



## The Public Knowledge Levels on the Importance of Mental Health in the Digital Era

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### ABSTRACT

This study aims to analyze the public's level of knowledge about the importance of mental health in the digital age. The background of the study is based on the increasing use of digital media, which has both positive and negative impacts on people's psychological well-being, making understanding mental health crucial. The study used a quantitative approach with a descriptive survey method. The sample consisted of 120 respondents selected using purposive sampling, with the criteria being active digital media users. The research instrument used a Likert-scale questionnaire covering indicators of mental health understanding, the impact of digital media, factors causing mental disorders, ways to maintain mental health, and awareness of seeking professional help. Data analysis used descriptive statistics in the form of percentages and categories of knowledge level. The results showed that the public's level of knowledge was dominated by the high category (35.0%), very high (15.0%), moderate (30.0%), low (14.2%), and very low (5.8%). Based on these results, it can be concluded that the public generally has a good understanding of the importance of mental health in the digital age. However, broader education is still needed to improve mental health literacy and reduce the stigma surrounding psychological disorders in society.

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## INTRODUCTION

Mental health is one of the important aspects of human life that plays a role in determining the quality of life, productivity, and ability of individuals to interact socially (Defar et al., 2023). According to World Health Organization, mental health is not only related to a person's liberation from mental disorders, but also a condition when an individual is able to realize his or her potential, manage the pressures of life, work productively, and contribute to his or her environment (Gautam et al., 2024). In today's modern life, mental health issues are getting more and more attention due to increasing social, economic, academic, and digital technology developments that affect people's daily lives (Barhalescu, 2025; Magomedova & Fatima, 2025; Rehman et al., 2023). The development of information and communication technology has brought major changes



in people's life patterns. The presence of the internet, social media, and various digital platforms provides many benefits, such as easy access to information, unlimited communication, and increased activity efficiency (Infante & Mardikaningsih, 2022). However, on the other hand, excessive use of digital technology can also have a negative impact on an individual's psychological state. Excessive exposure to information, cyberbullying, social media addiction, and the emergence of feelings of anxiety due to social comparisons in cyberspace are some of the factors that can affect people's mental health in the digital era.

The digital age has created significant social behavior changes, especially in productive age groups and adolescents (Mirzagayeva, 2024). Many individuals spend most of their time interacting through digital media rather than in-person interaction. This condition can affect communication patterns, emotional stability, and an individual's ability to manage stress. Unwise use of social media can even trigger psychological disorders such as anxiety, depression, stress, and low self-confidence. Therefore, public understanding of the importance of maintaining mental health is indispensable in facing the challenges of today's digital life. Although mental health issues are increasingly discussed in various media, the reality is that there are still many people who have a limited understanding of mental health. Some people still consider mental disorders to be taboo and embarrassing to talk about. Additionally, there is still a negative stigma against individuals with psychological disorders that many people are reluctant to seek professional help. This low level of mental health literacy can cause delays in handling psychological problems and have an impact on declining people's quality of life.

Public knowledge of mental health is very important because it can affect the way individuals understand, prevent, and deal with psychological problems (Lee et al., 2023; Shim et al., 2022). Individuals who have a good knowledge of mental health tend to be better able to recognize the symptoms of psychological disorders, maintain emotional balance, and seek professional help when needed. On the contrary, a lack of knowledge can cause people to ignore the mental health problems experienced so that they have the potential to develop into more serious disorders. In the digital era, social media can actually also be an effective means of mental health education if used wisely. Various information about mental health is now easily accessible through digital platforms, both in the form of articles, educational videos, and social campaigns (Alvarado-Torres et al., 2024; Yan et al., 2025). However, not all of the information circulating has good validity. The spread of false or inaccurate information about mental health can cause misconceptions in society. Therefore, a good level of knowledge is needed so that the public is able to sort out the correct information and understand the importance of maintaining mental health properly.

Research on the level of public knowledge about mental health in the digital era is important because it can provide an overview of the current state of mental health literacy in the community. The results of this research are expected to be the basis for designing educational programs, mental health campaigns, and policies that support

increasing public awareness of the importance of mental health. In addition, this research can also contribute to the development of public health science, especially related to mental health and the influence of digital technology developments. Based on this description, it can be understood that mental health is an important aspect that needs serious attention in the midst of the development of the digital era. The level of public knowledge about mental health is an important factor in preventing various negative impacts of digital media use on individual psychological conditions. Therefore, the researcher is interested in conducting a research entitled "Analysis of the Level of Public Knowledge about the Importance of Mental Health in the Digital Era" to find out the extent of public understanding of mental health and factors related to the development of digital life today.

## **METHODS**

This study uses a quantitative approach with a descriptive survey method to analyze the level of public knowledge about the importance of mental health in the digital era. The quantitative approach was chosen because this study aims to obtain an objective picture of the level of public knowledge based on statistically analyzed numerical data. The research was carried out on people of productive age who actively use digital media and social media in their daily lives. The research population is a community in the research area with an age range of 17–45 years. The research sample was determined using a purposive sampling technique with the criteria that respondents actively use the internet for at least 3 hours per day and are willing to fill out a research questionnaire. The number of samples in this study was 120 respondents. The research instrument uses a questionnaire or closed questionnaire prepared based on indicators of mental health knowledge, including an understanding of mental health, the factors that cause mental disorders, the impact of digital media use on mental health, efforts to maintain mental health, and the importance of seeking professional help when experiencing psychological disorders.

