

Optimizing the Role of Mosques in Supporting the Implementation of Sustainable Development Goals (SDGs) to Improve the Mental Health of Generation Z in Mataram City: A Conceptual Research

Jamaludin
Universitas Mataram

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Abstract

Sustainable Development Goals (SDGs) are world steps that specifically emphasize efforts to improve people's welfare and health. However, generation Z in the digital era and urbanization faces increasingly complex mental health problems. Various changes and forms of evolution of technological development are not in line and run in harmony with the development of people's lives, in this conceptual research effort to combine various literature that connects the role of mosques in supporting mental health with SDGs goals related to welfare and health. Factors such as academic pressure, social media distractions, and lack of social support are significant mental health problems among generation Z. This research aims to develop the concept of optimizing the role of mosques as a key factor in achieving SDGs related to the mental health of generation Z in the city Mataram. The SDGs specifically emphasize efforts to improve people's welfare and health. This research concept illustrates how mosques can become centers that play an important role in solving SDGs problems and at the same time improving the mental health of generation Z. This includes programs in mosques that support counseling, education on religious values, social skills training, and mental health promotion. In addition, this research highlights the importance of collaboration between mosques, educational institutions, government and community organizations to create a strong ecosystem in improving the mental health of generation Z. By combining resources and knowledge, this concept aims to strengthen efforts towards a healthy and prosperous life, in line with the SDGs. The results of this conceptual research are concepts that provide a theoretical basis for designing integrated generation Z mental health prevention and intervention strategies in the context of the SDGs. This research encourages further attention and concrete steps in optimizing the role of mosques in achieving SDGs goals related to the mental health and welfare of generation Z in Mataram City.

Abstrak

Tujuan Pembangunan Berkelanjutan (SDGs) adalah Langkah dunia secara khusus menekankan upaya untuk meningkatkan kesejahteraan dan kesehatan masyarakat. Namun, generasi Z di era digital dan urbanisasi menghadapi permasalahan kesehatan mental yang semakin kompleks. Berbagai perubahan dan bentuk evolusi perkembangan teknologi tidak sejalan dan berjalan selaras dengan perkembangan kehidupan Masyarakat, dalam Upaya Penelitian konseptual ini memadukan berbagai literatur yang menghubungkan peran Masjid dalam mendukung kesehatan mental dengan tujuan SDGs terkait kesejahteraan dan kesehatan. Faktor-faktor seperti tekanan akademik, gangguan media sosial, dan kurangnya dukungan sosial menjadi permasalahan kesehatan mental yang signifikan di kalangan generasi Z. Penelitian ini bertujuan untuk mengembangkan konsep optimalisasi peran masjid sebagai faktor kunci dalam mencapai SDGs yang terkait dengan kesehatan mental generasi Z di Kota Mataram. SDGs secara khusus menekankan upaya untuk meningkatkan kesejahteraan dan kesehatan masyarakat. Konsep penelitian ini menggambarkan bagaimana masjid dapat menjadi pusat yang memainkan peran penting dalam pemecahan masalah SDGs dan sekaligus memperbaiki kesehatan mental generasi Z. Ini mencakup program-program di masjid yang mendukung konseling, pendidikan nilai-nilai agama, pelatihan keterampilan sosial, dan promosi kesehatan mental. Selain itu, penelitian ini menyoroti pentingnya kolaborasi antara masjid, lembaga pendidikan, pemerintah, dan organisasi masyarakat untuk menciptakan ekosistem yang kokoh dalam meningkatkan kesehatan mental generasi Z. Dengan menggabungkan sumber daya dan pengetahuan, konsep ini bertujuan untuk memperkuat upaya menuju kehidupan sehat dan sejahtera yang sesuai dengan SDGs. Hasil dari penelitian konseptual ini adalah konsep yang memberikan landasan teoritis untuk merancang strategi pencegahan dan intervensi kesehatan mental generasi Z yang terintegrasi dalam konteks SDGs. Penelitian ini mendorong perhatian lebih lanjut dan langkah-langkah konkret dalam mengoptimalkan peran masjid dalam mencapai tujuan SDGs yang terkait dengan kesehatan mental dan kesejahteraan generasi Z di Kota Mataram.

