

**LAPORAN AKHIR
PENGABDIAN MASYARAKAT SKEMA PPM MUHAMMADIYAH**



**PENINGKATAN KESEHATAN MENTAL PADA KADER
MUHAMMADIYAH**

Bangunawati Rahajeng, Dr. apt., S.Si., M.Si. (0505117002)
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Zelmi Dwi Novita, A.Md.
Dianing Aulia Puspitasari (20200350043)
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Dr. apt. Woro Supadmi S.Si.

UNIVERSITAS MUHAMMADIYAH YOGYAKARTA

Dibiayai Oleh Lembaga Pengabdian Masyarakat (LPM)
Universitas Muhammadiyah Yogyakarta
Tahun Anggaran 2023/2024



UNIVERSITAS MUHAMMADIYAH YOGYAKARTA

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PROTEKSI ISI LAPORAN AKHIR PENGABDIAN

Dilarang menyalin, menyimpan, memperbanyak sebagian atau seluruh isi laporan ini dalam bentuk apapun kecuali oleh pengabdian dan pengelola administrasi pengabdian.

LAPORAN AKHIR PENGABDIAN

Informasi Data Usulan Pengabdian

1. IDENTITAS PENGABDIAN

A. JUDUL PENGABDIAN

Peningkatan Kesehatan Mental Pada Kader Muhammadiyah
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B. SKEMA, BIDANG, TEMA, DAN TOPIK PENGABDIAN

Skema Pengabdian	Bidang Fokus Pengabdian	Tema Pengabdian	Topik Pengabdian
PPM MUHAMMADIYAH	Kesehatan - Obat	Pengembangan dan penguatan sistem kelembagaan, kebijakan kesehatan, dan pemberdayaan	Penguatan pengetahuan dan pengembangan kebiasaan masyarakat dalam berperilaku sehat.

C. RUMPUN ILMU PENGABDIAN

Rumpun Ilmu 1	Rumpun Ilmu 2	Rumpun Ilmu 3
ILMU KESEHATAN	ILMU FARMASI	Farmakologi dan Farmasi Klinik

D. PENELITIAN

Judul Penelitian
Model Pelayanan Kefarmasian Pada Pasien Dengan Gangguan Neurologi

E. PELAKSANAAN

Tahun Usulan	Tahun Pelaksanaan	Lama Pengabdian
2023	2024	1 Tahun

F. SUSTAINABLE DEVELOPMENT GOALS

Tujuan	Target	Indikator
3. Kesehatan yang Baik dan Kesejahteraan	Target 3.4.	Mengurangi hingga sepertiga angka kematian dini akibat penyakit tidak menular, melalui pencegahan dan pengobatan, serta meningkatkan kesehatan mental dan kesejahteraan

2. IDENTITAS PENGABDIAN

Nama	Peran	Tugas
Bangunawati Rahajeng, Dr. apt., S.Si., M.Si.	Ketua Pengusul	
Nurul Maziyyah, apt., S.Farm., M.Sc.	Anggota Pengabdian	Tim teknis
Zelmi Dwi Novita, A.Md.	Anggota Tendik	Sie Konsumsi

Nama	Peran	Tugas
Dianing Aulia Puspitasari	Angota Mahasiswa	Pelaksanaan
Naufal Febrian Nugraha	Angota Mahasiswa	Tim Teknis

3. MITRA KERJASAMA PENGABDIAN (JIKA ADA)

Pelaksanaan pengabdian dapat melibatkan mitra kerjasama, yaitu mitra kerjasama dalam melaksanakan pengabdian, mitra sebagai calon pengguna hasil pengabdian, atau mitra investor

Nama Institusi Mitra	Pimpinan Wilayah 'Aisyiyah DIY Lembaga Lingkungan Hidup dan Penanggulangan Bencana
Nama Mitra	Surria Dwiwahyu, S.Sos
Bidang Mitra	Ketua LLHPB PWA Aisyiyah Yogyakarta
Provinsi	Daerah Istimewa Yogyakarta
Kabupaten/Kota	Kota Yogyakarta
Kecamatan	Ngampilan
Alamat	Jl Taqwa no 44, Notoprajan, Yogyakarta
Link Google Maps	http://bit.ly/3GTn1PZ
Kordinat	-7.800703323755587, 110.36166667907273

4. MITRA KOLABORASI/KOLABORATOR

Pelaksanaan pengabdian dapat melibatkan mitra kolaborasi/kolaborator, yaitu kolaborasi kerjasama dalam melaksanakan pengabdian.

