

Self Care of Mental Health Generation Z of Melanesia

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Self Care of Mental Health Generation Z of Melanesia Race In Indonesia

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ABSTRACT

Generation Z is the generation with an average age of 10 to 25 years. This generation is smarter and more active in digitalization than the previous generation. Mental health problems in Generation Z have increased every year. Efforts made by doing mental health self-care. One of the races in Indonesia, mental health problems often occur. The race is the Melanesian Race which is in the eastern part of Indonesia. Cultural factors and warfare have contributed to mental health problems in the region. This research aims to describe mental health self-care for Melanesians in Indonesia. This research design uses a quantitative descriptive research design with a survey approach. The sample used is Generation Z of the Melanesian Race with a total of 169 respondents. The sampling technique used is purposive sampling. The measuring tool uses the Mindful Self-Care Scale questionnaire. The sampling technique is by distributing it through the Google form, Whatsapp groups, telegrams to social media. The research was conducted from September 2022 to February 2023. The description of the average mental health self-care for Generation Z of the Melanesian Race is mostly physical care (17.56 ± 4.986). while self-care mental health generation Z Race Melanesian (82.13 ± 16.021). Mental health self-care for generation Z Melanesian race prefers physical care. And self-care for the mental health of Generation Z of the Melanesian Race is more towards positive behavior.

KEYWORDS

Self Care, Mental Health, Generation Z

1. BACKGROUND

Indonesia is currently more dominated by generation Z (Kumalasari et al., 2021). This proportion is based on the 2022 population census showing that 27.94% of the total population in Indonesia is generation Z (Nursanti et al., 2022). Generation Z is currently also in the age range of 10-25 years. The age range of Generation Z is divided into

two groups, namely those who are in school and those who are already working. The Z generation group also influences activity patterns such as mental health problems (Enos, 2020).

Mental health problems in Indonesia are currently more dominated by psychosocial problems in adolescents such as anxiety, depression, withdrawal, stigma

about mental disorders to problems of youth violence or bullying (Nursanti et al., 2022). The results of basic health research in 2018 stated that more than 19 million people over the age of 15 experienced mental emotional disorders, while more than 12 million experienced depression (Kementerian Kesehatan Republik Indonesia, 2018). In the Covid 19 pandemic situation over the last 2 years there has also been an increase in mental health problems. at the age of more than 20 years from a total of more than 10 thousand respondents have psychological problems. Mental health problems such as anxiety 71.7%, depression 72.9%, psychological trauma problems 84%, and suicide problems 85.1% (Chen et al., 2020).

One of the causative factors of these problems is activity or self-care in preventing mental health problems (Kim et al., 2021). self-care such as taking medication regularly for people with mental disorders in Indonesia also experienced a decline in 2018 (Kementerian Kesehatan Republik Indonesia, 2018). People with mental disorders only regularly took medication for one month as much as 48.9%, and those who did not take medication regularly were 36.1% because they feel healthy (Lynch et al., 2018). In addition, mental health self-care includes physical care, support from friends

and family, awareness and concern for oneself, having a purpose in life and a sense of self-care, being able to relax, and having a support structure in the surrounding environment in preventing mental health problems (Sunbul et al., 2018).

Mental health problems such as self-care in various parts of Indonesia are different. As in large urban areas and centered on the island of Java, mental health problems often occur, but the facilities and infrastructure are sufficient to prevent mental health problems (Anjara et al., 2021). facilities/infrastructure such as garden facilities, places to gather such as cafes and so on. Apart from that, support for mental health self-care such as seeking support from health services in big cities such as the islands of Java, Sumatra, Kalimantan and Sulawesi is also very adequate (Widayanti et al., 2020). However, in areas such as Eastern Indonesia, currently they still need support and attention in preventing health problems, such as facilities/infrastructure and support by all parties in mental health (Karuniawati et al., 2022).

This eastern Indonesian region is dominated by the Melanesian or Melanesoid race (Lawson, 2016). This race comes from the Negroid sub race. The characteristics of this race are curly hair, wide lips and nose,

brown to black eyes (Bayuseno & Windiani, 2020). This race that lives mostly in Papua is also currently spreading to small islands in Eastern Indonesia such as Maluku and East Nusa Tenggara (Lantang & Tambunan, 2020). Strong physical strength is based on these characteristics, but mental problems at the age of 13-35 years in this area are also high. Health problems such as mental disorders are influenced by the habit of using cannabis, war and violence that often occur in the region (Yantih et al., 2018).

The spread of the Melanesian Race apart from Papua also spread to surrounding island areas such as Maluku and East Nusa Tenggara. Problems that are also often experienced by someone with mental health problems in the region are habits such as belief in local culture in preventing mental health problems as mental health self-care (Wyatt & Ampadu, 2022). Therefore mental health self-care can prevent mental health problems in the Melanesian Race spread across eastern Indonesia. So, the purpose of this study is to describe self-care for generation Z mental health in the Melanesian race in Indonesia.

