

## The Ability of Early Detection of Mental Health in Adolescents with the Provision of Health Education Using Audio Visual Methods at SMK Pawyatan Daha 1 Kediri

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### ABSTRACT

**Background:** Adolescent mental health is important in determining the quality of the nation. Early detection of mental health in adolescents is very necessary to provide knowledge and understanding and attention, to avoid and overcome the occurrence of disorders in the subsequent adolescent growth and development.

**Purpose:** The purpose of this study is to determine the ability of early detection of mental health in adolescents with the provision of health education using audio visual.

**Methods:** The design of this study is pre-experimental quantitative research with a one-group pre-post test design approach with the focus of the research directed at analyzing the effect of providing health education using audio-visual methods on the ability to early detection of mental health in adolescents at SMK Pawyatan Daha 1 Kediri. The total population was 394 respondents and a sample of 199 respondents were taken using the Stratified Random Sampling technique.

**Results:** The findings found that before being given treatment, most respondents were less able to carry out early detection of mental health as many as 171 respondents (85.93%). After being given treatment, most respondents were able to carry out early detection of mental health as many as 158 respondents (79.40%). Based on the results of Wilcoxon's analysis, it was shown that the p-value of  $0.000 < 0.05$ , then  $H_0$  was rejected and  $H_1$  was accepted so it was concluded that there was an influence of providing health education using audio-visual methods on the ability to early detection of mental health in adolescents at SMK Pawyatan Daha 1 Kediri.

**Conclusion:** It is hoped that adolescents, especially students at SMK Pawyatan Daha 1 Kediri, can carry out early detection of mental health both to themselves and to others, which can reduce the risk of increased mental disorders or pressures experienced by adolescents.

**Keywords:** ability, audio visual, soul

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**BACKGROUND**

Adolescence is a time when emotional fluctuations rise and fall and occur more frequently, where adolescents are also aware of their emotional cycles so as to increase their ability to cope with their emotions. But there are also many teenagers who cannot manage their emotions more effectively. As a consequence, they are prone to depression, anger, lack of being able to regulate their emotions, which can further trigger the appearance of various problems such as academic difficulties, drug abuse, and juvenile delinquency (Santrock, 2017).

In 2021 WHO data (in the Indonesian Ministry of Health) showed that there were around 35 million people affected by depression, 60 million people affected by bipolar, 21 million affected by schizophrenia, and 47.5 million affected by dementia. These data show that the current state of human mental health is very poor and there is a need for special treatment. According to dr. Eka, SPKJ Director of Mental Health Development at the Ministry of Health of the Republic of Indonesia, there is a gap in the treatment of mental disorders in Indonesia reaching more than 90 percent (Ministry Health, 2021).

Currently, Indonesia with a population of about 250 million new people has about 451 clinical psychologists (0.15 per 100,000 population), 773 psychiatrists (0.32 per 100,000 population), and 6,500 psychiatric nurses (2 per 100,000 population). Data obtained from the Kediri City Health Office said that the number of people with mental disorders also increases every year. The number of mentally ill people in Kediri City in 2019 amounted to 162 people. Mental patients are scattered throughout the puskesmas work area in Kediri City and sometimes the existence of them interferes with the lives of some people who live close to them. Only the family is the fulcrum of hope in providing better care to the mentally ill in the community. (Kediri public health services, 2021).

Based on the results of a preliminary study conducted by researchers on July 12, 2022 to 10 respondents at SMK Pawyatan Daha 1 Kediri, it was found that a number of 7 respondents (70%) did not understand about prevention to avoid mental stress in a person, thus causing an inability to detect early signs of symptoms of someone experiencing psychological pressure or mental stress in order to avoid mental disorders. Juvenile delinquency data at SMK Pawyatan Daha 1 Kediri for the 2022/2023 school year, namely mostly related to late arrival to school with a presentation of around 83%, besides that there is also delinquency related to skipping school amounting to 13%, while delinquency related to the use of mobile phones is 4%. Apart from that, there are quite a lot of juvenile delinquency that is not recorded by the school because it is carried out outside the school or secretly.

Adolescent mental health is important in determining the quality of the nation. Adolescents who grow up in a conducive and supportive environment are human resources that can become invaluable assets of the nation (Indarjo, 2014).

This research is supported by research conducted by Pratama (2016) that health education affects the ability of health cadres regarding early detection of recurrences of mental disorders in Makam Haji Village, Kartasura District, where the p value = 0.000 which means that there is a significant difference in ability after being given health education.

In addition, this research is also supported by research conducted by Kusumaningtyas (2017) it was concluded that there is an effectiveness of health education on improving abilities about preventing recurrence of mental disorders in Makam Haji Village, Kartasura Sukoharjo District, where the p value = 0.000 which means that there is a significant difference in ability after being given health education.

