



**EFFECTIVENESS OF EARLY MENTAL HEALTH DETECTION TO PREVENT EMOTIONAL MENTAL DISORDERS IN ISLAMIC BOARDING SCHOOL STUDENTS EXPERIENCING BULLYING: A SCOPING REVIEW**

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**ABSTRACT**

The increasing prevalence of mental health issues among students, particularly those who experience bullying, underscores the need for early detection strategies. This study examines the significance of early detection of mental health issues in santri (Islamic boarding school students) who face bullying. Purpose: The purpose of this study is to analyze the impact of bullying on the mental health of santri and to highlight the necessity for effective early detection methods. Method: A qualitative approach was employed, involving interviews and focus group discussions with santri, educators, and mental health professionals. Data were analyzed thematically to identify common patterns and insights. Result: The findings reveal a significant correlation between experiences of bullying and the emergence of mental health issues among santri. Participants reported symptoms of anxiety, depression, and low self-esteem, emphasizing the urgent need for intervention. Conclusion: The study concludes that implementing early detection mechanisms is crucial in addressing mental health issues among santri who experience bullying. Educational institutions should prioritize mental health awareness and provide necessary support systems.

Keywords: bullying; early detection; mental health; santri

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**INTRODUCTION**

Mental health is a crucial aspect of individual development, including in educational settings such as Islamic boarding schools, or pondok pesantren. Students in these institutions, known as santri, not only face challenges in acquiring religious knowledge but are also often exposed to various social dynamics that impact their mental well-being. One of the common issues is bullying, which significantly affects the emotional and mental health of santri. Bullying can lead to emotional mental health issues such as anxiety, depression, and stress, which, if left unaddressed, can develop into more severe disorders.

Early detection of mental health issues is a preventive measure that can help identify potential emotional and mental disorders before they become more serious. Effective early detection can support a mental health-friendly environment for santri and help prevent the progression of mental disorders resulting from bullying. However, early detection efforts in pesantren are still rarely prioritized, despite the significant potential of these institutions to support santri's mental health through religious and community-based approaches. This study aims to conduct a scoping review of the effectiveness of early mental health detection as an effort to prevent emotional mental disorders in santri who experience bullying in pondok pesantren. By exploring various literature and related practices, this study will provide a comprehensive overview of existing interventions and identify gaps and opportunities for developing more effective early detection programs in the context of pesantren. The findings of this review are

expected to serve as a foundation for more inclusive and responsive mental health policies that address the needs of santri in these educational institutions. This study aims to evaluate the effectiveness of early mental health detection strategies in preventing emotional and mental disorders among Islamic boarding school students who have experienced bullying. By exploring current detection methods and identifying gaps in support, this review seeks to inform interventions tailored to the unique environment of Islamic boarding schools, thereby promoting the overall mental well-being of students.

## **METHOD**

The scoping review method was employed to create a comprehensive "map" of the effectiveness of early mental health detection in preventing emotional and mental disorders among santri experiencing bullying in Islamic boarding schools, known as pondok pesantren. This methodology was selected because it facilitates the examination of "the scope, variety, and nature of research activities" (Utami et al., 2021), allowing for the rapid identification of existing interventions and the research gaps associated with early mental health detection and its relationship with bullying in pesantren environments. In our study, we adhered to the stages of the scoping review as described by Arksey and O'Malley (2005) and Levac et al. (2010), while also being guided by the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) statement (Chapa Montemayor & Connolly, 2023) to ensure transparency and thoroughness in reporting our findings. The scoping review process began with the identification of relevant research questions about the effectiveness of early mental health detection in preventing emotional and mental disorders among santri affected by bullying. We developed a search strategy in collaboration with a research librarian specializing in health research and conducted literature searches across databases like Google Scholar and PubMed for articles published between 2019 and 2024. Our search focused on keywords such as 'bullying', 'emotional mental disorders', 'early mental health detection', 'santri', and 'pondok pesantren' to ensure the relevance of the included articles. We incorporated articles meeting our inclusion criteria—studies specifically examining early mental health detection and its connection to bullying among adolescents in educational settings, particularly within pesantren.

