

MENTAL HEALTH: LEGAL AND PSYCHOSOCIAL EDUCATION FOR THE INDONESIAN DIASPORA IN MALAYSIA

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ABSTRACT This International Community Engagement (PKM) VI aimed to provide education on family law and mental health to the Indonesian diaspora in Malaysia. The theme was Character Building, Health Promotion & Achievement Motivation in Diaspora Students and Teachers. The material was delivered via an educational video, presented in a hybrid format (online and offline) on June 22, 2025, at Sanggar Bimbingan Muhammadiyah, Kampung Baru, Kuala Lumpur. The presentation covered key aspects of family law such as marriage, divorce, and child rights, as well as the importance of mental health within households. Results indicated improved participant understanding of family responsibilities and the psychosocial dynamics in preventing domestic conflict and violence. This initiative is expected to lay the foundation for legally literate and mentally resilient families within the diaspora.

KEYWORDS: *Family Law, Mental Health, Diaspora, PKM International*

1. INTRODUCTION

Family law education and mental health are two crucial aspects in building family resilience in the modern era. The family is not only the smallest unit of society, but also the main foundation for character development, education, and social welfare. In the context of globalization and high mobility, many Indonesians live and work abroad. They still need a basic understanding of family law and the importance of maintaining mental health in daily life, both as individuals and as part of a community. When each family member understands their legal rights well, it creates a more stable and harmonious environment that helps in facing everyday life challenges.

For example, research in Uganda shows that family involvement in the care of individuals with mental illness provides significant financial and social support, especially in areas with limited healthcare infrastructure (Verity et al., 2021). With strong family law, families can better manage support for members with mental health issues, thus improving the quality of life for all. Other studies have also confirmed that

family involvement in mental health care is associated with better outcomes for affected individuals (Keogh et al., 2017).

On the other hand, good mental health within a family strengthens family resilience. A study highlights that family mental health functions as a buffer against stress experienced by its members, particularly among workers, where family support is crucial to reduce mental pressure (Avasthi & Sahoo, 2021). Furthermore, understanding mental health and health literacy in a family context has been shown to improve members' mental well-being (Wang et al., 2023). Thus, mental health interventions within families including education on symptoms and treatment of mental health issues are expected to enhance collective family resilience.

According to Law Number 1 of 1974 on Marriage, Indonesia's family law governs fundamental aspects such as the validity requirements of marriage, registration, spousal rights and duties, divorce, and child protection (Marriage Law Article 6 Paragraph 1, 2018). The articles outline each partner's responsibilities, including a husband's obligation to provide for his wife, and the rights each party may claim in cases of legal violations (Ertanti & Makhali, 2019). Although these laws apply within Indonesia's jurisdiction, it is important to continue disseminating this information to all Indonesian citizens, including those living abroad, whether temporarily or permanently. This helps prevent legal issues in the future, such as unregistered marriages, unlawful divorces, and neglect of child rights and protection.

Mental health issues within families are also receiving increasing attention amid rapid social changes, economic pressures, and interpersonal dynamics. Mental health is not merely the absence of psychiatric disorders, but also includes the ability to manage emotions, build healthy relationships, and make productive decisions (Agil et al., 2023). When a family member suffers from untreated mental illness, it can affect the entire family's functioning and potentially lead to conflict or domestic violence (KDRT). Therefore, educating families about mental health is a crucial step in fostering harmonious and prosperous households. Social pressure and environmental changes such as shifts in technology and economic dynamics can affect family members' mental conditions. Changes in parenting patterns, especially in families of Indonesian migrant workers, can lead to family stress and negatively impact relationship harmony (Saefullah et al., 2019).

This community engagement activity aims to contribute by educating on family law and mental health. The audience includes Indonesian citizens in Malaysia who participated in the PKM International VI program, themed "Character Building, Health Promotion & Achievement Motivation in Diaspora Students and Teachers." Through a video-based outreach approach, the materials were designed to be informative and applicable for participants from diverse backgrounds. The program does not intend to generalize the conditions of the Indonesian diaspora abroad, but instead addresses the need to expand legal and mental health literacy preventively. The goal is to raise awareness of family rights and responsibilities and promote psychological well-being. With better understanding, individuals can help create strong, legally informed, and mentally healthy families.

2. METHOD

This activity was part of PKM International VI in Malaysia, conducted in a hybrid format (offline and online) on June 22, 2025, from 08:00 to 12:00 Malaysia time, at Sanggar Bimbingan Muhammadiyah, Kampung Baru, Kuala Lumpur. The service team contributed a ± 15 -minute presentation video, played during the group material session via Zoom Meeting. The video included visual explanations and narration about:

- Legal foundations of marriage and divorce in Indonesia
- Children's rights after divorce
- The importance of civil registration
- Definition and impact of mental health in households
- The relationship between family law and family psychological conditions
- Accessible legal and psychological aid resources

This method was chosen for its flexibility in reaching a broad audience and replayability for future use.

3. RESULT AND DISCUSSION



Figure 1. Flyer for the 6th International PKM Activity of the Muhammadiyah-Malaysia Guidance Studio

The PKM International VI Community Engagement activity held on Sunday, June 22, 2025, was part of a cross-national collaborative initiative between Indonesia and Malaysia. Hosted at Sanggar Bimbingan Muhammadiyah, Kampung Baru, Kuala Lumpur, the event adopted the theme

"Character Building, Health Promotion & Achievement Motivation in Diaspora Students and Teachers." It was conducted in a hybrid format, combining online and offline participation from speakers and attendees from various institutions.

