AN EVALUATION OF A COMMUNITY BASED MENTAL HEALTH COURSE
IN INDONESIA

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Mental health education is one component of a program in community mental health introduced by the Indonesia Government as part of its Second Five-Year Plan (1974-1979). The present study was an evaluation of the impact of a community-based mental health course offered by the Perwitasari Mental Health Association, Yogyakarta, Indonesia. A positive impact could not be assumed, in part because course participants are predominantly married women, and mental health education, with its Western orientation, can to some extent be in conflict with the traditional role of women in Javanese society.

A modified cross-over design was adopted for the evaluation. Three hundred married women recruited for the study were allocated at random to comparison groups of equal size. One group took the course of nine weekly two and one-half hour sessions of lectures and discussion, while the other group served as controls. The second group took the course and the first group was followed. Home interviews were carried out prior to randomization and at the end of each course. Data analysis was based on 232 complete sets of interviews. The impact of the course was evaluated principally in terms of mental health status and marital relationships as a postulated intervening variable. An unsuccessful attempt was made to assess changes in knowledge and attitudes, and participants provided their own assessments of relevance and effectiveness.

Mental health status was assessed by the well-established Symptom Check-list-90 (SCL-90), and significant course-related improvements were found for participants whose initial scores were in the range that have been reported for psychiatric outpatients. There was also some evidence of a reduction in marital conflict, but uncertainty remained as to whether this reduction either contributed to, or resulted from, improved mental health.

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Those and related results support the view that steps should be taken to encourage the participation of both husbands and wives in the course, and that there should perhaps be a greater concentration on marital relationships and parenting. Steps should also be taken to make the course accessible to a broader cross-section of the population. As it now stands the course, like mental health services generally, appears to be accessible only to a high-status minority. The long-term follow-up of the participants is advocated, and it is suggested that further insight into results of the present study might be gained by including measures of competence and self-esteem in any subsequent research.

A healthy balance between preventive and curative medicine must be taken into consideration when the people want:

The desire is always for the treatment of illness

(David Morley and Hermione Lovel at \textit{Rare Is Today}, Macmillan Publishers, 1988)
Sudah tepatkah pesan yang kita terima?

'FOFF'

Seorang anak harus makan 1000 kalori.


BERITA

Perpustakan PPKK Fakultas Kedokteran UGM bekerja sama dengan Pusat Komputer UGM memroduksi fasilitas untuk COSY, sebuah sistem konferensi internasional melalui satelit dengan menggunakan komputer dan modem. Para anggota COSY dapat memanfaatkan fasilitas ini setiap hari Rabu dan Jumat jam 07.00-09.00 (waktu khusus untuk FK-UGM) atau pada jam-jam lain (asal tidak dipergunakan oleh panak lain) di perpustakaan PPKK FK-UGM. Beberapa topik konferensi adalah berikut ini.

- Cosy
  - C eval
  - C nist
  - O fcoaf
  - O portprobs
  - O compsmoothcosy
  - C introcosy
  - C umabplan
  - C edu
  - A distcosy
  - C prono
  - O pbc

Evaluation of cosy
Student Information System
Free Cosy Users Database
Porting Cosy to Vax-785 running system
Notes from Computing Services on Cosy and tcosy
Introducing tcosy to students
Planning, training, and policy formation for implementing Cosy at UMAB
Demonstration conference for Cosy in education
Distributed Cosy
Promotional material and articles about Cosy
Play by cosy game(s) ideas, etc
Admission of high school students to University
Student adjustment to university life
Precedes of Adult Education
Relating knowledge of self and choice of major to potential careers
A discussion of utilization of computers in education
Concerning computer aids for role playing games
Assessment of student learning
Principles of Adult Education
Videoic integrated system for teaching and learning
Forum for sex education task group discussion
Teaching notes: Contents and comments
Editorial board for rural development notes
Discussion forum for Rural Ext Program Planning
Scholarships
Suggestions and views about the development of a learning skill
Motivation in higher education
Task force for the educational network
Continuing education course ideas
Issues in student development theory
Non formal education and communication
Rapat antara Universitas di Kanada dan Indonesia
Multinational/Canadian Universities conferencing
Library reader service group technology in rural and remote areas
Clinical trials protocol
Clinical trials
Physicians for social responsibility, Canada
ns for Prevention of Nuclear War
c exp:risk  Exposure to risk of road accidents
o gtw  Global Thermoneuclear War
o ippnw  Int'l physicians for the prevention of nuclear war
o medical  Indonesia-Canada Medical conference
o smoke?  Discussion on smoking (v r/o on campus
o environment  A conference on Programming and Applications Environments
o water  Water conference
o gam  Global impacts of applied Microbiology
o remcom  Problems of remote communities
o isomul  New directions in rural planning and Development, Canadian and Nordic Europe
o resinfo  Research, Technology, and Innovation Information
o wr  Institutional research

Buku baru pada Perpustakaan Acuan PPPK FK UGM


Profil Statistik Ibu dan Anak di Indonesia (Statistical Profile of Mothers and Children in Indonesia), Biro Pusat Statistik, Jakarta, Indonesia 1986.


