

ABSTRAK

Hubungan Hasil Deteksi Dini Kesehatan Mental Dengan *Academic Burnout Syndrome* Pada Remaja Di SMA Negeri 4 Denpasar

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Masa remaja merupakan periode perkembangan yang rentan terhadap tuntutan akademik dan tekanan psikososial, sehingga dapat berdampak pada kesehatan mental serta meningkatkan risiko terjadinya *Academic Burnout Syndrome*. Ketidakmampuan remaja dalam mengidentifikasi kondisi kesehatan mental sejak dini berpotensi menyebabkan permasalahan psikologis tidak terdeteksi dan tidak tertangani secara optimal. Penelitian ini bertujuan untuk menganalisis hubungan antara hasil deteksi dini kesehatan mental dengan *Academic Burnout Syndrome* pada remaja. Penelitian menggunakan pendekatan kuantitatif dengan desain deskriptif korelasional dan metode *cross-sectional*, yang dilaksanakan di SMA Negeri 4 Denpasar pada bulan Oktober 2025. Populasi penelitian adalah siswa kelas XI dengan jumlah sampel sebanyak 204 responden yang dipilih menggunakan teknik *stratified random sampling*. Instrumen yang digunakan meliputi *Self-Reporting Questionnaire* (SRQ) untuk menilai deteksi dini kesehatan mental dan *Copenhagen Burnout Inventory–Student Version* (CBI-SV) untuk mengukur *Academic Burnout Syndrome*. Hasil penelitian menunjukkan bahwa sebagian besar responden terindikasi mengalami gejala masalah kesehatan mental, meliputi aspek kognitif, kecemasan, depresi, somatik, dan penurunan energi (77,5%), sementara tingkat *Academic Burnout Syndrome* mayoritas berada pada kategori rendah (86,8%). Uji korelasi Spearman menunjukkan nilai *p-value* sebesar 0,000 dengan koefisien korelasi $r = 0,339$, yang menandakan adanya hubungan signifikan dengan kekuatan hubungan lemah dan arah positif. Temuan ini mengindikasikan bahwa diinterpretasikan semakin tinggi skor hasil deteksi dini kesehatan mental, maka semakin tinggi pula tingkat *Academic Burnout Syndrome* pada remaja. Oleh karena itu, penelitian ini menegaskan pentingnya pelaksanaan deteksi dini kesehatan mental secara rutin sebagai upaya preventif terhadap kelelahan akademik di lingkungan sekolah.

Kata Kunci: Deteksi Dini Kesehatan Mental, *Academic Burnout Syndrome*, Remaja

ABSTRACT

The Relationship Between Early Mental Health Screening Outcomes and Academic Burnout Syndrome Among Adolescents at SMA Negeri 4 Denpasar

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Adolescence is a developmental period that is particularly vulnerable to academic demands and psychosocial pressures, which may negatively affect mental health and increase the risk of Academic Burnout Syndrome. The inability of adolescents to identify mental health conditions at an early stage may result in psychological problems remaining undetected and inadequately managed. This study aimed to analyze the relationship between early mental health screening results and Academic Burnout Syndrome among adolescents. A quantitative approach with a descriptive correlational design and a cross-sectional method was employed. The study was conducted at SMA Negeri 4 Denpasar in October 2025. The population consisted of eleventh-grade students, with a sample of 204 respondents selected using stratified random sampling. The instruments used were the Self-Reporting Questionnaire (SRQ) to assess early detection of mental health problems and the Copenhagen Burnout Inventory–Student Version (CBI-SV) to measure Academic Burnout Syndrome. The results indicated that the majority of respondents were identified as experiencing symptoms of mental health problems, including cognitive disturbances, anxiety, depression, somatic complaints, and decreased energy (77.5%), while most respondents had a low level of Academic Burnout Syndrome (86.8%). Spearman correlation analysis showed a p-value of 0.000 with a correlation coefficient of $r = 0.339$, indicating a statistically significant relationship with weak strength and a positive direction. These findings suggest that higher early mental health screening scores are associated with higher levels of Academic Burnout Syndrome among adolescents. Therefore, this study highlights the importance of routine early mental health screening as a preventive strategy against academic burnout in school settings.

Keywords: *Early Mental Health Detection, Academic Burnout Syndrome, Adolescents*