FACTORS AFFECTING MENTAL HEALTH TEENEGER

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ABSTRACT

Mental health issues in adolescents should also be a major concern for the government. Mental health issues that can occur in adolescent life phases include Napza/Gadget abuse, peer pressure, school demands, disorientation and sexuality, media influence, risky sexual relationships and violent behavior.The risk of having a mental health disorder will be higher for children who often experience conflicting families, violence experienced by family members, and negative experiences. Bad environmental factors such as the influence of the Internet, negative experiences at home or in the school environment experienced by children can have a negative impact on their cognitive and emotional development. This research aims to identify the factors that affect mental health in teenagers in the UPT Puskesmas Sambau Working Area. This research design is quantitative descriptive with crossectional. The sample in this study is 10 to 18 years old teenagers who are in the UPT Puskesmas work area that have been detected have mental health problems of a total of 80 people using purposive sampling techniques. Analysis of this research data using chi-square. The results revealed that there was a relationship between family factors and mental health in adolescents in UPT Puskesmas Sambau with a p-value of 0,013. There was a relation between environmental factors and psychological health in teenagers in the UPT Sambau working area with a value of 0,036. Advice to health care can be helpful for routine screening of the child's development. In addition, children who are suspected of mental health disorders are expected to be referred to for examination and therapy.

***Keywords:** Factors, Mental Health, Adolescents*

INTRODUCTION

Mental health problems are often a health problem neglected due to various negative stigmas that develop in society. World Health Organization (WHO) data shows that almost 1 billion people in the world live with mental disorders and every 40 seconds there is one people who died by suicide (Ingrid et al., 2020). Based on data Global Burden of Disease 2020, there were almost 52 million additional cases anxiety disorders in women and more than 35 million cases of depression additional majors in 2020 compared to the previous year (Santomauro et al., 2021).

A picture that is not too different is also seen in the conditions mental health in Indonesia. Mental Emotional Disorders occupy first rank was 9.8%, depressive disorders 6.1%, addiction DRUG 2.8% and Psychotic disorders 0.18%. (Riskesdas 2018). Over 19 million people aged 19 years experience emotional and mental disorders 6.2% experienced depression (Riskesdas 2018). But the older you get then the percentage of depressive disorders also increased by 8.9% (Infodatin Indonesian Ministry of Health, 2019).

In the Riau Islands Province, the prevalence of mental health in 2020 is as follows; organic mental disorders 36 0people, schizophrenia and disorders other psychotic 1888 people, acute psychotic 61 people, bipolar disorder 50 people, depression 149 people, neurotic disorders 69 people, mental retardation 108 people, 23 drug users. (P2PTM and Mental Health Sector Provincial Health Service. Riau Islands)

For the scope of Batam City, the prevalence of mental health in 2020 organic mental disorders 13 people, schizophrenia 800 people, acute psychotic 28 people people, bipolar disorder 10 people, depression 82 people. For health problems mental health screening has been carried out in several schools for teenagers in Batam City which is carried out by trained health workers community health centers throughout Batam City and obtained data on teenagers with problems mental health in 2022 in Batam City will be 4016 people. (Field P2PTM and Mental Health Batam City Health Service). Based on Minimum Service Standards (SPM) in 2022 for the number of people with mental disorders weight at the UPT Puskesmas Sambau is among the highest of the 21 Puskesmas in Batam City, namely 84 people. For data on teenagers As many as 100 out of 300 teenagers experience mental health problems mental health screening has been carried out.

Mental health problems in adolescents must also be an important concern for the government. The case of a UGM student who died by suicide jumping from the 11th floor in a hotel in Yogyakarta is proof mental health emergencies in adolescents. In carrying out tasks As development progresses, teenagers will also experience several conflicts has an impact on the emergence of feelings of insecurity, anxiety and depression (Hall, 1904, in Rahmah, 2018). Apart from that, it is based on a sample registration system conducted by the Research and Development Agency (2016) obtained annual suicide data as many as 1,800 people or every day 5 people commit suicide, as well 47.7% of suicide victims are aged 10-39 years, which is the age teenagers and productive age children Mental health problems that can occur in the adolescent phase of life including drug/gadget abuse, peer pressure, demands school, personal and sexual disorientation, media influence, sexual relations risk and violent behavior (Ministry of Health RI.2020, Guidelines Implementation of Mental Health in Primary Health Care Facilities). Groups at risk for mental health problems based on life span adolescence, including new students and final levels of middle and high school, patients chronic diseases: cancer, HIV-aids, etc., students, teenagers with disabilities, victims acts of violence, trafficking victims, victims and survivors of natural/non-natural disasters natural and social disasters, commercial sex workers (prostitutes) (Directorate Ministry of Health Mental Health and Drug Control 2020).

