

# Three Roles Important



THE ROLE OF FRIENDS, COLLEGES, AND LECTURERS IN ADDRESSING THIS ISSUE IS NEEDED!

## The Role of Student Friends

Fellow students can provide support and care for each other, help each other with coursework, help seek professional help if a friend has a serious mental health problem, and finally do not underestimate the problems faced by friends.

## The Role of lecturer

1. Provide support and direction to students. Reducing the burden of tasks given to students.
2. Provide constructive feedback to help students improve academic performance.
3. Introducing students to stress and anxiety management techniques.
4. Provide advice on how to overcome complex academic problems.

## The Role of Higher Education

PROVIDE ACCESSIBLE AND FRIENDLY COUNSELING AND OTHER MENTAL HEALTH SUPPORT SERVICES ON CAMPUS.

AS AN EFFORT TO SUPPORT STUDENTS' MENTAL WELL-BEING.



SO MUCH STUDENT WORKLOAD

What about his mental health?

"Don't measure success only by how many tasks you can complete, but also how well your mental health is taken care of."

## Why does mental health need attention???

"Students' mental health is an important topic that needs special attention. Students are often burdened by a variety of dense coursework and tight assignment deadlines. Not only that, the demands of getting perfect grades, the habit of delaying doing assignments, and the transition of learning from online to offline, are also burdens that students have"

## Impact on Mental Health!!

"These various burdens make students have to sacrifice their minds and physical health, which can eventually lead to \*stress, anxiety, and depression\*. It can even get worse, if social, economic, and personal problems are added."

## THIS IS NO ORDINARY PROBLEM!!!

"Nowadays, many students do not hesitate to end their lives due to the heavy workload".

## WHAT TO DO?

Not procrastinating when doing assignments.

Have good time management.

1. Organize your agenda by noting it down for easy recall.
2. Arrange the priority level of the recorded agenda.
3. Make sure to keep a regular and organized schedule.
4. Stick to the schedule that has been made.



"In this 3rd semester, I really feel a lot of tasks along with a lot of busyness. Not to mention because it is full offline, for pp children it is quite draining energy and mentality. It is difficult to divide the time to do assignments and rest. The most effective way to overcome this problem is actually to sacrifice rest time, or have to do assignments while in class if there are free hours. But if you enjoy it and do not consider the task as a burden, then God willing, it will be smooth and safe under control."

-Muhammad Jadid-

"A lot of tasks are definitely a burden, especially the deadline which is close too, if you are asked whether it is stressful, of course yes, but not until it makes you depressed, the way I deal with it is by thinking this must pass in the sense that it is reassuring. wkwk, truss ngemilll sih biarr more enjoy + listen to music".

-Putri Sama Elvina-

"In my opinion, as a 3rd semester student who is faced with many tasks, of course, feels a little, and can affect mentally so that we must be smart in maintaining our health such as rewarding ourselves, for example buying food or items that we want, doing our activities / hobbies, and also don't let personal problems pile up, you can confide in your siblings, family, even your closest friends."

-Ivand Derick Sihombing-

## Hear Their Voices Related Issues

"I think when given a lot of tasks, I often feel an uneasy feeling of wanting to complete the task quickly. But because there are many, I often feel depressed because there is no free time for self-healing. The way I overcome this is by not delaying" to do the task".

-Sarila Diva Dea Ariesty-

"As a student, I am actually tired too if I have a lot of assignments, but it does not affect my mental health, why because I just go through everything, just enjoy it, then for how to keep me from being mentally affected by facing assignments, I often take my time to have coffee and relax for a moment so that my mind relaxes".

-Rayhan Juliandra-

"If in tannya how do I look as a student who is burdened with a lot of tasks, the answer is dizzy, stressed, burdened and feeling a deep enough fear with the task, even though it is still being done because the task is our obligation to complete it as a student, and if in tannya how to overcome it, if I personally by healing".

-Syabina Az-zahra-