Mental Health In Urban Spaces: Societal Challenges And Public Health Responses

John Christianto Simon[1], Ahidul Asror[2], Irwandi[3], Ayat Taufik Arevin[4], Rezki Hariko[5]

Abstract

The development of urban spaces poses unique challenges to the mental health of residents, including stress, social isolation, and the negative impacts of overcrowding and pollution. The dynamics of rapid urbanization contribute to an increase in mental health problems, but the public health system's response to this issue is often inadequate. Gaps in access to mental health services and public awareness about the importance of mental health add to the complexity of the problem. This research aims to examine mental health challenges in urban spaces and evaluate public health responses to these problems. The method used is a descriptive qualitative approach with data analysis from relevant literature to understand the phenomenon being researched. The results of the research show that mental health challenges in urban spaces require a comprehensive approach involving collaboration between sectors. Technology and innovation in mental health services offer opportunities to improve access and effectiveness of treatment. The promotion of healthy lifestyles and strengthening social support systems have proven vital in improving the mental well-being of urban residents. Public policy and investment in adequate mental health infrastructure are the keys to tackling this mental health issue. This research emphasizes the importance of destigmatizing mental health and advocates for the integration of mental health services in urban planning.

Keywords: *Mental Health, Urban Space, Societal Challenges, Public Health Response.*

A. INTRODUCTION

Mental health has become an important issue that requires serious attention, especially in urban spaces. The rapid development and growth of cities has a significant impact on social, economic, and environmental life which in turn affects the mental health of its people. Uncontrolled urbanization is often associated with an increase in various mental health problems, including depression, anxiety, and post-traumatic stress disorder (Buttazzoni et al., 2022).

In many large cities, daily life challenges such as traffic jams, pollution, overcrowding, and the high cost of living ca[1]n cause severe psychological stress for residents. In addition, wide socioeconomic disparities and limited access to green spaces and recreational facilities also contribute to an increased risk of mental health problems. Employment and housing instability, along with social isolation and loss of communal support networks due to urbanization, further worsen the mental health conditions of urban communities (Kolokotsa et al., 2020).

Ever-expanding urban spaces also face unique challenges in providing and accessing adequate mental health services. Often, mental health services in cities are insufficient to meet the needs of their large and diverse populations. This is compounded

[1]STFT INTIM Makassar, Indonesia, ORCID: https://orcid.org/0000-0001-5698-1897
[2]UIN Kiai Haji Achmad Siddiq Jember, Indonesia, ORCID: https://orcid.org/0009-0006-2599-0540
[3]Universitas Islam Negeri Sunan Gunung Djati Bandung, Indonesia, ORCID: https://orcid.org/0000-0002-6458-9331
[4]Universitas Asa Indonesia, Jakarta Timur, Indonesia, ORCID: https://orcid.org/0009-0004-0330-6969
[5]Universitas Negeri Padang, Indonesia, ORCID: https://orcid.org/0000-0001-7862-7856

by the still strong social stigma around mental health problems, which discourages individuals from seeking help. The inadequacy of trained mental health professionals, along with a lack of awareness and understanding of the importance of mental health, adds to the complexity of this problem (Collins et al., 2021).

In this context, children and adolescents in urban spaces are a very vulnerable group. They face high academic pressure, bullying, and social adaptation challenges, all of which can significantly affect their mental health. Busy working parents and a lack of quality family time can increase gaps in the communication and emotional support necessary for good mental health (Luthar et al., 2020).

The gap in access to mental health services is also clear between urban residents with high and low incomes. People with lower incomes often have greater difficulty accessing mental health services due to cost, location, or lack of information. This shows that mental health problems in urban spaces are not only a health problem but also a social justice problem (Mezzina et al., 2022).