The factors that influence mental health in adolescents include: others:: 1. family factors. The risk of having mental health disorders will be greater high for children who often experience families with frequent conflicts and violence experienced by the family or violence by family members, and negative experiences. 2). Bad environmental factors such as the influence of the internet, negative experiences at home and in the school environment experienced by children can have

negative impact on development cognitive and emotional. 3) Another factor is the problem of peers and friends Peers are very important for teenagers to get to know the world outside their family. In interactions with peers, many teenagers experience problems and bullying/bullying. This peer problem has a very big influence with mental or mental health problems in adolescents. (Directorate of Health Soul of the Ministry of Health 2022).

Family environment is the environment where a person lives getting a first education that greatly influences his behavior and plays a role in determining his life goals. Environmental influences family towards mental emotional disorders in adolescents, namely mutual The relationship between the two is due to the role of the family environment one of the determining factors of mental health in children. Mental health Children will be well looked after if their social environment is harmonious and stable. On the other hand, if the family environment is not good then it can be done harm mental health known as mental disorders emotions in children (Ministry of Health's Directorate of Mental Health 2022).

Based on the results of research by Fitri, Neherta, and Sasmita in 2018 found 2 factors that influence emotional mental health problems adolescents, namely parenting patterns and peer environmental factors. Most of the parenting styles applied by parents are parenting styles authoritarian and permissive, namely 58.4%. These two parenting styles have a big impact on mental emotional problems of teenagers, which is in the average category borderlain.

Results of research (Hardianti, Erika and Nauli, 2021) conducted in 81 The results obtained from respondents were 26 (32.1%) teenage respondents who had Low gratitude has negative mental health and 27 (33.3%) teenage respondents who

also have a high sense of gratitude positive mental health. Analysis showing respondents with Low level of gratitude but positive mental health is 14 (17.3%) and respondents with high levels of gratitude but poor health Negative mental health was 14 (17.3%). This can be interpreted as gratitude It can also affect mental health in teenagers.

Based on the results of interviews conducted and theories contained in background causes related to adolescent mental health, namely family, environment and peers were obtained from 5 teenagers indicated to be experiencing mental health, where 1 person experienced it Behavioral disorders are teenagers with poor family backgrounds harmonious and 1 person who feels unhappy because he is always disturbed by his friend at school. Because of the above, researchers are interested in doing this further research into factors that influence mental health teenagers in the working area of the UPT Puskesmas Sambau.

METHOD
Type of Research
This research is a type of analytical observational research with retrospective approach. Analytical observational research is research that carried out without intervening with the research subjects directed to explain a condition or situation. Meanwhile, retrospective is research in which dependent variable data is collected first, then measure the causal variables that have occurred a long time ago, for example a year ago (Notoadmodjo, 2018). Measurement Research data (independent and dependent variables) was carried out once and regularly simultaneously. In this research, we will analyze the factors that the mental health of adolescents in the Sambau Community Health Center UPT work area.

Location and Time of Research

The research location was carried out in the UPT work area of the Sambau Community Health Center. The research was conducted from 18 July 2023 to 18 August 2023.

Data Collection Tools

Instruments are tools selected and used by researchers The activity is to collect data so that the activity becomes systematic and made easier by him (Arikunto 2019). Data collection tools used in This research uses a questionnaire. Mental health questionnaire adolescents using the Mental Health Continuum-ShortForm (MHC-SF) (Keyes et al., 2018) which measures emotional well-being, social well-being and psychological well-being consists of 14 statement items, never (score 0) to every day (score 5). For a questionnaire on factors that influence adolescent mental health using a research questionnaire by Gina (2022) taken from 3 mental experts, Dr. Fitri Hartanto, SpA(K), dr. Alifiati Fitrikasari, SpKJ and dr. Adhie Nur Radityo S., Msi.Med, SpA and validity testing has been carried out.

