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Mental Health Screening, Exercise, and Psychological Counseling to Prevent Anxiety Disorders in Medical Students

Dini Sri Damayanti[1*], Noer Aini[2], Ahmad Ferhan Rafrijal Fauzan[3], Aufa Labiba[4], Amanda Dwi Elok Kurniawati[5], Aliyah[6], Adellia Pramesti Milliansyah[7]

[1] Physiology Department Medicine Faculty of Uversitas Islam Malang (UNISMA), Malang, Indonesia
[2] Microbiology and Parasite Department Medicine Faculty of Universitas Islam Malang (UNISMA), Malang, Indonesia
[3,4,5,6,7] Student of Medicine Faculty of Universitas Islam Malang (UNISMA), Malang, Indonesia

Email: dinisridamayanti@unisma.ac.id; noeraini@unisma.ac.id; 22301101015@unisma.ac.id; 22201101020@unisma.ac.id; 22201101059@unisma.ac.id; 22201101013@unisma.ac.id; 22201101117@unisma.ac.id

ABSTRACT

Background: Mental health is a crucial factor for college students. Good mental health will enhance their academic achievement. New medical students are at risk of mental health disorders due to high academic workloads, poor adaptation skills, and lack of support from their environment.

Purpose: The purpose of this community service program is to screen the mental health of new students at the Medicine Faculty of UNISMA.

Method: This community service program was conducted for new students of the Medicine Faculty of UNISMA, class of 2025/2026. The sample size 55 out of 115 new students participated. The program lasted for two days. The first day included exercise with upperclassmen and the completion of the SRQ-20 questionnaire. The second day included health education on Emotional Awareness and a questionnaire assessing satisfaction with the activities. The SRQ-20 assessment data and satisfaction levels were analyzed descriptively based on the frequency distribution of the variables studied.

Results: Community service results indicate a tendency for 40% of new students at the Medicine Faculty of UNISMA to experience anxiety disorders, which are thought to be caused by age, suboptimal adaptation, and high academic load. Joint sports activities and counseling were found to be beneficial and aligned with the students' needs. Satisfaction levels ranged from 78% to 92% across activity components.

Keywords
SRQ-20 ; Exercise; Counseling; Anxiety; Medical Students

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Corresponding Author: Dini Sri Damayanti; Email: dinisridamayanti@unisma.ac.id; Physiology Department Medicine Faculty of Uversitas Islam Malang (UNISMA), Malang, Indonesia

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Introduction

Mental health is a state in which an individual can recognize their potential, cope with life's pressures, work productively, and make a positive contribution to their environment. In other words, mental health reflects a good psychological condition and a person's ability to function optimally in daily activities (WHO, 2026). For students, mental health is the foundation for achieving academic success. Research shows that medical students are at high risk of experiencing stress due to high academic loads, busy lecture and practice schedules, demands for continuous achievement, interactions with patients, the risk of contracting dangerous diseases, and high expectations from society for graduates of medical study programs and the medical profession (Abdullah, Royani, Hamzah, Amir, & Jaya, 2024). Research at the Medicine Faculty of UNISMA shows a correlation between depression levels and passing the Medical Education Program Competency Test (Nisrina, Anisa, & Damayanti, 2021). Thus, good mental health will help students focus more on their studies, improve their academic performance, and be mentally prepared for the world of work when they enter society (Natasya, et al., 2025).

The Ar-Razi Islamic Boarding School is a student-only boarding school that houses all new students at the Medicine Faculty of UNISMA for their first year of study. The boarding school is located at Tata Surya street No. 3 E, Dinoyo, Lowokwaru District, Malang City, East Java province, Indonesia, 65144. Geographically, the Lowokwaru area is known as an educational area dominated by academic activities. The 115 new students of the 2025/2026 Medicine Faculty of UNISMA class are required to live at this boarding school for their first year, but only 55 people participated in this activities. The majority of students come from out of town, requiring them to adjust to a new environment, distance from their parents, and the various academic demands of medical students. This adaptation often presents challenges, especially during the initial period of study, which is accompanied by orientation activities and adjustments to a busy study schedule (Lawrence & Mudzakkir, 2024).