Additionally, the COVID-19 pandemic has illuminated and exacerbated mental health problems in cities around the world. Social isolation, job loss, and economic uncertainty have triggered or worsened mental health conditions for many people. This crisis highlights the urgent need for an effective public health response to mental health in urban spaces, capable of addressing the multiple social, economic, and environmental challenges facing urban communities (Menculini et al., 2021).

Given the complexity and multifaceted nature of mental health issues in urban spaces, there is an urgent need to explore and understand these challenges in depth. Comprehensive and focused research on this issue is essential to inform policies and interventions that can improve the mental well-being of urban communities. Growing awareness of the importance of mental health and wellbeing in urban spaces demands collective and strategic action from all stakeholders, including governments, the private sector, communities, and individuals, to develop and implement innovative and inclusive solutions.

B. LITERATURE REVIEW

1. Mental Health

Experts have developed various definitions of mental health. The mental health concepts advocated by these professionals are fundamentally different and controversial. They provide definitions based on their point of view and subject area. Mental health has been known as a branch of psychology since the 19th century, and in 1875 Germans considered mental health a science in its simplest form (Miller et al., 2021). In the mid-20th century, with the development of modern science and technology, mental health science experienced rapid progress. Etymologically, the word "mental" comes from the Latin word "mens" or "mentis", which means soul, life, and spirit. According to the concept of Hygea, hygiene is named after the ancient Greek goddess of health, who was tasked with addressing the health issues of individuals globally (Stein et al., 2022).

Freud described mental health as a positive condition of the body or its components, marked by regular operation and the lack of illness. Typically, our attention towards health is directed at physical ailments, primarily beginning with the absence of disease. This is why the concept of disease is also being discussed. In his writing, Suparinahsadli, a professor of Psychology at UI, stated that there are three directions: the classical direction, the coordination direction, and the direction of potential development (Lomas & VanderWeele, 2022). Mental illness represents a major worldwide health concern, owing to its widespread occurrence and the suffering it causes to individuals, their families, and communities. In 1990, mental and neurological conditions made up 10% of the total disability-adjusted life years (DALYs), which measure the time a person lives with a disability (Nochaiwong et al., 2021).

The World Health Organization defines mental health as a condition of individual well-being in which a person can manage the usual stresses of life, engage in productive

work, and offer something back to their surroundings. As per Presidential Decree No. 18 of 2014, mental health is described as a state in which an individual is capable of physical, mental, spiritual, and social growth, enabling them to harness their capabilities, navigate stress, maintain productivity in work, and make contributions to their community (Savold et al., 2021).

Zakiah Darajat views mental health as the capacity of individuals to adjust to their surroundings through faith and devotion, aiming to prevent mental disorders and illnesses. Meanwhile, according to Imam Al Ghazali regarding mental health, mental health maintains and develops the human soul as much as possible towards mental health and integrity, and the concept of mental disorders and illnesses, their treatment and treatment, is also limited to allowing them to do so (Gaiha et al., 2020).

Apart from that, Zakiah Daradjat further provided several various explanations regarding mental health as follows:

a. Mental Health is preventing people from symptoms of mental disorders (neurosis) and symptoms of mental illness (psychosis). This definition has been widely welcomed by Psychiatry (Psychiatric Medicine) circles because the emphasis of this definition lies in the freedom of the soul from things that cause a person to become physically/mentally unhealthy; both in the form of mental/mental disorders and mental/mental illness in each person individually or in groups (Hogg et al., 2023).

b. Mental Health is the ability to adapt to oneself, to other people, and to society and the environment that surrounds it. This definition is more appropriate for those who are always committed to the principles and work of counseling because the direction of this definition lies in self-awareness with the ability to develop self-adjustment by recognizing the strengths of oneself, other people, and society and the environment; In fact, the most important thing is self-knowledge of the existence of God (Fava & Guidi, 2020).

c. Mental health is knowledge and actions aimed at developing and utilizing all existing potential, talents, and characteristics as fully as possible, thereby bringing happiness to oneself and others and avoiding mental disorders and illnesses (Schiuma et al., 2022).

