

Research Article

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Mental Health in Adolescents at Telkom Purwokerto Junior High School

Sindy Agustina¹, Devita Elsanti²

¹Undergraduate Student of Nursing Program, Faculty of Health Sciences, Universitas Muhammadiyah Purwokerto, Purwokerto, Indonesia

²Lecturer of Faculty of Health Sciences, Universitas Muhammadiyah Purwokerto, Indonesia

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Abstract: Adolescence is a critical phase characterized by rapid physical, psychological, and intellectual development. According to WHO (2018), adolescents are individuals aged 10–19 years, but in Indonesia, this age range is extended to 24 years due to varying regulations. Adolescents' curiosity and impulsive behavior often result in health challenges, especially mental health issues such as anxiety, stress, and depression. This study, conducted at Telkom Junior High School in Purwokerto, explores the mental health status of adolescents aged 11–13 years, focusing on stress, anxiety, and depression levels. Using a descriptive quantitative survey design, data were collected from 114 seventh-grade students through validated instruments, namely the Depression Anxiety Stress Scales (DASS) and the Kessler Psychological Distress Scale (K-10). Results revealed that moderate levels of stress and anxiety were prevalent among the respondents, while depression was generally within the normal range. Gender differences were observed, with males exhibiting higher levels of stress and anxiety, whereas females were more susceptible to severe depression due to hormonal and socio-cultural factors. The full-day school system significantly contributed to emotional tension, emphasizing the need for supportive mental health interventions. The study recommends implementing school-based programs to enhance mental resilience and calls for further research on the influence of socio-economic and familial factors on adolescent mental health.

Keywords: depression, anxiety, stress, mental health, adolescence.

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INTRODUCTION

Adolescence is a critical phase marked by rapid growth across physical, psychological, and intellectual dimensions. While WHO (2018) defines adolescents as individuals aged 10 to 19 years, regulations in Indonesia extend this age range up to 24 years, reflecting a lack of universal agreement on the boundaries of adolescence. Nonetheless, there is a shared understanding that adolescence is a preparatory stage for adult maturity.

Adolescents often exhibit a high level of curiosity, boldness, and impulsive behavior, which, if not properly directed, can lead to physical and mental health problems [1]. In this context, adolescent mental health becomes a critical factor, particularly in addressing challenges such as peer pressure, violence, and stress stemming from school and family environments. According to WHO (2014), mental health is a state in which individuals can cope with life's pressures, work productively, and contribute to their communities. However, data from the Global Health Data Exchange (2017) indicates that in

Indonesia, one in ten individuals suffers from mental health disorders, with a prevalence of mental disorders among adolescents aged over 15 reaching 9.8% (2018). Stigma surrounding mental health often discourages adolescents from seeking help, leaving their problems unaddressed [2].

The impact of mental health disorders in adolescence is far-reaching, affecting not only the current quality of life but also the future potential of individuals and society. Adolescents with poor mental health may experience a diminished quality of life, influencing productivity and social relationships in adulthood. Consequently, a comprehensive understanding of the factors influencing adolescent mental health is crucial, including genetic predispositions, physical health, and family support [3].

In light of the increasing cases of adolescent mental health issues in Indonesia, this study was conducted at Telkom Junior High School, Purwokerto, with a focus on anxiety, stress, and depression. Through this research, the authors aim to raise awareness about the

importance of mental health, introduce early warning signs of mental disorders, and promote emotional balance among school-aged adolescents. Enhanced understanding of mental health seeks to support adolescents' resilience, foster supportive environments for their development, and improve their overall psychological well-being [4].

Women are more vulnerable to mental health issues, such as depression and anxiety, due to hormonal and social factors. Hormonal changes, particularly those related to menstruation, pregnancy, and menopause, can affect women's moods and increase the risk of mental disorders. Additionally, women are more frequently subjected to social and psychological pressures related to gender roles, which require them to manage emotions and express feelings, sometimes increasing the risk of stress. Social expectations for men to avoid displaying emotional vulnerability can lead them to suppress or ignore pressures, potentially resulting in serious psychotic disorders. The social stigma surrounding mental health also makes men reluctant to seek help until their condition worsens.

