



MENTAL HEALTH PROBLEM RESOLUTION MODEL ON COLLEGE STUDENTS: A LITERATURE REVIEW

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Abstract

Objective: The aim of this study is to examine the literature, articles and research documents identifying models for solving mental health problems that occur in college students. **Method:** A literature review searched five electronic databases (Scopus, PubMed Science Direct, CINAHL and Springer Link) using the keywords Completion Model, Mental Health Problem Student AND Recovery Model Anxiety, and College Student Depression. The inclusion criteria for articles are publishing period (2016-2020), can be fully access (full text), and original articles. **Result:** Based on the 14 articles reviewed, it was found that 13 (92.86%) using the student mental health problem solving model were carried out online through the web (57.14%) and (28.58%) online-based therapy and research article used an offline model with counseling method. **Conclusion:** Based on the results of the articles, it was stated that the model for solving mental health problems in college students can be done by online methods, through the web and therapeutic interventions and offline methods with counseling.

Keywords: Resolution Model, Mental Health Problem, Students

Introduction

Being healthy is a good physical, mental and social condition, without disease. Mental health is defined as a condition in which a person is able to cope with stress in life, work productively and successfully, and contribute to his community¹. Based on global research, mental health problems among students are now a major problem in several countries. Mosaic Science's note through the World Economic Forum (WEF) states that the number of students in the UK visiting the campus counseling section has increased by almost five times compared to 10 years ago². In Indonesia, around 78% of students, during their studies, experience mental health problems. 40 percent of it caused the victim also disturbed their academics, and 33.2% were serious as they committed suicide. The suicide of 3 students for 3 months in a college was the tip of the iceberg of mental health problems in higher education³. Approximately 40% of the 18-25 years age group for 2 to 4 years was in a college environment, and most mental disorders begin to appear before this

age, making college an ideal place to identify mental health problems. Therefore, it is necessary to make higher education efforts to overcome mental health problems in students. Based on this description, the writer would conduct a further literature review on the mental health problem solving model in students. The purpose of this literature review is to analyze the results of research related to mental health problem solving models in students. This analysis will be one of the considerations as a model for solving mental health problems in students.

Method

The topic studied in this literature review was a model to solve students' mental health problems. At the screening stage, the researchers searched for data through accessible article-portal websites such as PUBMED and Springer Link using the keywords Completion Model, Mental Health Problem Student AND Recovery Model can

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fully be accessed (full text), 4) articles in English and Indonesian, 5) original articles.

After the screening stage based on the criteria, a brief summary data analysis was carried out in the form of a table containing the author's name, year of writing, study design, intervention, samples, instruments (measuring instruments), results.

Results
The results of the 14 articles in the literature review were obtained based on the method used in this research article called 10 randomized controlled trial methods, 1 longitudinal study method, 1 Quasy experiment method, 1 prospective cohort study method, and one article did not explain the research design used.

Table 1
The Method Used In This Research Article

No	Research Design	Article amount	
		N	%
1	Randomized Controlled Trial	10	71.44
2	Longitudinal Study	1	7.14
3	Quasy Experiment	1	7.14
4	Prospective Cohort Study	1	7.14
5.	Without research design explanation	1	7.14
Total		14	100 %

Based on the students' mental health problem solving model, it was divided into 2 models: online (web, application, online therapy) and offline (counseling). There were 8 research articles using the web, 1 research article using applications, 5 research articles using therapy, and 1 research article using counseling.

Table 2
Student's Mental Health Problem Solving Model

No	Student's Mental Health Problem Solving Model	Article amount	
		N	%
1	Online based (Web)	8	57.14
2	Online based (Application)	1	7.14
3	Online based (Therapy)	4	28.58
4	Offline based (Counseling)	1	7.14
Total		14	100 %

Discussion

Based on the results of 14 articles in the literature review on the research design, they showed that there were 10 articles with a randomized controlled trial research design in research conducted by ⁴. There was 1 research article using the longitudinal study research design in the research article of ⁵, 1 research article using quasy experiment research design in the research of ⁶, as well as 1 article using the research design of a prospective cohort study in ⁷, and one article did not explain the research design used; the research article ⁸.

Based on the results of 14 research articles that were reviewed, there were 2 models to solve mental health problems in students; online and offline, of the 14 research articles there were 13 articles used the online model and 1 article used the offline model.

From 8 of the 13 research articles used an online model with the website method, the research of using a website called The Uni Virtual Clinic (UVC) ⁴. By used a website called Personality and Living of University Students (PLUS)⁹. In a research article conducted by website used with the University and Mental Health (UNIVERSAL) program⁷ and using therapy with I-Ai Mental Wellness ⁶. Research article with website-based intervention ¹⁰. There were 3 research articles

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using the same website the I care Prevent website ^{11,12,13}. Based on 13 research articles using the online method there were 4 research articles with an online model using online-based therapy method using Acceptance and Commitment Therapy (ACT), and Interventions Based on Cognitive Behavioral Therapy (ICBT) ¹⁴. using A Bite of ACT (BOA) therapy ¹⁵, using Well Being therapy⁵ and using CBT¹⁶. The results of the review of research articles obtained 1 article using an online model with an application-based method the Care Study application ¹⁷.

Based on the results of the literature review using 14 research articles 1 article describing the offline model, in which the offline problem-solving model was divided into 3 methods, the program throughout the campus was called "The landscape" of college mental health: a growing storm consisting of 3 methods: 1). The coordination team approach for post-hospitalized students and other high-risk students, this method used a service called the Intensive Treatment Education Assessment and Management (iTEAM)⁸. The results of the study stated that iTEAM was effective in reducing students in the academic field, 2). intensive outpatient care in a counseling and health center with the Counseling and Mental Health Center (CMHC) program, the results of the study showed effective results for improving mood and anxiety symptoms and reducing the risk of suicide 3), Special population: athlete care.

The model of giving intervention from 14 research articles was reviewed, it was found that the most widely used model to overcome mental health problems in students was the online model (website, application, online-based therapy). Interventions that were carried out online were more accessible, could be used in person, and usually required less time than face-to-face, cost-effective ¹⁸. In line with research¹⁶ stating that digital interventions could increase accessibility and reduce costs, thereby meeting demand on a high scale. In addition, the use of the internet, especially

young people and students, might have a preference for open and simultaneous access to all program access to quickly access the content that was most relevant to them, therefore internet-based interventions were more likely to be implemented and considered more attractive¹⁹.

Based on the three methods (website, application, and online-based therapy) the majority of research articles using the website method were found to be more widely used in research articles; 8 articles used the website method. This was in line with the results of the study ¹³ stating that web-based psychological interventions had been developed and studied for their effectiveness in dealing with depression and anxiety problems, the results showed that web-based interventions with therapeutic support were superior to the control group of respondents who undergo conventional therapy.

Conclusion

The following conclusions, in this literature review, identified 14 articles that were reviewed that discussed student mental health problem solving models.

1. The results of the review showed that from the 14 articles that were reviewed, there were 2 models of solving student mental health problems: online and offline. Considered from the number of research articles, using the online model was more dominant than the offline model since online interventions were more accessible, could be used privately, and usually required less time than face-to-face, cost-effective.
2. An online intervention was conducted on 8 research articles using the website method. A web-based psychological intervention had been developed and its effectiveness studied in dealing with depression and anxiety problems, the results showed that web-based intervention with therapeutic support was superior to the control group of respondents who underwent conventional therapy. In addition, online-based interventions with online-based therapy



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