

DEVELOPMENT OF THE "SI MENTAL BK" APPLICATION AS A MEDIUM FOR EXPRESSING STUDENTS' MENTAL HEALTH AT THE UPT SPF SMP NEGERI 9 MAKASSAR

***¹Febriana Angraeni, ² Abdullah Pandang, ³Sahril Buchori**

^{*1}Program Studi Bimbingan dan Konseling, ^{2,3}Program Pascasarjana Universitas Negeri Makassar (UNM), Makassar, Indonesia

Email: ^{*1}bhyangraeni90@gmail.com, ²abdullah.pandang@unm.ac.id,

³sahril.buchori@unm.ac.id

Abstract

This study aims to develop the "SI MENTAL BK" application as a medium for disclosing student mental health at UPT SPF SMP Negeri 9 Makassar. The background of this research is based on the challenges in mental health services in Indonesia, where access to mental health services is still limited and many students are unaware of their mental health conditions. The method used in this research is Research and Development (R&D) with an approach that includes needs analysis, planning, product development, expert validation, and field testing. The results show that this application is highly needed by students and guidance counselors, with an average development needs score of 3.76 (very much needed category). The application's validity is rated very good with an average score of 3.93, and its practicality also received positive evaluations with an average score of 3.93. The "SI MENTAL BK" application is expected to facilitate guidance counselors in identifying and addressing students' mental health issues effectively and efficiently, as well as providing relevant information for follow-up actions. This research makes a significant contribution to the development of technology-based guidance and counseling services in schools.

Keywords: Application, Mental Health, Guidance Counseling, SI MENTAL BK

Abstrak

Penelitian ini bertujuan untuk mengembangkan aplikasi "SI MENTAL BK" sebagai media pengungkapan kesehatan mental siswa di UPT SPF SMP Negeri 9 Makassar. Latar belakang penelitian ini didasari oleh tantangan dalam pelayanan kesehatan mental di Indonesia, di mana akses terhadap layanan kesehatan mental masih terbatas dan banyak siswa yang tidak menyadari kondisi kesehatan mental mereka. Metode yang digunakan dalam penelitian ini adalah Research and Development (R&D) dengan pendekatan yang meliputi analisis kebutuhan, perencanaan, pengembangan produk, validasi ahli, dan uji coba. Hasil penelitian menunjukkan bahwa aplikasi ini sangat dibutuhkan oleh siswa dan guru BK, dengan skor rata-rata kebutuhan pengembangan aplikasi mencapai 3,76 (kategori sangat dibutuhkan). Validitas aplikasi dinyatakan sangat baik dengan skor rata-rata 3,93, dan kepraktisan aplikasi juga mendapatkan penilaian positif dengan skor rata-rata 3,93. Aplikasi "SI MENTAL BK" diharapkan dapat memudahkan guru BK dalam mengidentifikasi dan menangani masalah kesehatan mental siswa secara efektif dan efisien, serta memberikan informasi yang relevan untuk tindakan lanjutan. Penelitian

ini memberikan kontribusi signifikan terhadap pengembangan layanan bimbingan dan konseling berbasis teknologi di sekolah

Kata kunci: Aplikasi, Kesehatan Mental, Bimbingan Konseling, SI MENTAL BK

INTRODUCTION

Mental health is an important aspect of an individual's life, especially among adolescents. In Indonesia, the challenges in mental health services are enormous, given the growing population and limited mental health resources available. According to data from the Ministry of Health, there are 45 mental hospitals spread across 34 provinces, with a number of psychologists and psychiatrists that is far from adequate to serve a population of 262 million. This creates a gap between the need for mental health services and the availability of professionals who can provide assistance.

In the context of education, students often face various pressures that can affect their mental health, such as academic stress, social problems, and emotional changes that occur during adolescence. The results of the Indonesia National Adolescent Mental Health Survey (I-NAMHS) show that one in three adolescents in Indonesia experiences mental health problems, with anxiety and depression being the most common. However, students' awareness of the importance of mental health and access to existing services is still very low.

To overcome this problem, innovation in guidance and counseling approaches in schools is needed. One solution that can be implemented is the development of a technology-based application that can help students express and understand their mental health conditions. The “SI MENTAL BK” application was designed as a medium for students to express their mental health at UPT SPF SMP Negeri 9 Makassar. This application aims to provide an effective tool for guidance and counseling (BK) teachers in assessing students' mental health, as well as providing relevant information and follow-up recommendations based on the assessment results.

This study aims to develop the “SI MENTAL BK” application as a medium for students to express their mental health, as well as to evaluate the needs, validity, and practicality of the application. With this application, it is hoped that students' awareness of mental health will increase and that better support will be provided in the guidance and counseling process at school. Through this research, it is hoped that a positive contribution can be made to improving the quality of mental health services in the educational environment, as well as helping students face the challenges they encounter during adolescence.

