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Education Regarding the Importance of Maintaining Mental Health and Immune In Generation Z Through Digital-Based Learning Media

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ABSTRACT

The purpose of this study was to analyze education about the importance of maintaining mental health and immunity from the definition, the relationship between mental health and immunity, and its benefits. This research was conducted on 22 people belonging to generation z with an age range of 10-22 years in the RT. 07, RW.11, Cibeureum Village, Cimahi City, Indonesia. The learning process is carried out online using Zoom Meeting and Whatsapp media by displaying material presented through MS MS Power Point, posters and videos. The material presented is clear, interesting, and easy to understand. The understanding and success of the students' learning process was evaluated by filling out 20 pre-test and post-test questions via Google Form. The results of the pre-test and post-test showed that there was an increase in public understanding after receiving the learning materials. This can be seen from the results of the community's Post-Test which has increased. In general, the public answered the questions correctly on the material displayed in the form of short videos, posters, and MS Power Point with a display dominated by pictures and brief explanations. Meanwhile, many people make mistakes in answering questions with the material shown in the learning videos that are longer in duration, and do not use many illustrations. This shows that people who are classified as generation z in RT. 07, RW. 10, more interested in the audio-visual learning style which is dominated by illustrations and interesting content.

1. Introduction

Education is a learning process carried out good formally or informally with the aim of for educate, give knowledge knowledge, as well as develop potency existing self in self every human, then create a learning process the with more good (Wardiningsih et al., 2021). Education could conducted through various kinds of media, one of them is a learning medium digitally based. Sophistication technology give birth to variety method more learning effective and attractive for participant educate. Learning video based or video based learning is one example method effective learning and have becomes trend in e-learning. Method learning other digital based including posters, podcasts, and so on that can shown with help application Zoom Meeting or Classroom (Widianto, 2021).

Method learning digital based has linkages closely on generation z. Generation z or gen z is generation that was born Among 1997 to 2012. In the period these, internet technology and social media already Becomes part from life human (Riana Mardina, 2017). So from that, method learning digital based is very suitable with characteristics generation z. American Psychological Association take notes During pandemic Covid-19 , teenagers belonging to generation z is experiencing enhancement disturbance mental health by 53% (Aziz, 2021). Disturbances that arise consequence mental health can miscellaneous, such as anxiety, stress, and depression. Good mental health is condition when inner our is at in state peaceful and calm, so that allow our for enjoy life everyday and respect other people around (Rosmalina, 2016) . Mental health related with immunity. Immunity is a system the protection contained within body man with destination for can or could ward off radical free to be attack. Disturbance mental health of course have close relationship with system immunity body somebody because negative thoughts could make brain prone to experience stress as a result by automatic could cause antibody or system immunity body somebody Becomes weaken or decrease (Pradnyantari, 2020). Until the time of the pandemic Covid-19 becomes challenge for everyone for take care of it with good and right about mental health. Positive mental health will add spirit as well as could develop potency self with maximum. So from it 's important for guard mental health for the sake of creating good immunity.

There is many study previously discussed about mental health and immunity, including: Dharmawan & Argaheni (2021) discuss about impact mental health against system immunity body During pandemic Covid-19. Deficiency in study this, that is no there is explanation in detail, benefits from mentioned activities in business for increase immunity someone. Isnaini et al (2022) discuss about mental health in raise immunity body for face Covid-19 city western range, district Asahan, Sumatra north. Deficiency in study this that is research this only focus on discussion about health immunity and not discuss about linkages Among mental health and health immune like the title listed. Gumantan et al (2020) discuss about level worry somebody to enforcement new normal and knowledge to immunity body . Deficiency in study this, that is only discuss one traits that can lower immunity human, while that still many nature in self related human close with immunity. Ilpaj & Nurwati (2020) discuss about analysis influence level dead consequence Covid-19 to public mental health in Indonesia. Deficiency in study this that is only discuss consequence from read news negative to mental health, there is no discussion about connection among mental health and immunity. Maulana & Bawono (2021) discuss about enhancement immunity body elderly through sport at the moment pandemic Covid-19. Deficiency in study this that is only discuss one activities that can increase immunity someone, while that still many activities that can conducted public for increase mental health at the same time immune.

