counseling process. This evaluation is very important because it aims to determine the extent of the success of counseling in helping clients.

Post-counseling

At the post-counseling stage, it is necessary to carry out short-term and long-term evaluations. Short-term counseling evaluations are completed one week to a month after the counseling process. Then a long-term evaluation is carried out one month to six months of the counseling process. Counselors can contact clients again to evaluate the success of counseling in overcoming student mental health disorders (Prayitno & Amti, 2008).

Conclusion

Mental health disorders experienced by students can interfere with students in carrying out their daily activities, especially in attending lectures. Students resistant to sources of mental health disorders tend to have good mental health conditions, and vice versa. Students who are not resistant to sources of mental health disorders tend to experience mental health disorders.

Mental health disorders experienced by students can result in discomfort for students in carrying out their daily activities, especially lecture activities. Even mental health disorders that last for a long time can impact students' physical health disruption. Counseling services in tertiary institutions can be a solution for students who experience mental health disorders. Students with mental health disorders can visit the campus counseling center to get counseling services.

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