METHOD

This study uses a Research and Development approach with the aim of producing a specific product and testing its effectiveness. The research model used refers to the R&D model by Borg and Gall, which consists of 10 steps, but has been modified to 7 steps. These steps include preliminary research and information gathering, development

planning, initial product development, expert validation, first stage product revision, field testing (small groups), and second stage product revision

(final product). The development procedure began with conducting a needs analysis at the UPT SPF SMP Negeri 9 Makassar to student representatives to determine the subjects' needs for the product to be developed. Next, in the planning stage, the researchers prepared test models, application developers, assessment criteria, and programming languages to connect the applications. The initial product form was developed by integrating the application design using MS Excel and Visual Basic Developer.

After that, expert validation was carried out by testing the application with experts in the fields of guidance and counseling, psychology, and IT design to obtain input and suggestions. Field trials involved a small number of students to test the application, followed by product revisions based on input from the trials and expert validation.

The subjects of this study were seventh, eighth, and ninth grade students at UPT SPF SMP Negeri 9 Makassar. The data collection instruments used included a validation sheet to assess the feasibility of the product developed by subject matter experts, design experts, and practitioners, interviews to collect data from students and guidance counselors regarding the existence and urgency of the application, and a response questionnaire to collect students' and teachers' responses and assessments of the SI MENTAL BK application. The data analysis techniques used included qualitative data obtained from interviews and content analysis to revise the media, as well as quantitative data obtained from questionnaires and analyzed using descriptive analysis to show the level of feasibility of the application.

The validity test was conducted using Pearson Product-Moment correlation analysis, while the reliability test used Cronbach's Alpha to ensure the internal consistency of the instrument. The assessment was based on a scale of 1-4 for validity and practicality, with the categories: very good, good, not so good, and very poor. With this method, the study is expected to produce a SI MENTAL BK application that is valid, practical, and effective in revealing students' mental health.

RESULTS AND DISCUSSION

The development of the SI MENTAL BK application revealed several important findings related to the needs and effectiveness of this application at the UPT SPF SMP Negeri 9 Makassar. First, the needs analysis revealed that the majority of students recognized the need for a tool that could help them identify mental health more accurately and was easy to use, with an average score for instrument development needs reaching 3.76, which falls into the “Highly Needed” category. Respondents, including guidance counselors, considered digital application-based assessments to be superior to manual methods because they are more practical and able to present results that can be immediately followed up

. The availability of subjects and resources received an average score of 3.72, also in the “Highly Needed” category. Respondents had access to digital devices such as computers, and guidance counselors showed support for the use of technology in the mental health measurement process. School infrastructure, such as internet connections and computer lab facilities, was considered adequate to support the implementation of this application.

The results showed that guidance counselors had difficulty assessing students' mental health without the support of appropriate assessment tools, with an average score for this aspect of 3.89. This indicates that the personal social guidance services currently available are still unable to optimally help students determine their level of mental health.

The aspect of student expectations for the SI MENTAL BK application received an average score of 3.76, which indicates high expectations for an assessment application that is not only technically functional but also substantively relevant. Respondents hoped that this application would be able to provide more specific and personalized mental health information and be equipped with supporting features such as easy-to-understand test result visualizations.

The SI MENTAL BK application was developed using MS Excel and Visual Basic Developer, with features that support the disclosure of students' mental health. This application includes a school identity menu, data input, class data, student data, cover, and test instrumentation. The results of the analysis show that this application can make it easier for guidance counselors to manage student mental health data effectively. The validity test shows that the SI MENTAL BK application is valid for use as a medium for revealing students' mental health. Assessments from subject matter and design experts show that this application meets academic and practical standards in revealing students' mental health. The practicality test results show that this application is very practical and effective for use in providing social guidance services, particularly in revealing students' mental health, with an average practicality score of 3.93, which falls into the “very practical” category. Guidance counselors gave positive assessments of this application, confirming that it can simplify work processes and accelerate the analysis of students' mental health. This study shows that the SI MENTAL BK application has great potential to improve the quality of guidance and counseling services in schools, as well as to help students understand and express their mental health conditions.

DISCUSSION

The development of the SI MENTAL BK application as a medium for expressing student mental health at UPT SPF SMP Negeri 9 Makassar shows significant relevance in the context of mental health services in Indonesia. In the era of globalization and advances in information technology, the need for effective tools to measure and express student mental health is becoming increasingly urgent. The results of the study show that the majority of students and guidance counselors at the school recognize the importance of this application, with an average score of 3.76 for the need to develop the instrument, indicating that this application is highly needed.