Because of that , research this conducted with destination for analyze education about importance guard mental health and immunity from start definition, relationship Among mental and organ health, as well as the benefits use method learning digital based to generation z. Educational process conducted by on line using Zoom Meeting and Whatsapp media with showing material presented through MS Power Point, posters, and videos. Material presented made with clear, attractive, and easy understood.

Understanding and success of the learning process student evaluated with fill in question pre-test and post-test as many as 20 pieces through Google Forms. Before do education, community more before fill in pretest as many as 20 pieces for measure knowledge its beginnings. After that, society given education about mental health and immunity through learning media digitally based . Novelty from study this are: (i) Mental health is closely related with immunity and stuff the is necessary thing preferably during a pandemic; (ii) Learning conducted through digital -based media ; (iii) On the rise, increasing disturbance mental health in generation z; (iv) Method learning digital based has linkages closely on generation z.

2. Methods

The method used to educate generation z in this study uses digital-based learning media. This research was conducted on 22 people belonging to generation z with an age range of 10-22 years in the RT. 07, RW.11, Cibeureum Village, Cimahi City, Indonesia. The learning process is carried out online using Zoom Meeting and Whatsapp media by displaying material presented through MS Power Point, posters and videos. The material presented is clear, interesting, and easy to understand. The understanding and success of the students' learning process was evaluated by filling out 20 pre-test and post-test questions via Google Form.

3. Results and discussion

After do it pre test on the community, it is known understanding public still very low. However, after conducted post test to the community, it is known understanding public experience increase. That thing could seen in the table under this: Here this is results from the pretest and posttest:

Table 1. Results of Pretest and Posttest Questions

No	Questions	Pretest Scores	Posttest Scores
1.	Is correct that with exercising only 20 minutes could make atmosphere heart more good for 5 hours?	60/100	70/100
2.	Is correct laugh with friends eat food favorite, and laugh with friend could increase hormone cortisol?	55/100	95/100
3.	In the body human, there are four type hormone happy . Is correct adrenaline hormones, including to in hormone happy?	80/100	100/100
4.	Is correct moment laugh, hormone cortisol will increases, so that atmosphere heart will getting better?	75/100	85/100
5.	Is right people with thought positive will recover more fast from operation, and can also resolve disease are you serious more good?	80/100	85/100
6.	Is correct with complain, worry, and fear will produce hormone endorphins?	85/100	85 / 110
7.	Is right, keep the mental to stay healthy and positive no have influence with increase immune in body someone?	95/100	100/ 110

8.	Is correct guard health physical is also one method repair mental state cause condition physical can not separated from state soul?	85/100	100/100
9.	Is correct completely stop reading information negative is key lower anxiety during a pandemic?	45/100	75/100
10.	Is correct with sleep enough for 3-4 hours per day could increase immunity body and improve hormone happy?	55/100	70/100
11.	Is correct moment laugh, body will release hormone endorphins, such as dopamine, which provides a sense of well being as well as happy?	70/100	80/100
12.	Is correct stress, anxiety, anxiety, and depression is rampant mental state occur moment pandemic . That thing make immunity somebody becomes decreased?	75/100	100/ 100
13.	Is correct many say happy that come from self alone. You're the one who can create happiness that, however the way. Actually no difficult why. Besides do various the thing you like it, another way for you can more happy is copy eat vegetables and fruit?	75/100	95/100
14.	Is correct atmosphere positive heart appear because intake nutrition fulfilled. Especially content the highest levels of vitamins and minerals are found in fruits and vegetables?	70/100	75/100
15.	Is right, thanks will lower stress, reduce pain, and increase system immunity body someone ?	80/110	90/ 100
16.	Hormone dopamine is one type from hormone happy. Is correct hormone dopamine working as reliever painful in body?	90/100	95/100
17.	Is correct read news bad dangerous for mental health that is and will lower system immune body?	80/100	95/100
18.	Is right, less drink water could increase atmosphere heart Becomes more calm and happy?	50/100	75/100
19.	Is right, sunbathing under Ray Sun could increase serotonin levels for support enhancement atmosphere heart. Besides that, condition it helps too our more calm and focused?	65/100	80/100
20.	Is correct worry can lower happiness and create the disturbance health?	55/100	70/100

Source : Data processed

The results of the pre-test and post-test showed that occur enhancement understanding public after accept Theory learning. This thing seen from the results of the community post-test who experienced increase. In general public answer question with true to the material shown in the form of short videos, posters, and MS Power Point with a view dominated by images and explanations short. Temporary that, many people do error in answer question with featured material in a learning video whose duration is more long, and not many use illustration.