Based on these conditions, a problem encountered among the 2025/2026 academic year of the Medicine Faculty of UNISMA is the lack of mental health monitoring for the class of 2025. To address this need, community service was carried out to screening the mental health new students at the Ar-Razi Islamic Boarding School, Medicine Faculty of UNISMA in 2025.

Method

Community service was conducted at the Ar-Razi Islamic Boarding School, UNISMA. The activity was carried out for 2 two days on November 9 and 10, 2025. The activity was attended by 55 new students of the Medicine Faculty of UNISMA, class of 2025/2026, consisting of 3 study programs, namely the Medical Study Program, the Pharmacy Study Program, and the Hospital Administration Study Program, hereinafter referred to as respondents. The number of participants was only 55 of 115 new students (47%), because the activities were held on Sundays and Mondays, so many participants went home because there were no activities at the boarding school on Sundays. On Monday, the activities are only specifically for students who have taken part in the activities on the first day.

Prior to the community service activity, supervisor conducted a briefing to 20 senior medical students from the Faculty of Medicine, UNISMA, as a enumerator. The briefing covered the purpose of the activity, the implementation of the two-day community service activity, filling out the SRQ-20 and filling out the questionnaire the level of respondent satisfaction. The first day's activities consisted of healthy gymnastics activities for 1.5 hours. The gymnastics were led by a gymnastics instructor assisted by enumerator.



Figure 1. Community service activity participants' sports are guided by a gymnastics instructor. Apart from exercising, this activity is expected to strengthen the relationship between junior and senior students.

Before completing the SRQ-20, respondents were given an explanation of how to complete their personal information and complete the SRQ-20 by enumerator . The personal information and SRQ-20 questionnaires were completed using Google Forms to facilitate data collection. The SRQ-20 score is used as a screening tool for mental disorders by WHO. The SRQ-20 consists of 20 question items with "yes/no" answers. Each "yes" answer is worth 1, so the total score ranges from 0-20. The official cut-off widely used in Indonesia is a score of ≥6. A score of ≥6 indicates a possible mental health problem (e.g., depression, anxiety, or somatization disorder), but must be confirmed by a clinical examination by a mental health professional. A score below 6 is usually considered normal. In addition to screening for a tendency towards mental health problems, the SRQ-20 can also determine the type of mental health problem such as depression, anxiety disorders, somatic disorders, and decreased energy based on the symptoms complained of. The presence of an anxiety disorder can be assessed from questions 4; 5; 8; 12; and 13. Depressive disorders can be assessed from questions 9; 10; 11; 14; 15,;16; and 17. Somatic disorders can be assessed from questions 1; 2; 6; 7; and 19, and decreased energy can be seen from questions 3; 18; and 20 (Prasetio & Triwahyuni, 2022).



Figure 2. The briefing process and filling in of the SRQ-20 by respondents accompanied by enumerators. A good explanation of the purpose of filling out the SRQ-20 and the closeness of the relationship between juniors and seniors student is expected to be able to extract data as objectively as possible to avoid bias from the data.

At the second meeting, counseling was provided by a psychologist from the Medicine Faculty of UNISMA. The counseling aimed to provide respondents with information on how to deal with stress effectively. The counseling was conducted using a talk show model. The presenter delivered the material in PowerPoint format, followed by a question-and-answer session, allowing for two-way communication between the participants.



Figure 3. Mental health counseling process by a psychologist from the Faculty of Medicine, UNISMA, as a speaker. Participants appeared active in the activity, as indicated by the many questions participants asked the speaker.

The assessment components included satisfaction with the series of activities carried out, the delivery of the material, the relevance of the activities to student needs, and the sustainability of the activities. The assessment used a Likert scale with a value of 1: very dissatisfied, 3: dissatisfied, 3: undecided, 4: satisfied, and 5: very satisfied (Santika, Saragih, Muliadi, Kartini, & Ramadhani, 2023). The results of filling out the SRQ20 and the respondents' satisfaction levels were tabulated, then univariate analysis was performed to determine the frequency distribution. The data were then described. The final output of the community service activities is increased student awareness of the importance of maintaining good mental health, and students should know where to go for help if they experience complaints of mental health problems. This is crucial because mental health can impact their academic progress.