d. Mental health encompasses achieving genuine balance within the soul's functions, coupled with the capability to tackle everyday challenges and maintain a positive outlook on one's happiness and skills. This fourth definition is more appropriate for those or experts who have commitments in the fields of psychology and religion because their tendency is towards spiritual problems that are difficult to understand concretely and fall into the categories of abstract, supernatural, superhuman, and transcendental, in this case being more dominant towards mental problems; mental conditions and even more so when related to the issue of a person's belief in the supernatural or God in the context of religious practice or experience which is the work of Religious psychologists. Concerning professional duties, the existence of mental health is very urgent and supports the implementation of therapy, both through religious and psychological consultation and advice (Wang, 2022).

2. Urban Space

Space encompasses areas including terrestrial, marine, and aerial zones, as well as subterranean regions, all considered part of a unified domain in which humans and other beings reside, conduct activities, and secure their existence. The spatial structure refers to the organization of living centers, network systems, and the systems of infrastructure and facilities, all serving as the backbone for socio-economic activities in a functionally hierarchical relationship (Nomura, 2023). Spatial planning represents the physical expression and pattern of how space is utilized, whether deliberately or by default. This structural expression of space utilization involves organizing elements that define the

character of the natural, social, and built environments, which are interconnected in a hierarchical and structural manner to create a spatial configuration (Yu et al., 2020).

The urban spatial structure represents the layout of the service center system catering to the city's internal activities and the urban infrastructure network through the conclusion of the planning period. It is designed to unify the urban area and support the functions of current or projected activities at the urban scale, making it a component of the broader regional, provincial, national, and even international systems (Rachmawati et al., 2021). The city spatial structure plan includes a development plan for city activity service centers and a city infrastructure system plan. The development plan for city activity service centers describes the location of city activity service centers, their hierarchy, the scope/scale of services, as well as the dominance of activity functions directed at the activity service center (Ronchi et al., 2020). Meanwhile, the city infrastructure system plan includes an infrastructure system that integrates the city in a wider scope integrates parts of the city area, and provides services for existing/planned activity functions in the city area so that the city can carry out its roles and functions following the stated city spatial planning objectives (Nieuwenhuis et al., 2021).

According to Nia K. Pontoh & Iwan Setiawan, the components that make up the spatial structure of a city include centers of activity, designated functional areas, and networks of roads. An urban area can be understood as a spatial system, characterized by its internal components and their interconnections. The urban area, viewed as a system or spatial scheme, is a physical expression and utilization pattern of space, whether intentionally designed or not, that defines zones primarily engaged in non-agricultural activities (Yu et al., 2022). The physical representation of how urban spaces are used shows that the elements constituting urban areas are organized in a hierarchical and structural manner to establish urban spatial planning. This includes a layered arrangement of urban activity service centers, such as central business districts, regional city centers, and local neighborhood centers, all supported by a structured road infrastructure network, including arterial roads, collector roads, and local streets (Xiao et al., 2021).

Apart from urban activity service centers and urban functional areas, the elements that form the urban spatial structure are infrastructure and facilities systems. Urban infrastructure is the basic physical equipment that allows urban residential areas to function as they should (Herrmann et al., 2020). Types of infrastructure: Transportation, clean water, wastewater, drainage, waste, electricity, and telecommunications. Urban facilities are the completeness of urban residential areas, namely: Education, Health, Worship, Government and Public Services, Trade and Industry, sports facilities, and green open spaces (Hui et al., 2023).

3. Public Health

Health can be interpreted as a state of well-being of the mental and social body which allows each person to live a socially and economically productive life, while society is a group of people who associate with each other or in other terms interacts with each other (Žižek et al., 2021). Another meaning of health according to WHO is a perfect state both physically, mentally, and socially and not only free from disease or weakness. According to Law 23 of 1992 concerning Health states that health is a state of well-being of the mental and social body which may lead to a socially and economically productive life (Yang & Meng, 2020).