## **RESULT**

Based on the literature review conducted, 27 relevant articles were identified regarding the effectiveness of implementing early mental health detection to prevent emotional mental disorders among Islamic boarding school students experiencing bullying, with details presented in Figure 1. The article selection process adhered to the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines, comprising four main stages: Identification, where articles were searched using specific keywords across scholarly databases like Google Scholar and PubMed to gather as many relevant discussions as possible; Screening, which involved an initial review of titles and abstracts to eliminate duplicates, irrelevant content, and articles that did not pertain to early detection or students facing bullying, retaining only those that addressed mental health detection interventions and their impacts; Eligibility, wherein a detailed assessment of the articles that passed screening was performed through full-text readings against established inclusion and exclusion criteria, resulting in the removal of studies with differing contexts or those that did not evaluate early detection effects; and finally, Inclusion, where articles meeting all criteria were included for the final analysis, allowing for a qualitative examination of patterns, research gaps, and the most effective methods for early detection aimed at preventing emotional mental disorders due to bullying. This rigorous selection process ensures that only relevant and high-quality articles were analyzed, providing a comprehensive overview of the topic.

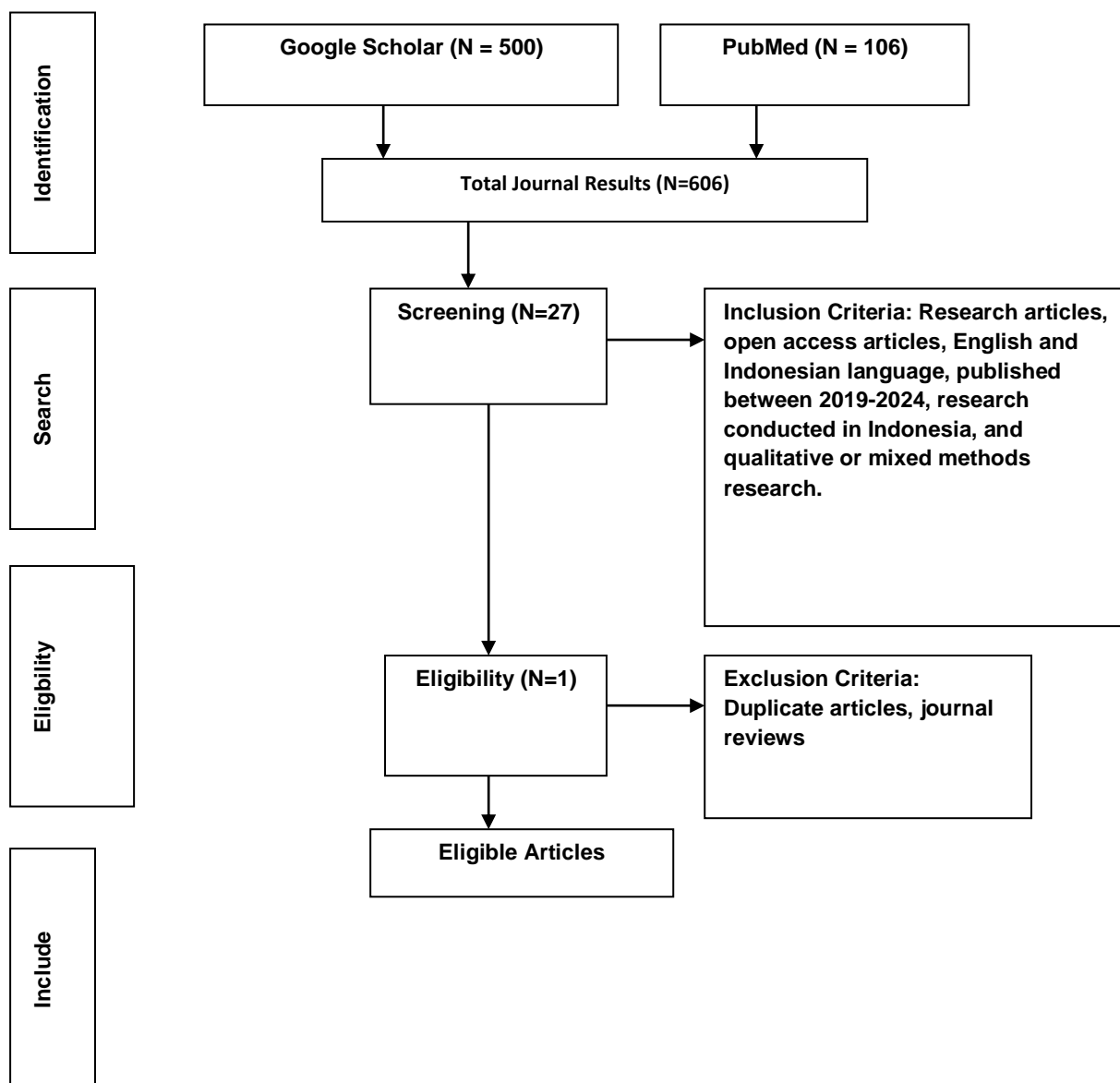


Figure 1. Stages of Article Search and Selection Leading to Reviewed Articles

Table 1.  
Effectiveness of Early Mental Health Detection to Prevent Emotional Mental Disorders in Islamic Boarding School Students Experiencing Bullying: A Scoping Review

Researcher(s), Year	Objective	Population	Methodology	Findings
(Costello, 2016)	To review the role of developmental epidemiology in preventing child and adolescent mental disorders and to discuss the implications for support systems.	Children and adolescents at risk for mental disorders.	The article distinguishes between universal (primary) prevention, which targets the entire community to reduce risk exposure, and secondary (targeted) prevention, which identifies individuals at high risk. It explores the different aspects of time related to risk,	Early detection and prevention, including identifying risk factors, can play a crucial role in preventing mental health issues. Universal prevention strategies, such as strengthening family structures, may prevent mental health problems more effectively than targeted interventions.

