



Community of Urban Arisan Mothers: Promoting Joy and Mental Health in Urban Residents

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ABSTRACT

This study focuses on looking at the cultural dimension, promoting and spreading joy, and creating mental health in urban communities. The specific aim is that if mental health problems and stress are not handled properly, it can have a bad impact, especially when seen in urban communities, which are very busy and have very complex problems, and one of the things that is done to strengthen this is by holding social gathering activities. In the cultural dimension, of course, this is very interesting, as seen from the activities in urban areas carried out by mothers who provide and promote mental health in urban communities. This research is qualitative, carried out through observations and interviews with 18 informants. The results of this research found that the practice of social gathering is one of the solutions and interventions for maternal mental health in urban areas, and urban mothers can improve their quality of life. The meetings held provided solutions for their lives and improved their quality of life. This research contributes to the development of knowledge in the realm of health anthropology regarding the strategies and solutions used by mothers in urban areas to achieve good mental health.

A. INTRODUCTION

This article discusses issues concerning social gatherings in urban areas that support mothers' mental health by making mothers happy, which can also improve mothers' mental health by increasing their happiness and quality of life. Mental health is an important topic to discuss because it requires specialized medical care and treatment, just like other health issues. It requires the availability of adequate care facilities for young mothers who are experiencing mental health problems and who frequently struggle with doubting their ability to deal with it since it refers to their experiences when they were treated and judged, and sees the safety of their children (Jack et al., 2022).

This structure was constructed to provide mental health services to urban women who become mothers.

What this social gathering structure reveals is, of course, fascinating to observe through the lens of Bourdieu's practical theory (Bourdieu, 1977; 1984; 1996; 2010; 2011). Because this theory is the main theory that underpins this article, which views *Arisan* as a mental health culture built on practice, it also investigates *Arisan* that is good for maternal health, their mental health, and the factors that cause it. This event improves the quality of life for the mothers gathered in the *Arisan* group.

As a result, it is critical to developing a critical and nuanced philosophy of mental health that considers local culture (Gone & Kirmayer, 2020). According to the existing literature, there is a link between happiness and mental health in terms of well-being. The program implemented in the health promotion component related to mental health can improve women's attitudes and roles in seeking help for mental health problems. Furthermore, it improves women's mental health by reducing

depression and expanding ways of dealing with mental health problems (Abrahams et al., 2022).

A growing and very troubling mental health problem are related to hatred and malice that undermines mental health. Because this mental health issue requires careful planning and effective therapy implementation, it is critical to thoroughly investigate it and relate it to a problem that must be investigated holistically in relation to patient care (Lecamwasam et al., 2022).

This can be seen, for example, in the community *Arisan* system, which paints a clear picture of achieving good mental health in the dominant *Arisan* concept. As a result, in order to achieve good mental health, a healthy home must be created and built. They have a psychological effect on the cultural environment in which they are placed in addition to poor communication with the psychological effects of breast cancer (Daniel et al., 2022). Furthermore, various health promotions are required to promote mental health and good treatment that is consistent with current health promotion and education about good mental health. Newborn mothers may experience mental health issues such as stress, anxiety, and other anxiety-related issues that must be addressed in order to overcome the anxiety, the symptoms of which can progress to clinical and subclinical conditions (Cooijmans et al., 2022). Mental illness is dangerous to the community and necessitates adherence to treatment in order to achieve the desired health with treatment discipline (Sriramalu et al., 2022).

Arisan has the potential to make significant changes in society and to provide various strengths that are beneficial to the mental health of mothers in the community. Mental health and happiness apparently have a big influence on well-being, especially in women's development, even though various changes in women's rights and obligations have brought a source of stress (Almadani & Alwesmi 2023). And it also turns out that married women show better happiness than unmarried women; of course, this shows that social functions also play a better role, which shows increased welfare, which shows greater social support, which certainly has a significant impact on the welfare of married women (Almadani & Alwesmi 2023). Experts believe that programs that promote mental health are critical for public health because they take cultural factors into account (Ortega & Wenceslau, 2020).

