

# Memaknai Hari Kesehatan Mental Dunia

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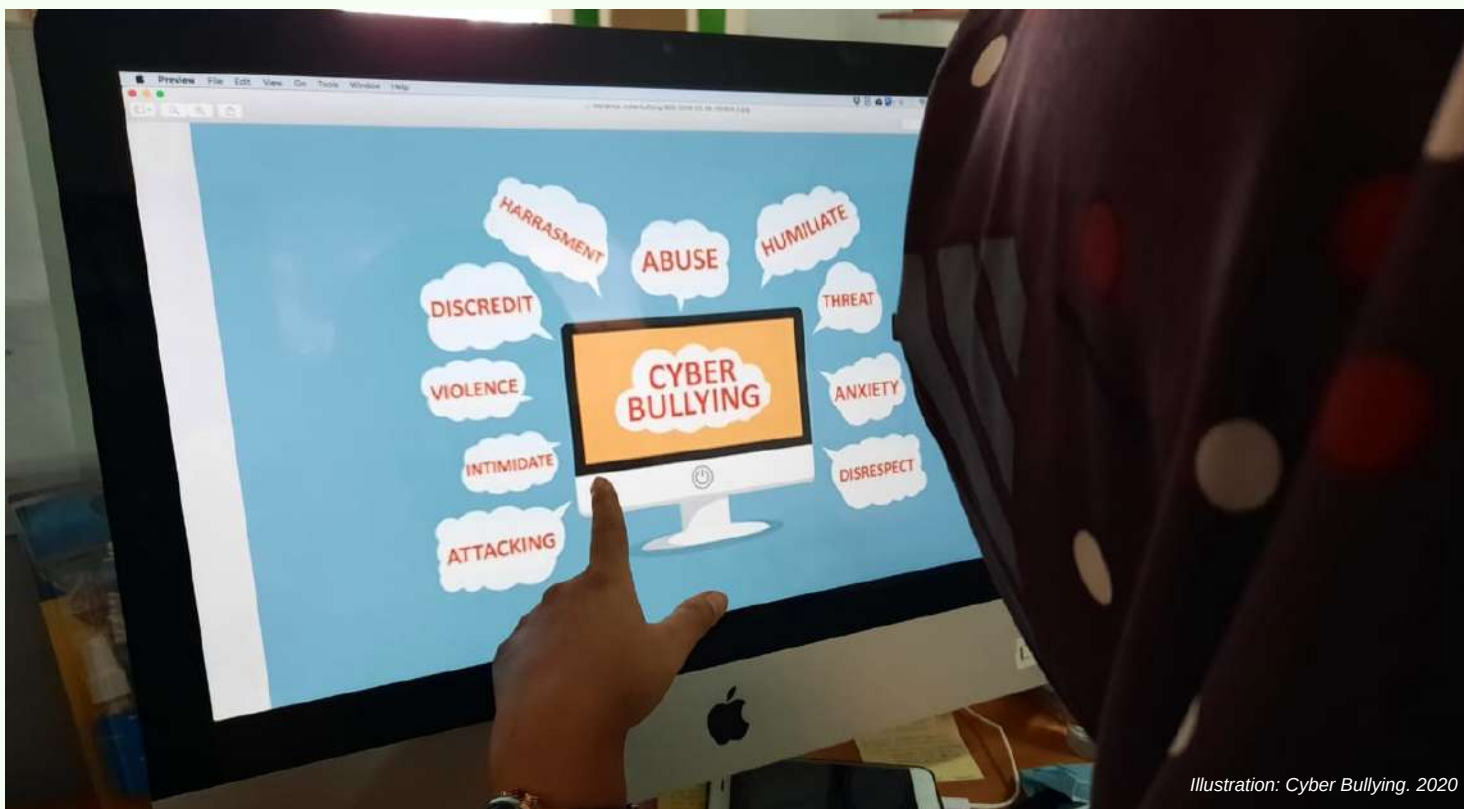


Illustration: Cyber Bullying. 2020

Tanggal 10 Oktober setiap tahunnya diperingati sebagai hari kesehatan mental dunia. Peringatan ini pertama kali dilaksanakan pada tanggal 10 Oktober 1992 dan telah menjadi agenda tahunan *World Federation For Mental Health* (WFMH). Tujuan awal peringatan hari kesehatan mental adalah untuk menyosialisasikan pentingnya kesehatan mental dan menyadarkan masyarakat tentang isu-isu seputar kesehatan mental. Berdasarkan data dari *World Health Organization* (WHO) di tahun 2019, setiap 40 detik terjadi satu kasus bunuh diri. Mengetahui hal ini, masyarakat diseluruh dunia diharapkan ikut berperan dalam usaha pencegahan kasus bunuh diri yang menjadi penyebab kematian nomor dua di dunia.

