



Paediatrics

CORRELATION BETWEEN MENTAL HEALTH AND ACADEMIC PERFORMANCE IN ADOLESCENTS OF THE PESANTREN AL-FATH, SINGKUANG VILLAGE, MUARA BATANG GADIS SUBDISTRICT, MANDAILING NATAL REGENCY

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ABSTRACT

Background : There is a correlation between education and health. A student's capability of studying is influenced by his physical and mental health. Mental health disorder will give negative effect on his life, particularly his academic performance.

Objective : To find out the correlation between mental health and academic performance in adolescents of the Pesantren (Islamic Boarding School) Al-Fath, Singkuang Village, Muara Batang Gadis Subdistrict, Mandailing Natal Regency.

Method : The research used cross sectional study method; it was conducted at the Pesantren Al-Fath, Singkuang Village, Muara Batang Gadis Subdistrict, Mandailing Natal Regency in March, 2016. The research subjects were 90 students who had met the inclusive criteria. Strengths and Difficulties Questionnaire (SDQ) was used to assess mental health disorder, followed by assessing the subjects' academic performance through their grades. The data were analyzed by using chi square test and Fischer exact test.

Result : Of the 62 subjects who had mental health disorder, 26 of them (41.9%) did not pass IPA (Natural Science), 23 of them (37.1%) did not pass Mathematics, and 9 of them (14.5%) did not pass English. Of the remaining 28 subjects who had normal mental health, all of them passed IPA (100%) ($p=0.001$), Mathematics (100%) ($p=0.001$), and English (100%) ($p=0.052$).

Conclusion : There was significant correlation between mental health and the Grades of the subjects of IPA ($p<0.001$) and Mathematics ($p<0.001$), but not the Grade of the subject of English ($p=0.052$).

KEYWORDS : Mental Health, Academic Performance, Adolescent