

## Lampiran 1 Biodata Peneliti

### BIODATA PENELITI



#### A. Data Pribadi

Nama : M.ESAR RENALDY  
Tempat, tgl lahir : Samarinda, 21 September 2000  
Alamat Asal : Sangkulirang, Kutim Kalimantan Timur  
Jln. Gajah Mada  
Alamat di Samarinda : JL.Rapak indah, Gg. H. Bakran Perum  
Griya Permata Hijau

#### B. Riwayat Pendidikan

SD : MIN 1 Sangkulirang  
SMP : MTS Nurusa'adah Sangkulirang  
SMA : SMAN 1 Sangkulirang

## Lampiran 2 bukti Jurnal

*Firsta Faizah & Zaujatul Amna*

### **BULLYING DAN KESEHATAN MENTAL PADA REMAJA SEKOLAH MENENGAH ATAS DI BANDA ACEH**

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#### **Abstract**

*Bullying is a form of adolescent's negative behavior that continues to increase in school. The involvement of adolescents as the bullies are related to the mental health condition. This study aimed to find the correlation between bullying and mental health on student high school in Banda Aceh. 400 adolescents in Banda Aceh (265 females and 135 males) were invited to participated in the study were using Multi-stage Cluster and Disproportionate Stratified Random Sampling. The data was collected using The Revised Olweus Bully/Victim Questionnaire (OBVQ) and Mental Health Inventory-38 (MHI-38). The data was analyzed using nonparametric statistic with Spearman's Rho correlation technique. The result showed that the value of correlation coefficient ( $r$ ) = -0,157 with significant value ( $p$ ) = 0,002 ( $p < 0,05$ ), which mean that there was a negative and significant correlation between bullying and mental health on adolescents' high school in Banda Aceh. The result showed that the lower score of bullying intensity has followed the higher score of mental health, and vice versa. In conclusion, the result showed that bullying has related significantly to the mental health of adolescent. The result also showed that the majority of adolescents in Banda Aceh is at lower bullying and high mental health categorization.*

**Keyword** : *Bullying, Mental Health, Adolescent*

#### **A. Pendahuluan**

Salah satu bentuk perilaku negatif yang terjadi dikalangan remaja adalah *bullying*, kasus *bullying* terus meningkat pada masa remaja<sup>1</sup>. Komisi Perlindungan Anak Indonesia (KPAI) mengatakan bahwa di Indonesia kasus *bullying* menduduki peringkat teratas pengaduan masyarakat selama 3 (tiga) tahun terakhir, dimana terdapat 369 pengaduan kasus *bullying* dari tahun 2011-2014<sup>2</sup>. Fenomena kasus *bullying* juga terjadi di Aceh, hal ini dapat dilihat dari paparan data lembaga Pusat

<sup>1</sup> David C. Rettew & Sara Pawlowski, "Bullying". *Journal Child and Adolescent Psychiatric Clinics of North America*, (2016), hal. 2.

<sup>2</sup> D. Setyawan, "KPAI: Kasus *bullying* dan pendidikan karakter Komisi Perlindungan Anak Indonesia (KPAI)". Diakses pada tanggal 31 March 2016, dari <http://www.kpai.go.id/berita/kpai-kasus-bullying-dan-pendidikan-karakter/>, hal 1.



## Impact of Islamic practices on the mental health of Muslims

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### Keywords:

Awareness, Islam, mental health, psychological influence, religion

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### Abstract

**Background:** The article is an attempt to provide a true and clear understanding of the principles of Islam and their psychological influence on the followers. Like all religions, Islam, its teachings and rituals also have an impact on the everyday life of an individual. This makes the study of mental health in relation to Islam an important field of research which is very much required in the current global sociopolitical scenario.

**Aim:** The aim of the article is to discuss various Islamic rituals and how they influence on mental health. To provide a clear understanding of Islamic principles, the impact of Islamic rituals on mental health and to understand factors outside of Islam that contributes to poor mental health outcomes.

