CHARACTER EDUCATION AS AN EFFORT TO REDUCE THE RATE OF MENTAL DISEASE IN THE MILLENNIAL GENERATION

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A B S T R A K

Pendidikan karakter merupakan suatu kegiatan orang yang mengajarkan karya baik untuk mendidik generasi penerus khususnya generasi milenial agar berfikir dan berperilaku, membentuk kesehatan mental dalam diri manusia secara permanen, serta mendidik kreativitas dan pengetahuan batin agar menjadi pedoman dan pilar masa depan. Artikel ini bertujuan untuk memberikan pengetahuan pendidikan karakter sejak usia dini hingga masa produktif khususnya generasi milenial agar dapat mengurangi penyakit mental. Metode penulisan artikel ini menggunakan kajian pustaka yaitu rangkuman dari 10 artikel dalam tahun terbit mulai dari tahun 2019, 2020, dan 2021 pada laman web pencarian, artikel, dan Google Scholar sesuai kata kunci. Kelayakan lembaga penelitian ini dilihat dari judul, abstrak, metodologi penelitian, hasil, dan pembahasan. Hasil Kajian disajikan dalam bentuk narasi, dan hasil dari 10 artikel kajian tersebut menunjukkan beberapa penyebab terhadap kesehatan mental selama ini. Oleh karena itu pendidikan karakter sangat dibutuhkan sejak usia dini. Implikasinya, angka penyakit mental dapat dihilangkan dengan memberikan pendidikan karakter sejak dini sehingga pengetahuan tentang tindakan dan perilaku dapat membentuk mental generasi menjadi lebih kuat. Dengan demikian, pendidikan karakter menjadi solusi untuk mengurangi angka penyakit mental pada generasi milenial.

A B S T R A C T

Character education is an activity of people who teach good works to educate the next generation, especially the millennial generation, to think and behave, to form mental health in humans permanently, and to educate creativity and inner knowledge to become guidelines and pillars for the future. This article aims to provide knowledge of character education from an early age to a productive period, especially for the millennial generation, in order to reduce mental illness. The method of writing this article uses a literature review, namely a summary of 10 articles in the years of publication starting from 2019, 2020, and 2021 on search web pages, articles, and Google Scholar according to keywords. The eligibility of this research institution is seen from the title, abstract, research methodology, results, and discussion. The results of the study are presented in narrative form, and the results of the 10 study articles show several causes of mental health so far. Therefore, character education is needed from an early age. The implication is that the number of mental illnesses can be eliminated by providing character education from an early age so that knowledge about actions and behaviors can shape the mentality of the generation to be stronger. Thus, character education is a solution to reduce the number of mental illnesses in the millennial generation.

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1. Introduction

Education is an effort to shape students' character to know and distinguish between good and evil in life. Meanwhile, character education is a continuous need to raise and strengthen citizens' awareness that every change can be pursued by developing and maintaining the character of Indonesian citizens (Fitri, 2019). There are still many child delinquencies, weak knowledge, behaviour, and mental problems at school age due to Indonesia's lack of character education. So, according to that character, education is currently very much expected to overcome the next generation of this nation which is increasingly difficult to control.

Character defines as a person's, character, morals, or personality, which formed from the results of internalizing various virtues that he believes in and uses as a basis for perspective, think, behave, and act to implement these values, both towards God, oneself, between humans, the environment, and the nation. These characteristics can arise through society and the environment because human development is a socially located activity where exploring information to build knowledge and interact with other individuals is very important, positively impacting human growth that affects one's mental health.

Mental Illness or Mental Damage is the root cause of the fundamental discord between mental awareness and the inability to face the usual challenges. We know negatively that their anxiety and stress are a conflict in contemporary life caused by a lack of mental knowledge and strong character to solve problems in life. Amran (2020) Understanding whether a person is mentally disturbed or not is complex since it is difficult to observe, check, or detect using measuring equipment, such as physical/body health. Nuril (2021) Mental health may be recognized via a person's performance, character, and relationships with the community. Environment education is the pillar the main one play an olestra medicinal advanced human resource development. Therefore, the importance of reconstruction and reform of educational design could take thousands of years in Indonesia. Generation individuals have the capacity, personality, values, religion, attitude, mindset, and concept to maintain responsibility and bounty sincerely for the environment, health and life that continues. And there must be a good civilization with a clear mind and minding tenacious mindset. Laili (2021) Ministry of Education and Culture describes people suitable as a millennial with basic education personality, between other values as spiritual, honest, tolerant of difference, diligent, disciplined, creative, independent, and democracy, curiosity, Spirit Nationality, love country, sense of accomplishment, communication skills, love peace, like read, care for the environment, carePublic, responsible.