Nama	NIDN/NIDK	Instansi	Kepakaran	Dana
Dr. apt. Woro Supadmi S.Si.	0507027401	Fakultas Farmasi Universitas Ahmad Dahlan	Farmasi Klinik	Rp. 2,000,000

5. LUARAN DAN TARGET CAPAIAN

Luaran Wajib

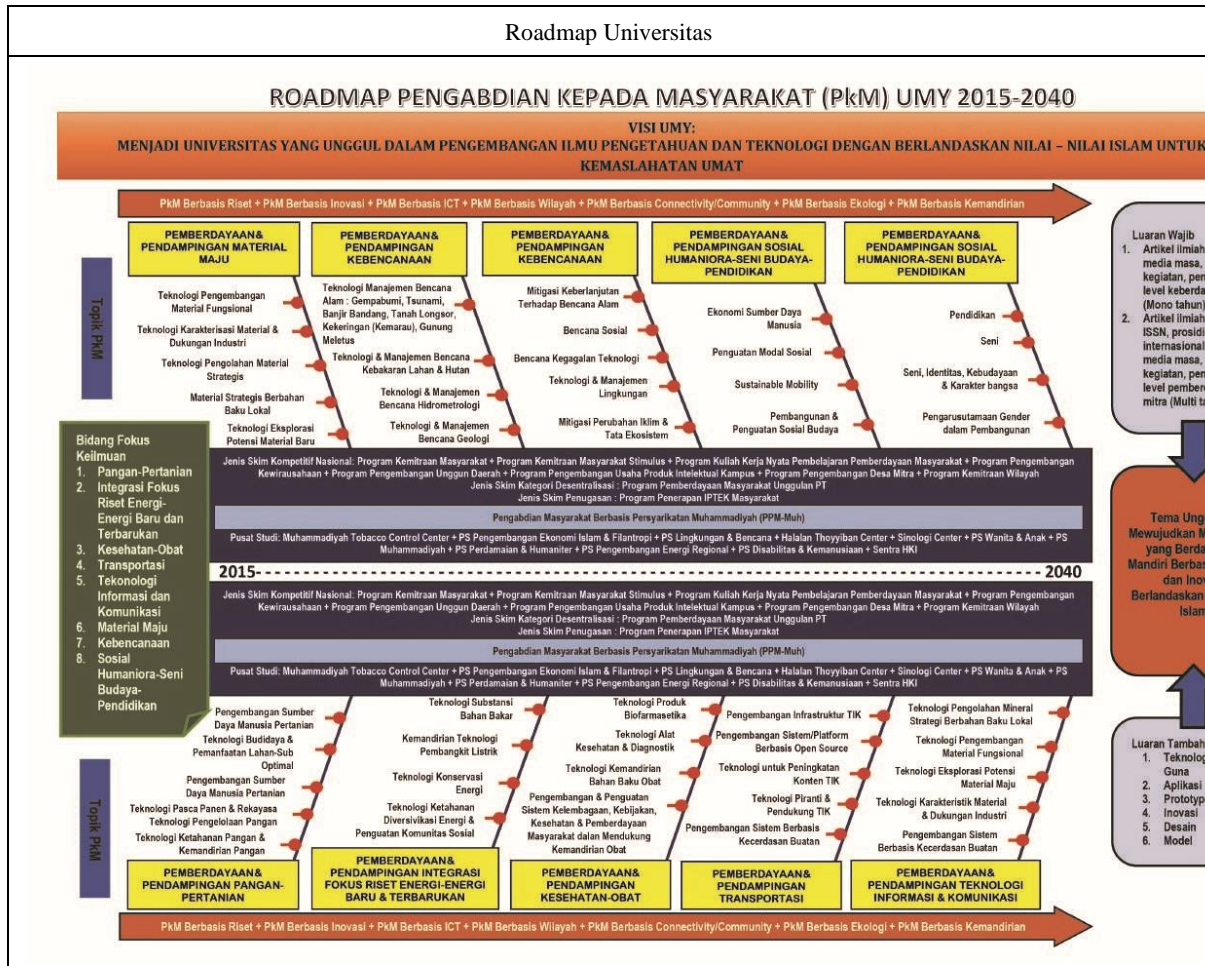
Tahun	Jenis Luaran
1	Artikel ilmiah yang dipublikasikan melalui Jurnal nasional/internasional ber ISSN atau prosiding ber ISBN dari seminar internasional
1	Publikasi Media Masa
1	Video Program Pengabdian