Violent disorders that cause mental development for adolescent's mental health who participate in community violence, and mental health that provides an overview of mental disorders all require the development of a mental health policy (Miliauskas et al., 2022). This demonstrates that by adhering to the current social gathering, this article will assist the community in improving the mental health of mothers. As a result, this article is critical for improving mothers' mental health and quality of life.

B. METHODS

The method used is qualitative (Bogdan & Biklen, 1982; Creswell, 1994) and is based on interviews and observations (Bungin, 2008; Moleong 2018), which is certainly appropriate for determining the benefits contained in the *Arisan* group. To collect some of the necessary data for this study, it is unquestionably important to optimize interviews and observations by participating in social media groups in *Arisan* groups. This, of course, must be understood in order to gain a comprehensive understanding of what has been done to the *Arisan* group in accordance with the standards and objectives of this research.

Data collection techniques include conducting interviews (Koentjaraningrat 1993; Alwasilah 2017), and discussing important issues arising from the formulation of *Arisan*-related problems. To collect data, interviews, and discussions were held during meetings over a meal, during social gatherings, and also when collecting money from the *Arisan*. Data is gathered by interacting intensely with informants in the *Arisan* group. Interaction with informants was accomplished by holding meetings in the *Arisan* group with women in the *Arisan* group in order to collect data for this study. This *Arisan* has no specific name; it is simply known as *Arisan*, and the research was carried out in Bandung Regency, West Java, Indonesia.

Observations (Spradley, 1979), in this study were also carried out by observing the body movements of the informants found on social media and in direct meetings, which is useful for fully understanding the conditions contained in the social gathering community from the mothers' informants. The qualitative method was chosen because it is a suitable method for looking at the community of socially gathering women, so it is suitable for exploring a lot of data from the method used and is in accordance with the objectives of this study. And the advantage obtained from the interview and observation method is that it can dig up a lot of data because observations and interviews take place when the activities of the women's social gathering are taking place and being carried out.

This article considers the use of social media to gather information about long-term social gathering groups, as well as social media used in *Arisan* groups other than face-to-face meetings. Furthermore, this data was gathered over a 2 year period in the *Arisan* group through interviews, discussions, and observations.

Table 1. Informant Demographics

NO	Informant	Age	Gender	Description of Activities
1.	Informant 1	38	Female	Mother
2.	Informant 2	39	Female	Mother

3.	Informant 3	45	Female	Mother
4.	Informant 4	30	Female	Mother
5.	Informant 4	50	Female	Mother
6.	Informant 5	40	Female	Mother
7.	Informant 6	38	Female	Mother
8.	Informant 7	35	Female	Mother
9.	Informant 8	48	Female	Mother
10.	Informant 10	35	Female	Mother
11.	Informant 11	25	Female	Mother
12.	Informant 12	37	Female	Mother
13.	Informant 13	50	Female	Mother
14.	Informant 14	45	Female	Mother
15.	Informant 15	35	Female	Mother
16.	Informant 16	42	Female	Mother
17.	Informant 17	40	Female	Mother
18.	Informant 18	50	Female	Mother

The data was gathered naturally, with discussions taking place in social gathering groups, either through observation and interviews or through the existing social media. Literature studies were also conducted during the data collection process and discussions by being directly involved in the *Arisan* group, to ensure that the data obtained are factual and provided a clear picture for analysis (Babbie, 2008; Suprayogo & Tobroni 2003).

Based on data from interviews, discussions, and observations made in the *Arisan* group, the data were then categorized and processed in data triangulation. The data analysis process was carried out by carrying out observations and interviews conducted during the research. What is then done is categorization of the data, then the data obtained is processed and triangulated from the data obtained, ensuring the validity and reliability of the data. Such as data related to the feeling of happiness obtained when interacting during the social gathering process, which brings themes or patterns to data analysis, and also when getting money for the social gathering, which brings happiness and improves the mental health of the members of the social gathering. Data is collected through interviews, discussions, and observation of already saturated data (Taylor et al., 2015; Creswell 2014). When the data obtained is saturated, it can be properly analyzed and produce findings in the field, which can then be stated in the research results.

