

Children's Mental Health : A Scientific Application and Cultural Values in Daily Lives

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In the last two decades, a variety of results of scientific verification related to the development of psychopathology or therapy methods have been obtained, including psychosocial or medicationous therapies for various types of emotional and behavioral disorders in children and adolescents. Children's and adolescents' daily mental health services play very important roles in children's development in order to reach optimum development. In order that results and effective and efficient benefits can be rendered, mental health services for children and adolescents must be done by considering results of empirical researches. Nevertheless, in its application, one must consider the heterogeneity of the population in the service center, including the conditions of the children and adolescents requiring help, the personnel of the health service center, ethics and cultural values; and available service system.

Keywords: children's mental health service, scientific verification, cultural values, practical application

Dalam dua dekade terakhir didapatkan berbagai hasil pembuktian ilmiah yang berkaitan dengan perkembangan terjadinya gangguan kesehatan jiwa (psikopatologi) maupun metode terapi. Metode meliputi terapi psikososial maupun terapi medikamentosa bagi berbagai kondisi gangguan emosi dan perilaku pada anak dan remaja. Layanan kesehatan jiwa anak dan remaja dalam praktik sehari-hari adalah layanan yang memiliki peran sangat penting bagi perkembangan anak, agar setiap anak dimungkinkan untuk mencapai perkembangan yang seoptimal mungkin. Agar dapat memberikan hasil dan manfaat yang efektif dan efisien, pemberian layanan kesehatan jiwa bagi anak dan remaja harus dilakukan dengan mempertimbangkan hasil penelitian secara empiris. Namun, dalam penerapannya harus dipertimbangkan heterogenitas populasi di tempat pelayanan, termasuk kondisi anak dan remaja yang memerlukan bantuan, orang yang memberi pelayanan, etika dan nilai budaya, dan sistem pelayanan yang tersedia.

Kata kunci: layanan kesehatan jiwa anak, bukti ilmiah, nilai budaya, penerapan dalam praktik

Based on data from the WHO, one out of five adolescents of 18 years old encountered mental health problems. Today the total of the population of children and adolescents in Indonesia (0-19 years old) is 81.8 million (38.3%) and this means that there are 18 million of children and adolescents in Indonesia who encounter mental health problems. The result of epidemiological research in Jakarta showed prevalence of ADHD in elementary school children of 26.2%. This means that one out of four elementary school children in Jakarta experienced attention-deficit disorder, hyper-

activity, and impulsiveness. This condition affects their academic achievements and their adaptability to their surroundings in their interactions with friends and adults (Saputra, 2004). One of the biggest constraints is that the problem is not well understood by the people involved and this situation hampers the availability of principled human resources to build this nation in the future. When the availability is hampered, burdens and sufferings will have to be dealt with by everyone who relates to the problematic children and adolescents. Furthermore, it also cause a risk to health and the development of the child, even could be the cause of adult's health problems.

Conclusions that can be taken from the results of the researches in the fields of children and adolescents' mental health:

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