Mental health is a state that permits an individual's physical, intellectual, and emotional growth to its fullest potential, in a manner that is in sync with the wellbeing of others. Being socially healthy involves an individual's existence within society, indicating that one possesses sufficient capability to sustain and enhance their own and their family's life, enabling them to work, rest, and appreciate leisure time (Akrim & Junaidi, 2021).

Based on these two definitions of health, it can be concluded that health has 4 dimensions, namely physical (body), mental (soul), social, and economic which influence each other in creating a level of health in a person, group, or society, therefore, the situation

is holistic or comprehensive, Don't just look at health from a physical perspective (Kourtit et al., 2021).

There have been many health experts in the world who have defined the definition of public health so the definition of public health has progressed very rapidly over the past century. This can be seen from the definition of Health, namely efforts to overcome sanitation problems that disrupt health. Public health consists of several boundaries, starting from the narrowest to the broadest (Freudenberg et al., 2021).

Public Health is the discipline and practice of preserving, safeguarding, and enhancing the health of the public through collective actions, including the delivery of health services, as well as the prevention and elimination of diseases (Boti Sidamo et al., 2021). The definitions of public health include:

a. The oldest limitation of public health is efforts to overcome problems that disrupt health (Public Health = Sanitation) (Lee & Yuan, 2024).
b. At the end of the 18th century, public health was the prevention of disease that occurred in society through improving environmental sanitation and preventing disease through immunization (Mercer, 2021).
c. At the beginning of the 19th century, public health was defined as the application of integration between medical science, sanitation, and social science in preventing diseases that occurred in society (Matta, 2020).
d. At the beginning of the 20th century, Winslow defined public health as the science and art of preventing, prolonging life, and improving public health through organizing efforts to:
   1). Improved environmental sanitation
   2). Eradication of infectious diseases
   3). Personal hygiene education
   4). Organization of medical services and care for early diagnosis and treatment
   5). Development of social engineering to ensure that every person's needs for a decent life are met in maintaining their health (Macassa, 2022).

Then, here are some definitions of public health:

a. According to Professor Winslow, public health science is both a science and an art focused on disease prevention, life extension, and the enhancement of physical and mental health and efficiency. This is achieved through coordinated community initiatives aimed at enhancing environmental sanitation, managing community infections, educating individuals on personal hygiene; organizing medical and nursing services for the early detection and prevention of diseases, and fostering social developments that enable every member of society to attain a robust standard of living necessary for maintaining health (Ainsworth, 2023).
b. Public health represents the science and art of preserving, safeguarding, and enhancing the health of the public by means of organized community efforts (Johnston, 2020).
c. Public health is characterized by the implementation and coordinated actions in sanitation and treatment to prevent diseases impacting a population or community. It merges theoretical knowledge (science) and practical application (art) with the goals of disease prevention, life extension, and the enhancement of community health. Public health represents the amalgamation of medical science, sanitation, and social science in the effort to prevent diseases within society (Janakiram & Dye, 2020).

Public health encompasses the scientific and artistic endeavor of preserving, safeguarding, and advancing the health of the public via communal initiatives that offer health services aimed at disease prevention and eradication. It covers all measures, whether direct or indirect, that are involved in disease prevention (preventive), treatment (curative), and recuperation (rehabilitative). The fundamental components of public health science comprise biostatistical epidemiology, environmental health sciences, health education and

behavioral sciences, health services administration, public nutrition, and health services management (Zhang et al., 2020).