Luaran Tambahan

Tahun	Jenis Luaran
1	Peserta Di Forum Ilmiah

6. KLUSTER DAN ROADMAP

Kluster
Kesehatan Keluarga dan Masyarakat



Roadmap Prodi



Roadmap Pengabdian Masyarakat Programa Studi Farmasi dan PSPPA UMY 2020-2025

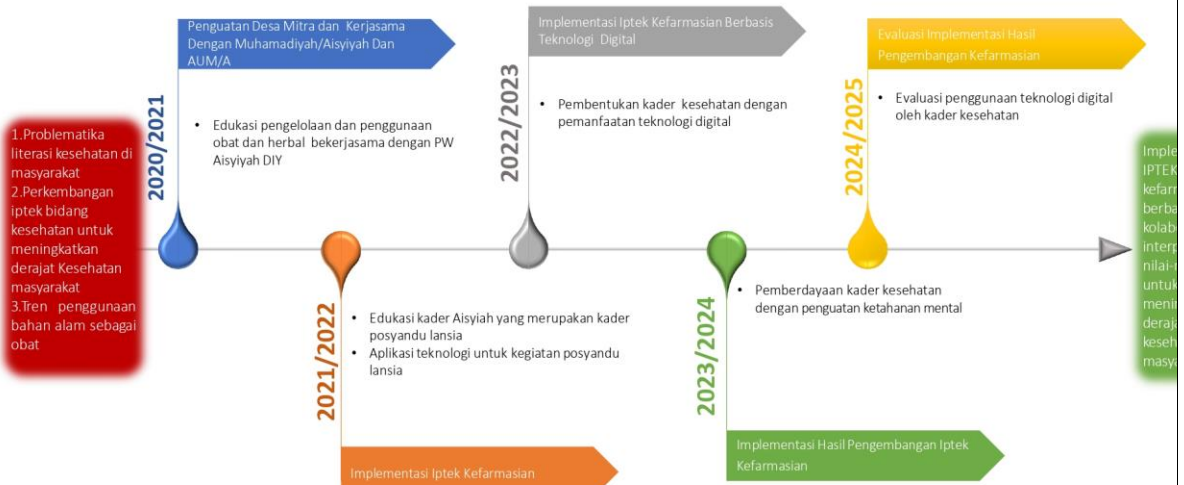


Roadmap Personal



Roadmap Pengabdian Masyarakat Tahun 2020-2025

Dr.apr.Bangunawati Rahajeng, S.Si.,M.Si : Implementasi Iptek Kefarmasian pada Kader Kesehatan Lansia



7. ANGGARAN

Rencana anggaran biaya pengabdian mengacu pada PMK yang berlaku dengan besaran minimum dan maksimum sebagaimana diatur pada buku Panduan Penelitian dan Pengabdian kepada Masyarakat.