Data Collection Procedures

The method of collecting data is 1. Researchers apply for research permission from the institution Head of UPT Sambau. Community Health Center. 2. After obtaining a letter of approval from the Head of the UPT Puskesmas Sambau, then the researcher determines the time of the research. 3. The researcher met with the person in charge of the youth program to ask assistance and cooperation in carrying out research and collection data on teenagers. 4. Researchers meet respondents and explain the objectives and benefits The researcher then provided informed consent. Data retrieval carried out from 18 July 2023 to 18 August 2023. 5. Respondents who agree to be used as respondents in the research, asked to sign

an informed consent form 6.
Carry out data processing directly and the results are then recorded as research data.

DATA ANALYSIS

Data Processing Techniques

All checklist sheets collected are processed through a process using stages as follows (Sugiyono, 2018): a. Editing Activities to check the contents of the checklist sheet, whether the identity is complete as well as respondent data, and ensure that all answers have been filled in according to the instructions. b. Coding Researchers coded the data to make it easier grouping and classification. The collected data is then edited for makes subsequent processing easier. c. Entry Entering coded data into computer software and perform data tabulation. d. Tabulating and computerization After the data is entered, data processing and tabulating are carried out using computer software

Data analysis technique

a. Univariate The univariate test is an analysis aimed at explaining or describe the characteristics of each research variable. Test form univariate depending on the type of data. In general in this analysis only produces the frequency distribution and presentation of each variable (Notoatmodjo 2018). In this study, univariate analysis was used to describe the characteristics of respondents, family factors, factors environment, peer factors and adolescent mental health are presented in the form of amounts and percentages **b. Bivariate** To see the relationship between the dependent variable (mental health adolescents) and the independent variables are family factors, environmental factors, Peer factors and adolescent mental health. Bivariate analysis for test using the chi square test. The appropriate statistical test is through the chi square test calculation then a

conclusion is drawn if p is smaller than the value 0.05 (p ≤ 0.05) then there is a meaningful relationship between the independent variable and the variables dependent and if p is greater than 0.05 (p > 0.05) it means it doesn't exist meaningful relationship between the independent variable and the dependent variable. General data consists of the characteristics of respondents in that area includes: age, gender, residence status and history of internal mental disorders family, after the general data is presented, it is continued with specific data, namely The variables measured are family factors, environmental factors, friend factors peers and adolescent mental health. The data that has been collected is then recapitulated and recorded in master table for further analysis. After that the data is processed and analyzed by using descriptive statistics to see the frequency distribution of each variable and normality of data and chi-square test results

RESULT AND DISCUSSION

Table 4.1
Frequenct distribution of respondent characteristic based on age, gender, residence status and history of internal mental disordes amilies of Adolescents in the Sambau Community Health Center UPT Working Area

NO	Karakteristik Responden	Frekuensi	%
1	Usia		
	a. 10-14 Tahun	70	87,5
	b. 15-17 Tahun	10	12,5
2	Jenis Kelamin		
	a. Laki-Laki	51	63,7
	b. Perempuan	29	36,5
2	Status Tinggal		
	a. Ayah dan Ibu Kandung	71	88,8
	b. Keluarga Besar	9	11,3
3	Riwayat Gangguan Jiwa Dalam Keluarga		
	a. Ada	3	3,8
	b. Tidak ada	77	96,3
	Total	**80**	**100**

Based on table 4.1, it can be explained that most of the ages There were 70 respondents aged 10 to 14 years (87.5%). Gender Most of the respondents

were 51 men (63.7%). residence status. Most of the respondents were with their father and mother, 71 people (88.8%). Most of the family history of mental disorders was non-existent at 77 people (96.3%).

Table 4.7 The Relationship between Environmental Factors and Mental Health in Adolescents

No	Faktor Lingkungan	Kesehatan Jiwa				Jumlah		Nilai p-value
		Tinggi		Rendah				
		n	%	n	%	n	%	
1.	Baik	33	41,3	17	21,3	47	58,8	0,036
2.	Tidak Baik	12	15,0	18	22,5	33	41,3	
	Jumlah	**45**	**56,3**	**35**	**43,8**	**80**	**100**	

