

Perbedaan pengetahuan tenaga kesehatan sebelum dengan sesudah pelatihan menggunakan modul "peningkatan kapasitas kesehatan mental anak dan remaja di daerah bencana" dan pandangan tenaga kesehatan tentang modul dan pelatihan = Differences in health workers knowledge before and after training using the module "capacity building for child and adolescent mental health in disaster areas" and the health workers' views on the module and training

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Abstrak

Pendahuluan: Tenaga kesehatan mental di Indonesia perlu mendapat bekal tambahan untuk dapat menangani anak dan remaja di daerah bencana. Untuk itu, Departemen Psikiatri Fakultas Kedokteran Universitas Indonesia-Rumah Sakit Cipto Mangunkusumo Hospital, Divisi Psikiatri Anak dan Remaja, bekerja sama dengan Institute for Mental Health Singapura, telah menyusun modul pelatihan berjudul "Peningkatan Kapasitas Kesehatan Mental Anak dan Remaja di Daerah Bencana" (Child and Adolescent Mental Health in Disaster areas - CAMHD).

Tujuan: Untuk mengetahui manfaat pelatihan dengan modul tersebut dalam meningkatkan pengetahuan tenaga kesehatan mental (psikiater, dokter, psikolog, pekerja sosial, dan perawat) serta pandangan peserta tentang modul dan pelatihan.

Metode: Penelitian tindakan (action research) dilakukan dengan metode campuran kuantitatif dan kualitatif. Data dikumpulkan dari peserta penelitian dalam bentuk tes sebelum dengan sesudah pelatihan (one group pre and post-test), kuesioner data demografi, kuesioner evaluasi pelatihan, serta diskusi kelompok terarah (Focus group Discussion - FGD).

Hasil: Semua subjek (n=16) mengalami peningkatan pengetahuan, dengan perbedaan rata-rata (mean) skor pretest dan posttest yang bermakna secara statistik (p=0,001). Hal-hal penting yang diperoleh dari pelatihan mencakup antara lain pemahaman dasar, identifikasi kebutuhan, identifikasi sumber daya dan persiapan, serta alur berpikir kesehatan mental anak dan remaja di daerah bencana, deteksi dini terutama menggunakan Strength and Difficulties Questionnaire (SDQ), formulasi kasus, dan penanganan secara komprehensif, termasuk Psychological First Aid (PFA) serta intervensi krisis. Subjek penelitian terutama menghargai pembelajaran aktif seperti studi kasus, bermain peran, diskusi, serta bertukar pengalaman antar peserta pelatihan. Pada kuesioner umpan balik, seluruh subjek penelitian menyatakan kualitas pelatihan sangat baik atau cukup. Masukan dari subjek penelitian antara lain mencakup kebutuhan untuk penyederhanaan bahasa modul, konsistensi fasilitasi, penyempurnaan bahan tayangan pelatihan, perlunya pegangan praktis untuk digunakan di lapangan, bentuk modul berjenjang menurut profesi, contoh-contoh kasus nyata, serta pelatihan yang berkelanjutan.

Simpulan: Pelatihan menggunakan modul "Peningkatan Kapasitas Kesehatan Mental Anak dan Remaja di

Daerah Bencana? dapat meningkatkan pengetahuan tenaga kesehatan mental. Terkumpul masukan untuk perbaikan dan pengembangan modul dan pelatihan selanjutnya.

.....Introduction: Mental health workers need to be better equipped with more knowledge to deal with children and adolescents in disaster areas. For this reason, the Department of Psychiatry of Cipto Mangunkusumo Hospital, Division of Child and Adolescent Psychiatry, in collaboration with the Institute for Mental Health Singapore, developed the module 'Capacity Building for Child and Adolescent Mental Health in Disaster areas (CAMHD).

Objectives: To ascertain the benefits of training using the module in increasing the knowledge of mental health workers (psychiatrists, doctors, psychologists, social workers, and nurses) and the participants' views on the module and training. Methods: Action research was conducted using mixed (quantitative and qualitative) methods. Data was collected from the training participants in the form of one group pre and post tests, and questionnaires demographic data, training evaluation forms, and focus group discussions.

Results: All subjects (n=16) increased in knowledge, with a statistically significant mean difference of pretest and posttest scores ( $p=0.001$ ). Important points gained through the training include basic understanding, needs assessment, resource identification and preparation, as well as thinking process in dealing with children and adolescents in disaster areas, early detection especially using Strength and Difficulties Questionnaires (SDQ), case formulation, and comprehensive management, including Psychological First Aid (PFA) and crisis intervention. In terms of training process, research subjects especially appreciated active learning processes such as case studies, role plays, discussions, and sharing of experiences among training participants. On the feedback forms, all research subjects stated the quality of training was excellent or satisfactory. Input from research subjects included the need for simplification of the language of the module, consistency of facilitation, enhancement of training presentation materials, the need for practical guides to use in the field, profession-based stepped modules, examples from actual cases, and further training.

Conclusion: Training using this 'Capacity Building for Child and Adolescent Mental Health in Disaster areas' module can increase the knowledge of mental health workers. Input was collected to enhance and develop further modules and training.