Total Keseluruhan RAB Rp. 7,750,000

Total Keseluruhan Biaya Dari Institusi Lain Rp. 2,000,000

Tahun 1 Total Rp. 7,750,000

Jenis Pembelanjaan	Komponen	Item	Satuan	Vol.	Harga Satuan	Total
BAHAN	ATK (Kertas/Tinta/Alat Tulis dll)	ATK	Paket	1	Rp. 200,000	Rp. 200,000
BAHAN	Hibah Alat/Barang	Hibah Stimulus	Unit	2	Rp. 1,000,000	Rp. 2,000,000
PENGUMPULAN DATA	Transportasi/BBM	BBM	OK(Kali)	10	Rp. 100,000	Rp. 1,000,000
PENGUMPULAN DATA	Biaya Konsumsi Harian	Konsumsi	OH	35	Rp. 35,000	Rp. 1,225,000
ANALISIS DATA	Biaya Konsumsi Rapat	Konsumsi rapat	OH	15	Rp. 35,000	Rp. 525,000
ANALISIS DATA	Honorarium Narasumber	Narasumber	OJ	3	Rp. 500,000	Rp. 1,500,000
ANALISIS DATA	Honorarium Pengolah Data	Olah data	Per Penelitian	1	Rp. 500,000	Rp. 500,000

8. LEMBAR PENGESAHAN

HALAMAN PENGESAHAN
LAPORAN AKHIR PENGABDIAN MASYARAKAT SKEMA:

Judul : Peningkatan Kesehatan Mental Pada Kader Muhammadiyah
Pengabdi/Pelaksana : Bangunawati Rahajeng, Dr. apt., S.Si., M.Si.
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Nama Mitra : Surria Dwiwahyu, S.Sos
Kepakaran : Ketua LLHPB PWA Aisyiyah Yogyakarta

Kolaborator : Dr. apt. Woro Supadmi S.Si.
NIK : 340407470274004
Institusi : Fakultas Farmasi Universitas Ahmad Dahlan

Biaya : Rp. 7,750,000
Biaya Dari Institusi Lain : Rp. 2,000,000

Yogyakarta, 29 Mei 2024

Mengetahui,
Kepala LPM,



Dr. Ir. Gator Supangkat, M.P., IPM
NIK: 196210231991031003

Improving Mental Health in Muhammadiyah Cadres

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Abstract. The incidence of mental disorders and depression has increased with the COVID-19 pandemic, which has changed the social order. The negative effect is that they spend more time in front of the screen than socializing directly. This condition causes increased sleep disturbances and mental disorders. The phenomenon of suicide is a side effect that is often heard today. Based on this, community service emerged in collaboration with LLHPB PWA Aisyiyah Yogyakarta with the target partner IMM Cardiocental UMY, whose members are Generation Z. The aim is to invite Generation Z to have more concern for mental health in facing this life. We use observational design with pre-test and post-test. The questionnaire that assesses mental health uses MHC-SF. The community service introduces the various types of mental disorders that can be experienced and then introduces treatment procedures and drug therapy that may be obtained. This service also invites IMM Cardiocental members to care more about their friends and environment so they can become mental health partners. It is hoped that with this community service, generation Z will be able to face life's challenges in the future with a healthy, strong mind and soul and ultimately create an environment conducive to continuing to work.

1. INTRODUCTION

Mental health is currently a boiling issue to discuss. There is much news circulating about the increasing number of suicides among students. Almost all universities in Indonesia have cases of suicide. Most suicide cases are caused by depression and anxiety disorders (80-90%). The incidence of depression in people aged > 15 years in Indonesia, according to Riskesdas 2018, is 6.1%, while mental disorders are 9.8%. This figure is estimated to increase due to the COVID-19 pandemic, which has changed the social order and lifestyle. Meanwhile, there is data that states that there are 10,000 suicide cases in Indonesia, which means that every hour, there is a suicide case. Among students, around 6.9% intend to commit suicide, of which 3% have attempted suicide [1,2].

According to data from the National Institute of Mental Health (NIMH), in the 15-24 year age group, suicide ranks third in cases of death in America with a prevalence of 220/100,000 population [3,4]. The age group 15-24 is teenagers leading to adulthood, with most now holding student status. At these ages, in the process of becoming an adult, there are many psychological burdens that must be borne, including the burden of studying. Apart from that, adolescence is marked by disharmony, which requires balancing so that teenagers reach a mature and adequate psychosocial level according to their age. Factors that influence include:

- a. Individual factors
- b. Parental parenting style factors
- c. Environmental factors [5].