Researcher(s) , Year	Objective	Population	Methodology	Findings
			such as age at first exposure, duration of exposure, age at onset of symptoms, and time until treatment.	
(Agustin Syakarofath et al., 2023)	To create early detection guidelines for mental health issues in children that can be used by parents and teachers.	Parents and teachers at SDN Girimoyo 02 Karangploso, Malang Regency.	Narrative review, data analysis, guideline preparation, expert judgment, and dissemination. The guidelines were developed by three experts and disseminated to teachers.	The dissemination increased teachers' understanding of early detection of mental health issues in students, making them more sensitive to the mental health conditions of their students. The guidelines included definitions, instruments for screening, considerations for detection, referral systems, and the critical role of teachers.
(Colizzi et al., 2020)	To review the current state of knowledge on promotion and prevention strategies for youth mental health and explore the potential of primary prevention.	Young people aged 0-25 years.	Literature review on promotion and preventive interventions targeting mental health in youth.	Mental disorders often begin by age 14 and are preceded by non-specific psychosocial disturbances. Despite efforts to implement services, mental health needs during this critical period remain largely unmet. This highlights the need for redesigning preventive strategies using a youth-focused, multidisciplinary, and trans-diagnostic framework to modify potential psychopathological trajectories.
(Rosmalina et al., 2023)	To explore the importance of Islamic mental health education for adolescents in the digital era.	Adolescents in the digital era.	Library research.	The study reveals that adolescents who understand and apply religious guidelines—such as praying, remembrance, and reading the Qur'an—along with strong motivational support from parents, are better able to socialize, manage their emotions, and develop concern for others. These factors contribute to improved emotional regulation and the development of self-potential.
(Mitha, 2020)	To examine the historical and contemporary frameworks of mental health within Islamic	Global Muslim community.	Literature review discussing the historical Muslim medical tradition and its influence on	The study demonstrates the importance of distinguishing between cultural interpretations of mental illness and the