Di zaman dimana media sosial sudah menjadi bagian dari kehidupan, orang sering menginternalisasikan apa yang dibaca atau dilihatnya di media sosial, termasuk komentar-komentar jahat dari para pengunjung media sosial, kedalam pikiran. Padahal, seringkali para komentator negatif ini urung menyampaikan kritikan pedasnya ketika bersemuka langsung dengan orang yang di-bully-nya. Bullying pun kemudian memiliki variasi barunya yang disebut

cyber-bullying. Parahnya, orang seringkali bisa bersikap lebih kejam di dunia maya dibandingkan dengan di dunia nyata.

Di dunia nyata, perilaku *bullying* banyak dilakukan oleh orang-orang terdekat korban seperti misalnya tetangga, kerabat dekan, orang tua, ataupun teman sebaya. Para pelaku *bullying* seringkali tidak menyadari bahwa mereka melakukan kesalahan akibat dari umumnya perilaku tersebut dilakukan di tengah masyarakat.

Tekanan sosial dapat menjadikan seseorang depresi yang berujung pada *self-harm*. Oleh sebab itu, edukasi tentang pentingnya kesehatan mental sebaiknya dapat diakses oleh seluruh kalangan masyarakat. Setiap orang sebaiknya turut serta dalam mengampanyekan sikap untuk lebih *mindfull* terhadap kata-kata maupun tindakan yang dilakukan baik di dunia nyata maupun di dunia maya. Gangguan psikologis umumnya muncul dari interaksi seseorang dengan orang lain. Maka, permasalahan psikologis tidak hanya merupakan permasalahan satu orang. Permasalahan psikologis merupakan permasalahan seseorang dengan liyan.

Pencegahan terhadap permasalahan psikologis dapat dimulai dari hal-hal kecil seperti misalnya lebih berhati-hati ketika berkomentar di media sosial. Sebelum menulis komentar, pikirkan terlebih dahulu dampak yang mungkin timbul akibat dari komentar tersebut. Kebiasaan untuk berkomentar positif juga harus diterapkan dalam kehidupan nyata. Kebiasaan berbasabasi tentang kehidupan orang lain sebaiknya juga mulai ditinggalkan. Bisa jadi seseorang hanya berniat basabasi dengan menanyakan "Kapan nikah?," "Kapan punya anak?," dan lain sebagainya. Namun, bagi orang yang ditanya, *small talk* semacam itu bisa menjadi tekanan psikologis yang berbuntut pada rendahnya harga diri ataupun depresi. Jika berkomentar baik ataupun mencari topik *small talk* yang lebih aman sulit untuk dilakukan, maka diam bisa jadi merupakan pilihan terbaik. Diam lebih baik daripada menyuarakan komentar yang menyakiti liyan.

Selain menjaga sikap dan perkataan terhadap liyan, mengatur pola hidup pun dapat menjaga kesehatan mental. Mengonsumsi makanan sehat, istirahat cukup, berolahraga, melakukan hobi, menulis *diary*, serta mendiskusikan

# The Haunting Nightmare

by Putri Yuliana Mahardika, alumna from Padang State University

It has about midnight, but still, he is awake. The Sweat has soaked the yellow shirt he is wearing. His red sloppy-moist eyes stare at the wooden wall of his room. He has just woken up from his nightmare. His face reflected fear, worry, and deep sadness.

Soon after that, he tries to regain consciousness, and raised his left hand towards the dim lamp of his room and peeks out the light from his fingers. Slowly, he feels the suffocating air around his room. The silent night has made his feeling getting worse. Finally, he begins to close his eyes and hold back his tear. He wants to disappear from the world.

Adzan reverberated when the loud sound of a baby crying heard in a small white-decorated room. New happiness has covered the little family who had patiently waited for the presence of a child for a long time, a baby-boy. Baby Husin is the last child after his two older sisters. Seventeen years ago, that event became an unforgettable moment for the Husin family.

Amid the shining of the big city Jakarta, Husin grew up in a simple family that upheld norms, ethics, and manners. His father was just a small trader on the edge of the supermarket. His mother took care of household needs. His first sister went to a boarding school outside the city, and the family lived in a rent house. Although their finances are not that good, education is the main thing for his family. Husin's family is such a warm and happy family.

Husin is five years old now. Everything has going so fast. Realizing that her second sister, Fera, was so busy

pursuing her education and rarely be at home, and his father always busy earning money for their daily needs, Husin spends a lot of time with his mother than others. Husin is also a cheerful boy. He loved to look for new friends and asked various kinds of things that he encountered around him. His mother always accompanied and answered the questions that he asked.

In the late evening, the father called his little family to pray Maghrib together.



Illustration: Dios

Husin was very enthusiastic. Although he did not understand why he was doing so, it means a lot to him. Praying Maghrib is a moment where his family gathered. After praying together, the most time that Husin had waited for was coming. It was when he got the full warmth of his family, making some jokes, laughing, or studying with his sister Fera until sometimes he fell asleep with his hold pen in his arm.