C.   METHOD

This research was designed to investigate mental health in urban spaces, with a focus on the challenges communities face and public health responses. To achieve this goal, the research will use a descriptive qualitative approach. This approach was chosen because it allows an in-depth understanding of the phenomenon being researched through analysis of data originating from existing sources. The data that will be used in this research comes from various research results and previous studies which still have relevance to the content of this research. This descriptive qualitative approach was deemed suitable for answering research questions related to individual perceptions, experiences, and responses to mental health issues in urban environments. After the data is collected, the next process is data processing. Data collected from relevant literature will be processed through content analysis. This process will enable researchers to gain a broader and deeper understanding of mental health in urban spaces, including the identification of the main challenges faced by city residents and how the public health system responds to these issues. Thus, this study aims to contribute valuable insights into the existing literature and provide recommendations for future practice and policy (Sarosa, 2021).

D.   RESULT AND DISCUSSION

1.   Dynamics of Urbanization and Its Impact on Mental Health

The dynamics of urbanization occurring in many parts of the world have brought major changes to the structure and way of life of society, including a significant impact on the mental health of the population. Rapid urban population growth and increasing population density are some of the most prominent characteristics of the urbanization phenomenon. High population density in urban spaces is often associated with various life challenges, ranging from competition in obtaining jobs, and decent housing, to access to public services. These conditions, in turn, can cause severe psychological distress for individuals, potentially reducing the quality of life and triggering or exacerbating mental health problems such as stress, anxiety, and depression.

In addition, inadequate infrastructure and public services are another important challenge faced by urban residents. With rapid population growth, the need for infrastructure such as transportation, housing, and healthcare increases significantly. However, often the growth of public facilities is not commensurate with the rate of population growth, so access to important services, including mental health services, becomes limited. This lack of access not only impacts an individual's ability to obtain necessary treatment and support but can also increase the psychological burden of feeling isolated and unsupported.

The physical environmental conditions in urban spaces also play an important role in the mental health of its people. Air pollution, for example, not only has a negative impact on physical health but also mental health. Prolonged exposure to air pollution has been linked to an increased risk of experiencing mental health problems, including depression and anxiety. Additionally, a lack of green space and recreation areas in many large cities means urban residents have few opportunities to interact with nature and engage in outdoor physical activity, both of which are known to have positive benefits for mental health. Lack of access to green space not only reduces opportunities for relaxation and recovery from daily stress but also limits healthy social interactions, which can increase feelings of isolation and loneliness.

The interaction between these factors—population density, public infrastructure and services, and environmental conditions—creates a complex environment with multiple challenges for the mental health of urban residents. Each of these factors does not stand alone but is interrelated and influences each other, creating a cycle that can worsen mental health conditions if not treated appropriately. Therefore, understanding the dynamics of

urbanization and its impact on mental health requires a comprehensive and multi-dimensional approach, which focuses not only on the treatment of mental health problems that have arisen but also on prevention, through improving living environmental conditions, increasing access to mental health services, and development of infrastructure and public services that are responsive to the needs of city residents.

2. Specific Mental Health Challenges in Urban Spaces

Mental health challenges in urban spaces cover various aspects that are interrelated and affect the quality of life of residents. One of the main challenges is the high levels of stress and psychological disorders experienced by city residents. The sources of this stress vary, ranging from high work pressure due to competition and productivity demands, and traffic jams that waste time and energy, to increasing social isolation amidst crowded and anonymous city life. Work pressure in urban spaces is often higher compared to other areas because the expectations for success and survival in a competitive economy are very strong. This can lead to long working hours, lack of free time, and increased mental stress which ultimately has a negative impact on mental health.

Furthermore, socio-economic disparities are another trigger for mental health problems in urban areas. This gap is not only visible in terms of material things but also access to essential services, including mental health services. Individuals from lower economic groups often face barriers in accessing mental health services, whether due to cost, lack of information, or the social stigma of mental disorders. These disparities exacerbate conditions for those in need of support because, without adequate access, many individuals are unable to receive the care needed to address or manage their conditions. This creates a vicious cycle in which economic hardship worsens mental health, further hindering individuals' ability to improve their economic conditions.