**Materials and Methods:** To explore the research question, a literature review was conducted. Deakin library resources were used through EBSCOhost, databases such as MEDLINE complete, PsycARTICLES, PsycEXTRA, CINHAL Complete, and Psychology were also systematically explored for appropriate peer-reviewed research literature. Reference lists of the retrieved articles were also searched. Google Scholar was also used to search for and obtain literature unavailable in other databases. Articles relating to Islamic principles and mental health outcomes were included.

**Results:** At the end of literature review, it is concluded that Islamic rituals play a constructive part in developing the personality of the believer where some rituals are seen encouraging a disciplined lifestyle and some play a part in increasing self-control. Following most of the Islamic rituals reduces stress and depression of everyday life.

**Conclusion:** It is recommended that non-Muslims should participate more in exploring Islam and conduct studies on it with the western perspective. For studies to be more neutral, researchers from different religious backgrounds should work together with the help of scales especially meant for measuring Islamic religiosity.

### Introduction and Background

Religion has been one of the most widely discussed topics among societies all around the globe. It has existed in all cultures and societies, making a huge impact on the lives of people following it. More than two-thirds of the world's population believe in God and follow one of the religions currently present. Research on religion seems to be divided on the issue of mental health effects as some studies show that religion has a negative impact on the mental health of a person, while some say that it leaves a positive impact. For instance, Ganga and Kutty conducted a study about people who followed Islam, Hinduism, and Christianity.<sup>[1]</sup> The

study results showed that religiosity does not have positive mental health effects. On the other hand, a study by Lewis and Cruise<sup>[2]</sup> talk about optimistic and beneficial impacts of religion on the psychology of its followers. In another study, people reported that they found peace, boost in self-esteem, and felt more intelligent by being more religious.<sup>[3]</sup> Whereas Ellis, in 1980, reported that religiousness leads to emotional disturbance and rigidity. Similar findings were given by Gartner in 1996. Religiosity was related to a positive mindset and psychological well-being.<sup>[4]</sup> In another study, it was concluded that religion gives the discipline and has an impact on personal well-being which leads to better psychological functioning. It was also



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### DAMPAK BULLIYING DI SEKOLAH TERHADAP KESEHATAN MENTAL REMAJA

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#### ABSTRAK

Kajian mengenai dampak bullying terhadap kesehatan mental pada remaja menarik untuk dikaji mengingat remaja adalah asset bangsa yang berharga. Masalah bullying di sekolah perlu mendapatkan perhatian, karena bullying menyebabkan pelaku dan korban mengalami gangguan kesehatan mental. Penelitian ini bertujuan untuk mengetahui Dampak Bullying terhadap Kesehatan Mental siswa SMP Muhammadiyah 3 Mlati. Jenis Penelitian Deskriptif Analitik dengan pendekatan cross sectional. Penelitian ini pengambilan sampel dilakukan dengan tehnik total sampling sebanyak 115. Hasil uji chi square menunjukkan bahwa hubungan kedua variable signifikan secara statistic ( $p < 0,05$ ). Hasil penelitian ini menemukan bahwa bahwa ada hubungan antara pengalaman bullying dengan status kesehatan mental siswa SMP Muhammadiyah Mlati Sleman.

Kata kunci: bullying; kesehatan mental; remaja

### THE EFFECTS OF BULLYING IN SCHOOL TOWARD ADOLESCENTS MENTAL HEALTH

#### ABSTRACT

*Studies on the effect of abuse on teens' mental health are interesting to review. They were considering that youth is a significant national resource. The topic of school abuse needs consideration because it leads both the suspect and the survivor to encounter mental health issues. The goal of this study was to determine the effect of abuse on the mental health of SMP students Muhammadiyah 3 Mlati. This type of analytic descriptive research with cross sectional approach. This study, the sampling was carried out with a total sampling technique of 115. The results of the chi square test showed that the relationship between the two variables was statistically significant ( $p < 0.05$ ). The results of this study found that there was a relationship between the experience of bullying and the mental health status of the students of SMP Muhammadiyah Mlati Sleman.*