C. RESULTS AND DISCUSSION

This study has a lot of support since it discusses mental health, particularly as it relates to the well-being of mothers who are responsible for raising their children, which leads to a better quality of life. It takes full responsibility for integrating the mental health issues raised by mothers, which have become their current mental health greatest strength so that meetings in the *Arisan* group can lead to a better quality of life. It is critical to approach the situation differently, where the *Arisan* perspective prioritizes mental health over social interactions. *Arisan* has a number of advantages that can influence the behavior of mentally healthy people and provide a better quality of life.

It is crucial to fully comprehend the *Arisan* concept. This is advantageous for people who are experiencing financial difficulties, particularly in terms of managing the economy, and can contribute to the community as a whole for a high quality of life. Furthermore, this social gathering is beneficial for those who anticipate a favorable financial situation. Mothers who have gone through the *Arisan* process have shared some fascinating stories. As stated by the informant:

"Arisan is really fun if you get money from the Arisan distribution, it feels really good, you can directly buy necessities and pay debts. Arisan brings happiness by giving payments to debts that are owned, and this is very happy too so that it can meet the various needs needed. So, waiting to get a turn to get Arisan's turn".

The *Arisan* community is a potential force that can improve mental health and provide a better quality of life, as well as contribute to people's overall well-being. Some changes in people's lives, particularly those related to urban and economic issues, have a significant impact on their mental health. The main goal of *Arisan*, like the *Arisan* group for mothers, is to provide benefits. *Arisan* is a way for mothers to improve their quality of life. It was discovered in the *Arisan* group that when there was a meeting, the recovery and improvement of personality in mental health was carried out. This occurred because the meeting's activities could bring joy and happiness to the mothers of *Arisan* members, as expressed by the informant:

"A gathering that encourages mutual attention and empathy among friends, thereby strengthening the members' sense of sisterhood. The members of the Arisan group care for each other, make the level of brotherhood among the

Arisan members strong, and support each other among the Arisan members. What makes you happy is when the Arisan gives you a turn for money."

Arisan group activities express their desire for love and happiness. What must be done from the agency-structure relationship is to demonstrate the meaning of social gathering and its potential to empower the economy and bring happiness to its participants. The potential power of society stems from its own depths. These mothers who participate in social gatherings have financial difficulties, and some of them also have mental health issues.

As a result, *Arisan* becomes a part of an important societal issue, namely the potential power that exists in society and improves mental health. Social gatherings in society can be clearly depicted in visually appealing contemporary films (Haryanti & Suwana, 2014). This demonstrates the importance of social gatherings despite the fact that they are only depicted in the film, the majority of which can reflect the circumstances of social gatherings and are well represented in the film.

Communication in big cities improves things and demonstrates an important point where someone who works hard and has good communication skills can lead a better life (Charlot & Duranton, 2004). People share information about their lives, which includes aspects such as appearance and social status (Jack & Schyns, 2015). The *Arisan* phenomenon has several benefits for the community, including making *Arisan* a source of attention in the community. Social gatherings are common in Indonesia. This is a female-dominated inherited practice. *Arisan* is typically used to bring people together, share stories and jokes, and solve problems. Members typically come from small groups in the same *Rukun Tetangga* (neighborhood) or *Kelurahan* (village) and have the same status as housewives or employees.

There are also some *Arisan* groups that are very glamorous, known as "*Arisan* socialites." *Arisan* is formed based on group needs and member agreements, such as collecting money or goods, from a group of people who meet in both formal and informal settings. *Arisan* is then formed in order to add value to the situation while allowing the members to communicate with one another. As a result, it is critical to recognize a certain communication that emerges from various media and society begins to develop as a result of their existence, and this is frequently questioned as one of the forces that exist in society as a result of communication that emerges from the media, particularly social media (Garcia & Wright, 2018). This means that social gathering is a type of communication process that can also

be accomplished through social media. According to these *Arisan* mothers, the *Arisan* group communicates through money as well as through social media.

