

The Influence of Mental Health on Elementary School Students Learning Motivation

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Abstract

Mental health and motivation to learn are two of the many factors that determine the success of educational goals. In the implementation of education in elementary schools, in fact there are still several problems that occur, such as bullying and academic stress which cause disruption to students' mental health, which in turn also has an impact on students' learning motivation. The aim of this research is to determine the influence of mental health on elementary school students' learning motivation. This research is qualitative research using the library research method. The results of this research show that mental health influences elementary school students' learning motivation. So it can be concluded that when students' mental health is classified as healthy, their learning motivation will increase. On the other hand, when a student's mental health is classified as unhealthy, their motivation to learn will decrease.

Keywords: *Elementary school; mental health; motivation to learn*

INTRODUCTION

One factor that is also important in shaping a person's life is education. Because education not only provides knowledge, but also skills as a complement to a person to be able to face every difficulty that occurs in his life and reach their full potential. Schools as educational institutions that provide a process of guidance, teaching, and exercises are very important in cultivating good personalities, thoughts and attitudes in students (Rosikum, 2018). With the complexity of all plans prepared in a field of education, causing most of students' time to be spent in the school environment.

Elementary school is a level of formal education intended for children aged 6 to 13 years. The existence of elementary schools aims to equip students with basic skills and prepare them to be able to take part in the next level of education, namely secondary education (Maliki, 2022).

To be able to achieve educational goals, especially elementary school through teaching and learning activities, it is necessary to have a condition in students commonly known as mental health. APA (American Psychological Association) argues that mental health is a state of mind characterized by being free from feelings of anxiety so as to achieve emotional well-being, be able to adjust well, and be able to build healthy interpersonal relationships, and can cope with stress (Jaya & Sufya, 2023). Mental health is divided into two categories, including a healthy mental health state, which will form individuals with normal behavior and do not deviate from the rules that apply in society. And unhealthy mental health conditions, which can have an impact on the emergence of pathological behavior in a person (Maimun et al., 2017). The two categories of mental health that have been mentioned, can arise depending on how the school environment is located. A good school environment can lead to healthy mental health. Conversely, a poor school environment can lead to unhealthy mental health conditions as well as behavioral disorders as part of mental health illness. Problems related to mental health, mostly occur in young age groups or in elementary school students (Prihatiningsih & Wijayanti, 2019).

The implementation of education in elementary schools, in fact, there are still many things that need to be addressed, starting from the school environment where there are still bullying actions whose impact can damage the mental health of students who are bullied so that these students become quiet, inferior, and even allow them to commit suicide (Agustin, 2021). In addition, students in grades 4 to 6 (ages 10 to 12) have entered the prepubertal stage, so according to the researchers, they are prone to suffer from stress, especially academic stress. Academic stress is a term for stress whose source comes from teaching and learning activities, such as pressure due to too much schoolwork, anxiety when going to exams, and too long study time (Agustina et al., 2020). Some of the above mental health issues can be addressed by various factors such as helping children who experience stress and maintaining their mental health including social support from peers, teachers, family, a safe and stable school environment, and mental health programs offered by schools (Winei et al., 2023).

In addition to mental health, to make teaching and learning activities a meaningful process, learning motivation is also needed. Every elementary school student, needs to have learning motivation in him. Learning motivation according to Nashar is the desire of students to follow the learning process driven by ambition to obtain good learning outcomes. Meanwhile, in Hamalik's view, learning motivation is a change of strength that exists in students so that reactions and feelings arise to achieve goals (Nurmala et al., 2014). Thus, learning motivation is a force in students that moves the mind to carry out a learning process that is useful for acquiring knowledge, skills, and experience, and achieving learning goals. With the motivation to learn, the feeling of carrying out the learning process will be passed vigorously.

Mental health and learning motivation are two things that are indispensable in the world of education. The two are also interrelated with each other (Ernawati & Purnamasari, 2022) as in the results of previous research conducted by Meti Kusmiati,

Zainal Abidin Arief, and Muhyani (2013). For this reason, this study will discuss how the influence of mental health on student learning motivation at the elementary school level. So the purpose of this study is to determine the effect of mental health on the learning motivation of elementary school students.

