



ORIGINAL RESEARCH PAPER

Nursing

THE PROBLEM OF MENTAL EMOTIONAL TEENS PRIVATE VOCATIONAL HIGH SCHOOL OF PADANG PANJANG IN 2018

KEY WORDS: Emotional, Mental Problems Teens, Mental Emotional, Mental Health

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ABSTRACT

Uncontrolled mental and emotional state of adolescents can lead to emotional mental problems. This research aims to mental emotional problems of teenagers. Research conducted at Private Vocational High School of Padang Panjang , 2018. Design of research is a descriptive. The sample numbered 124 teens, with the total sampling techniques after screening. The instruments used in this study is questionnaire SDQ (Strengths and Difficulties Questionnaire). The results showed that the majority of respondents have a range of mental emotional problems in the category of borderline (16 - 19) is 68 people (54.8%). 30 (22,2%) respondents were in the abnormal range (20-40) and only 26 people (21%) responden who had a range of mental emotional problems in the normal category. The suggestion from this study is that it is expected that schools screening the mental emotional problems of adolescents, in collaboration with community health centers to control the mental and emotional health conditions of adolescents especially in school.

INTRODUCTION

Adolescence is a period of transition from childhood to adulthood (Curtis, 2015). Adolescence is a unique stage that occurs between the ages of 11 to 20 years, in this age will be a change in growth and development (Stuart, 2016). Based on WHO, 2012 1 in 5 children aged less than 16 years of experience the emotional mental issues. As many as 104 people out of 1,000 children in the world aged 4 – 15 years having problems mentally emotionally. These events are the higher figures on the older children aged above 15 years. 10 – 20% of teenagers in the world experiencing mental disorders (Dray et al., 2017). Based on Riskesdas (Basic Health Research) in the year 2013 mental emotional disorders that occur in teens of 5.6%.

Harms result from this emotional mental problem such as learning difficulties, trouble getting along, the difficulties of family relationships, as well as aggressive behavior (Mubasyiroh et al., 2017). Use of illegal drugs, alcohol, physical assault (fight, a brawl, throwing taunt each other etc), excessive acting at school (skip school, does not comply with the rules, ignoring the teacher and peers), fled from the House, theft, difficulty controlling emotions, easily frustrated and irritable (Santrock, 2012; Diananta, 2012; Utami, 2012; Novriana, Yanis, & Masri, 2014).

The purpose of this research is to know the mental emotional problems of adolescents in Private Vocational High School at Padang Panjang 2018.

MATERIALS AND METHODS

This research is quantitative research using design research is a descriptive. Research conducted at Private Vocational High School of Padang Panjang 2018. The population was 262 people. After doing the skrinning then obtained sample in this research amounted to 124 people. The technique of sampling is total sampling after screening. The instrument used in this study is questionnaire SDQ (Strengths and Difficulties Questionnaire) which consists of 25 questions, grouped into 5 subsections (Devita, 2015; Oktaviana & Wimbari, 2014). To analyze the results of the research using statistical tests. Below is a table of the interpretation of the score: SDQ

TABLE 1 The interpretation of the score Strenght and Difficulties Questionnaire (SDQ)

It Self	Normal	Borderline	Abnormal
Total Score	0-15	16-19	20-40
Score of Emotional Symptoms	0-5	6	7-10
Score Behavior Problems	0-3	4	5-10
Hyperactivity Score	0-5	6	7-10
Score relationship issues with peers	0-3	4-5	6-10
Score Prosocial	6-10	5	0-4

quoted from: (YouthinMind, 2012) <http://sdqinfo.org/a0.html>

RESEARCH FINDING

TABLE 2 Frequency Distribution Of Gender Teenagers Who Are Experiencing Mental Emotional Problems (n=124)

Variabel	Category	Frequency (f)	Percentage (%)
Gender	Boy	103	83,1
	Girl	21	16,9

Based on table 2 we can see that the majority of teens who are experiencing mental emotional problems in this research Boy namely 83,1% or 103 people.

TABLE 3 Frequency Distribution Of Age Teenagers Who Are Experiencing Mental Emotional Problems (n=124)

Variabel	Mean	Median	Min - Max
Age	16,94	17,00	15 - 20

Based on the above table 3 we can see the mean – median age of teenager 16.94 and age are the most numerous is the age of 17 years.

