

Ability to Use Audio-Visual Health Education to Early Detect Mental Health in Adolescents

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ABSTRACT

Since stress is an inescapable aspect of human life, it can happen to everyone or any human being at any time. The goal of this study was to examine the impact of health education delivered by audio-visual means on the capacity for mental health early detection. The goal of the research is to analyze the impact of giving health education through audio-visual techniques on the ability to early detect mental health. The design of this study is a pre-experimental quantitative research with a one-group pre-post test design approach. 394 respondents made up the entire population, and the stratified random sampling method was used to select a sample of 199 respondents. According to the data, most respondents were less capable of doing tasks before receiving treatment.

Keywords: Ability, Audio Visual, Soul

BACKGROUND

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). Changes - biological changes in the transition period of childhood to adolescence are hormonal accretion, and sexual maturity when entering puberty, cognitive changes in adolescents increased abscission thinking, idealistic and logical, and emotional changes in adolescence demands to achieve independence, conflicts with parents. The transition from childhood to adolescence is complex because it involves changes from different aspects of life (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 dimensia. 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 nmereka 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. Based on the results of a preliminary study conducted by researchers on July 12, 2022 to 10 respondents, 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 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. 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).

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.

METHODS

In this study, researchers used an experimental quasy quantitative design with a one-group pre-test design and pos test design. The measurement of ability is carried out in two different times. The initial measurement of 01 (pre-test) is carried out before the treatment or intervention is then given an intervention in the form of health education with audio-visual methods and the final measurement of 02 (post test) which is carried out after the treatment or intervention (Arikunto, 2012).

The population in this study was all class XI students amounting to 394 respondents, The sample in this study was partly students of 199 respondents, sampling in this study was probability sampling with a type of stratified random sampling, namely a sampling technique in which each element was randomly selected, each individual in the population had the same opportunity to be sampled without paying attention to the strata in that population (Notoadmodjo, 2012).

RESULTS

Variable Characteristics

Table 1 Frequency distribution of respondents based on the ability of respondents which was held on September 15-27, 2022 with a total of 199 respondents before being given treatment

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

Based on table 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%).

Table 2 Frequency distribution of respondents based on the ability of respondents which was held on September 15-27, 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 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 3. Wilcoxon Analysis results of the ability to early detection of mental health in adolescents by providing health education using audio-visual methods 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.

DISCUSSION

Ability to early detection of mental health in adolescents 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. stress both mild and severe.

Ability to early detection of mental health in adolescents 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 & Timonhy 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.

Effect of health education using audio visual method on mental health early detection ability in adolescents

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.

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.

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.

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