METHOD

This research targeted adolescents aged 11–13 years and was conducted with all seventh-grade students at Telkom Junior High School, Purwokerto, over two days, July 23– 24, 2024. A descriptive quantitative approach was employed to provide an overview of the mental health conditions of these adolescents. Statistical analysis was used to clearly depict the phenomena of mental health among the students.

The study utilized a descriptive quantitative survey design to explore the mental health conditions of adolescents aged 11–13 years, focusing on stress, anxiety, and depression levels. The research site was Telkom Junior High School, Purwokerto. The population consisted of all seventh-grade students, with a sample of 114 students selected through purposive sampling. Inclusion criteria for the sample included age, gender, and mental health complaints experienced by the students.

Data collection was conducted using an online questionnaire adapted from validated psychological scales, specifically the Depression Anxiety Stress

Scales (DASS) and the Kessler Psychological Distress Scale (K-10). The DASS scale comprises 42 items divided into three subscales: 15 items for stress, 14 for anxiety, and 13 for depression. Respondents rated each item on a Likert scale: "never" (score 0), "sometimes" (score 1), "often" (score 2), and "very often" (score 3). Scores were classified into four categories: normal, moderate, severe, and extremely severe. The questionnaire demonstrated strong validity (r -value > r -table 0.5140) and reliability, with Cronbach's Alpha values exceeding 0.6 across all subscales (stress = 0.869, anxiety = 0.854, depression = 0.859), indicating consistency and dependability.

The questionnaires were distributed directly to the selected students, who were asked to complete them individually to ensure privacy and accuracy. Before administering the questionnaires to the main sample, they were piloted with a separate group of students to confirm content validity and reliability. Data were analyzed using descriptive statistical methods, with univariate analysis employed to determine the frequency and percentage of each variable. Additional correlation analysis was conducted to evaluate the relationships between specific factors, such as environmental and familial support, and students' mental health.

Ethical research procedures were adhered to, ensuring the confidentiality of respondents' data and obtaining written approval from the school and parental consent. Participants were fully informed of the study's objectives and their rights, including the right to withdraw at any time during the research.

RESULTS

This study examined the characteristics of respondents and described the mental health conditions of adolescents at Telkom Junior High School, Purwokerto, focusing on stress, anxiety, and depression levels. The key findings are presented below through tables and brief interpretations.

Respondent Characteristics

Table 3.1 presents the distribution of respondents by age, while Table 3.2 illustrates the distribution by gender.

Table-3.1: Distribution of Respondents by Age (n=114)

Age	Frequency	Percentage (%)
11	3	2,6
12	83	72,8
13	28	24,6
Total	114	100

Most respondents were 12 years old (83 participants or 72.8%), followed by 28 participants

aged 13 years (24.6%) and 3 participants aged 11 years (2.6%).



Table-3.2: Distribution of Respondents by Gender (n=114)

Gender	Frequency	Percentage (%)
Female	44	38,6
Male	70	61,4
Total	114	100

A majority of the respondents were male (70 participants or 61.4%), while females comprised 44 participants (38.6%).

Mental Health Conditions of Adolescents at Telkom Junior High School

a. Stress Levels

Table-3.3: Stress Levels of Adolescents at Telkom Junior High School (n=114)

Stress Level	Frequency	Percentage (%)
Normal	27	23,7
Moderate	52	45,6
Severe	21	18,4
Extremely Severe	14	12,3
Total	114	100

Most adolescents experienced moderate levels of stress (52 participants or 45.6%). Severe stress was reported by 21 participants (18.4%), and 14

participants (12.3%) experienced extremely severe stress. Meanwhile, 27 participants (23.7%) exhibited normal stress levels.

b. Anxiety Levels

Table-3.4: Anxiety Levels of Adolescents at Telkom Junior High School (n=114)

Anxiety Levels	Frequency	Percentage (%)
Normal	30	26,3
Moderate	43	37,7
Severe	29	25,4
Extremely Severe	12	10,5
Total	114	100

Most respondents displayed moderate levels of anxiety (43 participants or 37.7%). Severe anxiety was experienced by 29 participants (25.4%), while 12

participants (10.5%) reported extremely severe anxiety. Additionally, 30 participants (26.3%) had normal anxiety levels.

c. Depression Levels

Table-3.5: Depression Levels of Adolescents at Telkom Junior High School (n=114)

Depression Levels	Frequency	Percentage (%)
Normal	83	72,8
Moderate	23	20,2
Severe	4	3,5
Extremely Severe	4	3,5
Total	114	100

The majority of respondents exhibited normal levels of depression (83 participants or 72.8%). Moderate depression was observed in 23 participants (20.2%),

while severe and extremely severe depressions were each reported by 4 participants (3.5%).

