



The Relationship of Knowledge with Attitude Adolescent Mental Health

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ABSTRACT

Based on the results of basic health research in 2013 about 2,386,323 adolescents experience emotional mental disorders. Adolescence is a period of transition from childhood to adulthood lasting between 10-19 years during which physical, sexual, and mental changes occur. The purpose of this study is to find out the relationship of knowledge with adolescent mental health attitudes at SMKN Wonosalam. Mental health is an emotional, psychological, and socially healthy state seen from satisfying interpersonal relationships. Effective behavior and coping, positive self-concept, and emotional stability. The methods used are quantitative methods, descriptive design of correlations and cross sectional approaches with stratified random sampling techniques obtained by 169 respondents. The results of the univariate analysis showed that 59.8% of respondents had a good knowledge of mental health and 42% of the respondents' mental health attitudes were negative. The results of bivariate analysis using chi-square showed a knowledge relationship with adolescent mental health attitudes at SMKN Wonosalam (p value 0.018).

Keywords: Knowledge, Attitude, Mental Health, Adolescents

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INTRODUCTION

Adolescence is a very important time in the human life cycle where there are changes in both physical, sexual, and mental changes¹. At this age, teenagers are generally in high school². According to Dewi Mufidatul, et al. teenagers are human beings who are no longer children³. Adolescence is defined as a period of developmental transition from childhood to adulthood lasting between 10-19 years consisting of early adolescence (10-14 years), middle adolescence (15-16 years) and late adolescence (17-19 years)⁴. The stage of development that must be fulfilled by adolescents is identity versus confused roles, where adolescents must bring confidence in their abilities, and feel happy about achievements in preparation for maturity supported also by the abilities and skills he has he seeks to form and show self-identity, and characteristics that are characteristic of him. The achievements achieved by adolescents are influenced by adolescent development tasks that focus on how adolescents go through childhood and prepare as adults. But if there are obstacles in this developmental task, it can cause mental health problems if not resolved properly. Mental health is an emotional, psychological, and social healthy state seen from satisfying interpersonal relationships, effective behavior and coping, positive self-concept, and emotional stability⁵. The characteristics of a person who is healthy in his soul according to is to feel comfortable with himself, feel comfortable in contact with others, and have the needs of life⁶. Mental health problems can come from the teenager himself, the relationship of parents with adolescents or the result of social interactions outside the family environment, so as a result there can be mental health problems with various manifestations, such as learning difficulties, role confusion, juvenile delinquency and deviant sexual behavior can be a stressor for adolescents⁷. According to Indarjo (2009) in his research on adolescent mental health, if adolescents are not able to cope with various stressors that exist, there can be various negative conditions such as anxiety, depression, and can even trigger the emergence of psychotic disorders⁸.

Circumstances like this can cause various complex problems in adolescents, both physical, emotional and social, for example, there can be various physical complaints that are not clear why or various problems that have a social impact, such as lazy school, skipping, participating in fights between students, misappropriating the use of narcotics, psychotropic substances (NAPZA), and others. If not treated immediately, the condition can continue into adulthood, and will develop even more in a more negative direction such as the formation of antisocial personality and chronic psychotic conditions⁸. The results of basic health research (Risksedas) in 2013 showed that emotional mental disorders experienced by adolescents amounted to 5.6% of the number of adolescents aged 15 years and over as many as 42,612,927 people, so in absolutely in Indonesia there are about 2,386,323 adolescents who experience emotional mental disorders⁹. Emotional mental disorder is a condition that indicates an individual is experiencing an emotional change that can develop into a pathological state if it continues. It is necessary to anticipate so that people's mental health is maintained¹⁰. Other terms of emotional mental disorders are psychological distress and emotional distress¹¹.

Middle teens occur at the age of 15-16 years, at this stage teenagers are easier to cooperate with because intellectuals are more developed and curious about many things, so they learn to think independently and make their own decisions and they are constantly experimenting to get a self-image that feels comfortable for them, Feel the need to accumulate new experiences, test them even though they are at risk as a result they start experimenting with cigarettes, alcohol and sometimes drugs that will adversely affect his emotional mental development ¹².

Knowledge is the result of 'knowing', and this happens after people have sensed a particular object¹³. Attitude is a common feeling or way of view of an individual organizing his knowledge of the world. Attitudes such as hopeful, optimistic, pessimistic, positive, and negatively affect the way we perceive the world and individuals. A positive mental attitude is formed when individuals choose to have a positive perspective on experiences, comments, or judgments ¹⁴. Based on the results of interviews with 10 students of SMKN Wonosalam about adolescent mental health knowledge obtained by 3 people able to mention mental health characteristics such as being able to accept themselves as they are, being able to socialize with others, having good expectations of their lives such as having ideals, 7 people are not able to answer appropriately. The results of interviews with 10 students of SMKN Wonosalam about the mental health attitude of teenagers obtained 3 people said they were comfortable with their appearance, 7 people said they never felt comfortable with him. 4 people said they had achievements that were proud of such as winning a football match in his village and winning in the class, 6 people did not have any achievements that he was proud of. 10 people say they have many life expectancies or ideals such as wanting to be soldiers, footballers, and businessmen, wanting to be successful and happy parents to make them go on hajj. 5 people said they often felt ignored in their group. 5 people said they felt needed in the group. 4 people said when facing a problem they would rather ask for opinions and pour their hearts out to parents or friends, while 6 people said when facing problems they cried more and were embarrassed to tell others about the problem. Based on this phenomenon, researchers are interested in researching about "the relationship of knowledge with adolescent mental health attitudes at SMKN Wonosalam"

METHOD

The research method used is using non probability sampling techniques with Total Sampling. against smkn wonosalam students. The design of one group pre-test post-test study of one class as a study subject can show differences before and after treatment. The sample in this study was 169 students of SMKN Wonosalam. In this study, researchers used a closed questionnaire, namely the questions given to respondents had been provided with a choice of answers so that respondents only chose, the number of questions given was 20 questions.