*Keywords: adolescence; bullying; mental health*

#### PENDAHULUAN

Masa remaja adalah masa peralihan dari masa kanak-kanak ke masa dewasa dimana perubahan secara fisik dan psikologis berkembang (Monks, 2014). Masa remaja terdapat gejala yang disebut gejala negative phase. Gejala ini banyak terjadi pada remaja awal, diantaranya keinginan untuk menyendiri, berkurang kemampuan untuk bekerja, kegelisahan, kepekaan perasaan, pertentangan sosial dan rasa kurang percaya diri. Dari beberapa gejala Negative phase diatas yang paling menonjol dialami masa remaja adalah rasa kurang percaya diri (Hurlock, 2004). Rasa percaya diri yang rendah dapat berakibat gangguan kesehatan mental seperti depresi, masalah kesulitan penyesuaian diri hingga bunuh diri. Tingkat percaya diri yang rendah berhubungan dengan kehidupan keluarga yang sulit, atau dengan kejadian-

## Perluakah Kesehatan Mental Remaja? Menyelidik Peranan Regulasi Emosi dan Dukungan Sosial Teman Sebaya Dalam Diri Remaja

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**Abstract.** *Mental health is an important issue related to adolescent in their life. One of activity done by adolescent to spend their free time both at home and at school is to play with friends. In addition, friends factor becomes one of the strengthening factors in adolescent mental health. This study aims to determine the role of emotional regulation and peers social support toward mental health. This research was conducted on 102 students from Senior High School Yogyakarta, varying from 15 – 18 years old. Data was collected using teacher's role interview, teacher's role questionnaire, Mental Health Scale (Y), Emotional Regulation (X<sub>1</sub>) scale, and Peers Social Support (X<sub>2</sub>) scale. Data was analyzed using Anova and multiple regression analysis. The results showed that there was a strong relationship ( $F = 66,628; p < 0,01$ ) between emotional regulation and peers social support toward mental health. Based on the analysis of determination, obtained R<sup>2</sup> of 0,574 or 57,4%. This shows that the percentage of contributions, both independent to dependent variables is equal to 57,4%. Further analysis is needed to find out the impact of emotional regulation and peers social support in improving mental health literacy.*

**Keywords:** *mental health, emotional regulation, peers social support*

**Abstrak.** Kesehatan mental merupakan masalah penting yang dihadapi oleh remaja. Salah satu kegiatan yang dilakukan oleh remaja untuk menghabiskan waktu luang mereka, baik di rumah maupun di sekolah yaitu bermain dengan teman. Selain itu, faktor teman menjadi salah satu faktor yang mempengaruhi kesehatan mental remaja. Tujuan penelitian ini untuk mengetahui peran regulasi emosi dan dukungan sosial teman sebaya dengan kesehatan mental. Responden terdiri dari 102 siswa dari Sekolah Menengah Atas Yogyakarta, yang berada dalam rentang umur 15 – 18 tahun. Pengumpulan data dilakukan dengan wawancara peran guru, kuesioner peran guru, Skala Kesehatan Mental (Y), Skala Regulasi Emosi (X<sub>1</sub>), dan Skala Dukungan Sosial Teman Sebaya (X<sub>2</sub>). Analisis data menggunakan ANOVA dan Analisis regresi linear berganda. Hasil penelitian menunjukkan bahwa terdapat hubungan yang sangat signifikan ( $F = 66,628; p < 0,01$ ) antara regulasi emosi dan dukungan sosial teman sebaya dengan kesehatan mental. Berdasarkan analisis determinasi, diperoleh R<sup>2</sup> sebesar 0,574 atau 57,4%. Analisis lebih lanjut diperlukan untuk mengetahui dampak regulasi emosi dan dukungan sosial teman sebaya dalam meningkatkan literasi kesehatan mental.