The findings indicate that most students experienced moderate levels of stress and anxiety, whereas depression levels were generally within the normal range. These results emphasize the importance of mental health support to prevent risks of progression to higher categories.

DISCUSSION

This study aimed to assess the mental health status of adolescents at Telkom Junior High School, Purwokerto, focusing on sociodemographic factors such as age and gender. The findings revealed that emotional disturbances, including stress, anxiety, and depression, were prevalent among students, primarily influenced by



puberty and hormonal changes. These results align with the study's objective to understand how age and gender affect adolescent mental health.

The study showed that 45.6% of students experienced moderate levels of stress, mainly triggered by prolonged learning hours, which extend from morning to evening. This supports previous research by Soeli *et al.* [5], which found that extended school hours in full-day learning systems can lead to student fatigue. Prolonged stress can negatively affect students' physical and mental health, causing fatigue, anxiety, and memory impairments [6]. The study highlights the significant role of the full-day school system in elevating stress and anxiety levels among students.

Gender differences in the severity of mental health disturbances were evident. Male students were found to be more prone to stress and anxiety, consistent with findings by Pardamean & Lazuardi [7], which identified hormonal mechanisms (including the conversion of testosterone to cortisol) as influencing emotional balance and mental health in males. However, this study also found that females were more likely to experience severe depression (6.8% of females versus 1.4% of males). This contrasts with some prior studies suggesting higher overall rates of anxiety and depression among females [8]. The observed difference may be attributed to psychological and social factors, which intensify females' emotional responses compared to males. Moreover, the link between neuroticism and a higher predisposition to depression in females, as reported by Umadiyan & Kalifia [9], may also contribute to these findings.

The results underline the necessity for schools to adopt measures that mitigate stress and anxiety among students. Recommendations include revising full-day school systems to provide longer breaks or reduce study hours, and implementing school-based mental health programs.

CONCLUSION

This study aimed to assess the mental health status of adolescents at Telkom Junior High School, Purwokerto, with a focus on sociodemographic factors such as age and gender. The findings revealed that emotional disturbances, such as stress, anxiety, and depression, were common among students. Stress was the most prevalent issue, primarily caused by prolonged school hours, leading to mental and physical fatigue as well as academic pressure that resulted in anxiety.

The results indicate that sociodemographic factors, including age and gender, significantly influence students' mental health. Additionally, the full-day school system was found to contribute significantly to students' emotional disturbances, aligning with findings from previous studies.

This research provides scientific evidence supporting the notion that factors such as extended study hours and hormonal and neurotic differences based on gender affect adolescents' mental health. The study confirms earlier findings that male students are more susceptible to stress and anxiety, while female students are more prone to severe depression due to more complex biological and psychological factors.

Further research is needed to explore other factors that may affect adolescent mental health, such as socio-economic factors and family parenting patterns. Larger and more comprehensive studies could also help evaluate the effectiveness of school intervention programs in reducing stress and anxiety in adolescents.

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APPENDIX

Appendix 1 Respondent Questionnaire

MENTAL TRACKER QUESTIONNAIRE INSTRUMENT

Instructions: This questionnaire consists of various statements that may align with your experiences in dealing with everyday life situations. You are requested to respond by selecting one of the columns that best matches your experiences over the past week:

There are four answer options provided for each statement:

0. Does not describe you at all, or never.
1. Describes you to some extent, or occasionally.
2. Describes you to a considerable degree, or quite often.
3. Describes you very well, or very ofte

Result

Normal	0 - 10
Middle	11-20
Hard	21-30
Heavy Hard	31-50

STRESS

Question	0	1	2	3
I feel upset over trivial things.				
I tend to overreact to situations.				
It is not easy for me to relax.				
I easily feel disappointed.				
I easily feel anxious.				
I cannot control my emotions.				
I get impatient when my plans are delayed.				
I am a person who gets emotional easily.				
I have difficulty calming down my activities.				
I get irritated easily.				
I find it hard to calm myself after something upsets me.				
I struggle to accept interruptions when I am doing something.				
I am currently in a state of nervousness.				
I have no tolerance for anything that hinders what I want to do.				
I feel like I am being provoked.				
TOTAL				