Based on the conditions above, the author is interested in researching the ability of early detection of mental health in adolescents by providing health education using audio-visual methods at SMK Pawyatan Daha 1 Kediri

## METHODS

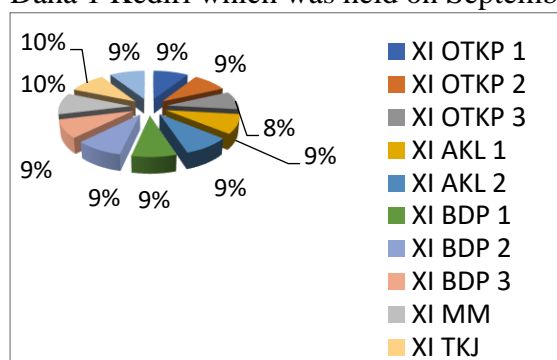
In this study, researchers used an experimental quasy quantitative design with a one-group pre-test design and pos test design. The author chose the design of this study to determine the ability to early detection of mental health in adolescents at SMK Pawyatan Daha 1 Kediri before and after the intervention.

The population in this study was all class XI students at SMK Pawyatan Daha 1 Kediri amounting to 394 respondents, The sample in this study was some class XI students at SMK Pawyatan Daha 1 Kediri a total of 199 respondents.

## RESULTS

### Characteristics of respondents:

Characteristics of respondents based on the class of respondents at SMK Pawyatan Daha 1 Kediri which was held on September 15-27, 2022 with a total of 199 respondents



Based on figure 1.1 it is known that a small part of the respondents were in class XI MM of 20 respondents (10%).

### Characteristics of Respondents By Gender

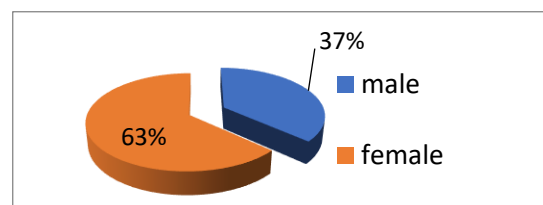


Figure 1.2 Characteristics of respondents based on the gender of respondents at SMK Pawyatan Daha 1 Kediri which was held on September 15-27, 2022 with a total of 199 respondents

Based on figure 1.2, it is known that most respondents have a female gender of 126 respondents (63%).

### Variable Characteristics :

#### Characteristics of Abilities Before intervention

Criterion	Frequency	Persent (%)
can	28	14,07%
underprivileged	171	85,93%
Total	199	100,00%

Table 1.1 Frequency distribution of respondents based on the ability of respondents at SMK Pawyatan Daha 1 Kediri which was held on September 15-27, 2022 with a total of 199 respondents before being given treatment.

Based on table 1.1 above, it is known that most respondents are less able to carry out early detection of mental health as many as 171 respondents (85.93%).

#### Characteristics of Abilities Before intervention

Table 1.2 Frequency distribution of respondents based on the ability of respondents at SMK Pawyatan Daha 1 Kediri which was held on 15-27 September 2022 with a total of 199 respondents after being given treatment.

Criterion	Frequency	Persent (%)
can	158	79,40%
underprivileged	41	20,60%
Total	199	100,00%

Based on table 1.2 above, it is known that most respondents were able to carry out early detection of mental health as many as 158 respondents (79,40%).

#### Statistical Test Results

**Table 1** Statistical Test Result

Wilcoxon Analysis results of the ability to early detection of mental health in adolescents by providing health education using audio-visual methods at SMK Pawyatan Daha 1 Kediri which was held on September 15-27, 2022 with a total of 199 respondents before and after being given treatment.

Category	Mean	Sample	Sig
Ability before	12.85	199	0.000
Ability after	30.36	199	

Based on the results of Wilcoxon's analysis, it was shown that the p-value of  $0.000 < 0.05$ , then  $H_0$  was rejected and  $H_1$  was accepted so it was concluded that there was an influence of providing health education using audio-visual methods on the ability to early detection of mental health in adolescents at SMK Pawyatan Daha 1 Kediri.

#### Ability to Early Detection of Mental Health in Adolescents at SMK Pawyatan Daha 1 Kediri Before Being Given Intervention

The results showed that most respondents were less able to carry out early detection of mental health as many as 171 respondents (85.93%). Meanwhile, a total of 28 respondents (14.07%) were able to carry out early detection of mental health.

Adolescence is a period of transition from childhood to adulthood, also known as the radiance period, where at this time there are changes in the physical, cognitive, and emotional of adolescents (Stuart, 2016).

