

POSITIVE MENTAL HEALTH LITERACY among UNY STUDENTS

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ABSTRACT

The knowledge, belief, and abilities necessary to maintain mental health is a significant determinant of mental health. Mental health literacy has traditionally focused on knowledge and beliefs about mental ill health rather than on mental health. This study aims to identified students' and lecturers' knowledge of how to obtain and maintain good mental health.

Participant of this study recruited through a combination of purposive and snowball sampling. The design of this study is qualitative exploratory with an online survey link will be share through various social media platform for first year students, last year students and lecturers in Yogyakarta State University.

The tendency of the respondent's mental health literacy is very high and high. Nobody is at such a low or low level. This means that cognitively the subject already has an adequate understanding capacity regarding positive mental health literacy. This is possible because the source of information about mental health is very wide open, especially from the internet and other social media. It needs to be explored more deeply how knowledge about positive mental health literacy is manifested in attitudes and behaviors

Kata Kunci: Mental health literacy, students, lecturer