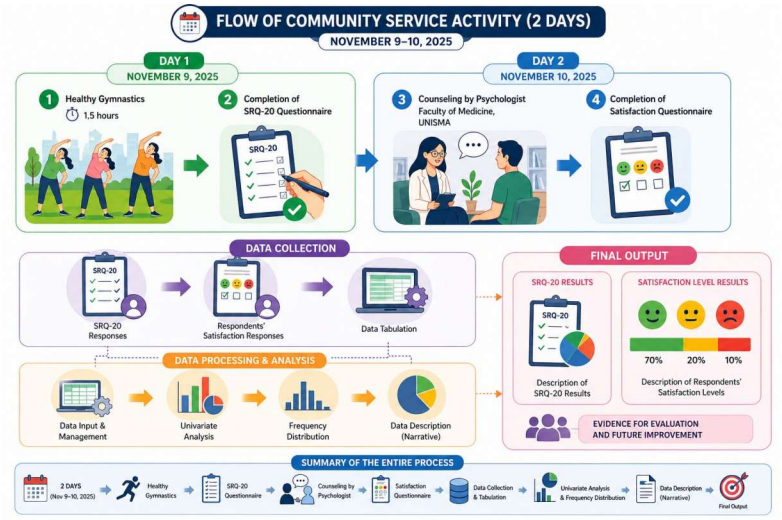

Figure 4. The flowcard of method

Result

During the activity, the supervisor accompanies the enumerator and respondents. The supervisor only acts as a consultant if there are questions from either the enumerator or the respondents. From the results of filling in the respondent's identity, the characteristics of the respondent can be identified. The characteristics of the respondents were 65% aged 18 years, 85.5% were female, 50% had a history of living in an Islamic boarding school for more than 3 years, and most came from medical education study programs (*Table 1*).

Table 1 : **Respondent Characteristics**

Age (th)	**Frequency**	**%**
17	4	7.3
18	36	65.5
19	9	16.4
20	6	10.3
Gerder		**%**
Male	8	14.5
Female	47	85.5
Life at an Islamic Boarding School	**Frequency**	**%**
Never	19	34.5
Less than 3 years	8	14.5
More than 3 years	28	50.9
Education	**Frequency**	**%**
Medical Study Programe	40	72.7
Pharmacy Study Program	9	16.4
Hospital Adminstration Study Program	6	10.9

Note : The number of participants was 55 student.

To detect early signs of mental health disorders, the SRQ-20 was used as a screening tool for mental disorders in respondents. Several senior students were selected as enumerators, hoping that the students would get to know each other better and strengthen their relationships. Having trust in the senior student as enumerators facilitated the data collection process. The results of the mental health screening showed that most respondents had good mental health, although 40% were detected to have a tendency to experience mental health disorders. The results of the respondent screening are shown in Table 2.

Table 2 : Mental health screening

Scoring of SRQ-20	**N**	**%**
< 6	33	60
> 6	22	40

Of the 20 clinical symptoms asked about, six were most frequently reported by respondents: feel nervous and worried, easy tired, sleep badly, easly frighten, hard concentration , and difficult to make decisions. One respondent also experienced suicidal thoughts. These conditions indicate a tendency toward a mental health disorder in the form of anxiety. The following are symptoms of mental disorders detected by the SRQ-20 among respondents can be seen in Table 3.