Researcher(s), Year	Objective	Population	Methodology	Findings
	traditions and their relevance to current debates in psychology and psychiatry.		contemporary mental health discourses.	historical Islamic medical tradition, which incorporated contemporary medical knowledge. This distinction is crucial for improving mental health care and cultural sensitivity within Muslim communities today.
(Mental Health Concept in Islamic Education, 2024)	To explain the principles of managing mental health education in educational institutions based on Islamic teachings, with a focus on promoting early detection and support systems.	Students in Islamic educational institutions.	Qualitative research using a literature review approach.	Effective mental health education in Islamic institutions requires a holistic approach involving all relevant stakeholders and aligning mental health practices with Islamic principles. This system can help improve early detection and overall well-being among students.
(Oktaviani & Zulfa, 2021a)	To analyze the effect of stress on students' emotional intelligence.	High school students at El-Nur El-Kasysyaf Islamic Boarding School, Bekasi, West Java.	Associative quantitative research using the Adolescent Stress Questionnaire (41 items) and the Revised Emotional Intelligence Scale (33 items) with a total of 150 respondents selected using saturated sampling. Data was collected between June and November 2021.	The study found a significant negative effect of stress on emotional intelligence. Specifically, higher stress levels were associated with lower emotional intelligence. Stress accounted for 9.5% of the variance in emotional intelligence, suggesting that 90.5% of the variance is influenced by other factors not examined in this study.
(Dewi et al., 2021)	To analyze the model of the influence of family social support, gratitude, and self-acceptance on subjective well-being in students at Islamic boarding schools.	Students of class VII at boarding school X and boarding school Y in Yogyakarta, totaling 430 students.	Data were collected using scales for family social support, gratitude, self-acceptance, and subjective well-being. The data were analyzed using Structural Equation Modeling (SEM) through Smart Partial Least Square 3.2.8 software.	The theoretical model formed in this study is considered valid and can be used as a reference for future research on adolescents' subjective well-being.
(Oktaviani & Zulfa, 2021b)	To analyze the effect of stress on students' emotional intelligence at El-Nur El-Kasysyaf Islamic Boarding School in Bekasi, West Java.	The study targeted high school students from El-Nur El-Kasysyaf Islamic Boarding School, with a total sample of 150 students selected through saturated	The research used an associative quantitative approach, with data collected using the Adolescent Stress Questionnaire (41 items) and the Revised Emotional Intelligence Scale (33 items).	The findings revealed a negative and significant effect of stress on students' emotional intelligence. Specifically, the lower the stress levels, the higher the students' emotional intelligence. Stress was found to influence 9.5% of emotional intelligence, while the remaining 90.5% was influenced by other

Researcher(s), Year	Objective	Population	Methodology	Findings
		sampling.		factors not examined in this study.
(Cavioni et al., 2021)	This study aimed to build on previous research regarding risk and protective factors in adolescent mental health. Specifically, the study assessed whether relationships with teachers and peers, along with life satisfaction, predicted mental health in adolescents, while also testing for age and gender invariance.	3,895 adolescents (Mage = 16.7, SD = 1.5, 41.3% girls).	Quantitative research using structural equation modeling to assess the relationships between school relations, life satisfaction, and mental health..	Life satisfaction mediates the relationship between positive school relationships and mental health. The study found invariant results across genders, with a decline in the quality of school relations and mental health as age increased. Limitations and future research directions in adolescent mental health are discussed.
(Muttaqin et al., 2024)	To analyze the approach of Tahfidzul Qur'an Islamic boarding schools in addressing students' mental health disorders.	Students of Tahfidzul Qur'an Islamic boarding schools.	Qualitative case study, using data collection through interviews, observations, and documentation. Data analysis involved data reduction, presentation, and conclusion..	Memorizing the Qur'an requires high mental concentration and endurance. Physical and spiritual balance is essential to prevent mental health issues, as imbalances can affect adaptation, concentration, and the ability to memorize the Qur'an. The school addresses these challenges through discipline and Islamic mystical therapy, providing spiritual practices to help students cope with stress, weak memorization, and depression.
(Sulastri et al., 2020)	To explore the experience of homesickness in first-year students of Islamic Boarding School Ummul Mukminin.	New students aged 13-15 years old.	The study employed a survey and quasi-experimental approach. It was conducted in two stages: 1) need analysis using open questionnaires distributed to 300 students, and 2) a quasi-experimental procedure with a pre-test for 186 students who experienced moderate to high levels of homesickness. Data analysis included coding and categorizing questionnaire responses, with a paired sample t-test used to compare pre- and post-test results.	The psychoeducation intervention was effective in reducing homesickness in students by developing their skills and abilities to cope with challenges and problems.