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Corresponding Author: habibamin22@gmail.com

Jamaludin

Universitas Mataram

e-mail: jamaludin@unram.ac.id

1. INTRODUCTION

Mental health is a person's psychological condition that influences the way they think, feel and behave in everyday life [1]. Mental health is very important to pay attention to because it can affect a person's quality of life, well-being and productivity [2]. However, mental health is also susceptible to disruption due to various factors, such as stress, trauma,

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social pressure and the environment [3].

One group that often experiences mental health problems is Generation Z, namely the generation born between 1997 and 2012[4]. Generation Z is a generation that grew up in the digital era and social media, which gives them access to extensive information, but also creates challenges and rapid changes [5]. Generation Z is also facing various global issues, such as the pandemic, climate crisis, social injustice, and economic uncertainty, which can cause stress, anxiety, depression, and eating disorders.

To overcome Generation Z's mental health problems, an active role is needed from various parties, including religion. Religion can provide moral values, life guidelines, social support and mental balance for its adherents. Religion can also provide solutions and therapy for those who experience mental health disorders, such as through worship, prayer, remembrance and counseling.

One religion that has an important role in mental health is Islam. Islam teaches that mental health is part of overall human health, which must be maintained and improved in a way that is in accordance with the Shari'a. Islam also provides a positive outlook on life, which invites people to be grateful, patient, hopeful and try to face all trials.

One of the institutions that is the center of Islamic activities is the mosque. Mosques are places of worship, education, da'wah and empowerment of Muslims. Mosques also have a strategic role in fostering the mental health of Generation Z, because they can provide supporting services and facilities, such as studies, counseling, guidance and other positive activities.

2. RESEARCH METHOD

This research aims to find out the role of mosques in overcoming the mental health problems of Generation Z in Mataram City. Mataram City is the capital of West Nusa Tenggara Province, where the majority of the population is Muslim. This research uses a qualitative method with a case study approach. Data was collected through observation, interviews, and documentation. The research subjects were mosque administrators and congregants, as well as Generation Z teenagers who were Muslims in the city of Mataram. Data analysis was carried out using data reduction techniques, data presentation and drawing conclusions. It is hoped that this research can contribute to the development of mental health science, especially from an Islamic perspective, as well as provide recommendations for related parties, such as the government, community and mosques, in improving the mental health of Generation Z.

3. RESULTS AND DISCUSSION

Factors that influence Gen Z's mental health

Several factors influence the mental health of Gen Z, namely:

1. Childhood treatment

Family or personal abuse such as physical, sexual, or emotional abuse during childhood and adolescence can create serious psychological burdens. The impact of childhood trauma can involve mental disorders such as depression, anxiety, and post-traumatic stress.(Meilisa Behuku et al., 2023)

2. Environment

Factors such as family instability, parental conflict, lack of social support, academic pressure, bullying at school, and exposure to negative social media can be significant sources of stress for Generation Z.

It is important to understand that mental health is affected by a variety of factors, and creating a supportive environment is essential. Family support, education about mental

health in schools, and efforts to reduce academic stress and bullying can help create a more positive environment for generation Z. (Sukei et al., 2023)

3. Biological

Genetic factors are the most studied factors in relation to mental health disorders. Research has shown that certain mental health disorders, such as schizophrenia, bipolar disorder, and major depressive disorder, have a strong genetic component. This means that people who have family members with mental health disorders have a higher risk of developing these disorders. (Pratiwi et al., nd)

4. Lifestyle

Generation Z grew up with digital technology, and they have been exposed to social media and other technology from an early age. Gen-Z's modern lifestyle, including irregular sleep patterns, excessive social media consumption, and imbalance in technology use, can have a negative impact on their mental health. (Reza et al., 2022)

5. Psychological

Emotional disorders are one of the psychological disorders that often affect Generation Z, for example excessive anxiety and depression. Excessive anxiety and depression have the same symptoms, namely rapid and unpredictable mood changes that make their condition unstable and unstable. (Pratiwi et al., nd)

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Sustainable Development Goals (SDGs), otherwise known as Global Goals, this term was adopted by the United Nations in 2015 in the context of a universal call for action to end poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity. (UNDP (United Nations Development Program), 2023)

TPB/SDGs are a global and national commitment and an effort to improve the welfare of society, including 17 global goals and targets for 2030 which were declared by both developed and developing countries at the UN General Assembly in September 2015. These 17 goals are: (Indonesian SDGs, nd)