Table 3 : **Complained symptoms**

No	**Symptoms of mental disorder**	**Yes**		**No**	
		Frequency	**%**	**Frequency**	**%**
1	Often have headaches	15	27	40	73
2	Often lose appetite	6	11	49	89
3	Sleep badly	18	32	37	23
4	Easily frighten	18	32	37	23
5	Feel nervous, tense, worried,	29	52	26	48
6	Hand shake	10	18	45	82

7	Digestive poor	6	11	49	89
8	Hard to concentrate	18	32	37	68
9	Feeling unhappy	5	9	50	91
10	Often cries	9	16	46	84
11	Worth enjoying activities	11	20	44	80
12	Difficult to make decision	16	29	39	71
13	Daily work suffering	7	13	48	87
14	Unable to play a useful part of life	10	18	45	82
15	Loss interest	9	16	46	84
16	Feeling worthless person	7	13	48	87
17	Suicidal thought	1	2	54	98
18	Tired all the time	13	24	42	76
19	Uncomfortable feeling in Stomach	6	11	49	89
20	Easy tired	21	38	34	62

To determine the success of this activity, a questionnaire was conducted to determine respondents' satisfaction with the implementation of the community service activities. The results of respondents' satisfaction with the community service activities can be seen in **Figure 5**.

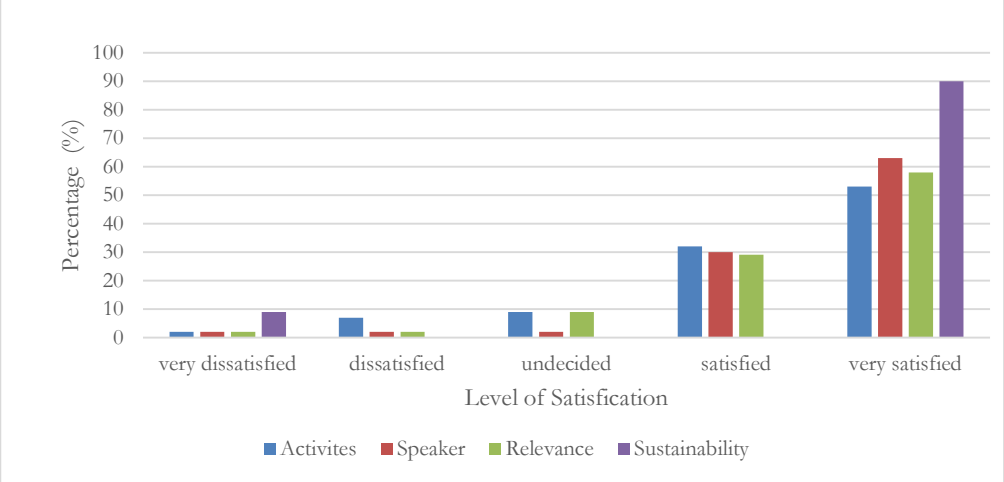

Figure 5. Histogram of respondent satisfaction levels with community service activities Histogram. The number of participants was 55 student.

Satisfaction with this activity was assessed based on the type of activity undertaken, the resource persons involved, the relevance of the activity to the respondents' needs, and its sustainability. 78-92% expressed satisfaction or were very satisfied, although around 8-22% expressed very dissatisfied, dissatisfied or undecided with the activity.

Discussion

Mental health is defined as the emotional, psychological, and social well-being that enables a person to realize their full potential, cope with normal life stressors, work productively, and contribute to their community. Good mental health affects how a person thinks, feels, and behaves. When mental health is compromised, it can impact their personal life, work, and social relationships (WHO, 2026). Several factors can influence students' mental health, such as age, emotional maturity, academic workload, changes in the learning environment, friendships, and

others (Maula, Lina, & Neni, 2023; Lawrence & Mudzakkir, 2024; Natasya, et al., 2025).

Age has been shown to influence the occurrence of mental health disorders. 60% of the respondents are in the age range of 17-18 years. The 17-18 age range represents adolescence, the transition period from childhood to adulthood. During this period, physical changes can affect mental and psychological well-being, making them susceptible to mental health disorders if exposed to high levels of stress (Yulia, Rahma, Hasnah, & Alhamda, 2024). In addition to age, gender also influences mental health. The ratio of female to male students at the Medicine Faculty of UNISMA is 3:1. In general, women are twice as vulnerable to mental health disorders as men. This condition is influenced by biological, psychological, sociocultural, and economic factors. Women are more likely to experience anxiety and depression, while men are more likely to experience behavioral disorders (Srivastava, 2012).