DEPRESSION

Question	0	1	2	3
I find it difficult to experience positive feelings.				
It seems like I cannot relax.				
I feel sad and depressed.				
I feel a loss of interest in anything.				
I feel worthless as a human being.				
I feel like my life no longer has meaning.				
I do not enjoy what I have been doing.				
I feel hurt.				
I cannot feel enthusiastic about anything.				
I feel completely worthless.				
I see no hope for the future.				
I feel like life has no meaning.				
I struggle to carry out tasks on my own initiative.				
TOTAL				



ANXIETY

Question	0	1	2	3
I realize my mouth is dry.				
I have difficulty breathing.				
I often feel weak.				
I feel very relieved when a worrying situation ends.				
I feel like I want to faint.				
I sweat easily even without heat or physical exercise.				
I find it difficult to swallow.				
I often feel fear without any clear reason.				
I am aware of my heart condition when I am not engaging in physical activity.				
I panic easily.				
I am afraid of being given a simple task that I cannot perform.				
I feel afraid.				
I worry about being in a situation that causes panic and acting foolishly.				
I experience trembling without realizing it.				
TOTAL				

Appendix 2 Respondent Consent Form

Informed Consent (Consent Form to Participate as a Respondent)

I, the undersigned, as the parent/guardian of:

Name :

Address :

Age :

Gender :

Hereby declare that I agree/do not agree to allow my child to participate as a respondent in the research conducted by a student of the Bachelor of Nursing Program at Muhammadiyah University of Purwokerto, titled “*MENTAL HEALTH OF ADOLESCENTS.*” I provide my consent voluntarily, without any coercion, and agree to allow my child to answer all questions conscientiously, ensuring that this participation will not have any negative impact on us.

I understand that this research fully guarantees the confidentiality of all information provided. This statement is made truthfully and without coercion from any party.

Purwokerto, 23 Juli 2024

Class Advisor Witness

Declarant

(.....)


(.....)

Researcher

(.....)



Appendix 3 Research Permit Letter



Universitas Muhammadiyah Purwokerto
Fakultas Ilmu Kesehatan

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Kampus Ahmad Dahlan
Jl. K.H. Ahmad Dahlan
PO. Box 202 Purwokerto 53182
Telp. 0281- 434751 430463
Fax. 0281- 437239

Kampus Sepanggo Rawstam
Jl. Letjen Soeparto Rawstam
PO. Box 229 Purwokerto 53181
Telp. 0281- 4844252 4644253
Fax. 0281- 4644253

Formulir Pesuratan Mahasiswa

Yang bertandatangan di bawah ini, saya :

Nama : Sindy Agustina
NIM : 2111020159
PRODI : Keperawatan S1
Semester : 7
No. Hp : 085792231858
Judul : Kesehatan Mental Remaja di SMP TELKOM PURWOKERTO

Dengan ini mengajukan permohonan untuk dibuatkan surat (pilih salah satu) :


- Ijin Studi Pendahuluan / Survey / Pengambilan Data Awal
- Ijin Validitas
- Ijin Penelitian

Surat ditujukan kepada:
Humas SMP TELKOM PURWOKERTO

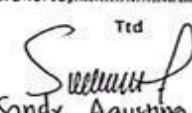
Tembusan kepada Yth. : (jika ada)

Alamat Instansi tujuan:
Jln. DI panjaitan no 12E, Farangreja, Purwokerto Kidul,
Kec. Purwokerto Selatan Kab. Banyumas, Jawa Tengah, 53191