Environmental factors are further broken down into several parts, where the school or campus environment or place of education plays an important role. The reason is that the school or campus is a student meeting place, creating social interaction. These interaction conditions can cause pressure on individuals in the form of bullying, for example. Bullying is a strong influence from peer groups and has an impact on academic failure. This condition is a severe risk factor for teenagers. Bullying, often referred to as peer victimization, is a form of coercive behavior or attempts to cause psychological or physical harm to someone/a group of weaker people by someone/a group of more substantial people. Bullying can be (a) physical, such as pinching, hitting, shouting, or slapping; (b) psychological, such as intimidation, neglect, and discrimination; (c) verbal, such as cursing, mocking, and slandering. All of these conditions are stressful and traumatic experiences for adolescents and often precipitate mental disorders for adolescents [6,7].

Hazing is an activity that is usually carried out by senior group members who try to intimidate junior groups into committing various embarrassing acts. It is not uncommon for senior groups to torture and harass them, causing feelings of discomfort both physically and psychologically. This action is often a prerequisite for being accepted into a particular group. This hazing ritual has long been carried out as a tradition from year to year as an initiation process for a person's acceptance into a group and usually only lasts a short time. However, it is not uncommon for it to be prolonged, causing stress for the teenagers who experience it.

Bullying and hazing are quite severe pressures for teenagers and hurt adolescent development. The prevalence of the two conditions above is estimated to be around 10 - 26%. In this research, it was found that students who experienced bullying showed behavior that was not self-confident, had difficulty socializing, felt afraid of coming to school so that the absorption rate was high, and had difficulty in concentrating in class, resulting in a decrease in learning achievement; It is not uncommon for those who experience continuous bullying or hazing to become depressed and commit suicide [8,9].

One effort that can be made to reduce these things is to create an environment that is conducive to learning and processing. This effort must be carried out with the cooperation of all parties involved in the educational process including lecturers, students, education staff and other elements [10].

The Muhammadiyah Student Association is one of the student organizations part of Muhammadiyah. The organization is a positive forum for students to learn many things. Learn organization, learn to work together,

learn to negotiate, and learn time management to organize activity time so that it doesn't collide with academic activities. Even learn to align organizational and academic activities. IMM Cardiodental consists of students from FKIK and FKG. IMM Cardiodental was officially established in 2012. The activities carried out are related to religion, society and student affairs. One of the activities carries the theme of issue response, where the activities carried out are related to current and developing issues. This mental health improvement activity was held as a work program on the issue of increasing suicide [11]. This community service is carried out together with IMM Cardiodental to respond to issues related to mental health. This service is in collaboration with the Living Environment Institute and Regional Leadership Disaster Management 'Aisiyah Yogyakarta, because it is related to the latest issue response program [12].

2. METHODOLOGY

We carried out observational research in this community service using a qualitative approach. Respondents are members of IMM Cardiodental cadres who will follow the following stages:

2.1. Pre-test stage

A pre-test was carried out to determine and assess the mental health of IMM cadres using the Mental Health Continuum Short Form (MHC-SF) questionnaire (see table 1) [13,14].

2.2. Second stage

IMM cadres receive youth mental health support programs (communication, information, and education) to increase youth mental health resilience. They are given material on recognizing mental health disorders, prevention, and therapy [15].

2.3. Post-test stage

Done after receiving material with the same questionnaire as stage one.

2.4. Data Analysis and Activity Evaluation

The data analyzed is the mental health data of participants/targets. We analyze Verbatim data thematically based on the sub-themes in the MHC-SF. Evaluation activity is carried out a month after the activity by holding another meeting.