Researcher(s) , Year	Objective	Population	Methodology	Findings
(Zahro, 2024)	To investigate the role of stress management in maintaining student stability in Islamic boarding schools.	Students of Nurul Jadid Islamic Boarding School, particularly teenagers.	The research employed a qualitative case study approach, utilizing interviews, observation, and documentation for data collection.	The study found that students, especially teenagers, are vulnerable to mental health issues due to their demanding schedules. The involvement of foster carers in providing mental health support plays a crucial role in students' well-being. Various activities and policies implemented by the boarding school aim to manage stress and ensure that students can actively participate in school activities.
(Dhamayanti et al., 2018)	To identify differences in the prevalence of emotional mental problems among adolescents in urban and semi-urban areas.	Adolescents aged 14-16 from junior and senior high schools in Cirebon City (urban) and Sumedang Regency (semi-urban), West Java.	Cross-sectional study with chi-square analysis; included 816 respondents who completed the questionnaire.	Adolescents in urban areas experience higher levels of emotional mental problems compared to those in semi-urban areas, with significant differences in emotional symptoms, behavior, hyperactivity, interpersonal relationships, and social behavior ( $p < 0.05$ ).
(Ridha et al., 2023)	To examine the importance, current state, challenges, and policy efforts related to mental health during the COVID-19 pandemic through health transformation initiatives.	Secondary data from interviews on YouTube and online websites (2019-2022).	Analytical qualitative approach with secondary data analysis.	Mental health is increasingly critical post-pandemic, facing challenges like limited resources, infrequent preventive services, medication shortages, stigma, and restricted access. Government policies, including the six pillars of health transformation, aim to address these issues by enhancing mental health promotion, ensuring medication availability, establishing peer support, and fostering inter-sector collaboration.
(Mesman et al., 2021)	To improve understanding of resilience in promoting mental health among children and adolescents at risk for psychiatric disorders.	Studies focused on children and adolescents.	A systematic literature review, analyzing 25 studies on resilience and its impact on mental health.	Higher resilience correlates with fewer mental health issues, highlighting the importance of social, cultural, family, and individual factors. Longitudinal and innovative studies are needed to explore the dynamic nature of resilience, which is crucial

Researcher(s), Year	Objective	Population	Methodology	Findings
				for effective prevention and early intervention strategies in mental health care for youth.
(Sarfika et al., 2023)	This study aims to provide a socialization program to enhance the knowledge of school counselors (Guidance and Counseling teachers) in addressing students' mental health issues..	Five school counselors from high schools in Padang City participated in the study.	A qualitative scoping review approach was employed. The activities included a pretest to assess initial knowledge of mental health issues, a brainstorming session where counselors shared their experiences in managing student problems, an educational session, and a post-test to measure knowledge improvement.	Results showed a significant increase in the counselors' knowledge, with a mean difference of -1.60 between pretest and post-test scores ( $p = 0.035$ ), indicating an average improvement of 1.60 points following the socialization program. This suggests the effectiveness of the program in enhancing counselors' understanding of mental health issues in schools.
(Pribadi et al., 2022)	To enable respondents to understand mental health in adolescents.	Community participants guided by nursing professional students.	This community service involved two stages: an initial explanation on adolescent mental health provided by nursing students, followed by a Q&A session on the topic.	Respondents gained an understanding of adolescent mental health and can apply healthy mental practices to their own lives.
(McGorry & Mei, 2018)	The study aims to explore the effectiveness of early mental health detection in preventing emotional disorders among students, particularly those in Islamic boarding schools facing bullying.	Students in Islamic boarding schools experiencing bullying.	A qualitative scoping review approach.	Early mental health detection plays a significant role in preventing emotional disorders in students, especially those affected by bullying. Integrating mental health education and religious practices can support emotional resilience and well-being, emphasizing the importance of a holistic approach in Islamic educational settings.
(Alharbi et al., 2021)	To identify barriers preventing Muslim communities in various countries from accessing mental health services and explore differences across these communities.	Muslim communities residing in different countries.	Systematic review with thematic synthesis of studies (quantitative, qualitative, and mixed methods) published in English and Arabic since 1980, using multiple databases.	Understanding barriers to mental health services among Muslim communities can inform culturally sensitive strategies to improve access. Findings will be shared in both English and Arabic to support clinicians and researchers in addressing these obstacles effectively.
(Armitage, 2021)	To explore the impact of childhood bullying,	Children and adolescents	Review and analysis of global bullying	Childhood bullying, with a particular impact on those