The study needs to be done to address self-care behavior in each individual, particularly the Melanesian z generation in Indonesia. This care-keeping behavior is

essential and is linked to health issues that can threaten a person's life psychologically that can cause stress and anxiety. It is therefore important for researchers to know the level of self-care in the z generation especially in the Melanesian race, whether the Melanesian z generation can perform both maximum and regular self-care and the ability of the z generation to cope with mental health problems such as self-care behaviors. The study also has an improved reference in terms of the discussions and research objectives of the Melanesian z generation that inhabit the eastern part of Indonesia.

2. METHODS

The research design uses a quantitative descriptive research design with a survey approach. The sampling technique used was purposive sampling with the population being Generation Z of the Melanesian race living in Papua, East Nusa Tenggara and the Maluku Islands. The inclusion criteria of this study were Melanesian Race or Descendants of the Negroid sub-race, born in 1995-2000, aged 12-27 years. The number of samples in the study were 197 respondents, but 169 respondents fulfilled the inclusion criteria.

The research was carried out from September 2022 to February 2023.

The variable in this study is mental health self-care that measure with the Mindful Self-Care Scale questionnaire. This questionnaire consists of 6 indicators, namely physical care, supportive relationships, mindful awareness, self-compassion and purpose, relaxation, support structures (Cook-Cottone & Guyker, 2018). The instrument consists of 24 questions with scores between 24-120. The instrument has been translated into Indonesian according to the WHO Guidelines on Translation. The average value of the measuring tool tested on the two experts is

I-CVI = 0.82. After that, the validity and reliability were tested on 30 respondents with a Cronbach's alpha of 0.932.

Data collection techniques using google form. Spread by uploading Whatsapp and Telegram groups. In addition, the spread is also through social media such as Facebook, Twitter and Instagram. Data analysis used SPSS 25 with Univariate test presented in the form of frequency and average data. This study received ethical approval from the Research Ethics Committee of the Chakra Brahmanda Lentera Institution with ethical number No. 013/015/II/EC/KEP/LCBL/2023.

3. RESULTS

Table 1. Distribution of Melanesian Generation Z respondents (n=169)

Characteristics	Classification	Frequency	Percentage
Age	Early Teenagers (12-18 years)	16	10.7
	Late Teenagers (19-21 years)	66	39.1
	Early Adult (22-25 years)	89	50.3
Gender	Man	34	20.1
	Woman	135	79.9
Work	Student	108	63.9
	Private Employee	23	13.6
	Self-employed	14	8.3
	Civil servant/National army/Police	2	1.2
	Doesn't work	22	13.0
Education	Elementary school	2	1.2
	Senior High School	103	60.9
	College	64	37.9
Area	East Nusa Tenggara	37	21.9
	Maluku	55	32.5
	Papua	77	45.6
domicile	City	98	58
	Regency	41	24.3
	Village	30	17.8

Frequency distribution of the characteristics of respondents from generation Z of Melanesian race with a total of 160 respondents that respondents were dominated by ages between 22-25 Early adulthood 50.3%, while gender was dominated by women namely 79.9%, most types of work owned by respondents were students or students 63.9%, last education most were high school graduates 60.9%, the most regional origins were from Papua

45.6%, and finally the domicile of the most respondents was in the city 58%.

Next is data related to the description of mental health self-care in Generation Z of the Melanesian Race. The figure below explains that self-care for mental health in generation Z of the Melanesian race shows that the residual plot points follow the direction of the diagonal line and there are no deviations. So that the mental health self-care variable is normally distributed.

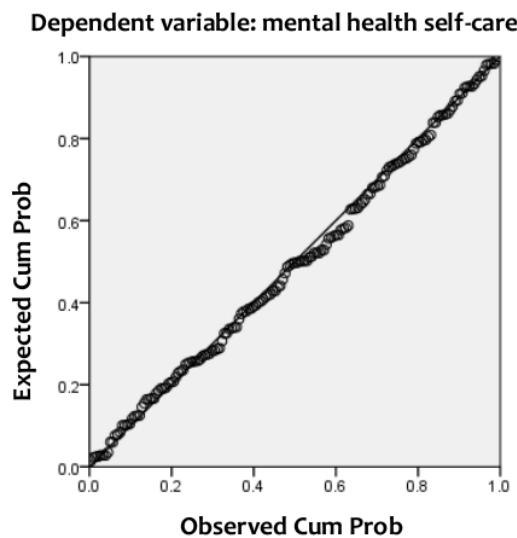


Figure 1. Normal P-P Plot of Regression Standardized Residual

Figure 1. PP Plot Graph of Mental Health Self-Care in Generation Z of the Melanesian Race. While the analytic calculation of mental health self-care in Generation Z of the Melanesian Race (n=160) uses the Kolmogorov-Smirnov parameter

and the result is 0.088. so that the conclusion of the data is normally distributed. And to explain self-care for mental health in Generation Z of the Melanesian Race is using the mean.