**Kata kunci:** *kesehatan mental, regulasi emosi, dukungan sosial teman sebaya*

Kesehatan mental telah menjadi isu yang hangat diperbincangkan di dunia pendidikan saat ini. Christner dan Mennuti (2009) melaporkan bahwa lebih dari 50% remaja di sekolah menunjukkan permasalahan emosi, perilaku, dan belajar yang signifikan mempengaruhi proses pembelajarannya di sekolah, karena sekolah adalah tempat dimana remaja menghabiskan banyak waktunya. Di

1 dari 12 ah Media Sosial Buruk untuk Kesehatan Mental dan Kesejahteraan?  
Kajian Perspektif Remaja

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**ABSTRACT**

Meskipun semakin banyak bukti tentang efek media sosial pada kesehatan mental remaja, masih ada kelangkaan penelitian empiris tentang bagaimana remaja memandang media sosial, terutama sebagai sumber pengetahuan, atau bagaimana mereka memanfaatkan wacana sosial dan media yang lebih luas untuk mengekspresikan sudut pandang. Karenanya, artikel ini berkontribusi pada literatur yang terbaru. Enam kelompok fokus berlangsung selama 3 bulan dengan 52 remaja berusia 11-18 tahun, direkrut dari sekolah-sekolah di Banyuwangi, Jawa Timur. Analisis tematik menunjukkan bahwa remaja menganggap media sosial sebagai ancaman terhadap kesejahteraan mental dan tiga tema diidentifikasi: (1) diyakini menyebabkan gangguan mood dan kecemasan bagi beberapa remaja, (2) dipandang sebagai platform untuk cyberbullying dan (3) penggunaan media sosial itu sendiri sering dibingkai sebagai semacam 'kecanduan'

*Keywords: Media sosial, kesehatan mental, remaja, informasi, kesejahteraan*

**PENDAHULUAN**

Masa remaja adalah periode perubahan psikologis, biologis dan sosial yang signifikan bagi kaum muda karena mereka menyesuaikan dengan kebutuhan mereka yang muncul dan mengembangkan keterampilan baru, tanggung jawab dan hubungan intim<sup>1</sup>. Selama masa remaja mereka mengembangkan rasa identitas dan otonomi yang lebih besar.<sup>2</sup> Ini adalah periode yang kompleks dari masa hidup, dan satu yang bisa dibilang lebih menantang di lingkungan kontemporer karena remaja menghadapi berbagai tekanan pribadi dan pendidikan, berbeda dari yang dialami oleh generasi sebelumnya.

Khususnya, periode ini sering dibuat lebih menantang karena tingginya prevalensi kesulitan kesehatan mental<sup>3</sup> karena pada masa remaja banyak gangguan mental terdeteksi untuk pertama kalinya<sup>4</sup>. Namun, meskipun relatif penting melindungi kesehatan mental dan kesejahteraan emosional, remaja cenderung memiliki pengetahuan yang terbatas tentang apa artinya menjadi sehat secara mental atau bagaimana mempertahankan status ini.<sup>5</sup>

<sup>1</sup> Christie, D., & Viner, R.. ABC of adolescence: Adolescent development. *British Medical Journal*, 330 (2005) hlm 301-304.

<sup>2</sup> Erikson, E.. *Identity: Youth and crisis*. (New York, Norton Company, 1968) hlm 12

<sup>3</sup> Burns, J., Durkin, L., & Nicholas, J.. Mental health of young people in the United States: What role can the internet play in reducing stigma and promoting help seeking? *Journal of Adolescent Health*, 45, 2009, hlm 95-97.

<sup>4</sup> Patel, V., Flisher, A., Hetrick, S., & McGorry, P. Mental health of young people: A global public health challenge. *The Lancet*, 369, 2007. hlm. 1302-1313

<sup>5</sup> Dogra, N., Omigbodun, O., Adedokun, T., Bella, T., Ronzoni, P., & Adesokan, A. Nigerian secondary school children's knowledge of and attitudes to mental health and illness. *Clinical Child Psychology and Psychiatry*, 17, 2012, hlm. 336-353.

## Attitudes toward depression among a sample of Muslim adolescents in the Midwestern United States

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### Abstract

**Background:** Little is known about how Muslim youth in non-Muslim countries perceive depression and its treatment and prevention.