Researcher(s), Year	Objective	Population	Methodology	Findings
	including cyberbullying, on health, social, and educational outcomes and examine prevention and intervention strategies for effective management.	affected by bullying (bullies, victims, and bully-victims).	prevalence, types, effects, and prevention strategies.	perceived as "different," is linked to negative health, social, and educational outcomes that extend into adulthood. Bully-victims are at the highest risk for adverse mental health effects. Whole-school cooperative learning interventions show the most promise in reducing bullying, yet structured pathways for healthcare professionals are still needed for effective management and support.
(Yekti et al., n.d.)	To examine the implementation of early mental health detection through the siskestren information system in Islamic boarding schools to improve mental health awareness and provide early intervention for students facing mental health challenges.	Students at the Sulaimaniyah Tahfidz Foundation in Surabaya, Indonesia.	Qualitative, community engagement project and scoping review.	The introduction of siskestren increased mental health knowledge among students and enabled trained santri husada to perform early mental health detection on their peers. This initiative is expected to enhance mental health awareness and establish a routine of early mental health checks, promoting better mental health management in Islamic boarding schools.
(Setyanto, 2023)	implement early mental health detection and map the prevalence and distribution of mental health issues among university students, aiming to improve campus mental health services.	227 active university students, primarily in the middle to final semesters (ages 21-23).	Quantitative study using the Beck Depression Inventory (BDI) and Taylor Minnesota Anxiety Scale (TMAS).	These results highlight the need for an integrated campus mental health system, where early mental health detection is linked to the campus academic information system (SIKAD). This approach allows academic advisors, counselors, psychologists, and medical staff to coordinate support and treatment based on students' mental health needs, supporting a comprehensive promotive, preventive, and curative mental health strategy on campus.
(Supriadi, 2017)	To describe the mental health development of young students at Syafi'iyah Islamic Boarding School in Cisambeng, Palasah-Majalengka, focusing on character and moral	Students at the Syafi'iyah Islamic boarding school with identified mental health challenges.	Qualitative descriptive approach using observation, interviews, questionnaires, and documentation; purposive sampling identifies students with	The "shuhbah" method in mental health counseling positively impacts students' well-being, as they report feeling better and more stable after engaging in these activities led by Ust. Muhammad Nawawi

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	building through a “shuhbah” (friendship) approach to support effective and efficient mental development.		mental health issues to assess the impact of "shuhbah" counseling.	Fathulloh. This study provides insights into the practical benefits of friendship-based counseling in an Islamic boarding school setting.
(Putri et al., 2023)	To initiate and build school capability in managing mental health services at the Al Amin school-based health center (Poskestren) and raise students' awareness of behaviors that may trigger mental health issues.	Students and staff involved in the Poskestren Al Amin.	A community engagement approach, using guidance and support to help the school independently identify mental health issues and determine suitable interventions.	he program successfully enabled Poskestren Al Amin to manage mental health services independently, achieving a 100% success rate at each step and surpassing the deliverable target by 145%. The supporting tools used in this guidance helped Poskestren assess and identify mental health conditions, resulting in effective adjustments for initiating school-based mental health management within the pesantren framework.
(Arfah & Ahmad Dahlan Yogyakarta, 2023)	To understand negotiation phenomena in gym settings, the influencing factors, impacts, and strategies for prevention and management.	Participants and stakeholders in gymnasium settings.	A qualitative approach using in-depth interviews	Negotiations in the gym are influenced by individual factors, family dynamics, social status differences, and media influence. The psychological impact on victims includes depression, anxiety, and low self-esteem, with negative effects on the training environment, such as decreased participation and uncertainty. Effective management requires the involvement of teachers, caregivers, and parents to recognize early signs, offer psychological support, and promote character education based on Islamic values like empathy, tolerance, and justice. The findings aim to guide stakeholders in fostering a safe and respectful training environment.
(Ibn & Bogor, n.d.)	To investigate the factors leading to bullying, the forms it takes, and its impact on the mental health of students at Darul Muttaqien boarding school.	Male students from classes one, two, and three MTs Darul Muttaqien, totaling 50 students.	Qualitative approach with interviews, observation, and documentation as research instruments.	The study found that bullying negatively impacts students' mental health, resulting in issues such as stress disorders and trauma from the violence experienced.