Table 1. Mental Health Continuum Short Form Questionnaire[13]

No	Questionnaire	How often in the past month did you feel?
	Emotional well-being	Frequency*
1	Happy?	
2	Interested in life?	
3	Satisfied with your life	
	Positive functioning	How often during the past month did you feel
4	that you had something important to contribute to society? (social contribution)	
5	that you belonged to a community (like a social group, your neighbourhood, your city, your school)? (social integration)	
6	that our society is becoming a better place for people like you? (social growth)	
7	that people are basically good? (social acceptance)	
8	that the way our society works makes sense to you? (social coherence)	
9	that you liked most parts of your personality? (self-acceptance)	

10	good at managing the responsibilities of your daily life? (environmental mastery)	
11	that you had warm and trusting relationships with others? (positive relationship with others)	
12	that you had experiences that challenged you to grow and become a better person? (personal growth)	
13	confident to think or express your own ideas and opinions? (autonomy)	
14	that your life has a sense of direction or meaning to it? (purpose in life)	

*Every day, almost every day, about 2 or 3 times a week, about once a week, once or twice, or never

3 RESULT AND DISCUSSION

40 IMM Cardiodental cadres attended the community service. The characteristics of the participants can be seen in Table 2. The average age of the participants was 20 years, with 13 male students (32.5%) and 27 female students (67.5%).

Table 2. Participant Characteristics

Characteristics	Percentage (N=40)
Gender	
Female	27 (67,5%)
Male	13 (32,5%)
Age (years)	
17-19	12 (30%)
20-22	27 (67,5%)
23-24	1 (2,5%)

They complete the Mental Health Continuum Short Form (MHC-SF) questionnaire before receiving services, as indicated in Table 1. The MHC-SF questionnaire is a tool used to analyze and assess mental health issues. The Mental Health Continuum-Short Form (MHC-SF) measuring tool was created by Keyes et al. and encompassed the three dimensions of positive mental health: psychological (eudaimonic), social (eudaimonic), and emotional (hedonic) well-being. The hedonic tradition is explained in MHC-SF in terms of emotional well-being, which includes sentiments of contentment, enjoyment, and life interest. The eudaimonic tradition manifests in social and psychological well-being (such as social integration and societal contribution), personal growth, and self-acceptance[16]. Based on the findings of the MHC-SF assessment, Keyes classified people into three groups: thriving, languishing, and somewhat well-being. A combination of high hedonic and eudaimonic well-being scores indicates flourishing[17]. Prior studies have demonstrated that both the existence and lack of flourishing are linked to the prevalence of mental diseases, particularly depression and that flourishing can shield people from a range of detrimental effects in both individuals with and without mental disorders[18]. Furthermore, additional research indicates that depression cases can be avoided by bringing the population to a level that is both thriving and not booming that is, a level that is neither depressed nor booming. A flourishing lifestyle is linked to a lower prevalence and incidence of depression [19,20].

Table 3. Participant's level of mental health

Variable	Frequency (N)	Percentage (%)
Emotional well being		
a. High	40	100
b. Low	0	0
Positive functioning		

a. High	35	87,5
b. Low	5	12,5

Every person who answered "almost every day" on emotional well-being did so (Table 3). General life satisfaction and good emotions like happiness, interest in life, and enjoyment are called emotional well-being. The hedonic approach is the tradition in which emotional well-being emerges. Social connections with family, friends, and neighbours significantly impact emotional well-being. A trustworthy social environment also improves emotional well-being. Emotional well-being and an individual's participation in institutional activities also increase. [21].

"Almost every day" was the response most participants gave in positive functioning. Social welfare evaluates an individual's state and the internal dynamics of society. According to Keyes, social integration, social contribution, social coherence, social actualization, and social acceptability are the five elements that make up social well-being. People in good social health are aware of the dynamics in their environment and take an interest in it.

Six distinct positive psychological functioning dimensions are included in the psychological well-being measure. These qualities include having a positive self-perception and accepting oneself and one's past life, feeling that one is still evolving, believing that one's life has significance and purpose, and possessing wholesome relationships. Good interpersonal interactions, environmental mastery the ability to successfully manage life and the environment and autonomy the ability to make decisions for oneself.

The participants' mental health is generally flourishing. The Flourishing condition indicates that the individual is content and joyful and has a clear sense of purpose and enthusiasm. Their enthusiastic involvement in extracurricular and non-academic activities proves this condition. To ensure their positive functioning continues, they design work programs that are socially helpful within their organizations. Participants in this community service project are encouraged to show more concern for their surroundings and themselves, particularly for their friends who exhibit hyperactivity or appear quiet and uninterested. Social circumstances We need young individuals in today's society who can solve the difficulties and problems of their peers their age.

