

STUDI DESKRIPTIF TENTANG GAMBARAN KESEHATAN JIWA REMAJA AWAL DI SMP NEGERI 1 ABIANSEMAL

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ABSTRAK

Masalah kesehatan jiwa pada remaja awal di lingkungan sekolah berpotensi memengaruhi perilaku, hubungan sosial, dan prestasi akademik apabila tidak terdeteksi sejak dini. Kondisi ini menunjukkan pentingnya pemetaan kesehatan jiwa remaja awal di sekolah. Penelitian ini bertujuan menggambarkan kesehatan jiwa remaja awal di SMP Negeri 1 Abiansemal. Penelitian menggunakan desain deskriptif kuantitatif. Populasi berjumlah 912 siswa dengan sampel sebanyak 279 responden yang dipilih menggunakan teknik probability sampling melalui metode stratified sampling. Pengumpulan data dilakukan menggunakan kuesioner Mental Health Continuum–Short Form (MHC-SF) yang menilai kesejahteraan emosional, sosial, dan psikologis. Analisis data dilakukan secara univariat dan bivariat. Hasil penelitian menunjukkan bahwa karakteristik responden didominasi oleh siswa berusia 14 tahun (34,8%), dengan proporsi jenis kelamin hampir seimbang dan mayoritas berasal dari kelas IX (36,2%). Berdasarkan tingkat kesehatan jiwa, sebanyak 163 responden (58,4%) berada pada kategori tinggi, sedangkan 116 responden (41,6%) berada pada kategori rendah. Tingginya proporsi kesehatan jiwa kategori tinggi mengindikasikan bahwa sebagian besar remaja awal di SMP Negeri 1 Abiansemal memiliki kemampuan adaptasi yang cukup baik dalam menghadapi tuntutan akademik dan sosial di sekolah. Lingkungan sekolah yang relatif kondusif, interaksi positif dengan guru dan teman sebaya, serta keterlibatan siswa dalam aktivitas sekolah diduga berperan dalam mendukung kesehatan jiwa tersebut. Namun demikian, masih terdapat kelompok remaja yang menunjukkan kesehatan jiwa rendah, yang mengindikasikan adanya kerentanan terhadap stres akademik dan masalah sosial di lingkungan SMP. Oleh karena itu, pemantauan dan upaya promotif kesehatan jiwa di sekolah perlu dilakukan secara berkelanjutan.

Kata Kunci: Remaja Awal, Kesehatan Jiwa, Sekolah Menengah Pertama

A DESCRIPTIVE STUDY ON THE MENTAL HEALTH PORTRAIT OF EARLY ADOLESCENTS AT STATE MIDDLE SCHOOL 1 ABIANSEMAL

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ABSTRACT

Mental health problems among early adolescents in school settings may affect behavior, social relationships, and academic achievement if not identified early. This condition highlights the importance of mapping early adolescents' mental health in the school environment. This study aimed to describe the mental health status of early adolescents at SMP Negeri 1 Abiansemal. A descriptive quantitative design was applied. The population consisted of 912 students, with a sample of 279 respondents selected using probability sampling through a stratified sampling method. Data were collected using the Mental Health Continuum–Short Form (MHC-SF), which assesses emotional, social, and psychological well-being. Data analysis was conducted using univariate and bivariate analysis. The results showed that most respondents were aged 14 years (34.8%), with a relatively balanced gender distribution, and the majority were in grade IX (36.2%). Based on mental health status, 163 respondents (58.4%) were categorized as having high mental health, while 116 respondents (41.6%) were categorized as having low mental health. The predominance of high mental health indicates that most early adolescents at SMP Negeri 1 Abiansemal have adequate adaptive abilities in coping with academic and social demands at school. A supportive school environment, positive interactions with teachers and peers, and participation in school activities may contribute to this condition. However, a substantial proportion of students demonstrated low mental health, indicating vulnerability to academic stress and social challenges in the junior high school setting. Therefore, continuous monitoring and school-based mental health promotion are necessary to support early adolescents' well-being.

Keywords: Early Adolescents, Mental Health, Junior High School