## **DISCUSSION**

The research Effectiveness of Early Mental Health Detection to Prevent Emotional Mental Disorders in Islamic Boarding School Students Experiencing Bullying: A Scoping Review aims to explore the effectiveness of early mental health detection in preventing emotional mental disorders in students who experience bullying in Islamic boarding schools. Based on the findings from various studies reviewed, it can be concluded that early detection plays a significant role in identifying and preventing emotional mental disorders in students, particularly those who are subjected to bullying. One important finding is that early detection allows for quicker and more precise intervention, which can prevent the development of more severe mental disorders. For instance, research by Costello (2016) reveals that early detection of mental health risk factors in children and adolescents is crucial because mental disorders often begin during adolescence and can be exacerbated by negative experiences such as bullying. With early detection, appropriate interventions can be implemented, enabling better management of emotional issues before they escalate into more serious mental disorders.

Furthermore, research by Agustin Syakarofath et al. (2023) shows that teachers and parents involved in detecting signs of mental health problems in students can improve their understanding and sensitivity toward the child's mental condition. This becomes crucial in the context of Islamic boarding schools, where a strict environment and demanding routines may increase the risk of emotional stress, especially for students who experience bullying. By enhancing the ability of teachers and parents to detect mental health issues, schools can provide better support for students who need assistance. In addition, research by Colizzi et al. (2020) emphasizes the importance of both universal and targeted preventive approaches. In Islamic boarding schools, where students may face high social and academic pressure, implementing a comprehensive prevention strategy can help reduce the risk of mental health issues. One way to apply this strategy is by providing mental health education, as exemplified by Rosmalina et al. (2023), which demonstrates that an understanding of Islamic teachings and spiritual practices such as prayer and dhikr can help adolescents manage their emotions better. This is also relevant for students in Islamic boarding schools, who may be more sensitive to mental pressures resulting from bullying.

Additionally, a study on the concept of mental health in Islamic (Mental Health Concept in Islamic Education, 2024) highlights the importance of a holistic approach involving all relevant parties, including teachers, caregivers, and peers, to detect and support students with mental health disorders. By integrating Islamic principles into mental health education, Islamic boarding schools can create an environment that supports students' emotional well-being and prevents the onset of more serious mental disorders resulting from bullying. This research also aligns with findings by Oktaviani & Zulfa (2021b), which show that stress can negatively affect students' emotional intelligence. This condition can be even worse for Islamic boarding school students who are exposed to bullying. Therefore, early detection and stress management are critical in addressing this issue. Providing psychological education programs and supporting students with stress-reducing activities, such as counseling or emotional regulation training, can improve students' emotional stability and reduce the impact of bullying. Overall, the results of this discussion support the aim of the research to explore how early mental health detection can prevent emotional mental disorders in Islamic boarding school students who experience bullying. Approaches that involve psychological education, early detection by teachers and parents, and the integration of religious values can provide effective support in addressing mental health issues related to bullying in Islamic boarding schools. Timely and ongoing interventions are essential to ensure students' emotional well-being and prevent more serious mental disorders in the future.

## **CONCLUSION**

The conclusion of this study highlights the critical importance of implementing early mental health screening for students who experience bullying, aimed at identifying and addressing potential mental health issues. Based on the literature analysis, there is evidence indicating a high prevalence of emotional and behavioral disorders among students, potentially triggered by bullying experiences. Therefore, appropriate community-based mental health interventions are essential to enhance understanding and management of mental health among students. This includes adapting approaches according to gender and social factors and raising awareness of the importance of mental health. With systematic and comprehensive efforts, student mental health can be maintained, enabling them to learn and develop optimally.

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