Currently, the conflict over changes in millennial values is increasingly intense. Agustina (2019) In the learning process from an early age, there are cases of a lack of social skills and professionalism due to failure to instil shallow personality formation and noble moral values. Today's media leads to undesirable outcomes with information on the nature and behaviour of today's youth. Millennials need coaching, development, and improvement of resilience from an early age; as long as children have mental toughness from an early age, these problems will not occur in the next generation, so studies reduce the number of mental illnesses in the millennial generation.

Based on this description, the author is interested in discussing other ways to grow and implement character education from an early age in the Millennial Generation to prevent an increase in mental illness. The research will focus on how the younger generation understands character education from an early age and how to implement it in everyday life as Indonesian citizens to have the mental energy. With that, an effort help the millennial generation avoid the threat of mental damage by providing character education from an early age & implementing it in the life of the surrounding environment.

2. Method

This research method is the literature review. Where the literature used is research from the latest year, starting from 2019 to 2021. The keyword search focuses on literature that includes the terms "Character Education," "Millennial Generation," "Mental Disease," and

"Mental Health." utilized for a literature study found by scanning two electronic databases, Google Scholar and a site with keywords related to the specified subject.

The primary qualitative data are seven journal articles from Google Scholar. Secondary qualitative data were taken from 3 web pages on the internet about Character Education and Mental Health.The data collection process includes 1) determining the research problem, 2) searching for journal articles, books, and webpages related to the research problem, 3) reading and citing information from journal articles, books, and webpages obtained. The guidelines in this review of journals and articles use feasibility studies from the title, abstract, introduction, methodology, results, discussion, and full text.

The inclusion of articles on mental illness in the millennial generation is determined based on the following: journal topics on Character Education as an Effort to Reduce Mental llness Rates in Millennials published in 2019 to 2021, directed in English, access to full text, and well designed as research quantitative and qualitative aspects related to character education in the millennial generation who experience mental illness.

3. Result and Discussion

The review included ten publications on Character Education as an Effort to Reduce Mental Illness Rates in the Millennial Generation from two electronic search databases, namely Google Scholar, and also search webpages according to key, and the findings obtained are as follows:

1. **Article Title: "Instilling Character Education Values in Learning in Schools Through the Role of Educators Based on Educational Supervision for the Creation of Quality Human Resources"**

   This article explains character education, the function, and the toughness of character education behaviour. This article provides knowledge for the younger generation about character education in the educational process by many students ranging from worthless jobs such as drug use, meaningless sexual relations, and moral corruption. This research aims to resolve the contradictions in integrating personality values into learning in schools and finding suitable solutions to problems. The study shows that the value of character education is to improve the quality of education so that the nation's successors can form moral qualities, noble qualities, and intelligent humans. It plays a vital role in building the best dignity and country.

2. **Article Title: "Historical Education on Character Education"**

   This article discusses the need to educate the next generation of characters who are challenging to control. This article explains that character education in history requires teachers to talk about the meanings and values . When there is a teacher scarcity, as there is in this situation, the history teacher must discover the bargains in history learning and become an anchor to build and nurture the bravery of a nation in crisis. Historical research also contributes significantly to history because it allows us to apply the values embodied in historical events in our daily lives and understand the significance of historical events from the past to the future, enabling historical information to be shared. Historical awareness is also part of character education. In other words, historical awareness helps students apply the values and characters in historical documents in everyday life. According to studies that use historical teachings, the cultivation and application of values as heroes by Indonesian soldiers is crucial and necessary to build the nation's personality with dignity and moral character. Part of Indonesia The inculcation and application of values as heroes by Indonesian soldiers is essential to making the next generation of dignified people and having a moral spirit. Part of Indonesia The cultivation and application of values as heroes by Indonesian soldiers is crucial and necessary to build the next generation of dignified people and have a moral spirit. part of Indonesia

3. **Article Title: "The Influence of Millennial Young Generation on the Character of Social Interaction in Society"**