Mengetahui
Dosen Pembimbing,


Nc. Devita Elsantri, S.Kp., Mj.Sc
NIK. 21601999/061607.17.0.2

Purwokerto, 23 Juli 2024

Ttd

(Sindy Agustina)
NIM. 2111020159

• Melampirkan kuitansi bukti registrasi terakhir

www.ump.ac.id

Appendix 4 Preliminary Study Permit Letter

	Universitas Muhammadiyah Purwokerto Fakultas Ilmu Kesehatan <i>بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ</i>	Kampus Ahmad Dahlan Jl. K.H. Ahmad Dahlan P.O. Box 202 Purwokerto 53182 Telp. 0281- 434751, 430443 Fax. 0281- 437239 Kampus Soepardjo Roelism Jl. Letjen Soepardjo Roelism P.O. Box 229 Purwokerto 53181 Telp. 0281- 4844252, 4844253 Fax. 0281- 4844253
Nomor	: C9.II/767- S.Ph/FIKES/UMP/X/2024	28 Rabiul Akhir 1446 H
Lampiran	: -	31 Oktober 2024 M
Hal	: Permohonan Ijin Studi Pendahuluan	
Kepada Yth.	: Kepala SMP Telkom Purwokerto di Tempat	
	Assalamu'alaikum Wr. Wb	
	Dengan hormat kami beritahukan mahasiswa Fakultas Ilmu Kesehatan Universitas Muhammadiyah Purwokerto, tersebut di bawah ini :	
Nama	: SINDY AGUSTINA	
NIM	: 2111020139	
Program Studi	: Ilmu Keperawatan S1	
Dosen Pembimbing	: Ns. Devita Elsanti, M.Sc	
NIK/NIP	: 2160194	
	Akan melaksanakan studi pendahuluan dalam rangka melaksanakan penelitian Tugas Akhir dengan judul :	
	"KESEHATAN MENTAL REMAJA DI SMP TELKOM PURWOKERTO"	
	Sehubungan dengan hal tersebut, kami mohon ijin dan bantuan Bapak/Ibu untuk memfasilitasi mahasiswa kami yang akan melakukan Studi Pendahuluan yang dimaksud.	
	Demikian Surat Permohonan ini kami sampaikan, atas bantuan dan kerjasamanya kami ucapkan terima kasih.	
	Wassalamu'alaikum Wr. Wb.	
		Assoc. Prof. Dr. Ns. Umi Solikhah NIK 2160188
	www.ump.ac.id	

Appendix 5 Research Permit Letter



Universitas Muhammadiyah Purwokerto
Fakultas Ilmu Kesehatan

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Kampus Ahmad Dahlan
Jl. K.H. Ahmad Dahlan
P.O. Box 202 Purwokerto 53182
Telp. 0281- 436751, 430463
Fak. 0281- 437239

Kampus Soepardjo Roestam
Jl. Leljen Soepardjo Roestam
P.O. Box 229 Purwokerto 53181
Telp. 0281- 4844252, 4844253
Fak. 0281- 4844253

Nomor : C9.II/775 - S.Ph/FIKES/UMP/XI/2024
Lampiran : -
Hal : Permohonan Ijin Penelitian

29 Rabiul Akhir 1446 H
01 November 2024 M

Kepada Yth. : Kepala SMP Telkom Purwokerto
di Tempat

Assalamu'alaikum Wr. Wb

Dekan Fakultas Ilmu Kesehatan Universitas Muhammadiyah Purwokerto,
menerangkan bahwa :

Nama : SINDY AGUSTINA
NIM : 2111020139
Program Studi : Ilmu Keperawatan S1
Dosen Pembimbing : Ns. Devita Elsanti, M.Sc
NIK : 2160194

Adalah benar mahasiswa kami yang akan melaksanakan penelitian dengan judul:

"KESEHATAN MENTAL REMAJA DI SMP TELKOM PURWOKERTO"

Sehubungan dengan hal tersebut, kami mohon izin dan bantuan Bapak/Ibu untuk dapat memfasilitasi mahasiswa kami dalam melakukan penelitian yang dimaksud.

Demikian Surat Permohonan ini kami sampaikan, atas bantuan dan kerjasamanya kami ucapkan terima kasih.

Wassalamu'alaikum Wr. Wb.