The event was attended by academics from several Indonesian universities, who presented as virtual speakers — including representatives from Universitas Islam Jakarta, Politeknik Negeri Bandung, Universitas Muhammadiyah Purwokerto, STIKES Intan Martapura, and Unusia. Topics covered included character development, health promotion, legal education, and academic motivation for diaspora students and teachers.

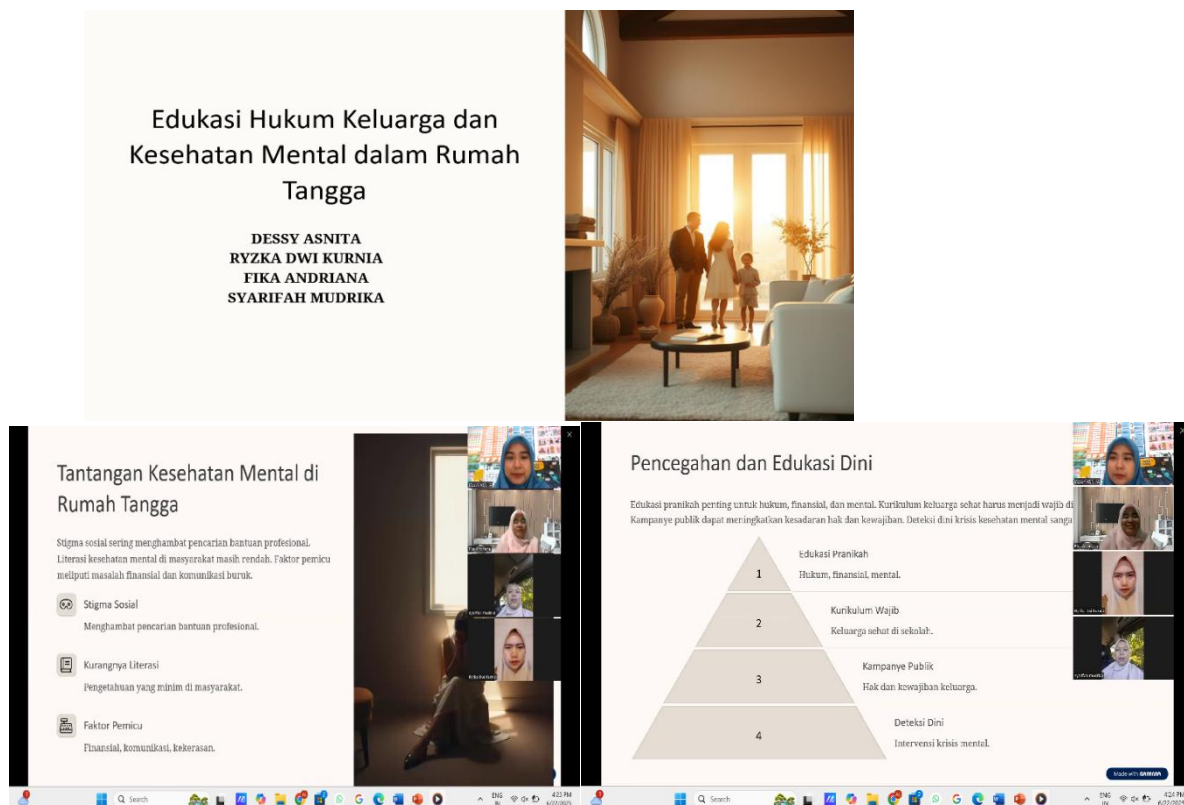


Figure 2. Socialization Material on Mental Health in the Household

The content was presented in a simple substantive format. The legal education segment emphasized the importance of registering marriages and divorces at the Office of Religious Affairs (KUA) or the court to provide legal protection for wives, husbands, and children. It also clarified that the minimum age for marriage is 19 years, as stipulated in Law No. 16 of 2019, and that marriage must be based on mutual consent.

Regarding mental health, it was conveyed that emotional, psychological, and social conditions greatly affect family dynamics. When a family member experiences severe stress, it can escalate conflicts and potentially lead to violence. The presentation also highlighted the importance of

family counseling and available services such as the Ministry of Health's hotline (119 ext. 8) and legal aid organizations.

In addition to legal and psychosocial education, the video encouraged building healthy families through:

- Pre-marriage education
- School-based healthy family curriculum
- Public campaigns on family rights and responsibilities
- Early detection of psychological crises



Figure 3. Community Service Activity

Although the activity was conducted online, evaluations showed that participants gained new insights on the importance of understanding family law and mental health in building a harmonious household.

4. CONCLUSION

The International Community Engagement (PKM) VI held on June 22, 2025, in Kuala Lumpur, Malaysia, made a significant contribution in strengthening the understanding of family law and mental health among the Indonesian diaspora. Though delivered through an educational video, the program effectively reached participants and provided contextual, relevant, and accessible material. The topics covered included essential elements of family law — such as marriage validity, registration importance, divorce procedures, and child protection. It also delved into mental health issues, including definitions, influencing factors, and the importance of early detection and

treatment. The integration of legal and psychological dimensions represents a holistic approach to building harmonious families — strong both legally and emotionally.

This program also demonstrated the effectiveness of video-based education as a viable alternative for transnational communities with limited access to formal education. The use of audiovisual media allowed messages to be conveyed in a more engaging, efficient, and replayable format.

Suggestions

1. Follow-up education with interactive discussion models
2. Expanded content for diaspora children and adolescents
3. Integration of the material into informal community curricula abroad

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We hope this initiative marks the beginning of further strategic efforts in building strong families through legal literacy and mental health awareness. With strong families, society will become more prosperous, ultimately contributing to sustainable national development.

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