Hayati (2017) state in the journal that audio-visual learning media is an intermediary media whose absorption through sight and hearing so that build conditions that can make student capable get knowledge, skills, or attitude used for help achievement destination study. Different with Hayati, Purwono (2014) in the journal state that audio-visual learning media is a combination media between audio and visual combined with audio cassettes that have element sound and picture that can seen, for example recording vimeo, sound slides and so on.

Audio-visual media has various types, whether in the form of physical or non-physical. A number of types of learning media that can be used in the learning process namely : graphic media, text, graphics, and videos. Then, the media is divided Becomes three kind, that is sound (audio), visual media, and motion media (kinesthetic). Media visual forms are distinguished Becomes thre , namely visual images, lines (graphics), and verbal symbols (Novita et al., 2019).

Potency important necessary resurrected in self student is motivation for study. If student have motivation high learning, then will have opportunity big for reach destination learning . There are several factors that can increase motivation learning, including models, methods, and learning media chosen by the teacher, the influence environment home and school, support from parents. Third factor the is factor external that can spur spirit study students. Besides factor external is also available internal factors that can increase motivation study student, factor this in general appear naturally (naturally) in self student (Hadi, 2017).

On activities learning in class, one effort that can conducted for increase motivation study is effective media selection. A number of study conclude that video media can increase motivation learn, because video is a fun medium for student so that could awaken desire know and enthusiastic to learning (Irfan, et al., 2016), video has voice in the form of strains music, illustration explanation, as well taken voice from condition real (Suryansyah & Sujarwo , 2016), so the video have power pull alone for students, videos can be explain something that is abstract becomes impressed real (Febriani , 2017), because it's a very effective video used for student school basic still is on stage operational concrete. Third advantages the could underlying effectiveness from use of video as a medium for student level school base (Hadi, 2017).

4. Conclusions

This research was conducted as a program in educating the public regarding the importance of maintaining mental and immune health. The results of the pre-test and post-test showed that there was an increase in public understanding after receiving the learning materials. This shows that people who are classified as generation z in RT. 07, RW. 10, Kelurahan Cibeureum is more interested in the audio-visual learning style which is dominated by illustrations and interesting content. So this shows that in order to be effective in increasing public understanding, it is important to pay attention to the elements contained in online learning media, namely the duration of the video, the use of language, and the design in the video.

After the socialization activities were carried out, there was an increase in public awareness to be able to better manage their moods. In addition, people are starting to realize that activities that were previously considered normal have an important role in increasing the happy hormone in humans. So this shows that in order to be effective in increasing public understanding, it is important to pay attention

to the elements contained in online learning media, namely the duration of the video, the use of language, and the design in the video. After the socialization activities were carried out, there was an increase in public awareness to be able to better manage their moods. In addition, people are starting to realize that activities that were previously considered normal have an important role in increasing the happy hormone in humans.

So this shows that in order to be effective in increasing public understanding, it is important to pay attention to the elements contained in online learning media, namely the duration of the video, the use of language, and the design in the video. After the socialization activities were carried out, there was an increase in public awareness to be able to better manage their moods. In addition, people are starting to realize that activities that were previously considered normal have an important role in increasing the happy hormone in humans. After the socialization activities were carried out, there was an increase in public awareness to be able to better manage their moods. In addition, people are starting to realize that activities that were previously considered normal have an important role in increasing the happy hormone in humans. After the socialization activities were carried out, there was an increase in public awareness to be able to better manage their moods. In addition, people are starting to realize that activities that were previously considered normal have an important role in increasing the happy hormone in humans.

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6. Authors Note

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