   In this article, Millennial Generation or Generation Y is a generation that grew up in the internet boom era; each individual has different characteristics and depends on where they grew up, their family's economic and social level. The younger generation of social media users is very concerned about their environment's progress, which significantly influences by technological advances. Because they must have a broader insight into economic and political

developments, they seem sensitive to things that break the fast, including the environment around them and are more interested in wealth. Each individual has different characteristics depending on where raised the Millennial Generations, the social and economic background of the family. This communication generation model also has a broader network compared to the previous generation. Social media fans and their different lives are greatly affected. It causes the Millennial Generations very tolerant of technological advances, and their economic and political views are also expansive. The result of character is culture because it needs to infiltrate with the knowledge that permeates the cultural norms of the Millennial generation. The use of character education can minimize the impact on the character of citizens and society. To ensure that they can effectively promote their profits without losing their national identity and imitate the past generation's characters. Millennials can be the next generation to make a difference for the better because they contain the potential for excellence.

4. **Article Title: "The Importance of Instilling Character Education in Elementary School Children in a Digital Age"**

This article discusses character education crucial to being instilled in students, especially in elementary school children in this digital era. Given the increasingly rapid technological advances which do not affect only adults but also children, who should give character education. Because at this time, technology continues to develop rapidly, and children efficiently use digital media. This digital age has a good impact and harms how each individual uses it. Character education is crucial to carry out as early as possible, maximum at elementary school age. An important role is needed for parents, teachers, and the community to help develop and shape students' character.

According to research, at elementary school-age children already have a good reason, can understand, and it will be easier to instil character education in children. The role of character knowledge in the field of education can do by character building (honest, intelligent, caring, challenging) is the main task of teaching, changing bad habits step by step which in the end become good. Some things need to be known by parents and teachers in technology parenting, namely: 1. Improve & update knowledge about the internet & mobile phones or gadgets. 2. Limiting the time in children using cell phones or gadgets. 3. Teachers and parents can provide understanding & enlightenment to children on the harmful effects of the internet or cell phones.

5. **Article Title: "Character Education for the Generation of the Indonesian Nation in the Eyes of Legal Politics."**

This article describes Law & Politics in Indonesia, where Indonesia is a country based on law, where all the people are obliged to obey the rules that have been made by the government so that they are not entangled in applicable laws. And the government or other institutions that carry out these actions must be held accountable. According to the explanation, the need for character education from an early age for children creates a character in human identity. Education is not only in schools but also in the surrounding environment. If the neighbourhood is positive, it will also positively affect him, and vice versa. The immediate environment & very influential on character education is the family environment because families are always met and constantly interact using themselves every day. Then Character Education in Legal Politics Eyes is an embodiment or implementation according to a political rule that wants to realize the strengthening of the nation's character education.

This education has two goals, namely First, to help humans become intelligent and intelligent creatures. Second, to make humans into good humans. The purpose, according to these two goals, is to help humans as thoughtful and intelligent creatures. It may be easy, but creating good humans is much more complicated and even very difficult. So from that nowadays there are lots of people who don't have a good character in themselves.

6. **Title Article: "The Importance of Self Awareness of Mental Health and Individual Growth in Society."**

This article reveals about mental health self-assessment. In this era of globalization, we can see how life has changed drastically due to social media. Social media has its advantages, of course, but let's be honest, social media has many negative effects on our personality and our mental being. Everyone always wants validation, good affirmations by others, and we

close our potential to develop as quality human beings. Some people face economic problems, and some people feel insecure. Some people are depressed, some people have lost loved ones, and others face problems with their ego, life, and various individuals.

The research method examines the internalization of the value of character education in science learning through examples of ESD character teaching to prepare the 2045 golden generation. The results of this study bases on the results of the needs assessment that carried out in developing the ESD character learning model. The subjects of the need assessment are six high schools located in the province of West Nusa Tenggara. The measured character values are 21st-century characters: critical, creative, cooperative, and communication skills. Data collection instruments include self-assessment sheets and observation sheets.