**Objective:** We investigated the barriers and suggest treatment models for depressive disorders in Muslim adolescents and young adults residing in the United States.

**Methods:** We conducted a thorough literature review to identify previous study on the beliefs of American Muslim adolescents about depression and its treatment. We identified the gaps and developed a survey to ascertain this information from American Muslim adolescents.

**Results:** The survey was administered to a convenience sample of 125 Muslim subjects (60.0% males) aged 14–21 years. The sample was ethnically diverse with Pakistani (44.8%) encompassing the majority of the sample. Most responders believed that recitation from the Koran relieves mental distress. Multiple linear regression analysis revealed that those who reported strong emotional support from parents or a greater acceptance of taking depression medication prescribed from a physician were more likely to accept a physician's diagnosis, whereas believing in prayer to heal depression was associated with a lower likelihood of the same. Youth were accepting of Internet and preventive approaches.

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**Conclusion:** Planning of culturally sensitive mental health services is useful to accommodate the needs of Muslim youth served by primary care physicians and mental health practitioners in the United States. Muslim adolescents tend to be more traditional with family, social, and religious values. This value system plays an important role in their likelihood of seeking and accepting professional help for depression.

**Keywords:** adolescents; depressive disorder; Internet; intervention; Muslim; prevention.

### Introduction

Depression in everyday life is an experience that reaches across cultures and time. It can range from mild dejection to profound despair. Depression becomes an illness when individuals cannot rid themselves of a state of deep sadness that paralyzes them (1). Depression in adolescents is a major public health problem. By the age of 18 years, approximately 20% of American adolescents experience a depressive episode (2). Depression in youth is associated with poor social functioning, poor school performance, and increased risk for drug and alcohol use, as well as a higher risk of nicotine dependence (3). Depression is strongly associated with increased risk of suicide, which is the third leading cause of death among adolescents aged between 15 and 24 years (4). Although there are efficacious treatments currently available for adolescent depression (5, 6), data show that few youth in need receive care (7) and care received lacks the efficacy found in clinical trials (8).

Although the prevalence of depression is similar among ethnic groups, differences exist in both diagnosis and treatment rates (9). Ethnic minorities are less likely to receive depression treatment (10–12), less likely to use mental health services (1, 13), and could have longer delays before initiating depression treatment than whites (14, 15). Although stigma can affect a person's willingness to seek care or to accept and adhere to treatment for depression (16), research on ethnic variations concerning this issue is limited (15). Religious beliefs have been found to significantly impact mental health and help-seeking behavior in both Asian (17) and Orthodox Jewish (18) communities (19), as found in several meta-analysis studies and systematic reviews (13). There is a growing body of evidence on religiously based beliefs and practices in different groups, which can complement or conflict with those of orthodox medicine and psychiatry (20–22). These beliefs and practices include: 1) depression could be believed to be impossible in the truly religious individual, and thus denied if it occurs; 2) some religious sources could state that

**HUBUNGAN FOOD CHOICE TERHADAP KESEHATAN MENTAL PADA  
REMAJA DI KOTA PAREPARE**

*Food choice Relationship to Mental Health in Adolescents In The City of Parepare*

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**ABSTRAK**

Kebiasaan mengonsumsi makanan sehat telah berubah akibat perkembangan ekonomi yang begitu pesat. Hal ini ditandai dengan akses yang semakin mudah terhadap makanan yang tidak sehat dan juga harga yang lebih murah dibandingkan dengan makanan sehat. Tujuan untuk mengetahui hubungan *food choice* terhadap kesehatan mental pada remaja di Kota Parepare. Jenis penelitian yang digunakan adalah kuantitatif dengan pendekatan deskriptif. Desain yang digunakan adalah *cross sectional study*. Populasi yaitu semua pengunjung remaja di lapangan Andi Makkasau Kota Parepare, pengambilan sampel dengan metode teknik *non probability sampling* sebanyak 99 orang diperoleh dengan menggunakan rumus Slovin. Analisis data dengan menggunakan *chi square* diterima jika nilai  $p < 0,05$  dan  $H_0$  ditolak jika nilai  $p > 0,05$ . Hasil penelitian diperoleh tidak ada hubungan *food choice* terhadap kesehatan mental pada remaja dengan nilai ( $p = 0,676$ ). Diharapkan kepada remaja untuk memperhatikan cara pemilihan makanan dan menjaga pola makan agar kesehatan remaja dapat terjaga khususnya pada kesehatan mental.