The educational process also influences the occurrence of mental disorders. Most respondents came from the Medical Study Program. Medical students are said to have a high academic burden, which can trigger mental disorders. Several factors are suspected to increase the likelihood of mental disorders in medical students, including the academic burden of medical students. The density of academic activities such as theory, practicums, block assignments, and academic achievement demands (Abdullah, Royani, Hamzah, Amir, & Jaya, 2024). Other research also indicates that medical students at the Medicine Faculty of UNISMA, are more likely to experience depression and anxiety during the Computer-Based Test (CBT) and Objective Structured Examination (OSCE) of the Student Competency Exam for Medical Education Programs (Nisrina, Anisa, & Damayanti, 2021). The Student Competency Exam for Medical Education Programs is a state-administered medical competency exam, and the results serve as the exit exam for the educational process at the Faculty of Medicine in Indonesia. Failure to pass the exam will result in an extension of the professional study period. As a result, students do not immediately receive a license to practice clinically as general practitioners (Limen, Runtuwene, & Wagiu, 2018).

In accordance with the vision of the Medicine Faculty of UNISMA, the Faculty requires all students to live at the Ar-Razi Islamic boarding school for the first year. In the morning, medical students will participate in learning activities in their respective study programs, then in the evening, they will participate in activities at the Ar-Razi Islamic boarding school. Activities at the boarding school aim to provide spiritual strengthening and habituation in religious practices. Activities include Islamic jurisprudence (fiqh) recitation, contemporary lectures, memorization of short surahs (chapters), and communal tahajjud prayers three times a week. These include tahajjud prayers, Islamic study, communal tahajjud prayers, and dawn lectures. Evening activities begin after the evening prayer and conclude after the evening prayer.

Based on the questionnaire conducted, the characteristics of new students at the Medicine Faculty of UNISMA showed that 27% had never lived in an Islamic boarding school. This is suspected to be one of the causes of the tendency for mental health disorders in respondents. Several studies have shown a relationship between a history of living in an Islamic boarding school and the occurrence of mental health disorders. The results of previous studies stated that students who have a history of living in an Islamic boarding school have a mental health that is 6 times higher than students who have never lived in an Islamic boarding school. However, there are other studies that state that the Islamic boarding school environment can also increase stress due to bullying, feeling alone, and the lack of support from the environment (Nurfitria, 2025). Currently, the Ar-Razi Islamic boarding school has minimized bullying in the Islamic boarding school by installing Closed Circuit Television (CCTV), having boarding school caretaker who monitor the condition of male and female students 24 hours a day, and a counseling unit that collaborates with the Guidance and Counseling Unit of the Medicine Faculty of UNISMA. Spiritual values, social support between students, and supportive guidance provided by Islamic Boarding School administrators act as protective factors to prevent mental disorders (Nurfitria, 2025).

Based on the results of mental health measurements using the SRQ-20 questionnaire, 60% of 55 respondents scored < 6, and 40% scored > 6. These data indicate that 40% of students are likely to experience mental health disorders. The SRQ-20 analysis is not intended to diagnose, but rather to identify potential mental health disorders so that early intervention can be initiated to prevent worsening. The SRQ-20 can also be used to identify the components of mental health disorders. Mental health disorders that can be detected include anxiety disorders, depression, somatic disorders, and decreased energy (Prasetio & Triwahyuni, 2022).

The results of the respondents' mental health screening showed that the six symptoms with the highest number were anxiety, fear, easy tired, difficulty sleeping, difficulty thinking clearly, and difficulty making decisions, indicating a tendency towards anxiety disorders. One person also had suicidal thoughts, indicating a tendency towards depression. Anxiety disorders are mental conditions characterized by excessive worry, disproportionate fear, and physical symptoms such as heart palpitations, excessive sweating, and difficulty sleeping. Globally, approximately 4% of the population experiences anxiety disorders, with a higher prevalence in developed countries. The 2020 Basic Health Research (Riskesdas) data shows that 11% of individuals aged 18 and older experience mental and emotional problems, with women being more vulnerable than men (Prajogo & Yudiarso, 2021). Anxiety disorders can be caused by several factors, including biological, psychological, environmental, and gender factors (Rabbani, Palloge, Susanto, Isra, & Santy, 2023).