The sunny morning, Husin suddenly asked his mother to put him in the school. Heard about it, his parents were excited then sent him to a playgroup. In the

playgroup, as usual, Husin was a very active child. He loves singing, asking questions, drawing, and playing with other kids. However, Husin was emotionally unstable. He occasionally fought with his classmates.

While other students' parents were waiting for their child in front of the class during school hours, Husin refused and even cried if he saw his mother waiting for him like other friends. Husin thought that he could be an independent boy who was

able to take care of himself. He was so happy at school and felt he had found his world. Husin's childhood happiness did not last long. Few months after he was going to school, his mother was sick.

His mother was so weak that she ended up staying in the hospital. His older sister, Santi, went back home from the boarding school to take care of her mother in the hospital because the father had to find more money for the hospital bills, whereas Fera had to take care of Husin at home. Husin did not understand what happened, but one thing that he knew,

something wasn't right.

The sound of the opened door has woken Fera up in the middle of the night. She moved slowly from her bed, and she saw who was coming. A middle-aged woman ran towards her, holding her hand tightly. That woman's eyes showed compassion, then hugged her. "Fera, prepare yours, your brother's, and father's clothes. We are going to the hospital," Aunt Sari whispered while hugging her.

Fera's mind was messed-up, and her heart was broken. Fera understood what had really happened but she just kept



Illustration: Dios

silent and only did what Aunt Sari told. Returning to the room where Husin was sleeping, Fera gently touched Husin's cheek. Waking Husin up slowly until Husin opened his eyes. "Sin, let's go to see our Mom," said Fera with a forced-smile to cover her feeling. Husin who knew nothing was happy to hear that.

A middle-aged man was sitting in the dim light of a streetlight seeing around the empty road. He looked a taxi moved towards him. He immediately got up, waiting for the taxi approaching him. "Dady!" Husin excited and hugged his father. Fera came afterward and carried a bag approaching her father. Husin asked a lot of questions to his father, but his father did not talk too much and just smiled and hold Husin while his hand grabbed the bag carried by Fera. Then they were heading to the place of Husin's mom and Santi.

In the corner of the room, some people were busy. The room was white and illuminated by very bright lights. Although from a considerable distance, the room did not smell of medicine like the previous room they had passed. "Dad, what smell

is this? I never smell this before!" Husin asked. Just before his father answered, suddenly, Santi came out from the room and approached her dad and her sibling. "Hey dad, Mother has finished bathing, and she was almost ready to be shrouded," Santi whispered to her father.

Her father immediately lowered the bag then invited Husin and Fera to meet their mother inside. Her lips smiled, but her eyes were closed. She was sleeping on the mattress without a pillow. Wrapped in a brown batik cloth pattern that she usually wears, Fera watched and touched her mother that lying rigidly. She felt that her mother's body was not as warm as usual.

Her mother had left forever, but she could not cry at all. Husin, who was carried by his father, only stared at his mother. Husin stared at his father and his siblings that kept quiet. Their silence made Husin stopped asking questions. He had seen this on television, and he knew his mother would not return. He was sad, but he did not want to cry. The wonder mom had just left the family forever.

Life has changed. The loss of the mother in this family seemed to be a big hole that was ready to devour Husin's family. The house was so messy, dirty yard with long grass, dirty clothes scattered everywhere, no more comfortable space at home. The father had to play a double role for his three children. In the morning, he had to earn money, and when he returned home in the evening, he had to take care of his beloved children. Even though he was tired, he tried to give the best for his family, and even so, the house still feels cold and quiet.

Time passed by, Husin grew up and became an independent child. Understanding that his father and Fera were tired enough to manage the house, Husin tried to work on and prepare his own needs. Even so, when Fera's emotion was not good, she kept blaming Husin. When Fera felt very tired, Husin did not complain, and he was no longer asking questions. Even though occasionally he felt tired, he would only leave his sister alone and spend time outside. Husin, who used to be so expressive, turns into a closed-minded and quiet boy.

Slowly but surely, Husin's family could adjust with life without a mother. Until one-night, Husin heard the sound of crying from his sister's room, Fera. This was not the first time Husin heard his sister crying since his mother passed away, but it seemed like something was different that night. "Why does she keep crying like a baby?" Husin asked himself while covering his ears with his pillow. Although he said so, he wanted to comfort his sister, but Husin did nothing because he did not know what he should do. Husin fell asleep and the sound of crying slowly disappeared.

The calling sound of dawn prayer woke Husin up. He hurried to the mosque with his father. After returning home, Husin's father immediately prepared and went to earn money as usual. At the same time, Husin tried to make breakfast for Fera and him because he knew Fera would not make breakfast after she cried all night. "Fera, I made breakfast," Husin said and knocked on the Fera's room. After that, Husin went to school.

At two o'clock, Husin went back home from school. The house is quiet and still messed up. He was feeling bad. He went