**Kata Kunci :** *Food choice*, kesehatan mental, remaja

**ABSTRACT**

*The habit of consuming healthy food has changed due to the rapid economic development. This is characterized by easier access to unhealthy food and cheaper prices compared to healthy food. The aim was to determine the relationship between food choice for mental health in adolescents in the city of Parepare. The type of research used is quantitative with a descriptive approach. The design used is a cross sectional study. The population is all teenage visitors in the Andi Makkasau field in Parepare City, taking samples with 99 non-probability sampling techniques was obtained using Slovin formula. Data analysis using chi square is accepted if the value of  $p < 0.05$  and  $H_0$  is rejected if the value of  $p > 0.05$ . The results showed that there was no food choice relationship to mental health in adolescents with a value ( $p = 0.676$ ). It is expected that adolescents will pay attention to how food is chosen and maintain a diet so that adolescent health can be maintained especially on mental health.*

**Keywords:** *Food choice*, mental health, youth

## **PENGARUH LINGKUNGAN SOSIAL DAN KEADAAN EKONOMI KELUARGA TERHADAP KESEHATAN MENTAL REMAJA DI KELURAHAN AEK TAMPANG**

**REPLITA**

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### **Abstract**

The social environment gives effects to teenagers in Aek Tampang District Padangsidempuan. This is caused of the unstable of their mental condition because they had the relationship with their mates which didnot have good religous soul yet. Beside, it is also caused of economical side of the family; the poor condition of many families in that place made the parent didnot have capability to fulfill their teenagers' needs. It made them become agitate, and they are lazy to practice the religious that they have.

**Keywords:** *social environment, economical side, mental condition, and teenagers.*

### **Abstrak**

Lingkungan sosial banyak memberikan warna kepada remaja di Kelurahan Aek Tampang Kota Padangsidempuan, hal ini dapat disebabkan oleh karena kondisi mental remaja sering tidak stabil, dimana para remaja di Kelurahan Aek tampang banyak bergaul dengan teman sebayanya yang belum memiliki jiwa beragama yang kuat. Selain dari pengaruh lingkungan, juga diakibatkan oleh pengaruh keadaan ekonomi keluarganya, dimana keadaan ekonomi keluarga di Kelurahan tersebut banyak yang miskin sehingga orang tua tidak mampu menyahuti keinginan anak remajanya untuk memenuhi kebutuhannya, yang mengakibatkan remaja menjadi nakal, dan akibatnya mereka banyak yang malas mengamalkan ajaran agama yang di milikinya.

**Kata Kunci:** *Lingkungan Sosial, keadaan Ekonomi, Kesehatan Mental, dan Remaja*

## **PENDAHULUAN**

Lingkungan yang di hadapi oleh remaja dapat dilihat dari lingkungan keluarga dan lingkungan sekolah dan lingkungan sosial masyarakat. Dimana lingkungan yang pertama di jumpai oleh remaja adalah lingkungan yang ada disekelilingnya yakni lingkungan keluarganya dimana orangtua sebagai