The presence of students who exhibit symptoms of suicidal thoughts indicates a state of depression. Depression is a mood disorder characterized by profound sadness, loss of interest, and impaired daily functioning. Clinical symptoms of depression include emotional disturbances such as prolonged sadness, loss of interest, hopelessness, and feelings of worthlessness; cognitive disturbances such as difficulty concentrating, difficulty making decisions, and self-blaming; somatic/physical disturbances such as sleep disturbances (insomnia/hypersomnia), changes in appetite/weight, fatigue; and behavioral changes such as withdrawal from the environment, crying, and suicide ideas. Causes of depression include an imbalance of the neurotransmitters serotonin, dopamine, and nor adrenaline, hyperactivity of the Hypothalamus Pituitary Axis (HPA) axis, which increases cortisol production, neuroanatomical changes in the hippocampus, amygdala, and prefrontal cortex, genetic factors, psycho social stress, and chronic inflammatory processes (Anissa & Abdullah, 2025). The incidence of depression in Indonesia is around 6%, with women experiencing depression more often than men, and it usually occurs in young adult women (Kedang, Nurina, & Manafe, 2020). The tendency for respondents to experience anxiety and depression is thought to be caused by academic stress, low adaptability to new environments, low emotional maturity associated with young age, and the fact that most respondents are female (Limen, Runtuwene, & Wagiu, 2018); (Abdullah, Royani, Hamzah, Amir, & Jaya, 2024); (Nurfitria, 2025).

To address the tendency for mental health problems among respondents, this community service program provides activities to reduce stress in students. Respondents are invited to participate in sports activities with upperclassmen. Group exercise is intended to improve fitness, create a sense of camaraderie with upperclassmen, and relieve stress. Research has shown that exercise can reduce anxiety. Exercise increases endorphin secretion, reduces cortisol, a stress-triggering hormone, and improves sleep quality (Rahayu, 2024; Anliana, Sitorus, & Silitonga, 2025). In addition, community service also provides counseling on Emotional Awareness, carried out by psychologists from the Counseling Guidance Unit of the Medicine Faculty of UNISMA. The counseling aims to provide respondents with information on how to recognize and resolve problems that are expected to impact behavioral change (Siregar, 2016). The approach method presented by the speaker to eliminate anxiety that occurs as a response to stress through cognitive behavioral therapy, mindfulness, and desensitization approaches. Cognitive behavioral therapy helps individuals recognize and change maladaptive thinking patterns. Mindfulness therapy trains individuals to always think positively and free themselves from negative thoughts (Leni,

Dwidiyanti, & Fitrikasari, 2023). The systematic desensitization method is to eliminate the triggering factors for anxiety. The desensitization method can increase motivation to reduce anxiety and self-awareness of anxiety disorders experienced by individuals (Lawinsky & Ardani, 2024). The choice of approach and social support are key factors in successfully treating anxiety disorders (Leni, Dwidiyanti, & Fitrikasari, 2023).

The number of respondents who stated they were very satisfied with the community service activities ranged from 78 to 92%. This indicates that these activities are considered beneficial for students. The highest level of respondent satisfaction was the sustainability of the program. Students felt that this activity was beneficial and suited to their mental health needs, with 92% wanting it to continue. The weaknesses of this activity include only about 55 of 115 participants, the short duration of the program, the lack of follow-up, and its only screening function. Therefore, this activity should be conducted continuously every month to determine the impact of the program on the mental health of new students by the end of the 2025-2026 academic year.

Conclusion

In general, the mental health of new students at the Medicine Faculty of UNISMA is healthy. The tendency to experience anxiety disorders is thought to be due to their young age, which leads to unstable emotional maturity, sub optimal adaptation to new environments, and high academic demands. The exercise and mental health counseling activities, along with support from the Ar-Razi Islamic Boarding School management, can meet students' needs to reduce stress and provide insight into how to cope with stress.

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Conflicts of Interest

The author states that there is no conflict of interest from all parties involved that could influence the results and interpretation of this community service activity.

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