Anxiety is one of the communication barriers, and communication barriers can lead to mental health issues (Halls et al., 2015). If this continues and is not dealt with properly, communication with other people will be impacted or cut off. Holding happy meetings is one way to overcome communication barriers, and one activity that can provide this happiness is a social gathering. *Arisan* is a treatable condition that can bring both happiness and mental health. So that problems can be dealt with properly and successfully provide joy. *Arisan*, it is critical to have a positive image of mothers as a significant social condition, and this is undeniably an important issue for mothers, as expressed by the informant:

Arisan makes a very positive contribution to us and improves the family's economy, removes economic difficulties, and satisfies urgent needs. Arisan provides many benefits for urgent economic needs, so that money can be used, and it also depends on how many numbers are included in the Arisan."

Arisan is one of many factors that can contribute to a better understanding of social conditions. Mental health is an important topic to discuss in everyday life, and mental health issues are also important to discuss. Mental health is an important issue that must be addressed, and one way to achieve good mental health is to attend *Arisan*. According to the informant, this is how *Arisan* members feel and share:

"I feel very happy. I can gather together with friends, can share, can care for each other, and can develop my network of friends. The Arisan that I experienced had a very wide network, and many friends who led to good things, so the care of fellow members of the Arisan is also very good and led to various good things."

1. Maternal Mental Health and the Road to Quality of Life

The relationship between mothers in the *Arisan* community is an important concept in understanding social and mental health problems in the community, particularly from the anthropological aspect of health and public health, which discusses human relations from a mental health perspective and its relationship with community mental health to achieve a better quality of life. This theory's implementation is appropriate for revealing practices found in the *Arisan* community that can bring significant changes to *Arisan* mothers, allowing *Arisan* members to have good mental health and a better quality of life.

Therefore, the social gathering carried out by these mothers greatly contributes to increasing the strength of mothers, increasing happiness, and promoting good mental health. As revealed by the informant:

"Happiness can be obtained when you get money from the collected Arisan and, apart from being able to help ease the family's economy, because the Arisan schedule is different from payday. Salaries can be managed using social gathering, so you can plan to get social gathering according to your needs."

The *Arisan* community offers several benefits to its members, including the ability to improve one's mental health and quality of life. The *Arisan* community is made up of agents who gain from *Arisan* practices. Talking about *Arisan*, we refer to Bourdieu's theory (1977; 1984; 1996; 2010; 2011), which explains the practice of agents represented by the *Arisan* coordinator who carry out social gathering practices to achieve the goals of the social gathering activities. According to Bourdieu's theory (1977; 1984; 1996; 2010; 2011), these agents are important in understanding the condition of the members of the *Arisan* group with their approach and social networks, and the agents are also an important structure in the management of *Arisan* with good *Arisan* management. based on the culture of the *Arisan* members. Agents play an important role in an *Arisan* group, especially in carrying out *Arisan* practices in which there are members in the group, which can be said to be a practice that begins with the relationships of agents within an *Arisan* community. The agents have good relationships with groups within the *Arisan* group, and agents play an important role in achieving the goals of the *Arisan* for the happiness of the members of the *Arisan* group. Practice theory (Bourdieu 1977; 1984; 1996; 2010; 2011) is very appropriate in revealing the practical role that exists in the *Arisan* community and, of course, also has the potential to bring significant changes to the *Arisan* group so that *Arisan* members achieve good mental health and quality. live high in social life. From the findings found, there are many findings related to this social gathering, which provides mental health for urban communities. And it can be used as a long discussion related to various long discussions related to the findings provided, thereby providing a new perspective that can be used as a space for discussions and findings in the world of science.