**POLA ASUH ORANG TUA, MOTIVASI & KEDISIPLINAN DALAM  
MENINGKATKAN KESEHATAN MENTAL REMAJA PAPUA**

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**ABSTRAK**

Kondisi mental remaja di Papua saat ini mengkhawatirkan. Mereka rentan terhadap berbagai masalah pada tahap perkembangan seperti masalah mental dan emosional yang berkaitan dengan gangguan emosi, depresi, resistensi dan gangguan perilaku. Perilaku atau tindakan yang muncul oleh masing-masing individu tergantung pada kondisi emosi dan pikiran yang muncul sebelum mereka memutuskan untuk melakukan sesuatu. Penelitian ini merupakan penelitian analitik deskriptif dengan desain cross-sectional yang bertujuan untuk mengetahui kondisi yang mempengaruhi kesehatan mental pada 80 siswa remaja smk negeri 1 sorong. Alat ukur yang digunakan adalah kuesioner. Hasil uji analisis regresi logistik sederhana menunjukkan bahwa gaya pengasuhan, motivasi dan disiplin secara simultan berpengaruh terhadap kesehatan mental remaja dengan nilai signifikansi (0,000 <0,005). Disiplin, motivasi belajar berpengaruh terhadap kesehatan mental remaja dengan nilai signifikansi (0,000 <0,005) tetapi pola asuh tidak mempengaruhi kesehatan mental remaja dengan nilai signifikansi (0,382 > 0,005). Remaja memerlukan dukungan termasuk lingkungan untuk mencegah gangguan mental karena memiliki hubungan dekat dengan keberhasilan akademik.

**Kata kunci:** Pola Asuh, motivasi, disiplin, kesehatan mental, remaja

**ABSTRACT**

*The mental condition of adolescents and children in Papua is currently worrying. They are vulnerable to various problems at the developmental stage such as mental and emotional problems related to emotional disorders, depression, resistance and behavioral disorders. the behavior or actions that arise by each individual depends on the emotional and thought conditions that arise before they decide to do something. The research is a descriptive analytic study with cross-sectional design aimed to determine the conditions that affect mental health in 80 teenage students of SMK Negeri 1 Sorong. The measuring instrument used was a questionnaire. simple logistic regression analysis test results show that parenting style, motivation and discipline simultaneously have an effect on adolescent mental health with a significance value (0,000 <0,005). Discipline, learning motivation has an influence on adolescent mental health with a significance value (0,000 <0,005) but parenting does not affect adolescent mental health with a significance value (0,382 > 0,005). Adolescents need support including the environment to prevent mental disorders because it has a close relationship with academic success.*

**Keywords:** Parenting style, Motivation, Dicipline, Mental health, Adolescents

### Latihan kesehatan mental remaja kelurahan Warungboto, Yogyakarta

Khoiriyah Isni, Nurul Qomariyah, Winda Yulia Nurfatona

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#### ABSTRAK

Kelurahan Warungboto terletak di Kota Yogyakarta, dengan tingkat kepadatan penduduk yang tinggi, baik berasal dari penduduk asli maupun pendatang. Gangguan kesehatan yang seringkali dikeluhkan masyarakat perkotaan antara lain kebisingan, macet, cuaca panas. Hal ini dapat berisiko memicu gangguan kesehatan mental seperti kecemasan atau stres, terutama pada remaja. Remaja perlu memiliki pengetahuan dan keterampilan mengenai kesehatan mental sehingga dapat mencegah terjadinya gangguan kesehatan mental. Oleh karena itu, kegiatan pemberdayaan masyarakat ini bertujuan untuk dapat meningkatkan pengetahuan remaja dalam mengatasi berbagai permasalahan secara mandiri sehingga dapat meningkatkan kualitas hidup dan kesehatan mental remaja. Metode yang digunakan adalah edukasi, pelatihan, studi kasus, dan simulasi serta bermain peran. Kegiatan dilaksanakan dengan mematuhi protokol kesehatan dan diikuti oleh 25 remaja Kelurahan Warungboto yang bertempat di Pendopo Kecamatan Umbulharjo. Hasil deteksi dini kesehatan mental didapatkan sebesar 27% remaja mengalami kecemasan sangat berat, 5% remaja mengalami depresi sangat berat, dan 3% remaja mengalami stres sangat berat. Metode pelaksanaan dari kegiatan ini yaitu edukasi, studi kasus, dan bermain peran. Sasarannya adalah remaja Kelurahan Warungboto usia 15-24 tahun. Pengukuran tingkat pengetahuan menggunakan kuesioner *pre-post test* dan dianalisis dengan uji *Wilcoxon*. Berdasarkan hasil pengukuran tingkat pengetahuan, menunjukkan bahwa terdapat perbedaan signifikan antara tingkat pengetahuan sebelum dan setelah diberikan pelatihan kesehatan mental ( $p$  value = 0,003). Harapannya kegiatan ini dapat menjadi stimulasi bagi remaja untuk dapat lebih meningkatkan kesadaran akan pentingnya kesehatan mental. Demikian, dapat mendorong remaja untuk dapat mengakses layanan kesehatan mental yang ada di layanan kesehatan primer terdekat.