Prof. Dr. Ns. Umi Solikhah
NIK/2160188

Appendix 6 Data Collection Request Letter



Universitas Muhammadiyah Purwokerto
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Kampus Ahmad Dahlan
Jl. K.H. Ahmad Dahlan
PO. Box 202 Purwokerto 53182
Telp. 0281- 636751, 630463
Fax. 0281- 637239

Kampus Soepardjo Roestam
Jl. Lejjen Soepardjo Roestam
PO. Box 229 Purwokerto 53181
Telp. 0281- 6844252, 6844253
Fax. 0281- 6844253

Nomor : C9.II/775 - S.Ph/FIKES/UMP/XI/2024
Lampiran : -
Hal : Permohonan Pengambilan Data

29 Rabiul Akhir 1446 H
01 November 2024 M

Kepada Yth. : Kepala SMP Telkom Purwokerto
di Tempat

Assalamu'alaikum Wr. Wb

Dekan Fakultas Ilmu Kesehatan Universitas Muhammadiyah Purwokerto,
menerangkan bahwa :

Nama : SINDY AGUSTINA
NIM : 2111020139
Program Studi : Ilmu Keperawatan S1
Dosen Pembimbing : Ns. Devita Elsanti, M.Sc
NIK : 2160194

Adalah benar mahasiswa kami yang akan melaksanakan ijin pengambilan data
dengan judul:

"KESEHATAN MENTAL REMAJA DI SMP TELKOM PURWOKERTO "

Sehubungan dengan hal tersebut, kami mohon izin dan bantuan Bapak/Ibu untuk
dapat memfasilitasi mahasiswa kami dalam melakukan pengambilan data yang di
maksud.

Atas bantuan dan dukungannya kami ucapkan terima kasih.

Wassalamu'alaikum Wr. Wb.



Assoc. Prof. Dr. Ns. Umi Solikhah
NIK 2160188

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Appendix 7 Ethical Approval for Research



UNIVERSITAS MUHAMMADIYAH
PURWOKERTO
KOMITE ETIK PENELITIAN KESEHATAN

Kampus Ahmad Dahlan
Jl. K.H. Ahmad Dahlan
PO. Box 202 Purwokerto 53182
Telp. 0281- 636751, 630463
Fax. 0281- 637237

Kampus Soepardjo Roeslam
Jl. Letjen Soepardjo Roeslam
PO. Box 229 Purwokerto 53181
Telp. 0281- 6844252, 6844253
Fax. 0281- 6844253

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

IZIN ETIK PENELITIAN

Nomor Registrasi: KEPK/UMP/97/X/2024

- Judul Penelitian : KESEHATAN MENTAL PADA REMAJA DI SMP TELKOM PURWOKERTO
- Dokumen Penerimaan : 1. Study Protocol
2. Informasi Subyek
3. Informed Consent
- Peneliti Utama : SINDY AGUSTINA
- Pembimbing/ Supervisor : Ns. Devita Elsanti, S. Kp., M. Sc
- Tanggal Penerimaan : 31 Oktober 2024
- Lokasi Penelitian : SMP TELKOM PURWOKERTO

Komite Etik Penelitian Kesehatan Universitas Muhammadiyah Purwokerto (KEPK-UMP) telah memeriksa rancangan penelitian terkait berdasarkan prinsip-prinsip *ethical research*, oleh karena itu dapat diakui kebenarannya.

Komite Etik Penelitian Kesehatan Universitas Muhammadiyah Purwokerto (KEPK-UMP) berhak melakukan monitoring terhadap aktifitas penelitian kapan saja diperlukan.

Keputusan investigasi:

Final Complete

Ketua



Assoc. Prof. Dr. Ns. Jumi Solikhah
NIDN. 0622087401

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Appendix 8 Plagiarism



Universitas Muhammadiyah Purwokerto
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SURAT KETERANGAN

Nomor : A12.II/772 -S.Ket/FIKES/UMP/XI/2024

Kampus Ahmad Dahlan
Jl. K.H. Ahmad Dahlan
PO. Box 202 Purwokerto 53182
Telp. 0281- 636751, 630463
Fax. 0281- 637239

Kampus Soepardjo Roestam
Jl. Leljen Soepardjo Roestam
PO. Box 229 Purwokerto 53181
Telp. 0281- 6844252, 6844253
Fax. 0281- 6844253

Dekan Fakultas Ilmu Kesehatan Universitas Muhammadiyah Purwokerto menerangkan dengan sesungguhnya bahwa mahasiswa tersebut di bawah ini :

Nama : SINDY AGUSTINA
NIM : 2111020139
Program Studi : Ilmu Keperawatan S1
No. HP/email : 085792234858/agustinasindy55@gmail.com

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Asoc. Prof. Dr. Ns. Umi Solikhah
NIK. 2160188