Social isolation and lack of community support are also serious problems in urban spaces. Although big cities offer a variety of activities and amenities, social dynamics often leave individuals feeling isolated and disconnected from the community. Rapid social change, high population mobility, and busy lifestyles reduce opportunities to build and maintain strong social relationships. This lack of community support can increase feelings of loneliness and isolation, which are major risk factors for a variety of mental health disorders, including depression and anxiety. Without effective social support, individuals may find it difficult to cope with the stresses of daily life, which may ultimately worsen their mental health conditions.

The interaction between stress and psychological disorders, socioeconomic disparities, as well as social isolation and lack of community support creates complex challenges for mental health in urban spaces. Each of these factors interact and can exacerbate each other, creating an environment that makes it difficult for individuals to maintain good mental health. To address these challenges, a comprehensive and integrated approach is needed that not only targets individuals but also broader social and economic structures, including increasing access to mental health services, reducing socioeconomic disparities, and maintaining and developing strong community support.

3. Public Health Responses to Mental Health in Urban Spaces

Public health responses to mental health issues in urban spaces have become an important focus in efforts to address the challenges faced by city residents. In dealing with this issue, various strategies and policies have been designed and implemented to improve mental health conditions in urban environments. Effective mental health policies and programs require a multidisciplinary approach involving multiple sectors, not only health, but also education, housing, and employment, to create comprehensive support for individuals.

One important aspect of the public health response is the development and implementation of mental health policies that focus on prevention, early intervention, and treatment of mental disorders. These policies often include training programs for health professionals, improved mental health services in primary health facilities, as well as the

development of long-term crisis and support services for individuals with mental disorders. This program aims to ensure that individuals can access the mental health services they need quickly and efficiently, without having to face bureaucratic obstacles or social stigma.

Access and quality of mental health services a key factors in determining the effectiveness of a public health response. Evaluations of the availability and accessibility of services show that significant disparities remain in many cities, with individuals in disadvantaged neighborhoods often facing difficulties in accessing quality mental health services. To address this, there have been efforts to increase the number and distribution of mental health facilities, as well as integrate mental health services into primary health care to facilitate access. Additionally, the use of technology, such as telemedicine, has also become an important strategy in increasing access to mental health services, especially in hard-to-reach areas.

Awareness and destigmatization of mental disorders is another important pillar of the public health response. Efforts to increase public awareness of the importance of mental health and reduce the stigma associated with mental disorders are critical to ensuring that individuals feel safe and supported to seek help when they need it. Public education campaigns, in-school programs, and social media initiatives have been used to increase understanding of mental disorders and change public attitudes. With increased awareness, it is hoped that more individuals will feel comfortable talking about their mental health problems and seeking help without fear of discrimination or judgment.

Raising awareness and destigmatization, along with improving access and quality of mental health services, are critical components in building a robust public health response to mental health issues in urban spaces. While there are still many challenges that need to be overcome, these steps demonstrate a commitment to improving the mental wellbeing of urban residents and pave the way towards a more inclusive and supportive society for all individuals, regardless of their mental health condition.

4. The Role of Technology and Innovation in Supporting City Mental Health

In efforts to address mental health challenges in urban spaces, technology, and innovation play a key role in redefining the way mental health services are provided and accessed by communities. The use of information and communications technology, particularly through the development of mental health applications and online platforms, has opened up new opportunities to increase access to mental health resources and support. This application offers a variety of services ranging from online counseling and therapy, and stress management, to meditation aids and mood monitoring. Via smartphone or computer, individuals can now access mental health support anonymously, anytime and anywhere, which is a significant step in reducing the access barriers and stigma often associated with mental disorders.

Additionally, innovation in mental health services includes the development of creative solutions aimed at making these services more effective, efficient, and inclusive. For example, the use of virtual reality (VR) in therapy for disorders such as PTSD (Post-Traumatic Stress Disorder) shows how technology can be used to create a safe environment for patients to confront and process their traumatic experiences in a controlled setting. Likewise, artificial intelligence (AI) and machine learning are being explored to tailor therapeutic approaches to individual needs, predict mental health episodes, and even provide automated interventions that can help individuals manage their conditions.