**Kata kunci:** Deteksi dini kesehatan mental, kesehatan mental, remaja, Warungboto, Yogyakarta

#### ABSTRACT

*Kelurahan Warungboto is located in the Yogyakarta Kodya, with a high population density. Derived from both natives and immigrants. Health problems that are often complained about by urban communities include noise, traffic jams, hot weather. It can risk triggering mental health problems such as anxiety or stress, especially in adolescents. Adolescents need to have knowledge and skills about mental health so that they can prevent mental health disorders. Therefore, this community empowerment activity aims to increase adolescent knowledge in overcoming various problems independently to improve the quality of life and mental health of adolescents. The methods used are education, training, case studies, simulation, and role-*

## Lampiran 3 Surat Pernyataan

### SURAT PERNYATAAN

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Dengan surat ini saya menyatakan bahwa saya menggunakan Literature Review. Demikian permohonan yang saya sampaikan atas perhatiannya saya ucapkan terima kasih.

Samarinda, 09 Juni 2021

**Pembimbing**



**Ns. Andri Praja Satria, S.Kep.,M.Biomed**  
NIDN.1104068405

**Pemohon**



**M. ESAR RENALDY**  
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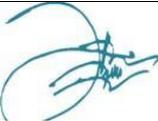
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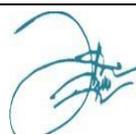
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Judul KTI : Studi Kepustakaan Gambaran Kesehatan Mental Remaja  
Muslim di Indonesia

Pembimbing : Ns.Andri Praja S.,S.Kep.M.Biomed

NO.	Tanggal	Konsultasi	Hasil Konsultasi	Paraf
1	10 Februari 2021	Konsul judul	Judul harus ada kaitanya dengan islami	
2	12 Februari 2021	Konsul judul	Tambahin latar belakang	
3	17  Februari 2021	Konsul judul	Judul : Studi kepustakaan gambaran kesehatan mental remaja muslim di indonesia	
4	15 Mei  2021	Konsul bab 1  dan 2	Perbaiki tujuan umum dan tambahkan tujuan khusus dan lanjut sampe bab 4	
5	30 Mei  2021	Konsul bab 3	Perbaiki bab 3 sesuai contoh	

6	1 Juni 2021	Konsul cara mencari jurnal yang relevan	Menggunakan situs Google scholar, sciencedirect	
7	3 Juni 2021	Konsul cara menganalisis jurnal	Jurnal yang sesuai dengan kriteria inklusi dan eksklusi	
8	4 juni 2021	Konsul bab 2	Tidak menggunakan keaslian penelitian	
9	5 juni 2021	Konsul bab 3	Tidak menggunakan seleksi studi penilaian kualitas, jalanya penelitian, waktu dan tempat penelitian	
10	16 juni 2021	Konsul bab 1- bab 5	Mengubah judul menjadi studi kepustakaan gambaran kesehatan mental remaja muslim di Indonesia	
11	17 juni 2021	Konsul bab 1- 5	Tambahkan daftar pustaka, dan perbaiki latar belakang	

12	17 juni 2021	Konsul bab 4 dan 5	Mengubah pembahasan sesuai dengan tujuan khusus dan mengubah kesimpulan dan saran	
13	17 juni 2021	Konsul bab1- 5	ACC	

## Lampiran 5 Bukti Plagiasi

# Studi Kepustakaan Gambaran Kesehatan Mental Remaja Muslim di Indonesia : Literatur Review

*by M.esar Renaldy*

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