

**DESCRIPTION OF ADOLESCENT MENTAL HEALTH DURING
PUBERTY AT SMP MUHAMMADIYAH 2 KALASAN**

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ABSTRACT

Background: Data from the D.I.Y provincial health office in 2023 shows that the highest mental disorders are found in Sleman Regency with a target of 2,912 severe ODGJ. This makes problems that receive special attention from the government, such as programs that can prevent and overcome mental disorders.

Objective: This study aims to describe the mental health of 7th grade junior high school students during puberty

Methods: This study was descriptive with a cross sectional design. The sample of this study is all 7th grade students at SMP Muhammadiyah 2 Kalasan. The sampling technique uses total sampling. The subjects of this research are 145 students. Data collection was carried out using questionnaires. The analysis data is descriptive and presented in a frequency distribution table.

Research Results: The mental health picture of the majority of students is in abnormal conditions, which is 54%. The results of the interpretation of SDQ scores showed that 20 students (20%) were in the normal category, 38 students (26%) in the borderline category, and 78 students (54%) in the abnormal category. By gender, male students are in the abnormal category (38%), female students (16%). By age, 13-year-old students had the highest percentage of abnormalities (32%).

Conclusion: The mental health picture of 7th grade junior high school students during puberty at SMP Muhammadiyah 2 Kalasan is mostly in abnormal conditions.

Keywords: Adolescents, Junior High School, Mental health, Puberty.

GAMBARAN KESEHATAN MENTAL REMAJA DALAM MASA PUBERTAS DI SMP MUHAMMADIYAH 2 KALASAN

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ABSTRAK

Latar belakang: Data dari Dinkes provinsi D.I.Y tahun 2023 bahwa gangguan jiwa tertinggi terdapat pada Kabupaten Sleman dengan sasaran ODGJ berat 2.912. Hal ini menjadikan permasalahan yang mendapat perhatian khusus dari pemerintah, seperti program yang dapat mencegah dan menanggulangi permasalahan gangguan mental.

Tujuan: Penelitian ini bertujuan untuk menggambarkan kesehatan mental siswa SMP kelas 7 pada masa pubertas

Metode: Penelitian ini adalah deskriptif dengan desain *cross sectional*. Sampel penelitian ini adalah seluruh siswa kelas 7 di SMP Muhammadiyah 2 Kalasan. Teknik pengambilan sampel menggunakan total sampling. Subjek Penelitian ini berjumlah 145 siswa. Pengumpulan data dilakukan menggunakan kuesioner. Data analisis secara deskriptif dan disajikan dalam tabel distribusi frekuensi.

Hasil penelitian: Gambaran kesehatan mental siswa mayoritas dalam kondisi *abnormal* yaitu 54%. Hasil interpretasi skor SDQ, kategori *normal* sebanyak 20 siswa (20%), kategori *borderline* sebanyak 38 siswa (26%), dan kategori *abnormal* sebanyak 78 siswa (54%). Berdasarkan jenis kelamin, siswa laki-laki dalam kategori *abnormal* (38%), siswa perempuan (16%). Berdasarkan usia, siswa berusia 13 tahun dengan presentase *abnormal* tertinggi (32%).

Kesimpulan: Gambaran kesehatan mental siswa SMP kelas 7 pada masa pubertas di SMP Muhammadiyah 2 Kalasan mayoritas dalam kondisi *abnormal*.

Kata kunci: Kesehatan mental, Pubertas, Remaja.