(1) No Poverty; (2) No Hunger; (3) Healthy and Prosperous Life; (4) Quality Education; (5) Gender Equality; (6) Clean Water and Adequate Sanitation; (7) Clean and Affordable Energy; (8) Decent Work and Economic Growth; (9) Industry, Innovation and Infrastructure; (10) Reducing Inequality; (11) Sustainable Cities and Settlements; (12) Responsible Consumption and Production; (13) Handling Climate Change; (14) Ocean Ecosystem; (15) Land Ecosystem; (16) Peace, Justice and Strong Institutions; (17) Partnership to Achieve Goals. (UN SDGs, nd)

1. The role and focus of mosques in supporting SDGs goals

To optimize the role of mosques in improving Gen Z's health, of course the first thing that must be done is for mosques to attract Gen Z to be close to mosques, by mobilizing mosque administrators to organize mosque youth to create a program or activity that attracts Gen Z.

a. The role and function of mosques in the field of idarah

The duties of the blood sector are management activities involving planning, organizing, administering, finance, monitoring and reporting. So, in summary, regarding administration or idarah, the duties include organizational issues, management, personnel, planning, facilities (equipment), financial administration and everything in between. Regarding planning, the Ministry of Religion recommends that the takmir hold meetings to prepare and realize a plan. In this case, it is carried out

periodically, either once a month or once every two weeks. The meeting time is determined at the previous meeting. (Zahra Nada, 2023)

b. The role and function of mosques in the field of ri'ayah

The second task, for administrators in the Imarah sector, is activities to prosper the mosque such as worship, education, social activities and commemoration of Islamic holidays. Duties of the Imamate include:

- 1) Worship Activities;
- 2) Majlis taklim;
- 3) Mosque Youth;
- 4) Library;
- 5) Kindergarten;
- 6) Diniyah Madrasah;
- 7) Social Worship Development;
- 8) Commemoration of HBI and National Holidays;
- 9) Women's coaching;
- 10) Cooperative;
- 11) Health. (Zahra Nada, 2023)

c. The role and function of mosques in the Imarah sector

And finally, Ri'ayah is the activity of maintaining buildings, equipment, environment, cleanliness, beauty and security of the mosque, including determining the direction of the Qibla. So, in general, the duties of mosque administrators in the religious sector include;

- 1) Building or architectural form;
- 2) Maintenance from damage;
- 3) Cleanliness maintenance.

The focus of the role of mosques here is to improve the health of Gen Z, which in this case supports sustainable development or SDGs in aspects of a healthy and prosperous life which will provide effectiveness in quality education. (Zahra Nada, 2023)

2. Gen Z Friendly Mosque

Mosques are required to be friendly to all communities, starting from child friendly, elderly and disabled friendly, traveler friendly and environmentally friendly, however, something must be made more specifically for Gen Z, namely Gen Z friendly mosques, mosques must have *awareness* for gen Z, namely providing health insurance and an important position for gen Z to feel comfortable in the mosque, not only for worship but all activities related to social aspects of society, so that gen Z will be more active and cheerful in living their daily lives -day.

3. Gen Z mental health case in the city of Mataram

To make this research more credible, there needs to be empirical evidence from the field regarding the recent condition of several Gen Z,

- a. Results of an interview with Gen Z named Wondu Olivia Nabella on Monday 12 January 2024, an alumnus of one of the best universities in the city of Mataram. born in 2000 and belongs to generation Z, born and grown up along with technological developments, from the results of Wondu's interview Olivia Nabella said that since school she has lived alone with complete facilities such as a house, vehicle and enough money or even more to live on every month because his father had more than enough income in Jakarta, until the final semester of college because he lived alone without any support and rules from his parents, his life became irregular and he lived without rules, going out at night, partying, drinking alcohol and living freely, but with all the facilities and a life without rules means that you don't necessarily live a happy life, this student even experiences mental disorders, specifically BPD (BPD). *Borderline*

Personality Disorder) i.e. borderline personality disorder is a mental health problem that affects the way a person thinks about themselves and others. (Dr. Fadhli Rizal Makarim, 2023), Wondu said "I am very afraid of being left behind or shunned, I want to be close to the people I love, I don't want to be shunned and I sometimes feel like committing suicide, sometimes I have hurt myself by injuring my hands and body parts because of the disorder. mental state that I experienced."