The role of technology in facilitating community engagement and public participation in mental health promotion and advocacy cannot also be ignored. Social media platforms and online forums have become a space for individuals and communities to share experiences, spread awareness, and advocate for change in the way mental health is perceived and addressed in society. Online campaigns and webinars on mental health can reach a wide audience, enable rapid dissemination of information and resources, and mobilize support for mental health-focused initiatives and policies.

It can be said that technology and innovation have tremendous potential in supporting mental health in cities. From providing direct access to services and support to

empowering individuals and communities in mental health advocacy and promotion, technology has opened promising new avenues for addressing mental health challenges in urban spaces. However, it is also important to recognize that while leveraging technology, we must ensure that these innovations are inclusive and accessible to all levels of society, paying attention to issues such as the digital divide and ensuring that technology serves the mental health needs of diverse urban populations.

5. Strategies for Improving Mental Well-Being in Urban Spaces

Improving mental well-being in urban spaces requires a comprehensive strategy that involves various aspects of people's lives. One important aspect of this effort is the promotion of a healthy lifestyle, which not only focuses on physical health but also mental health. Physical activity such as regular exercise has been shown to have a positive impact on mental health, including reducing symptoms of depression and anxiety. Likewise, a balanced diet and proper nutrition can support brain function and influence mood and overall mental well-being. Promoting this practice among urban residents requires widespread awareness campaigns and local initiatives that can inspire and motivate individuals to adopt healthier lifestyles. This can be through community sports programs, nutrition workshops, as well as easy and affordable access to sports facilities and healthy food choices.

Additionally, strengthening support systems is a key factor in improving mental well-being. Social support from family, friends, and the community plays a vital role in preventing and managing mental health problems. Strategies to strengthen these support systems may include initiatives that facilitate community engagement, such as the creation of support groups, mentor programs, and counseling services accessible in community settings. Strengthening these social networks not only provides emotional support to individuals but also helps reduce the stigma around mental health which is often a barrier for many people to seek help.

In the context of public policy and investment, governments and stakeholders have an important role in creating an environment that supports improved mental health. Public policies that prioritize mental health, including adequate budget allocation for mental health services, the development of infrastructure that supports physical activity and social interaction, and public education and awareness initiatives, are crucial. Investments in mental health services, including the development and training of mental health professionals, as well as research and development in this area, can help ensure that urban residents have access to the high-quality services they need.

In conclusion, improving mental well-being in urban spaces requires a holistic and multidisciplinary approach, involving the promotion of healthy lifestyles, strengthening support systems, and strategic public policies and investments. Through collaboration between governments, the private sector, non-governmental organizations, and communities, we can create urban environments that support the mental well-being of all residents.

E. CONCLUSION

In-depth studies of mental health in urban spaces have revealed the challenges and opportunities faced by communities and public health systems. From the dynamics of urbanization affecting mental health through population growth and population density, environmental conditions, to specific challenges such as stress, socioeconomic disparities, and social isolation, it has become clear that a comprehensive approach is needed to address these issues. Public health responses to mental health issues, including policies and programs, access and quality of mental health services, as well as destigmatization and awareness efforts, show progressive steps but still require further development. The role of technology and innovation in supporting mental health, as well as strategies to improve mental well-being through the promotion of healthy lifestyles, strengthening support systems, and public policy and investment, offer potential solutions that can be adapted and

expanded. Although mental health challenges in urban spaces are complex and multifaceted, there are significant opportunities for impactful interventions through cross-sector collaboration, technological innovation, and supportive policies. Close collaboration between stakeholders is needed to create an urban society that not only develops physically and economically but also supports the mental well-being of its residents.

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