The *Arisan* community offers several advantages to its members, the most important of which is improved mental health and a higher quality of life. This is obtained through happiness in social gathering groups and has positive mental health implications. The *Arisan* community is made up of agents who can utilize agency practices to provide happiness that improves their members' mental health. *Silaturahmi* in an *Arisan* group

can lead to better mental health for the mother because the situation in the *Silaturahmi* makes its members happy. As a result, the mental health benefits obtained by *Arisan* mothers are in the form of healthy happiness from various activities in the *Arisan* group for a better quality of life.

If someone wishes to leave the *Arisan*, they must have a valid reason and pay for the replacement of members in order for the *Arisan* to operate properly. Then, each month, pay an administration fee of Rp 20,000 for meals prepared for members. Everyone gathers to eat, and at the end of the *Arisan*, a gift of kitchenware will be sent to each member's home. This group is mostly made up of women. Men, on the other hand, are interested in joining this *Arisan* group because it promotes good mental health. The members of this *Arisan* are dominated by women because they are frequently used as a means of saving. They kept 70% of the *Arisan* profits while providing benefits to the *Arisan*. *Arisan* has created some positive emotional connections for the participants in this gathering. As stated by the informant:

"This is a wonderful relationship that provides positive emotional happiness. Don't make the mistake of simply giving money; instead, give money to people in need, implying that you are assisting people in need. Arisan is a part of mutual help where people need help with Arisan money, and this makes the participants in the Arisan happy."

Such open relationships demonstrate that they frequently share information, which keeps the conversation going. This creates a close bond between members, as the informant said:

"Positive and close relationships between members are well established, as a result of intense relationships every month. Therefore, they know each other and communicate with each other from one member to another. Getting to know each other in the existing Arisan group makes for a very good relationship, provides kindness from various sides of the existing Arisan group, and deepens each other's acquaintances."

The findings found that it turns out that the social gathering for mothers brings mental health, which of course leads to an improvement in the quality of life. However, critically, it can be confirmed that when it comes to financial management, it must be done well so that the social gathering of money can be maximized productively so that the quality of life is better by not only solving one problem but can also be done productively to solve existing problems. Face it so that you will be even happier.

This *Arisan* is a communication pattern that is economically beneficial to the community, as stated by the informant:

"The happiest thing is being able to save economic conditions when needed, being able to help husbands in economic matters as well and that was fun. It is very helpful for families to participate as participants in this social gathering, and providing kindness and helping families in economic matters is very much needed."

It is something that can be shared and provides strong mental health in different lives in this community, and it becomes an important element that can be used to improve various conditions of urban communities in problem-solving. According to the literature, mental health is treated in the United Kingdom by providing mental health first aid, improving business position and profits, which is unavoidable and comfortable, and mental health programs (Mantzios et al., 2020).

2. The Pattern of *Arisan* Mothers

The pattern in the *Arisan* women group is primarily in the women's payment process. The payment pattern is to find the name of the *Arisan* participant every turn by scrolling the member's name and shuffling it on paper. The names that appear after shuffling the names on paper become numbers that will get an *Arisan* through a name shuffling sequence. For the payment mechanism, among the 30 members who pay the *Arisan*, there are those who pay Rp. 250,000 per month and those who pay Rp. 500,000 per month. Those who pay Rp. 500,000 are entitled to Rp. 6,000,000, with each subsequent withdrawal, while those who pay Rp. 250,000 are entitled to Rp. 3,000,000, with each subsequent withdrawal. Then, for the monthly fund transfer process, no later than the 5th of each month to the *Arisan* coordinator.

*"Payments are made by transfer to the coordinator in accordance with the amount agreed upon at the beginning; money is delivered on payday." Then it is passed on to the next person in line, and there is no penalty for paying *Arisan* late. The coordinator in the *Arisan* group plays a very important role in managing the *Arisan* group so that it runs well and is in accordance with the objectives of the *Arisan*."*

Mothers in *Arisan* have different economies and require different mechanisms to manage their finances. An *Arisan* who can manage finances and share mental health for a good quality of life is one solution to this problem. As expressed by the informant:

"The happiest thing is being able to save economic conditions when needed, being able to help

*husbands in economic matters as well, and having fun during social gatherings is very useful. It's nice when you get your turn at the social gathering, and this is really happy in the *Arisan* group that is currently running."*

Urban conditions, with all their problems, require mental assistance, mentorship programs, or activities needed to get out of it, including for mothers in the *Arisan* group. According to the literature, the assistance used to overcome mental health problems in the UK is by providing mental health first aid, increasing unavoidable and comfortable positions and advantages, and mental health programs (Mantzios et al., 2020).

