



“MENTAL RESILIENCE IN THE DIGITAL ERA”

UNDERGRADUATE FINAL PROJECT

**Submitted as one of the requirements to obtain
Sarjana Sosial (S.Sos.)**

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**FACULTY OF HUMANITIES
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VALIDITY SHEET

1. Title of Activity : “Mental Resilience In The Digital Era”
2. Field of Activity : Education Program
3. Field of Knowledge : Social Science
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6. Range of Time : 2 months

TURNITIN RESULTS

Final Project

ORIGINALITY REPORT

15%

SIMILARITY INDEX

11%

INTERNET SOURCES

5%

PUBLICATIONS

13%

STUDENT PAPERS

PRIMARY SOURCES

1

sv.ipb.ac.id

Internet Source

4%

2

Submitted to UniSadhuGuna International College

Student Paper

1%

3

Submitted to Asia e University

Student Paper

1%

4

Submitted to Hogeschool Rotterdam

Student Paper

1%

5

Submitted to University of Wales central institutions

Student Paper

1%

6

Submitted to Universitas Muhammadiyah Yogyakarta

Student Paper

1%

7

Submitted to University of Ulster

Student Paper

1%

8

jos.unsoed.ac.id

Internet Source

1%

GPTZero

AI Scan



This text is most likely to be written by a **human**

There is a **7%** probability this text was entirely written by AI

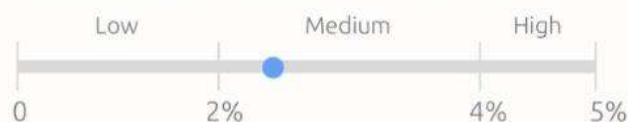
Readability: 32.1

Sentences with short words and low amount of syllables have high readability scores.



Percent SAT: 2.2%

Measures what percentage of words are SAT words, terms from a standardized college admissions exam known for its labyrinthine vocabulary lists.



Simplicity: 31.2%

Measures what percentage of words are in the 100 most common words in the English language.



Perplexity: 86.0

How familiar a piece of text is to large language models like ChatGPT.



Burstiness: 15618.6

Unique score developed by GPTZero in 2022 that correlates to variance in writing. Humans generally vary their writing patterns over time.

LIST OF CONTENTS

STATEMENT OF ORIGINALITY	ii
STATEMENT OF ORIGINALITY	iii
SCIENTIFIC PUBLICATION APPROVAL FOR ACADEMIC INTEREST.....	iv
FINAL PROJECT ADVISOR RECOMMENDATION LETTER	v
ADVISOR’S APPROVAL FOR PUBLICATION.....	vi
VALIDITY SHEET	vii
PANEL OF EXAMINERS APPROVAL SHEET	viii
TURNITIN RESULTS	ix
GPTZero	x
LIST OF CONTENTS.....	xi
ABSTRAK	xiv
CHAPTER I	15
INTRODUCTION.....	15
1.1 Background	15
1.2 Objectives.....	16
1.3 Benefits.....	17
CHAPTER II.....	1
THEORY REVIEW.....	1
2.1 Sustainable Development Goals (SDG).....	1
2.2 Digitalization Literacy.....	2
CHAPTER III	5
METHOD OF IMPLEMENTATION.....	5
3.1 Method Description.....	5
3.2 Theory of Change.....	6
3.3 Target Participants.....	7
3.4 Event Theme	7
3.5 Event Date	7
CHAPTER IV.....	8
IMPLEMENTATION	8
4.1 Background to TBM and Dilan's House	8
4.1.1 Destination of TBM and Dilan's House.....	8
4.1.2 Vision and Mission of TBM and Rumah Dilan.....	8
4.1.3 Organizational Structure of TBM and Rumah Dilan.....	9

4.1.4	Profile of TBM and Rumah Dilan	9
4.2	Event Description.....	10
4.3	Project Committee.....	11
4.3.1	Committee Job Description	11
4.4	Stage	11
4.4.1	Pre Project.....	11
4.4.2	On Project	14
4.4.3	Post Project	18
4.5	Sustainable Projects.....	18
CHAPTER V		19
CLOSING		19
5.1	Conclusion.....	19
5.2	Suggestion	19
REFERENCE		20
ATTACHMENT		22

ABSTRACT

The ability to use digital media greatly influences mental health, nowadays this is often the case among teenagers. Digitalization is something that makes all activities easier. In facing developments in the times, mental health is an important element because having a strong mentality influences one's readiness to increase one's readiness in responding to life's problems and challenges. This social project aims to train their mentality so they can adapt to changes, especially in this digital era, such as being able to control themselves, think positively and act rationally. Through this social project, we involve volunteers from Taman Baca Masyarakat (TBM) and Rumah Pendidikan Keterampilan (DILAN) Bintang Raharja . The national policy on mental health is also in line with the 2030 Sustainable Development Agenda (SDGs) adopted by the UN in September 2015. Therefore, we created a seminar project on "Mental Resilience in the Digital Era" to educate about the importance of mental health for teenagers in Karangraharja Village, especially for volunteers at TBM and Rumah Dilan . With this social project, teenagers can increase their awareness so that when they grow up their potential will develop to the maximum.

Keywords: Digitalization, mental health, SDGs, teenagers

ABSTRAK

Kemahiran dalam menggunakan media digital sangat mempengaruhi kesehatan mental, dewasa ini banyak terjadi di kalangan remaja. Digitalisasi menjadi hal yang mempermudah segala aktivitas. Dalam menghadapi perkembangan zaman kesiapan mental menjadi satu elemen penting karena mempunyai mental yang kuat mempengaruhi kesiapan diri untuk meningkatkan kesiapan diri dalam menyikapi masalah dan tantangan hidup. Proyek sosial ini bertujuan untuk melatih mental mereka agar dapat beradaptasi dengan perubahan khususnya di era digital ini seperti bisa mengontrol diri, berpikir positif, dan bertindak secara rasional. melalui proyek sosial inikami melibatkan relawan Taman Baca Masyarakat (TBM) dan Rumah Dilan. Kebijakan nasional tentang kesehatan mental juga selaras dengan Agenda Pembangunan Berkelanjutan (SDGs) 2030 yang diadopsi oleh PBB pada September 2015. Maka dari itu kami membuat projek seminar mengenai “Ketahanan Mental Di Era Digital” ini untuk mengedukasi mengenai pentingnya kesehatan mental pada remaja yang berada di Desa Karangraharja khususnya bagi relawan Taman Baca Masyarakat (TBM) dan Rumah Pendidikan dan Keterampilan (DILAN) Bintang Raharja. Dengan adanya proyek sosial ini bisa meningkatkan kesadaran remaja agar ketika tumbuh dewasa potensi yang dimilikinya akan berkembang secara maksimal.

Kata kunci : Digitalisasi, kesehatan mental, SDGs, remaja