Based on table 4.7, it can be seen that out of 80 respondents Most of the respondents had good environmental factors related to mental health there are 41.3% high, only 21.3% are low and most respondents environmental factors are not good with mental health there are 22.5% low, only 15% are high The results of the chi-square statistical test showed a p value of 0.036≤0.05 means that it can be concluded that Ho is rejected and Ha is accepted (there is the relationship between environmental factors and mental health in adolescents in Sambau Community Health Center UPT working area)

in the Sambau Community Health Center UPT Working Area Based on the research results, it can be seen that the majority Respondents had good environmental factors with high mental health 41.3%, only 21.3% is low and most of the respondents are factors the environment is not good with low mental health there are 22.5%, only 15% is high. The results of the chi-square statistical test obtained a p value value 0.036≤0.05 means that it can be concluded that Ho is rejected and Ha accepted (there is a relationship

between environmental factors and mental health in teenagers in the Sambau Community Health Center UPT working area).

Environmental factors are very closely related to the problem mental health in adolescents including the school environment. School is a formal educational institution that is systematic carry out guidance, teaching and internal training programs help students to be able to develop their potential, both concerns moral-spiritual, intellectual, emotional and social aspects (Syamsu Yusuf L.N 2018). Regarding the role of schools in developing a child's personality, Hulock argued that School is a determining factor for a child's personality development (students), both in the way they think, behave and behave. According to Havighurst, schools have a role or responsibility important in helping students achieve their developmental tasks. The tasks of adolescent development involve aspects of maturity in social interaction, personal maturity, internal maturity achieve a philosophy of life, and maturity in faith and piety to God Almighty (Syamsu Yusuf L.N 2018). According to WHO (2019), negative experiences at home and in the school environment experienced by children can have a negative impact on development cognitive and emotional.

Emotional mental disorder is a condition that indicates the individual is experiencing an emotional change can develop into a pathological condition that continues to progress It is necessary to take precautions so that people's mental health is maintained. Another term for emotional mental disorders is psychological distress or emotional distress (Stuart, 2018). The findings of this research confirm the findings of Ika Dharmayanti et al. (2018), who investigated the relationship between adolescent mental health and the

environment where they live.

Because there must be good and negative in every living environment, then the environment and health mental will always be related. A good neighborhood to live in almost will definitely have a positive impact on teenagers, while the environment bad will almost certainly have a negative impact. Residential environment has a significant impact on the lives of teenagers, in particular in the development of adolescent character, and can also be dangerous mental health if something bad happens in the surrounding environment, creates a feeling of insecurity or discomfort to live in slum areas. Teenagers become restless, restless, afraid and sad because their experience.

According to researchers' assumptions, the influence is also quite strong The mental, emotional and behavioral development of adolescents is the environment school or residence. The school environment is the second environment that has the potential to influence children's mental health after the family environment.

CONCLUSION

Based on the results of research that has been carried out through the process interviews and filling out questionnaires and observation sheets for 80 people respondents, it can be concluded that:
1. Characteristics of respondents: Most respondents aged 10 to 14 years as many as 70 people (87.5%). Partial respondent's gender The majority were 51 men (63.7%). respondent's residence status most of them were with their father and mother, 71 no mental disorders in the family, as many as 77 people (96.3%) 2. The family factors of the respondents were good for 47 people (58.8%) 3. The environmental factors of the respondents were good as many as 50 people (62.5%) 4. The respondent's peer factor is good as many as 57 people (71.3%) 5. The mental health of respondents is high

at 45 people (56.3%) 6. There is a relationship between family factors and mental health in adolescents Sambau Community Health Center UPT working area with a p-value of 0.013 7. There is a relationship between environmental factors and mental health in adolescents Sambau Community Health Center UPT working area with a p-value of 0.036 8. There is a relationship between peer factors and mental health in adolescents Sambau Community Health Center UPT working area with a p-value of 0.006

SUGGESTION

1. For Sambau Health Center UPT It is hoped that the results of this research can support this routine screening and child development. Apart from that, for suspected children mental health disorders are expected to get referrals for carry out examinations and therapy.
2. For Educational Institutions Educational institutions can add information and can improve in providing material about child and adolescent nursing according to science Knowledge and technology, as well as additional references for researchers Then you can get convenience. 3. For further research The results of this research can be used as a basis for conducting research continuation, such as: a. Carrying out research is expected to use a sample size more so that you can get a better picture the results of his research analysis. Further research looking for effectiveness using two groups (control and intervention). b. Carrying out further research with different techniques. c. Conduct further research on respondent characteristics such as age, gender and other influences

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