RESULTS

a. Knowledge of Adolescent Mental Health

Category	Frequently	%
Good	101	59,8
Enaught	37	21,8
Less	31	18,4
Sum	169	100

The knowledge in this study is the knowledge of wonosalam vocational school students about adolescent mental health. Researchers found that most of the respondents (59.8%) or as many as 101 students of Wonosalam Vocational School had a good knowledge of adolescent mental health.

b. Adolescent Mental Health Attitudes

The attitude in this study is the attitude of adolescent mental health.students of SmKN Wonosalam.

Category	Frequently	%
Positive	115	68
Negative	54	42
Sum	169	100

Researchers found that some respondents (68%) or as many as 115 students at SMKN Wonosalam, had negative adolescent mental health attitudes.

DISCUSSION

a. Knowledge of Adolescent Mental Health

The knowledge in this study is the knowledge of wonosalam vocational school students about adolescent mental health. Researchers found that most of the respondents (59.8%) or as many as 169 students of SmKN Wonosalam had a good knowledge of adolescent mental health. Nowadays, with the development of technology and communication causes information to be easier to obtain, one of which is through mass media such as television, internet, magazines, newspapers, and others. Researchers found that some respondents (43.9%) of Wonosalam Vocational High School students had received information about adolescent mental health through mass media.

In this study there were 20 statements about knowledge about adolescent mental health, and researchers found that the most difficult statement to answer or 31.4% of respondents did not answer correctly was about adolescent mental health indicators about "being able to relate to others" in statement number 13 that "often feeling ignored in a group will have a bad impact on their mental health". according to dr. Procrastination in his book an inadequate or unsatisfactory relationship with others can lead to anxiety, which he thinks is the basis for all emotional problems ¹⁵. So that it will have a bad effect on the process of student learning activities that will make their achievements decrease. At this stage of their lives, adolescents focus on interpersonal relationships

by sharing with each other, especially in the opposite sex where adolescents have the opportunity to live new social experiences.

Information obtained by respondents through mass media or through parents and others has not been able to meet the respondent's need for knowledge about adolescent mental health, therefore there is a need to increase the source of information that can be managed by education, as well as from parents provided to respondents so that information about adolescent mental health can be obtained optimally.

b. Adolescent Mental Health Attitudes

Researchers found that some respondents (42%) or as many as 54 students at SmKN Wonosalam, had negative adolescent mental health attitudes. One of the factors that affect mental health is internal factors that include resilience and spiritual or religiosity. Resilience is a healthy response to stressful environments or situations at risk, whereas spirituality or religiosity includes belief in God or higher beliefs and religious practices. Researchers found that most of the respondents (73.1%) of wonosalam vocational school students rarely participated in religious activities. Researchers found that most of the respondents (62.8%) of wonosalam vocational school students only do sports activities once a week. This shows that lack of exercise can affect the level of stress experienced by students of SMKN Wonosalam so that it can result in his mental health attitude. Researchers found that very few respondents (19.4%) or as many as 49 students had ever received information about adolescent mental health from parents or others, this is the same as the report obtained from the counseling guidance section which states that in general parents or guardians of students are less active in the development and development process of their children. Family environments that can affect the development of the adolescent psyche are family parenting, family conditions, and moral education in families¹⁶. Adolescents who come from caring, warm, and harmonious families have the ability to adjust and socialize well with the surrounding environment, then the fewer problems faced by children and also the opposite¹⁶. A positive adolescent mental health attitude can be obtained from the educational and coaching process carried out by parents or teachers in schools and through positive activities that students can do such as self-management, religious activities, and routine sports that need to be improved.

c. Bivariate Analysis Results

The results of the bivariate statistical test using Chi-square obtained a p value of less than α (0.05) which is 0.018 which means that H_a is accepted and it is stated that there is a relationship between knowledge and adolescent mental health attitudes at SMKN Wonosalam. This study showed that some respondents (59.8%) or as many as 101 students of SmKN Wonosalam had a good knowledge with a positive adolescent mental health attitude. Hasil uji statistik menggunakan chi square, diperoleh p value kurang dari α (0,05) yaitu 0,018 maka dapat disimpulkan bahwa ada hubungan antara pengetahuan dengan sikap kesehatan jiwa remaja

di SMKN Wonosalam. Pengetahuan dan sikap merupakan hal yang berbanding lurus, dalam arti semakin tinggi pengetahuan siswasiswi tentang kesehatan jiwa remaja maka semakin tinggi pula sikap kesehatan jiwa siswa-siswi di SMKN Wonosalam begitu pula sebaliknya jika pengetahuan siswa-siswi tentang kesehatan jiwa remaja kurang maka semakin negatif pula sikap kesehatan jiwa siswa-siswi di SMKN Wonosalam.

CONCLUSIONS

This study showed that some respondents (59.8%) or as many as 101 students of SMKN Wonosalam had a good knowledge with positive adolescent mental health attitudes and stated that there was a relationship between knowledge and adolescent mental health attitudes at SMKN Wonosalam.

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