7. **Title Article: "Internalization of Character Values in Science Learning Based on ESD Character Learning Model to Prepare for the 2045 Golden Generation."**

Although this article lists education as a source of learning to support the character of human resources, we need to find ways to turn this population dividend into a good direction and realize the hope of the country's future through generation 2045 development. Reconstruction and the design of reforms in education can help create a golden age for the Indonesian state. The golden generation has a healthy, peaceful, and dignified generation with a good civilization with abilities, character, religious values, attitudes, mindsets, concepts, and wisdom, clear thinking. Stay persistent in a clean, sustainable, and complete environment and life. The following study describes the syntax of an example of ESD character learning.

a) We will teach news about learning materials and their application in daily life through case studies and brainstorming techniques;

b) Share information about learning materials in the form of a collection of questions and tweets with team members;

c) Analyze further & more rationally and process facts about other possible solutions;

d) Communicate the most appropriate solutions to conflicting terms and problems and communicate them to teachers and community representatives relevant to the case;

e) The final step of implementation is based on the syntax of the ESD character learning model, namely "applying". Therefore, these values can maintain in science learning by internalizing character education values through appropriate learning strategies and examples.

One of the recommended learning models to incorporate character education values is the ESD personality, learning model. Therefore, this study confirms the intrinsic value of personality education in science learning through the ESD personality learning model in preparation for the 2045 golden generation.

8. **Title Article: "Character Education for Early Childhood."**

In this article, preschool education is early education in children. This knowledge illustrates the need for character education from an early age to truly determine the child's future and the country's survival. Character education is an essential step in the development of a child. There are even basic things to make the following character education successful. Giving character learning to children can be started at home or be part of homeschooling. It is because children begin to interact with other people for the first time in the home environment. The goal is to form a mature human personality intellectually, emotionally, and spiritually. In this case, according to Zubaedi, there are several personality traits:

a) Train and foster the potential function of character education to train and develop students' potential;

b) Improving and Strengthening is a value for the negative character of children so that can improve them to become good characters for the future;

c) The filtering function of national character education undermines the country's cultural values, filters the positive cultural values of other countries, and transforms them into the personality and dignity of Indonesian citizens;

d) Personal education for young children is one alternative to predict delinquency, peer violence;

e) Title Article: "ZakiahDaradjat's Thoughts Between Mental Health and Character Education."

Explain that mental health psychology is a subset of psychology. It is an essential subject of interest in the humanities or other areas of psychology within a group of human scientists. A typical group is to achieve relevance. Passion is something that everyone craves. According to mental health theory, Hassan Langurun is generally socially accepted (e.g., in pairs) that ordinary people who have healthy thoughts behave more strongly. Mental health is knowledge and action to develop and make the best use of all possibilities, talents, traits and prevent disability, disability, and mental illness with the well-being of oneself and others. Four factors affect a person's mental health: emotions, thinking/intelligence, behaviour, and physical health. It plays a significant role in the mental health curriculum, especially in character education at that time. Therefore, treatments that can offer people with mental disorders include individual therapy, psychotherapy (psychotherapy), and religious therapy.

9. **Article Title: "The Urgency of Mental Health Education in the Era of the Industrial Revolution 4.0."**

This article describes the Industrial Revolution 4.0, which radically changed the way people think, live, and relate to one another. The Industrial Revolution had a positive impact, but the high unemployment rate and the emergence of abnormal behaviour affected consumer lifestyles, morals, hedonism, individualism, depression, stress, tension, anxiety, and suicidal behaviour. Therefore, it is necessary to understand early on and build knowledge and spirituality. According to the provisions of Law Number 18 of 2014, Chapter 1, Article 1, allows individuals to develop physically, mentally, and socially to achieve their abilities and overcome stress. These are the conditions that enable you to work. You can be effective and contribute to the local community. On the other side, this age can affects society and can influence their character. Therefore, practical prevention efforts to reduce the number of mental health disorders in the millennial era expect.

Education is a socio-cultural activity of the people and the indispensable nation. It affects building and developing the quality of citizens and the country for present and future life. Being an educator carries a significant responsibility in educating the nation's life, which is not easy. An educator is also responsible for creating the character of students. Character education is education that supports the social, emotional, and ethical development of students. While in simple terms, character education can interpret as positive things that teachers do and affect the students' character, an effort to shape character. Character education can also claim with moral education, moral education, and character education. Character education is all that teachers do, and it can affect the character of students. Teachers support the formation of personality in students. Character education sets standards about what is good and what is good, and as a result, students can recognize what is good and what is not, try good grades, and get used to doing it. Character education is related to a model of behaviour that can imitate or as a model to shape students' character. Character education in history learning requires teachers to convey the meaning and values contained in it. In the absence of a teacher, the history teacher must explore the importance of history learning to provide a solid foundation for the development and proliferation of the treasures of decline.