4 Conclusion

The mental health condition of IMM cadres is in a Flourishing position. Increasing awareness of mental health needs to be done to help Generation Z grow and develop physically and spiritually healthily.

Acknowledgements

The Community Service Institute Universitas Muhammadiyah Yogyakarta for community service funding assistance acknowledgements should be typed in 9-point Times

Referensi

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References

Online references will be linked to their original source, only if possible. To enable this linking extra care should be taken when preparing reference lists.

References should be cited in the text by placing sequential numbers in brackets (for example, [1], [2, 5, 7], [8-10]). They should be numbered in the order in which they are cited. A complete reference should provide enough information to locate the article.

References to printed journal articles should typically contain:

- The authors, in the form: initials of the first names followed by last name (only the first letter capitalized with full stops after the initials),
- The journal title (abbreviated),
- The volume number (bold type),
- The article number or the page numbers,
- The year of publication (in brackets).

LAMPIRAN-LAMPIRAN

a. Surat Tugas



SURAT TUGAS

Yang bertanda tangan dibawah ini :

Nama : Dr. apt. Ingenida Hadning, M.Sc
 NIK : 1985 0304 201004 173122
 Jabatan : Ketua Program Studi Pendidikan Profesi Apoteker

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Guna melaksanakan kegiatan Pengabdian Masyarakat dengan tema “Peningkatan Kesehatan Mental Pada Kader Muhammadiyah” yang insyaAllah akan dilaksanakan pada :

Hari : Minggu
 Tanggal : 10 Desember 2023
 Waktu : 10.00-Selesai WIB
 Tempat : Mini KG 2

Jl. Brawijaya, Geblangan, Tamantirto, Kec. Kasihan, Kabupaten Bantul, Daerah Istimewa Yogyakarta Universitas Muhammadiyah Yogyakarta.

Demikian surat penugasan ini dibuat dengan sesungguhnya dan sebenar-benarnya untuk dapat dipergunakan sebagaimana mestinya.

Yogyakarta, 04 Desember 2023

Mengetahui


 Brahma Satrio Alkanda S



Kaprodi PSPPA

Dr. apt. Ingenida Hadning, M.Sc

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 website : https://apoteker.umy.ac.id/



b. Surat Kesiediaan Mitra



PIMPINAN WILAYAH 'AISYIYAH
DAERAH ISTIMEWA YOGYAKARTA
LEMBAGA LINGKUNGAN HIDUP DAN PENANGGULANGAN BENCANA
Jl. Taqwa No. 44, Notoprajan Yogyakarta 55262 Telp. /Fax. (0274) 414401, Email : aisyyahdiy@gmail.com

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

**SURAT PERNYATAAN
KESEDIAAN MENJADI MITRA
PELAKSANAAN PROGRAM PENGABDIAN PADA MASYARAKAT**

Yang bertandatangan di bawah ini;

Nama : Surria Dwiwahyu, S.Sos
Pimpinan Mitra : LLHPB PWA Aisyiyah Yogyakarta
Alamat : Jl. Taqwa No 44, Notoprajan, Yogyakarta

menyatakan **Bersedia untuk Bekerjasama** dengan Pelaksana Kegiatan **Program Pengabdian Masyarakat**

Nama Ketua Tim Pengusul : Dr. apt. Bangunawati Rahajeng, M.Si
Program Studi : Farmasi
Perguruan Tinggi : Universitas Muhammadiyah Yogyakarta
Judul Pengabdian : Peningkatan Kesehatan Mental Pada Kader Muhammadiyah

Guna melaksanakan Program Pengabdian Masyarakat serta menerapkan dan/atau mengembangkan IPTEKS pada masyarakat.

Bersama ini kami menyatakan dengan sebenarnya bahwa di antara pihak Mitra dan Pelaksana Kegiatan Program Pengabdian Masyarakat tidak terdapat ikatan kekeluargaan dan ikatan usaha dalam wujud apapun juga.

Demikian Pernyataan ini dibuat dengan penuh kesadaran dan tanggung jawab tanpa ada unsur pemaksaan dari pihak manapun dan dapat digunakan seperlunya.