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Appendix 9 Abstract



Universitas Muhammadiyah Purwokerto
LDC
Language Development Center

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Kampus Ahmad Dahlan
J. K.H. Ahmad Dahlan
PO Box 202 Purwokerto 53162
Telp. 0231-634731 630463
Fax. 0231-637229

Kampus Saepardja Roestam
J. Letjen Saepardja Roestam
PO Box 229 Purwokerto 53161
Telp. 0231-6844252 6844253
Fax. 0231-6844253

SURAT PENGESAHAN TERJEMAHAN JUDUL SKRIPSI

Ketua Translation Center (TC) Language Development Center (LDC) Universitas Muhammadiyah Purwokerto (UMP) menerangkan dengan sesungguhnya bahwa:

Nama : Sindy Agustina

NIM : 2111020139

Program Studi : Keperawatan S1

Fakultas : FIKES

Telah meminta TC LDC UMP untuk menerjemahkan judul skripsi:

Kesehatan Mental Pada Remaja di SMP Telkom Purwokerto

Yang diterjemahkan menjadi:

Mental Health Among Adolescents at SMP Telkom Purwokerto

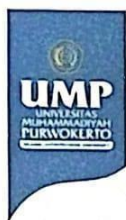
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Penerjemah : Bustanuddin As Suaidy, M.A.

Purwokerto, 31 Oktober 2024

Ketua Translation Center LDC,

Bustanuddin As Suaidy, M.Pd
Bustanuddin As Suaidy, S.S., M.A.
NIK. 2160516



Universitas Muhammadiyah Purwokerto
LDC
Language Development Center

Kampus Ahmad Dahlan
Jl. K.H. Ahmad Dahlan
PO. Box 202 Purwokerto 53182
Telp. 0281-636751, 630463
Fax. 0281-637239

Kampus Soepardjo Roestam
Jl. Letjen Soepardjo Roestam
PO. Box 229 Purwokerto 53181
Telp. 0281-6844252, 6844253
Fax. 0281-6844253

Mental Health Among Adolescents at SMP Telkom Purwokerto

By Sindy Agustina

Universitas Muhammadiyah Purwokerto

ABSTRACT

Adolescence represents a transitional period between childhood and adulthood, marked by rapid physical, psychological, and social development. The definition of adolescence varies; for example, the World Health Organization (WHO) defines it as ages 10-19, the Indonesian Ministry of Health as 10-18, and the National Population and Family Planning Agency (BKKBN) as 10-24, reflecting a lack of universal agreement on the age range for this stage. Adolescents typically exhibit high curiosity, a willingness to take risks, and frequently face psychosocial challenges. Adolescent mental health is a critical factor that significantly impacts their long-term well-being but is often overlooked due to limited awareness and societal stigma. Contributing factors such as peer pressure, domestic violence, and academic stress are associated with mental health issues in adolescents, including anxiety, stress, and depression. Research at Telkom Middle School in Purwokerto indicates that the majority of students experience moderate levels of stress and anxiety, with depression categorized as within the normal range. Promoting mental health education among adolescents is essential to enhance psychological well-being, social skills, and resilience. Preventive efforts through education, emotional support, and improved mental health literacy are crucial to fostering adolescent well-being and preventing future mental health disorders.

Keywords: Adolescents, Mental Health

Penerjemah : Bustanuddin As Suaidy, M.A.



Appendix 10 Approvement Letter



Universitas Muhammadiyah Purwokerto
Fakultas Ilmu Kesehatan



Kampus Ahmad Dahlan
Jl. K.H. Ahmad Dahlan
PO. Box 202 Purwokerto 53182
Telp. 0281- 636751, 630463
Fax. 0281- 637239

Kampus Soepardjo Roestam
Jl. Letjen Soepardjo Roestam
PO. Box 229 Purwokerto 53181
Telp. 0281- 6844252, 6844253
Fax. 0281- 6844253

PERSETUJUAN UNTUK UJIAN SKRIPSI/TUGAS AKHIR/KTI/KIAN/KTIB

NAMA : Sindy Agustina
 NIM : 2111020139
 JURUSAN/PODI : Keperawatan S1
 JUDUL : KESEHATAN MENTAL PADA REMAJA DI SMP TELKOM PURWOKERTO
 PEMBIMBING I :
 PEMBIMBING II :

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2.				

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Appendix 11 Documentation

