

ABSTRAK

GAMBARAN KESEHATAN MENTAL EMOSIONAL PADA REMAJA DI SMAN I RANDUBLATUNG

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Latar Belakang : Masa remaja merupakan masa dari anak-anak menuju dewasa. Hal ini berdampak pada berbagai masalah kesehatan jiwa pada remaja seperti masalah mental emosional, masalah perilaku, masalah teman sebaya dan kemampuan prososial dengan orang tua dan teman sehingga perlunya identifikasi masalah kesehatan jiwa remaja melalui deteksi dini. Penelitian bertujuan mengidentifikasi status kesehatan mental emosional remaja.

Metode : Data dianalisis dengan analisis deskriptif.

Hasil : Populasi penelitian ini adalah siswa Sekolah Menengah Atas Negeri I Randublatung yang berjumlah 1031 orang dan sampel 288 siswa. Alat pengumpulan data menggunakan kuesioner Strength and Difficult Questionnaire-SDQ. Hasil penelitian menunjukkan mayoritas remaja memiliki masalah emosi normal (66,3%), masalah perilaku normal (81,6%), masalah hiperaktivitas normal (87,5%), masalah teman sebaya normal (65,6%), dan kekuatan prososial normal (88,5%) dan skor kesulitan normal (67,7%).

Simpulan : Penelitian ini dapat menjadi dasar dalam pengembangan upaya kegiatan peningkatan dan pencegahan masalah kesehatan jiwa remaja.

Kata Kunci: Remaja; Kesehatan Mental Emosional

ABSTRACT

DESCRIPTION OF MENTAL HEALTH EMOTIONAL ON ADOLESCENCE IN SMAN I RANDUBLATUNG

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Background : Adolescence is the period from children to adulthood. This has an impact on various mental health problems in adolescents such as emotional problems, conduct problems, hyperactivity problems, peer problems and prosocial abilities problems with parents and friends so that it is necessary to identify adolescent mental health problems through early detection. The research aims to identify the emotional mental health status of adolescents.

Method : Data were analyzed by descriptive analysis.

Result : The population of this study were 1031 senior high school Randublatung 1 students and the sampel were 288 student. The data collection tool used the Strength and Difficult Questionnaire-SDQ. The results showed that the majority of adolescents had normal emotional problems (66,3%), normal conduct problems (81,6%), normal hyperactivity problem(87,5%), normal peer problems (65,6%), normal prosocial abilities (88.5%), and normal difficulties scale (67,7%).

Conclusion : The results of this study can be used as a basis for developing activities to improve and prevent adolescent mental health problems.

Keywords: Adolescent; Mental Health Emotional