

## THE EFFECTIVENESS OF HEALTH PROMOTION STRATEGIES FOR IMPROVING ADOLESCENT MENTAL HEALTH LITERACY

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### Abstract

**Background:** Adolescents are an age group that is prone to mental disorders. If not handled seriously it will have an impact on quality of life in adulthood. The mental health literacy approach through health promotion is an effort to improve the ability of adolescents to maintain and improve their mental health. **Objective :** To identify the effectiveness of health promotion related to adolescent mental health literacy at the level of knowledge and attitudes of adolescents in recognizing problems and maintaining health behavior. **Method:** This study uses a literature review method, searching references through Online Databases such as EBSCO; Sage; Scopus; Emerald Insight, Wiley, Pubmed and Google Scholar. The inclusion criteria in this study are journals published between 2000 - 2018 and books that are still valid and relevant to the formulation of the problem. **Result:** Literature review shows that health promotion is carried out to improve adolescent mental health literacy through various strategies are Advocacy, partnership and empowerment. **Conclusion:** Health promotion strategies related to mental health literacy can effectively increase adolescent knowledge and attitudes in encouraging behavior to improve their health.

*Keyword: Mental Health, Health promotion, Health education, Health Communication, Intervention, Evaluation, Mental Health Literacy*