The measurement scale uses the Likert scale with five answer choices, namely strongly agree, agree, hesitate, disagree, and strongly disagree. Before use, the instrument is tested for validity and reliability using the Product Moment and Cronbach's Alpha tests to ensure the feasibility of the research instrument. The data collection technique is carried out by distributing questionnaires directly or through digital platforms such as Google Form. The data obtained was then analyzed using descriptive statistics in the form of percentages, means, standard deviations, and categories of community knowledge levels. The knowledge level categories are divided into very high, high, medium, low, and very low based on the scores obtained by the respondents. Furthermore, the data is presented in the form of tables and diagrams to facilitate the interpretation of the research results.

## RESULTS AND DISCUSSION

### Result

The results of data analysis in this study aim to determine the level of public understanding of the importance of mental health in the digital era. The results are as follows.

**Table 1.**  
 Sample Characteristics Based on Professional Background

No.	Professional Background	Number (People)	Percentage (%)
1	Students	38	31,7
2	Private Employees	27	22,5
3	Teacher/Lecturer	14	11,7
4	Self-employed	18	15,0
5	State Civil Apparatus (ASN)	9	7,5
6	Health Workers	8	6,7
7	Others	6	5,0
<b>Quantity</b>		<b>120</b>	<b>100</b>

Based on the table above, the majority of respondents came from students as many as 38 people (31.7%), followed by private employees as many as 27 people (22.5%). This shows that the age group that is productive and active in using digital media dominates participation in the study. Meanwhile, the least number of respondents came from other professional categories as many as 6 people (5.0%). The diversity of professional backgrounds in this study provides a broader picture of the level of public knowledge about the importance of mental health in the digital era.

**Table 2.**

Results of Public Knowledge Level on the Importance of Mental Health in the Digital Era

No	Category	Score Interval	Frequency	Percentage (%)
1	Very High	> 85	18	15,0
2	Height	75 - 85	42	35,0
3	Medium	65 - 74	36	30,0
4	Low	55 - 64	17	14,2
5	Very Low	< 55	7	5,8
<b>Quantity</b>			<b>120</b>	<b>100</b>

Based on the results of the study, the majority of people are in the high category with a percentage of 35.0%. This shows that most respondents already have a good understanding of the importance of mental health in the digital age. The average score of 74.28 also indicates that the level of knowledge of the community tends to be in the high category. However, there are still respondents who are in the low and very low categories of 20.0%, so broader education related to mental health is needed, especially regarding the impact of digital media use and the importance of professional help.

### Discussion

Based on the results of the study, the category of public knowledge level about the importance of mental health in the digital era was dominated by a high category with a total of 42 respondents or 35.0%. These results show that most people already have a

good understanding of mental health, including the importance of maintaining psychological conditions in the midst of the development of digital technology. This high level of knowledge can be influenced by the increasing ease of people obtaining information through the internet, social media, online seminars, and mental health education campaigns that are widely carried out by various institutions and individuals. This condition shows that the digital era also contributes positively to improving people's mental health literacy (Yang et al., 2025; Yeo et al., 2024). In addition to the high category, the results of the study also showed that as many as 18 respondents or 15.0% were in the very high category. This group showed a very good level of understanding of mental health, both in understanding the impact of digital media, the factors that cause mental disorders, and the importance of seeking professional help. Respondents in this category generally have broad access to information and a high level of concern for mental health issues. The existence of groups with a very high level of knowledge is an indicator that some people have been able to understand mental health more comprehensively and have a good awareness in maintaining psychological balance in the digital era.

In the medium category, there were 36 respondents or 30.0%. These results show that there are still some people who have sufficient understanding, but do not fully understand all aspects of mental health as a whole. Respondents in this category may already know the importance of mental health, but still have limitations in understanding the factors that cause mental disorders, how to handle them, and the importance of professional help. This condition shows the need to increase mental health education more intensively so that people can have a better understanding and be able to implement psychologically healthy living behaviors (Kazdin, 2024; Reynolds 3rd et al., 2022). Furthermore, the low category was obtained by 17 respondents or 14.2%. These results show that there are still people who do not understand the importance of mental health in the digital era. This low level of knowledge can be influenced by the lack of access to information, low interest in reading mental health information, and the existence of negative stigma towards the issue of psychological disorders. Individuals with low levels of knowledge tend to be less aware of the negative impact of excessive use of digital media on mental states and less understanding of how to maintain psychological health in daily life.

In the very low category, there were 7 respondents or 5.8%. Although the number is relatively small, these results are still of concern because they show that there are still people who have very limited knowledge about mental health. Respondents in this category likely still consider mental health to be an unimportant or taboo issue to discuss. This lack of understanding can cause individuals to find it difficult to recognize the symptoms of psychological disorders and be reluctant to seek help when experiencing mental problems. If this condition is not addressed through proper education, it can have an impact on the increased risk of mental health disorders in the community. Overall, the results of the research category show that the level of public knowledge about the importance of mental health in the digital era tends to be in the high

category. However, there are still community groups that are in the medium to very low category, so more equitable and sustainable educational efforts are needed. Mental health education through digital media, educational institutions, health services, and the social environment needs to be continuously improved so that people have a better understanding of the importance of maintaining mental health and are able to use digital technology wisely and healthily.

## CONCLUSION

Based on the results of the study, the level of public knowledge about the importance of mental health in the digital era in general is in the high category, which shows that most people have understood the importance of maintaining mental health as well as the impact of digital media use on psychological conditions. However, there are still some people with moderate to low levels of knowledge, so more intensive education and socialization are needed to increase mental health literacy and reduce the stigma of psychological disorders in the community.

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