

Efektivitas Model Promotif dan Preventif Kesehatan Jiwa (P2KJ) Terhadap Kesehatan Jiwa Remaja = Effectiveness Promotion and Preventive Models of Mental Health (P2KJ) for Adolescent's Mental Health State

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Abstrak

Remaja mengalami gangguan mental emosional sebanyak 4.3%, namun pelayanan kesehatan jiwa disekolah belum menjadi prioritas. Penelitian ini bertujuan untuk mengetahui efektifitas model promotif dan preventif dalam meningkatkan kesehatan jiwa pada remaja. Penelitian ini menggunakan desain operational research yang terdiri dari 3 tahapan yaitu tahap pertama studi kuantitatif dan kualitatif, tahap kedua pengembangan model, dan tahap ketiga studi kuantitatif quasy experiment pre-post test with control group pada remaja SMP. Hasil penelitian menunjukkan bahwa sebagian besar remaja memiliki kesejahteraan emosi, psikis dan sosial yang tinggi, namun 53.20% memiliki gejala prodromal. Remaja memiliki faktor risiko (masalah teman sebaya dan masalah berasal dari dalam diri), faktor protektif (remaja berupaya mengatasi masalah dengan kemampuan diri dan dukungan keluarga dalam perkembangan remaja), dan upaya pelayanan kesehatan jiwa remaja (guru memahami kebutuhan remaja dan puskesmas memberi edukasi, memantau dan menerima rujukan). Intervensi model P2KJ, kemampuan prososial, masalah emosi berpengaruh terhadap kesehatan jiwa remaja. Rekomendasi penggunaan model P2KJ untuk peningkatan kesehatan jiwa remaja dengan melaksanakan usaha kesehatan jiwa sekolah (UKJS). Pelibatan perawat sekolah, guru, orang tua diperlukan sehingga membentuk sistem dukungan yang baik secara berkelanjutan dalam menjaga kondisi kesehatan fisik, psikis dan sosial remaja disekolah.

.....Adolescents experience mental emotional disorders as much as 4.3%, but mental health services in schools have not become a priority. This study aims to determine the effectiveness of promotive and preventive models in improving mental health in adolescents. This study uses an operational research design which consists of 3 stages, namely the first stage of quantitative and qualitative studies, the second stage of model development, and the third stage of a quantitative study of quasi experiment pre-post test with control group in junior high school adolescents. The results showed that most of the adolescents had high emotional, psychological and social well-being, but 53.20% had prodromal symptoms. Adolescents have risk factors (peer problems and problems that come from within), protective factors (adolescents try to overcome problems with their own abilities and family support in adolescent development), and efforts to provide adolescent mental health services (teachers understand the needs of adolescents and health centers provide education, monitor and receive referrals). The P2KJ model intervention, prosocial abilities, emotional problems affect adolescent mental health. Recommendations for using the P2KJ model to improve adolescent mental health by implementing school mental health efforts (UKJS). The involvement of school nurses, teachers, parents is needed so as to form a good support system on an ongoing basis in maintaining the physical, psychological and social health of adolescents at school.