TABLE 4 Frequency Distribution Ranges Of Mental Emotional Problems Teenagers in Private Vocational High School of Padang Panjang, 2018 (n = 124)

Variabel	Kategori	Frekuensi (f)	Persetase (%)
Mental Emotional Problems of Teenagers	Normal (0-15)	26	21,0
	Borderline (16 – 19)	68	54,8
	Abnormal (20 – 40)	30	24,2

Based on table 4 above we can see that majority the range of mental emotional problems of adolescents in this research is in the borderline category of 68 people (54.8%).

DISCUSSION

A.Characteristics of Adolescents who experience Mental Emosinal Problems In the Private Vocational High School of Padang Panjang 2018

The results showed that gender characteristics in respondents who experienced mental problems emotional majority of men. The average age of most respondents is 17 years of age. According to Herlina (2013) gender plays a role in the development of teen emotions, men are usually less able to show the emotion of fear during experiencing difficult times different from women. Age also affects adolescent behavior. In adolescence, emotional sensitivity usually increases, so little stimulation has caused a great emotional outburst, such as being irritable or easily crying (Curtis, 2015).

Based on the research put forward by Deb & Sathyanarayanan (2018) he said that there were no significant differences between the sexes in the whole sub-scale of mental health of adolescents. However, there are significant differences in age with global mental health, psychological distress, anxiety, and loss of behavioral / emotional control in adolescents.

Therefore we can conclude that the sexes of both men and women

have equal opportunities to experience mental and emotional problems. In contrast to age, age greatly affects the development of adolescents. Starting from the biological, physical, cognitive, and psychological development of adolescents.

B. Adolescent Emotional Mental problem In the Private Vocational High School of Padang Panjang 2018

Based on the results of the study found that the majority of respondents have emotional mental problems in the borderline category of 68 people (54.8%). 30 respondents were in the abnormal range of 30 people (22.2%) and only 26 people (21%) responden had a range of mental emotional problems in the normal category.

Mental emotional problems are things that cause blocked, blocked, or difficulty of a person to adjust to his environment (Diananta, 2012). Based on the questionnaire of SDQ (Strengths and Difficulties Questionnaire) developed by Roobert Goodman in 2002 the mental emotional problems of adolescents are grouped into four categories: emotional symptoms, conduct problems, hyperactivity and peer problems (YouthinMind, 2012).

The boederline category means that teenagers are at risk of emotional symptoms, conduct problems, hyperactivity and peer problems and the chance to experience psychosocial problems if not treated properly. Likewise teenagers who are in the abnormal category have a higher chance of experiencing mental disorders.

In this study obtained data from four emotional mental problems of adolescents then peer problems and conduct problems are two mental emotional problems most of which are in borderline and abnormal categories. Teenagers who experienced peer problems in the borderline and abnormal categories were 55 people (44.4%) and the conduct problem was 55 people (44.4%).

This study is in line with Kim & Nho (2017) which states that peer problems are closely related to the conduct problem. Difficulties in relationships with peers have a major impact on aggressive behavior and conduct problems in adolescents. Based on research conducted by Widiantari (2017) the results obtained that peer problems are most often experienced by teenagers is bullied by friends (bullying), not like friends, and difficulty finding friends.

RECOMMENDATION

This research is very important to know the mental emotional problem of teenager at Private Vocational High School of Padang Panjang. Without us knowing many teenagers who experience emotional mental problems that require further treatment, especially teenagers who are in school.

RELEVANCE OF THE STUDY

This study produces a picture of the mental emotional problems of adolescents, especially in the urban school environment of Padang Panjang and Indonesia in general.

CONCLUSION

In this study it was found that the majority of adolescents have emotional mental problems that are in the borderline and abnormal categories, which means teenagers have the opportunity to experience psychosocial problems if not handled properly. Even teenagers with abnormal categories will have a higher chance of experiencing mental disorders.

CONFLICT OF INTEREST

In this study, there is no conflict of interest arises.

SOURCES OF FUNDING

Research on the source of funding comes from the costs incurred by the independent researchers.

ETHICAL CLEARANCE

This research has survived the test of ethics of medical/health research by the Faculty of Medicine of the University of Andalas Indonesia Padang.

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