Various conditions of mental health issues can be found in the community, namely mental health problems that are still symptomatic and have become complicated problems that require a solution. This condition has a significant impact on society. *Arisan* emerged as a solution to improve mental health in order to find the necessary solutions to existing problems. Mental disorders in the perinatal period can occur in those who do not have access to mental health services. The solution is to provide them with easy access to mental health services (Pilav et al., 2022). A strong mental condition is required to solve the problems that urban communities face, as demonstrated by the mothers who attended this *Arisan* to strengthen their mentality and improve their quality of life.

*"The decision to join this social gathering group is part of the solution that we must face when we are most in need." At the very least, we understand what is required for our happiness and needs. *Arisan* can assist us in finding solutions to our problems. And a solution is needed when facing financial problems, and a solution that doesn't cause problems is to participate in *Arisan* activities simply by paying each month and waiting for your turn to get the *Arisan*."*

As a result, *Arisan* can be described as a phenomenon in urban communities that require mental health assistance and a better way of life. "*Arisan* provides a better quality of life," said an informant. Happiness is an important factor that can strengthen the body's immunity when the *Arisan* program is carried out by mothers. People create solutions to maintain their health in order to overcome the problems they face in this health phenomenon, one of which is by participating in *Arisan*. According to an informant, "*Arisan* is made to address economic problems and provide happiness." *Arisan* has proven to be very important for the community because it has a positive impact on the economy and provides happiness to those who are members of the *Arisan*. The mothers in the *Arisan* group want to be happy. What they do is identify all of the problems they face and then seek solutions, one of which is joining the *Arisan* group.

A significant source of strength is required to solve this mental health issue with existing cultural roots. *Arisan* is one of the answers because it is also a part of society's culture. He explained that some traditional cultural and communication barriers (Rady et al., 2018) require solutions and, if not addressed, can lead to mental health issues. Mental health must be understood through the access and availability of early childhood mental health services and mental health services for children and families in child health homes (Nayak et al., 2022). The issue is how to overcome barriers to mental health services for the homeless, which encourages integrating mental health services into health programs by bringing families and young children. Social gathering activities are also carried out by engaging in interpersonal discussions about the problems they face, which include family problems, economic problems, and other daily problems so that they can serve as a forum for members to solve psychological and mental problems. The informant said:

"Members of the Arisan group discuss problems in their families, the economy, and other issues concerning their personal lives. In the Arisan, the members of the Arisan tell each other about the conditions of their respective families and each other's lives, and this provides peace and provides pleasant benefits for the members of the Arisan group."

This *Arisan* meeting is also interspersed with snacks, and getting together is both enjoyable and beneficial to the soul. Different types of problems and cultures can be used as communication topics (Ceylan & Ozcelik, 2018). *Arisan* is a safe space for women in urban areas to express and discuss important issues affecting their mental health.

3. Some Examples of the *Arisan* Approach to Mental Health

The atmosphere of familiarity and joy that exists is greatly influenced by the existing local culture, namely Sundanese culture, which is very strong in the Bandung area. And the influence of Sundanese culture, which is full of gentleness, makes mental health stronger and has an influence on the mental health of social gathering groups as a result of the influence of local culture.

Arisan lays the groundwork for people to grow as individuals concerned with financial matters and in charge of managing their family's financial situation. Mothers who attend social gatherings play an important role in understanding various conditions, including those in their own families, and the solution is in the *Arisan* group. The informant said:

"Indeed, this happiness is simple by participating in the Arisan, you feel the happiness of

being able to be together with the existing arisan groups, which gives you happiness in participating in various Arisan activities."

