

Validation of Mental Health Module for University Students

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ABSTRACT

This research is a continuation of previous research that used a quantitative approach to study the relationship between perceptions of counseling services, emotional regulation, and positive mental health literacy on resilient coping among students. Previous research found that mental health literacy, emotional regulation, and perceptions of psychological services could predict resilient coping. The aim of this study is to develop a mental health module for university students as a tool to assist students in developing positive coping by providing knowledge about mental health (mental health literacy), strategies for self-regulating emotions, and the benefits of professional mental health services.

This research was conducted at Yogyakarta State University. The module was developed by a team of researchers, taking into consideration the findings from previous research. The result of this research is the creation of a Mental Health Guidebook for University Students, consisting of four sections, each with two chapters. These sections sequentially address the definition of mental health (to enhance mental health literacy), understanding and managing stress, self-care strategies for stress management, and finally, seeking professional mental health services. Each section has been successfully structured to represent the variables from previous findings, namely positive mental health literacy, emotional regulation, and perceptions of counseling services as predictors of resilient coping in students.

Kata Kunci: Mental health module, mental health literacy, emotional regulation, perceptions of counseling services, resilient coping, students.