METHODS

The research method used in writing this article is using the library research method or literature review. Literature review is a research method that seeks to obtain information from books and other articles on the topic discussed, namely the influence of mental health on the learning motivation of elementary school students by collecting data based on relevant sources. Where the sources contained in this article are obtained from searches on google scholar, google book, publish or perish, research rabbit and Sinta. The stages passed in the use of the literature review method include determining the type of literature review, conducting literature review activities, carrying out data processing through the data analysis process, and finally writing the results of the literature review (Ahmad, 2022). The results of this literature review are in the form of writing or sentences, so they are included in the type of qualitative research.

RESULTS AND DISCUSSION

Issues related to mental health especially for elementary school students that affect student motivation include concepts and expertise from the domains of psychology, medicine, psychiatry, biology, sociology, and religion. The science of mental health consists of a set of guidelines, norms, and practices for how mental well-being can be improved. Healthy mental traits can be used to determine mental health traits. Here are the characteristics of a healthy mentality, including:

1. Avoiding mental illness,
2. Can adjust to also use self-ability as best as possible,
3. Creating satisfaction for oneself as well as others.

According to M. Dahlan R. and Mulan Alfipah (2023), mental health applies to all areas of life. A student's mental health can affect learning motivation. If the student's mentality is disturbed, the motivation to learn in him also decreases (R. & Alfipah, 2023). Mental hygiene or mental health means a healthy mentality. Wahdah Oktafia Hasanah and Fara Tiara Haziz (2020), both define mental health as a state of well-being, where individuals can realize the abilities they have, and this greatly affects student learning motivation when carrying out the learning process in class (Hasanah & Haziz, 2021).

In line with the two studies mentioned, Achmad Badaruddin, Erlamsyah, and Azrul Said (2016) also conducted research on the relationship between mental health and student learning motivation. Where the results of his research show that there is a positive and significant relationship between mental health and student learning

motivation which is shown by a calculation greater than the r_{table} , which is $0.527 > 0.270$ in the Pearson Product Moment Correlation correlation test. So it can be said that mental health has an influence on learning motivation. The healthier the mental health of students, the better the motivation to learn. Conversely, learning motivation will decrease when the mental health of students is hampered and classified as low (Badaruddin et al., 2016).

Meanwhile, mental health which is characterized by a happy state of heart, does not feel depressed, thus raising good emotions in classroom learning activities, in the view of Yenda Puspita (2023) this can be a factor that can cause the emergence of encouragement in students to carry out learning activities and determine the success of the process of achieving learning goals (Puspita, 2023). Thus, mental health and student learning motivation are related, because student learning motivation according to Zafar Sidik and A. Sobandi (2018) is also a factor that can achieve the success of a learning process (Sidik & Sobandi, 2018).

From data analysis activities with literature review, results were obtained that showed that mental health affects student learning motivation in elementary schools. This happens because one of the provisions of a fairly healthy mental normality is to have high motivation and awareness in order to achieve sufficient self-knowledge (Muliasari, 2019). In addition, mental health and learning motivation are considered as two things that affect a person's psychology, which can make an individual have a spirit that has an impact on his behavior which is full of strength in facing and overcoming every problem that occurs so as to avoid neurosis (mental disorders) and psychosis (mental illness)(Kalimatusyaro, 2021).

Based on several previous research results, it can be concluded that mental health in elementary school students has an influence on their learning motivation. This refers to the capacity of a student to grow in various aspects both physically, psychologically, and emotionally optimal so as to allow him to interact with other students in the elementary school environment. This interaction can also form students who are able to adjust to their new environment in elementary school. It is also able to form a healthy mindset so that students can become an active part of school, especially during the learning process. As for students who experience difficulties or disorders in their mental health and learning motivation, there needs to be a solution to prevent them from doing things that can endanger themselves and the surrounding environment.

CONCLUSION

Based on the results of the research that has been described, it can be concluded that mental health which is a state of mind of children who are calm and free from pressure has an influence on the child's drive to have the desire to learn or known as learning motivation. Both are interrelated, in elementary school students who have healthy mental health, the motivation to learn will be high. And vice versa, learning motivation will be low, when students' mental health is disturbed. For this reason, when

we find students, especially at the elementary school level who have mental health disorders, then we need to immediately overcome this. Because, mental health and student learning motivation, both are determining factors for the success of achieving educational goals that have been set.

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