There is also an *Arisan* that is linked to religious beliefs in certain situations. This *Arisan* emphasizes the significance of religious beliefs in comprehending clinical and public health issues (Walters & Benjamins, 2021). Religious factors have been found to play an important role in the reinforcement of mental health problems in various studies.

4. The *Arisan* Approach to Mental Health

Arisan is used to solve financial problems, which means that *Arisan* performed by mothers is used to manage their family's financial situation, so this *Arisan* is used to solve financial problems. This *Arisan* can solve financial problems, provide solutions, and be happy for *Arisan* mothers. The informant said:

"The way out of financial problems is through Arisan. Happiness is experienced when receiving Arisan money. Getting money when you need it is a happy thing, and this is what you feel when you get money from existing social gathering activities. Of course, this gives you a feeling of joy when you need something. "

As in the literature on the importance of public beliefs in understanding clinical and health problems (Roxburgh et al., 2022), mental health has become a major concept reference. Mental health services After giving birth, it must be acknowledged that there is still a lack of awareness and knowledge in areas where good cooperation is required in services and care related to mental health. This service must also be provided in a unique and preferred manner so that mental health can be obtained and treated after the mother gives birth in order to avoid mental health problems after giving birth. Thus, childbirth and mental health issues can be resolved. The role of mothers in the community is very important in dealing with mental health problems in their children, and the existing mental health symptoms show clinical symptoms, so parents require health workers to overcome their children's mental health problems (Sawrikar et al., 2022). Cultural understanding can be provided by the need for it in various societies (Rahmawati et al., 2019). In other literature, it is necessary to find a way to restore health in order to improve mental health (Kanehara et al., 2022) and to develop a confidence rating in mental health care that takes previous experience into account (Taguibao & Rosenheck, 2021). This demonstrates that there have been numerous studies on mental health (Eriksson et al., 2018) that are based on existing concepts and are also related to field results, such as this study on mental health

and economic problems. Mental health has a strong correlation with providing benefits to mental health in a variety of life processes, including education (Hofmann et al., 2022). It is undeniable that mental health has a significant impact on improving the overall quality of life and leads to a better quality of life.

Based on the research area presented, there are several things that need to be further deepened regarding the cultural factors that underlie existing mental health matters, meaning that these cultural factors need to be deepened further in relation to the existing mentality, which, if studied in the future, will be important for action research moving forward.

The social gathering community promotes happiness, and happiness in this social gathering promotes mental health, resulting in a higher quality of life. As stated by the informant:

"Arisan has given us great happiness because it can fulfill the rights and obligations of family, friends, neighbors, and wives; and also, Arisan has understood us and given the meaning of happiness. That is a feeling that is felt, which certainly gives joy and happiness to the heart and is so pleasant."

D. CONCLUSION

The conclusion clearly shows that *Arisan* is a source of strength and an important foundation for maternal mental health. *Arisan* can help mothers manage their finances and mental health so they can live a better life. Through its membership, *Arisan* becomes a vital component in social life and a help for mothers who are members. From what is observed from the various conditions contained in *Arisan* and constructed by mothers in urban communities, life in the world of *Arisan* is one element in society that can be a source of strength. Being part of *Arisan*, which started with informal gatherings of *Arisan* communities in urban areas, has become a solution for the community, as well as a source of mental health and a good quality of life. This means that the *Arisan* community has provided good mental health and a high quality of life for its member mothers. This article's contribution is a solution to busy city life and its unhappy problems. The contribution to the literature is to provide the literature on maternal mental health and related social encounters with a unique perspective offered regarding the literature on social encounters and maternal mental health. The recommendation given is that social gathering activities can be carried out with effective management and can provide support for mental health and quality of life in urban communities. It is recommended that social gatherings or similar activities be held with good management so that they can provide mental health for a better life in urban communities where there are many

problems. The findings from this study contribute to the importance of understanding maternal mental health and the role of social support networks in urban communities.

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