



# Uncovering the Role of Philosophy and Logic for Mental Health in the Contemporary Age

Saturday, 23 November 2024 14:06 WIB





The Quality and Learning Development Institute (LPMPP) of the National Development University "Veteran" Jakarta (UPNVJ) through the Head of the Compulsory Curriculum Subject Center (MKWK) held a public lecture with the theme "Uncovering the Role of Philosophy and Logic for Mental Health in the Contemporary Century." This activity took place in hybrid, attended by students and lecturers, both from within and outside UPNVJ.

The event began with a speech by UPNVJ Rector Anter Venus, who revealed the uniqueness of the Philosophy and Logic course in the UPNVJ curriculum. According to him, this course is rarely found in many universities in Indonesia, even though its existence is very important for the development of scientific culture in universities and civilization in general. .

"The importance of Philosophy and Logic for students lies in the fact that our education system rarely applies critical thinking in the teaching and learning process. As a result, students are accustomed to receiving information without going through a critical thinking process. This kind of culture has a negative impact on the development of science in universities," said Venus. .

In his remarks, the Chancellor emphasized UPNVJ's commitment to continue supporting the implementation of this course as part of efforts to encourage students to think critically, analytically, and reflectively.

After the speech, the event continued with a presentation by Dr. Fahrudin Faiz, Deputy Dean of the Faculty of Ushuluddin and Islamic Thought, UIN Sunan Kalijaga Yogyakarta. In this session, Dr. Fahrudin discussed the importance of the role of philosophy and logic in facing mental health challenges in the modern era.

According to Dr. Fahrudin, philosophy helps individuals understand the meaning of life, while logic equips them with the tools to think systematically and rationally. Both aspects are relevant in overcoming mental stress that often arises due to rapid technological developments and social changes in the contemporary age.

This activity received appreciation from participants, both lecturers and students, who considered this theme relevant to the challenges of everyday life. LPMPP UPNVJ hopes that this public lecture can raise awareness of the importance of mastering philosophy and logic in building a more advanced and mentally healthy civilization.