Due to anxiety disorders (*anxiety*) as a result, these thoughts can affect the sufferer's daily life. In addition, people with BPD also face self-image problems, difficulty managing emotions and behavior, and unstable relationship patterns. These thoughts also trigger feelings of fear of rejection, anxiety, anger, meaninglessness, fear of abandonment, or anger. In fact, those with this condition also have a tendency to hurt themselves and others. Borderline personality disorder usually begins in early adulthood and generally improves with age. (Dr. Fadhli Rizal Makarim, 2023)

- b. The results of an interview with Lisa Maulida, one of the students at one of the best universities in the city of Mataram on Wednesday 27 February 2024, born in 2002, Lisa said that she often faces realities that make her stressed and depressed, whether from family, the environment and the demands of responsibility as a child, female students and future challenges. Lisa said that "sometimes I feel confused and anxious when I see the future, but with the motivation from religion about efforts that don't betray the results, I always have the courage to always try and pray, I also sometimes take part in recitations directly to the mosque. or online on the official social media of the Hubbul Wathan Islamic Center Mosque."

Mosque Solutions handle and improve the mental health of Gen Z

There are three very important things in the mosque's efforts to involve and improve the mental health of Gen Z, namely,

1. Worship, worship is serving oneself by obeying Allah's commands and staying away from all his prohibitions, worship plays a very important role in improving Gen Z's health, worship is the strongest shield to keep Gen Z's mental condition stable, not quickly stressed and depressed, because there is hope and the promise of God Almighty that motivates a person to remain strong in facing and living life no matter what the circumstances.
2. Social, Mosques have many social activities which are really needed for the health of Gen Z, such as religious activities, recitation of the Koran, zakat collection bodies, etc., Gen Z who are involved in social religious activities will be stronger from a psychological perspective, because they always interact with Community in positive and useful activities.
3. Economy.
Mosques must be present in the economic development of Gen Z, such as providing space or access to obtain entrepreneurial information, or in other ways, namely mosque funds can be used to facilitate Gen Z in opening a business using methods and techniques agreed upon by the mosque.

Some solutions from the mosque to deal with Gen Z's mental health are as follows:

1. The mosque is present not only by providing a spiritual shower to generation Z through routine Majlis ta'lim organized by the mosque's takmir, but by involving the group in every activity at the mosque as well as by holding physical exercises such as the function of the mosque during the time of the Prophet Muhammad. This is carried out both directly in the mosque and via social media such as Facebook, TikTok, Instagram, etc. as has long been done by the Hubbul Wathan Islamic Center Mosque, Mataram, West

- Nusa Tenggara, with material on how Gen-Z lives calmly and peacefully based on Islamic values and making Rasulullah SAW. as an idol and role model in everyday life
2. Mosque Youth activities are not only related to Mosque affairs or religious matters, but gathering and socializing between fellow Mosque teenagers can provide a social environment that creates a comfortable, safe and healthy atmosphere, for example going to play futsal together, going outing together, going for a walk together, religious tourism and other healthy Islamic activities.
 3. The mosque always monitors and is present in providing guidance on how to solve problems in accordance with Islamic teachings and build generation Z who can provide solutions both for themselves and for others.
 4. Genetic factors or biological abnormalities that cause anxiety, and bullying behavior from other people will be calmed by the mosque by presenting and always conveying that the best human beings are those who are most devoted to Allah, not those who are good or have the best physical or appearance.
 5. Generation Z's lifestyle must be regulated in accordance with Islamic values, in this case regular studies at the mosque will educate Gen Z not to act arrogantly, wastefully and consume consumptive behavior that is detrimental to the Gen Z generation.

4. CONCLUSION

This research aims to determine the role and function of mosques in addressing the mental health of Gen Z. The results of this research show that the factors that influence Gen Z are childhood, environmental, biological, lifestyle and psychological treatment. The solution presented by the mosque to overcome the mental health problems of Gen Z is the presence of the mosque to provide spiritual healing both directly in the mosque and via social media such as Facebook, TikTok, Instagram, etc. as has long been done by the Mataram Islamic Center, West Nusa Tenggara, apart from that, prayer activities and youth mosques play an important role in providing and guiding generation Z on how to manage their psychology in accordance with Islamic values and how to live their daily lives with Islamic values such as no arrogant, not wasteful or excessively consumptive and imitate Rasulullah SAW in daily life.

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