

Growth Mindset of the Founders of Community Care for Mental Health

by Dr. Suwarjo, M.Si, Cut Munika Bastia Rahmadani

ABSTRACT

It is vital to study about mindset. Dweck divided mindset into two categories, which are growth-mindset and fixed-mindset. Every individual has a tendency to be fix-minded or growth-minded. This study aimed to unleash how the growth mindset grows within individuals (the subjects of this study).

This research was a case study with qualitative approach. Subjects of this study were selected through purposive sampling. There were four people: JD was the founder of "Teman Dengar" who were dwelling with severe depression and anxiety; VO was the founder of "Reis" who was suffering from mental illness; ZF was a mental health enthusiast and founder of "Sadari Diri" who wished to improve the overall mental health status of Indonesian youth; and DD was the founder of "Hear for Humanity" who intended in providing education about mental health services in remote areas around his hometown in West Lombok. This research collected data through in-depth interviews and observation according to the interview and observation guidelines. Miles and Huberman's integrative model was performed to analyze the data. The data validity in this study was confirmed using source triangulation.

The study finds that: 1. all subjects believe that everything can be learned and developed; 2. each subject can interpret the problematic situations they experience in a positive way; 3. all subjects are eager to try, work hard, accept criticism, and learn positive things from others; 4. their commitment in establishing online-based mental health associations is a proof of their altruism; 5. DD's ability to survive and deal with problems in life creates his great adversity intelligence. 6. the researcher finds that a support system is a crucial factor in forming the growth mindset of three out of four subjects; VO and ZF receive support from their families while JD obtains it from his partner in an attachment relationship; 7. spirituality, as found in VO and DD, is another contributing factor in forming the growth mindset. The implications of these findings are discussed further in this article.

Kata Kunci: *Growth Mindset, Community, Mental health, Education*