The function of character education at the school level is vital. Because at this time, the students are facing various cults & moral degeneration. They are also targeting foreign cultures that are misleading and affect these students' character. Character education can open their knowledge and understanding of good and right actions. And to spread creative and critical thinking and achieve a better future for young generations. They should always have the mindset to share curiosity, inspiration, and aspirations and develop the ability to search, process, package, and communicate information. Most importantly, to increase the spirit of nationalism and build individual self-improvement continuously and train self-ability.

The formation of behaviour in children carries out through education at home, population learning, orientation to families and individuals, and child discipline training in the home environment. Personality formation can be achieved through personality education, covering aspects of knowledge, emotion, and behaviour. Based on the research

results studied by the researcher, there are several advantages to supporting character education, namely (1) a person can understand the existing norms and values using developed and related daily life, (2) improving the nation's successor who is honest, responsible. , cares and has a high sense of nationalism, (3) as an alternative solution for anticipating child delinquency, violence against friends, & (4)The culture of personality values can be applied and used as school culture. It must build innovative, creative, critical thinking, caring for others, honesty, personality values, and responsible discipline values.

Mental health / mental illness / mental illness (mental illness). Mental health is a branch of psychology and is considered one of the most interesting compared to other psychological disciplines. Everyone is physically and mentally healthy. Mental health can also be understood as knowledge and behaviour aimed at realizing happiness by developing and using all existing abilities, talents, and traits to the maximum extent possible for yourself and others. To avoid mental illness and disease by knowing your personality will help train your mind/spirit. Therefore, personality factors play an important role in the concept of mental health. It was realizing a meaningful and happy life for the country for the following years for the millennial generation and realizing a good, prosperous, and happy life physically, mentally, physically, mentally for this world and the future. Therefore, it is important to reshape and reshape educational design to support a resilient millennial generation for the future.

Millennials are a generation that grew up in the emerging internet era. Each individual has different characteristics depending on where they grew up, their family's economic and social level. The method of communication is much more open than previous generations. And passionate. Social network users and their lives are susceptible to changes in the world and the environment around them because they strongly influence by technological developments and are more active in using political and economic perspectives. The lifestyle of the people, especially the younger generation, isn't easy to include those who live abroad in terms of values, behaviour, interests such as music and sports.

Millennial personalities are different for everyone, depending on where they grew up, their economic class, and their family's social status. This generation of communication is also very open compared to previous generations, they are heavy users of social networks, and technological developments greatly influence their lives. The environmental changes taking place in the surroundings aroused interest in the property. In addition to the Millennial Generation Study features, there are the following advantages over using other generations.

1. Broad insight. Millennials today are an open-minded generation, always accepting suggestions from others with lots of new ideas.
2. Innovation and creativity. Millennials can open their minds and quickly develop creative and innovative ideas to apply in their daily lives and work.
3. High skill level with the development of information and communication technology, reading media such as newspapers, magazines, and newspapers has turned into electronic media that Millennials can easily access anytime, anywhere.
4. Millennial entrepreneurs who are open and creative are indeed active.
5. Try new things. Because at this time, the influence of technological advances as a millennial generation must be curious and try new things not to miss technological developments.

WB Researcher The characteristics and strengths of Sanders, today's millennials, can influence their personalities. The millennial generation's impact on the nature of community social relations can minimize by character education. Because human fulfilment is culture, the education that needs to infuse is education that instils cultural values from the nation to the present. Millennial generation. Only then can they take advantage of it without losing their national identity. Millennials with great potential can become the next generation of change for the better.

4. Conclusion and Suggestions

Education is a fundamental pillar for the continuous qualitative development of citizens and nations for their present and future lives. The need for character education of the younger generation aims to provide knowledge for readers with mastery and understanding of goodness. And share creative and critical thinking, spread curiosity, inspiration, and aspirations, spread the ability to find, process, package, and convey information. Most importantly, spread the spirit of nationalism to improve life in the future. Therefore, character education needs to understand the public's importance of character education, not feel inferior, useless, anxious, or anxious.

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