Adolescents who are in a phase of change, often trigger conflicts with the surrounding environment. If the conflict cannot be overcome properly, then in its development it will have a negative impact, especially on the maturation of adolescent character and not infrequently trigger mental disorders (Wiguna et al., 2015).

According to the results of research by Nasriati (2016) adolescent mental health problems that often occur such as anxious disorders 5-50%, mood disorders 1-5%, and substance abuse 32%. While the results of a study conducted by Widyaningrum (2015) at SMA N 1 Keradenan Grobongan Regency as many as 62.3% of adolescents in the psychosocial category are abnormal, 67.6% of adolescents have the category of free sex behavior and things that teenagers have done such as dating, kissing lips, having sex with girlfriends, masturbation / masturbation.

According to researchers in the life of learning every day will indeed experience a lot of burdens both physically and psychically. This burden can be caused by the brain ability of students who are unable to follow the lessons that have been given by the teacher, then it can also be caused because the tasks given are too many or too heavy to be done by students, and

there are also many causes for students to experience physical and physical burdens. So that students will experience a phase where the jurisprudence will be depressed or it can be called a stressor.

These stressors if not detected and handled properly will cause students to be very depressed and higher to experience stress both mild and severe.

### **Ability to Early Detection of Mental Health in Adolescents at SMK Pawyatan Daha 1 Kediri After Being Given Intervention**

The results showed that most respondents were able to carry out early detection of mental health as many as 158 respondents (79.40%). Meanwhile, a total of 41 respondents (20.60%) were unable to carry out early detection of mental health.

Ability comes from the word "ability" which means power (can, able to) do something, while ability means ability, proficiency, strength (The Big Dictionary Drafting Team Indonesian, 2019). Ability means the capacity of an individual to perform various tasks in a job. (Stephen P. Robbins & Timonthy A. Judge, 2019).

WHO (2015) defines health as a complete state of physical, mental and social well-being and not just the absence of disease or infirmity. From the definition of health, mental or mental health is very clearly integrated in it.

Who also explains that mental health and general mental disorders are largely shaped by the social, economic, and physical environment in which the individual resides (WHO, 2014). The above factors can affect a person's mental health condition, so it can be a stressor for the individual. Individuals with a healthy spirit are able to control themselves to deal with existing stressors and always have a positive mind without any physical and psychological pressure (Nasir & Muhith, 2011).

According to researchers, ability is the ability or ability of an individual to master a skill and is used to do various tasks in a job. In students who generally have many tasks and are at great risk of causing stress, it is necessary to have the ability of the student to be able to anticipate or control stressors that arise properly. Based on the results of the study, it was found that most of the time after being given education about early detection of mental health in adolescents, respondents tended to experience a significant increase from those who were previously unable to detect or control stressors to being able to carry out early detection of mental health.

## **DISCUSSION**

### **Effect of Health Education Using Audio Visual Method on Mental Health Early Detection Ability in Adolescents at SMK Pawyatan Daha 1 Kediri**

Based on the results of Wilcoxon's analysis, it was shown that the p-value of  $0.000 < 0.05$ , then  $H_0$  was rejected and  $H_1$  was accepted so it was concluded that there was an influence of providing health education using audio-visual methods on the ability to early detection of mental health in adolescents at SMK Pawyatan Daha 1 Kediri.

Adolescent mental health is important in determining the quality of the nation. Adolescents who grow up in a conducive and supportive environment are human resources that can become invaluable assets of the nation (Indarjo, 2014).

Early detection of mental health in adolescents is very necessary to provide knowledge and understanding and attention, to avoid and overcome the occurrence of disorders in the subsequent adolescent growth and development. Early detection of mental health is a form of prevention from the beginning of indications of psychological conditions, namely mental conditions and spritual mental conditions that exist within oneself to avoid and overcome the

occurrence of disorders in the subsequent adolescent growth and development (M.Hamdani and Bakran, 2016).

According to researchers in the past adolescence, they were also students whose learning load and assignments quite a lot increased the risk of mental health. Therefore, researchers provide an education about early detection of mental health in adolescents which aims to improve students' ability to manage stressors while increasing students' ability to detect their mental health early, so that students are expected to be more avoided from stress events or even worse things. It can be concluded that there is an influence on the provision of health education using the audio-visual method on the ability to early detection of mental health in adolescents at SMK Pawyatan Daha 1 Kediri.

## CONCLUSION

Based on the results of the study, it can be concluded that:

1. Before being given treatment, most of the respondents were less able to carry out early detection of mental health as many as 171 respondents (85.93%).
2. After being given treatment, most respondents were able to carry out early detection of mental health as many as 158 respondents (79.40%).
3. There is an influence of providing health education using audio-visual methods on the ability to early detection of mental health in adolescents at SMK Pawyatan Daha 1 Kediri.

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