

ABSTRACT

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Study Program : Medical

Title : The Need for Mental Health Services for Medical Students at YARSI University

Background: Mental health is an important thing in one's life. The need for mental health services becomes the main thing when someone has a mental problem. Mental problems such as stress, fatigue, depression and others become inevitable for medical students due to a number of academic and non-academic loads. The absence of exact data related to stress rates among students at the Faculty of Medicine, Yarsi University and the availability of mental health services on campus is the basis of this research. Thus, campus students and community members become aware of issues so they can reduce the incidence of mental disorders by maximizing mental health services.

Method: In this study, 10 medical students from class of 2017 at Yarsi University were selected. The selection of respondents was divided into two major groups, namely groups that were active in organizations and those who were not active. Respondents were involved in the interview process regarding mental health and its services. Data collection was done through in-depth interviews online by asking a number of questions regarding mental health including criteria, influencing factors, coping strategies to the impact of mental health services on students to respondents. Furthermore, the interview excerpt data is processed using the Thematic Content Analysis method which will find patterns to find themes through the interview excerpt data.

Result: All respondents revealed that mental health is fundamental and cannot be separated from everyone's life, as well as the existence of mental health services that are influential in treating mental and helping someone's problems. In Islam, mental health is also considered and the existence of these services is included in Islamic law, namely Maqasid al-dharurriyah, namely that there will be damage when this is not there.

Conclusion: Students show a pro or positive attitude towards mental health services and their existence. Furthermore, it was also found that Islamic views were in line with students' thoughts in addressing the importance of mental health and its services.

Keyword: Mental disorders, mental health services, medical students.