Table 2. Data on the distribution of mental health self-care in Generation Z of the Melanesian Race per indicator

Indicator	Mean ± SD
Physical Treatment	17.56 ± 4.986
Supportive Relationships	14.12 ± 3.545
Mindful awareness	11.47 ± 2.597
Self-Compassion and Purpose	16.85 ± 3.582
Relaxation	14.4 ± 3.937
Support Structure	8.9 ± 2.234

Table 2 explains the average distribution of mental health self-care in Generation Z of the Melanesian Race. The largest average is physical care 17.56 with SD 4.986. but of the six indicators the SD with a very small variance is the supporting

structure indicator 2,234. so that the support structure is the best variance value and the largest average value in mental health care for Generation Z of Melanesian Race is physical care.

Table 3. Distribution of the Mean and Standard Deviation of mental health self-care behavior in Generation Z of the Melanesian Race

Variable	Mean	SD
Mental health self-care	82.13	16021

Based on the distribution in table 3, it shows the mean value of the mental health self-care variable in Generation Z of the Melanesian Race with a value of 82.31. this has a positive direction from the standard value on this variable (24-120) and for the SD mental health self-care variable in generation Z of the Melanesian Race 16,021 it shows a good variant value because the SD value is smaller than the mean value.

4. RESULTS

Mental health self-care consists of 6 indicators. These indicators include physical

grooming, relaxation, self-care, relationships, support, and self-awareness and concern. Description of the Melanesian race in Indonesia who have positive mental health self-care behaviors (Cook-Cottone & Guyker, 2018). This is in accordance with the current conditions that the distribution related to digitization factors greatly influences behavior changes across all races in Indonesia. Mental health self-care that occurs is also influenced by several local cultures, resulting in changes and lifestyles for the Melanesian Race (Doll et al., 2021). Factors such as education are currently also

felt by some Melanesian races as they have a higher level of education.

This change in behavior is influenced by the level of knowledge in Generation Z of the Melanesian Race. This level of knowledge was obtained through the higher education he received. There are also many ethnic groups in the interior of Papua today who already have a higher level of education (Alfianto & Safitri, 2019). This, makes behavior change towards a better direction. In addition to educational problems found in these respondents. The distribution of respondents is also influenced by domicile (Dodok et al., 2022). The average domicile of respondents is also in urban areas.

Lifestyle changes in urban areas often cause mental health problems (Octaviana, 2019). a lot of pressure and competition in urban areas makes a person must be able to live to meet their daily needs (Alfianto & Jayanti, 2020). This makes a separate stressor for individuals or groups. Through social change, urban communities in the eastern part of Indonesia make cultural factors and population movements cause conflict in the region (Wang et al., 2017). Struggles for land, struggles for consumers and territories lead to civil conflicts that often occur in the eastern part of Indonesia. This makes a person's stressor so that it

makes coping in a negative direction and causes mental health problems (Stuart, 2013).

These problems are things that are often experienced by the Melanesian Race. Apart from issues of education, territory, culture, to war which can lead to mental health problems, there are efforts that are often made by the Melanesian Race to improve mental health. like generation Z of the Melanesian Race who often do physical care (Wattelez et al., 2021). Physical care such as exercise makes the Melanesian Race habitual to become a tough human being (Peralta et al., 2022). This is also influenced by the body posture of the Melanesian race, which is black and tall and large. This is also considered a perception by the Indonesian people that almost all black people have strong and energetic bodies (Hall et al., 2019).

Apart from that, almost having the lowest value in mental health care carried out by generation Z of the Melanesian Race is a support structure (Nursanti et al., 2022). The support structure in this case is more towards that Melanesian Race groups are more likely to choose their group. This is in accordance with the principle that the Melanesian Race always does and has to always be able to live independently (Kairuz

et al., 2021). Many factors cause a person to have clear support. Support from work friends, family, to organizational groups makes a person feel confident. Therefore, it is very important to emphasize the issue of support in preventing mental health problems (Kumbonyono & Alfianto, 2020).

Mental health self-care is very important for every individual (Nastiti et al., 2021). Many efforts have been made to prevent mental health problems apart from self-care. Such an effort to take stress management measures is an appropriate effort to reduce mental health problems (Wandira et al., 2021). One of the mental health self-care indicators is that relaxation is something that is easy for anyone to do. Some simple models that can be done to reduce mental health problems are by doing sports, eating nutritious food, bathing, establishing good relationships with other people (Alfianto et al., 2019). In addition, self-care for mental health can also be done by providing treatment or asking for health assistance, either from professionals or from informal sources such as friends.

5. CONCLUSION

Description of mental health self-care in Generation Z of the Melanesian Race in the Indonesian Region who prefer physical

care (17.56 ± 4.986). while self-care for mental health in Generation Z of the Melanesian Race is 82.13 which is more towards the positive (24-120).

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AUTHOR CONTRIBUTIONS

Substantial contributions to conception, data collection, and analysis: Freodisa Meilisa Behuku, Ahmad Guntur Alfianto, Waifti Amalia. Writing: Freodisa Meilisa Behuku. Manuscript revisions: Freodisa Meilisa Behuku.

CONFLICT OF INTEREST

There is no conflict of interest in writing this article.

DATA AVAILABILITY STATEMENT

The data are not publicly available due to privacy or ethical restrictions.

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