The availability of subjects and resources is also an important factor in the successful implementation of this application. With an average score of 3.72, respondents indicated that they have access to adequate digital devices, such as computers and internet connections, which support the use of digital-based mental health assessment applications. This is in line with global trends showing that information technology can improve accessibility and efficiency in mental health services, especially in educational environments.

The provision of personal social guidance services in schools currently faces challenges, with guidance counselors experiencing difficulties in identifying students' mental health without the right assessment tools. The average score of 3.89 indicates that existing services are not yet optimal in helping students determine their mental health status. Therefore, the SI MENTAL BK application is expected to fill this gap by providing more accurate and efficient tools to reveal students' mental health conditions.

Students' expectations for this application are also very high, with an average score of 3.76. Respondents want an application that not only provides test results but also relevant information and appropriate recommendations for action. This shows that students and guidance counselors want a more personalized and specific approach to dealing with mental health issues, which can be achieved through the features available in the application.

From a technical standpoint, the SI MENTAL BK application has been well developed using MS Excel and Visual Basic Developer, which allows for the integration of validated mental health instruments. The validity of the application, which was declared “very feasible” by experts, shows that it meets academic and practical standards in revealing students' mental health. In addition, the practicality test results, which showed an average score of 3.93, confirm that this application is very practical and effective for use in providing social guidance services.

Although this application shows great potential, there are several limitations that need to be considered. This study was only conducted in one school, so the generalization of the results may be limited. Therefore, it is recommended to conduct trials in various schools with different backgrounds to ensure that this application can be applied widely and effectively. In addition, ongoing training and support for guidance counselors in operating this application is also very important to ensure its successful implementation.

The development of the SI MENTAL BK application is a positive step in improving the quality of guidance and counseling services in schools, as well as helping students understand and express their mental health conditions. With the right support, this application has the potential to be an effective tool in efforts to improve mental health among students in Indonesia.

CONCLUSION

Conclusion The development of the SI MENTAL BK application as a medium for revealing the mental health of students at UPT SPF SMP Negeri 9 Makassar shows that this application is greatly needed by students and guidance counselors. This application is designed to help measure and reveal students' mental health, with an average score of 3.76, which shows the importance of this application in education. The SI MENTAL BK application was created using MS Excel and Visual Basic Developer, with features that support the disclosure of students' mental health. To improve guidance and counseling services in schools, there are several limitations, such as trials that were only conducted in one school. Therefore, it is recommended to test this application in various schools so that it can be applied more widely. The SI MENTAL BK application is a positive step toward improving student mental health in Indonesia. With the right support, this application can be an effective tool to help students understand and express their mental health conditions.

REFERENCES

- Amirullah, M., Harum, A., Latif, S., Saman, A., & Buchori, S. (2024). Workshop Kesehatan Mental sebagai Upaya Meningkatkan Kapasitas Guru dalam Memberikan Dukungan Psikologis Awal bagi Siswa. *Jurnal Altifani Penelitian Dan Pengabdian Kepada Masyarakat*, 4(3).
- Arikunto, S. (2019). *Prosedur Penelitian Suatu Pendekatan Praktek*. Jakarta: Rineka Cipta.
- Dewi, K. S. (2022). *Kesehatan Mental (Cetakan 4)*. Semarang: UPT UNDIP Press Semarang.
- Fakhriyani, D. V. (2019). *Kesehatan Mental (1st ed.)*. Surabaya: CV. Duta Media.
- Fitria, L. (2020). Cognitive Behavior Therapy Counseling Untuk Mengatasi Anxiety Dalam Masa Pandemi Covid-19. *Al-Irsyad*, 10(1).
- Hasbullah. (2020). *Dasar-Dasar Ilmu Pendidikan (Revisi)*. Jakarta: Rajawali Pers.
- Kementerian Kesehatan RI. (2021). *Profil Kesehatan Indonesia 2020*. Jakarta: Kementerian Kesehatan Republik Indonesia.
- Munandar, A. (2022). *Kesehatan Mental (Teori Dan Penerapan)(1st ed.)*. Bandung: Media Sains Indonesia.
- Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung: Alfabet.
- WHO. (2019). *World Health Report 2018: Mental Health: New Understanding, New Hope*. Geneva: World Health Organization.
- Yuliansyah, W. (2021). *Kesehatan Masyarakat Kesehatan Mental*. Diedit oleh D. Rahmawati. Surakarta: Penerbit Borobudur InspiraNusantara.

Zainuddin, M. (2020). Pengaruh Pergaulan Teman Sebaya terhadap Pembentukan Karakter Siswa Kelas VIII MTS Negeri 3 Kabupaten Tangerang. JM2PI: Jurnal Mediakarya Mahasiswa Pendidikan Islam, 1(1).