Yogyakarta, 24 Desember 2023
Yang menyatakan,

(Surria Dwiwahyu, S.Sos)

c. Surat Selesai Pengabdian



**PIMPINAN KOMISARIAT
IKATAN MAHASISWA MUHAMMADIYAH**
(*Muhammadiyah Student Association*)
**FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN
UNIVERSITAS MUHAMMADIYAH YOGYAKARTA**

Lantai Dasar Gedung G2 Kampus Terpadu FKIK UMY Hp.085866552878
Blog : immfikumy2016.blogspot.co.id, e-mail : immfikumy001@gmail.com



**SURAT KETERANGAN
PROGRAM PENGABDIAN PADA MASYARAKAT**

Yang bertandatangan di bawah ini:

Nama : Bramastha Alfanda Subroto
Pimpinan Mitra : Ikatan Mahasiswa Muhammadiyah FKIK UMY
Alamat : Perumahan Kirana Garden No A5, Ambarketawang, Kec Gamping,
Kabupaten Sleman.

menyatakan bahwa :

Nama Ketua Tim Pengusul : Dr. apt. Bangunawati Rahajeng, M.Si
Program Studi : Farmasi FKIK UMY
Perguruan Tinggi : Universitas Muhammadiyah Yogyakarta
Judul Pengabdian : Peningkatan Kesehatan Mental Pada Kader Muhammadiyah

Telah Selesai melaksanakan Program Pengabdian Pada Masyarakat dengan baik.

Demikian keterangan ini dibuat dan diberikan untuk dipergunakan sebagaimana mestinya.

Yogyakarta, 10 - Desember - 2023

Yang menyatakan,



Bramastha Alfanda Subroto

d. Ucapan terima kasih



PIMPINAN KOMISARIAT
IKATAN MAHASISWA MUHAMMADIYAH
(Muhammadiyah Student Association)
FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN
UNIVERSITAS MUHAMMADIYAH YOGYAKARTA
Lantai Dasar Gedung G2 Kampus Terpadu FKIK UMY Hp.085866552878
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Kepada Yth.

Dr. apt. Bangunawati Rahajeng, M.Si

apt. Nurul Maziyyah, M.Sc

Dr. apt. Ingenida Hadning, M.Sc

apt. Woro Supadmi, M.Sc

Zelmi Dwi Novita, A.Md

Satriaaji Amurwa Wijaya, A.Md

Assalamualaikum Wr.wb

Kami selaku anggota Ikatan Mahasiswa Muhammadiyah FKIK UMY mengucapkan terimakasih kepada seluruh tim Pengabdian Masyarakat Prodi Farmasi FKIK UMY yang telah memberikan pengetahuan **“Peningkatan Kesehatan Mental Pada Kader Muhammadiyah”** yang telah terlaksana pada :

Tanggal : 10 Desember 2023

Pukul : 10.00 – Selesai

Tempat : Mini KG 2

Demikian semoga surat ucapan terima kasih ini dapat digunakan sebagaimana mestinya.

Terima kasih.

Wassalamualaikum Wr.Wb

Yogyakarta, 10 Desember 2023

Penanggung Jawab IMM FKIK UMY

Bramastha Alfanda Subroto



International Conference Committee
LPM UMY
Universitas Muhammadiyah
Yogyakarta
D Building on Floor 2 Integrated
Campus UMY
Jl. Brawijaya, Tamantirto,
Kasihan Bantul, DIY 55183
Call Center: 0274-387656 ext. 159
Wa. 0813-9372-3981

LETTER OF ACCEPTANCE

Bangunawati Rahajeng

We hereby labeled your paper (ART-12325) :

Improving Mental Health In Muhammadiyah Cadres

has been qualified for International Conference of Community Service 2024 that will be held on 28-29th of June 2024 in Universitas Muhammadiyah Yogyakarta.

Head of Committee

Dr. Ir. Novi Caroko, S.T., M.Eng.

f. Sertifikat ICCS



g. Dokumentasi kegiatan



[*] Corresponding author: bangunawati.r@umy.ac.id