

EARLY DETECTION OF ADOLESCENT MENTAL HEALTH DURING THE COVID-19 PANDEMIC AT SMA NEGERI 1 PEMATANG RAYA SIMALUNGUN REGENCY

Einjel Tiyo Marlina Damanik, Wardiyah Daulay

Fakultas Keperawatan Universitas Sumatera Utara, Medan, Indonesia

E-mail: isanikwanul@gmail.com

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Abstract: The Covid-19 pandemic has caused the Indonesian government to issue a PSBB (Large-Scale Social Restriction) policy. The implementation of this policy has the risk of causing mental health disorders in adolescents, especially middle teens who like to be in groups with their peers. Therefore, early detection of adolescent mental health during the Covid-19 pandemic needs to be done to prevent and deal with disorders that can occur in adolescent growth and development. This study aims to identify the mental health of adolescents during the Covid-19 pandemic at SMA Negeri 1 Pematang Raya, Simalungun Regency. The population of this study were all students of SMA Negeri 1 Pematang Raya, totaling 1024 with a total sample of 288 people. The sample was determined by simple random sampling technique. The research instrument used was a modified Strength and Difficulties Questionnaire (SDQ). The results of this study indicate that in the weakness domain which consists of 4 subdomains namely emotional problems, behavior problems, hyperactivity, and relationship problems with peers, as many as 124 adolescents (43.1%) are at risk for experiencing relationship problems with peers during the pandemic.

1 INTRODUCTION

A pandemic is an epidemic that spreads simultaneously everywhere, covering a wide geographical area. Pandemics include epidemics that spread to almost all countries and even continents and can infect many people (Purwanto et al., 2020). One form of the current pandemic is Covid-19. Covid-19 or Corona Virus Disease is an infectious disease caused by a type of Coronavirus (Kerbl & Zepp, 2021). On March 11, 2020, WHO declared this Covid-19 outbreak a pandemic (Choirunissa et al., 2020).

This pandemic has caused all countries to make different handling standards that are adapted to the conditions of their respective regions. The policy set in Indonesia is PSBB (Large-Scale Social Restrictions) (Choirunissa et al., 2020). Based on this regulation, people are encouraged to stay at home except in urgent and forced situations (Oktaviany, 2021). Especially for adolescents, this limitation in activities certainly has an impact on their mental health (Komala et al., 2020). Mental health problems

in adolescents can be in the form of emotional problems, behavior problems (conduct), hyperactivity and relationship problems with peers (Rahmadi et al., 2015).

The Covid-19 pandemic has caused social changes and low social interaction among the community, including teenagers. Low social interaction can also lead to mental health disorders (Notoesoedirjo and Latipun, 2011). The current Covid-19 pandemic is also one of the barriers for teenagers to adapt to their environment and experiences. Adolescent mental health disorders can occur if there is something that prevents the teenager from adjusting to the environment and his experiences (Damayanti, 2011).

Research conducted by Sebelas Maret University (USM) Solo together with universities in 35 countries by conducting a global survey found that groups of people aged 21 and under tend to experience greater pressure during the Covid-19 pandemic, 20-26% identified as experiencing stress. acute, such as insomnia, aggressive, and tense.

Supported by data submitted by the Association of Indonesian Mental Medicine Specialists (PDSKJI) which provides online self-checking services for mental health problems through the www.pdskji.org page, to find out the impact of the Covid-19 pandemic on mental health. It was reported that from around 1,522 groups of teenagers who accessed the service, three psychological problems were found, namely anxiety, depression and psychological trauma. This shows that youth groups are very vulnerable to experiencing mental health problems as a result of the Covid-19 pandemic (Komala et al., 2020)

The enactment of the PSBB policy has made the government implement policies in the field of education in the form of online learning methods. Likewise with SMA Negeri 1 Pematang Raya, students are required to study online from home. Students learn by using internet services and online media such as WhatsApp, Google Classroom, Google Meet, and Zoom. High school students in the middle teen age category do not like online learning methods because they cannot group with their peers. Whereas the group is considered to be an important thing as a standard of behavior for middle adolescents. Potter and Perry (2010) stated that the variation in growth and development of adolescents is making group acceptance as a standard of behavior because the group is considered to be very important

Teenagers with certain personalities make their peers a source of fun, so that with the Covid-19 pandemic the opportunity to gather with peers is reduced or even non-existent. In other words, the teenager has lost a source of pleasure that can lead to internalizing behavior such as depression, anxiety, social withdrawal, eating disorders and even suicidal ideation (Hallahan & Kauffman, 1988).

Online learning provides a greater opportunity for teenagers to commit unscrupulous acts such as lying, cheating, and even stealing in order to get money with the excuse of buying internet packages. This happened as a result of the Covid-19 pandemic in the social sector which could lead to an increase in poverty and an increase in crime rates (Aeni, 2021).

The phenomenon that occurs in adolescents if it lasts a long time and is not treated early can be at risk of becoming a mental or emotional disorder. Mental or emotional disorders in adolescents that are not treated early can develop into more serious psychiatric problems. Therefore, it is necessary to do early detection as an early step to prevent mental disorders in adolescents. Early detection is an effort to find and determine early whether there is a disorder or mental development disorder in adolescents so that

prevention, stimulation, healing and recovery efforts can be carried out with clear indications (Chamidah, 2009). This needs to be done because mental health problems have a complex impact, although they do not cause death directly, but provide suffering for individuals with mental disorders and create a burden on the family and people around them (Nasriati, 2013).

2 RESEARCH METHODS

This study uses a descriptive research design that is to explain the variables based on the research situation. The population in this study were all students of SMA Negeri 1 Pematang Raya, Simalungun Regency, totaling 1024 people with more female sex than male sex. Determination of the number of samples in this study used the Slovin formula with a precision level of 5% in order to obtain the number of research samples is 288 people.

The sampling technique used in this study is a probability sampling technique, namely simple random sampling. This technique is a sampling technique where the population is homogeneous and has the same opportunity to be a sample. The sample is determined randomly by drawing lots using small paper. After the number of samples is sufficient, the researcher asks the sample's willingness and signs the informed consent. This research was conducted at SMA Negeri 1 Pematang Raya Kab. Simalungun in April 2022.

The variable of this research is the mental health of adolescents during the Covid-19 pandemic. Adolescent mental health during the Covid-19 pandemic was detected using a Strength and Difficulties Questionnaire (SDQ) that has been modified by researchers according to the research objectives. This questionnaire consists of demographic data and 25 statements with 2 domains, namely weaknesses and strengths. Weakness domain has 4 subdomains and 1 strength domain. The SDQ Questionnaire is an instrument used to detect early behavioral and emotional problems in adolescents aged 14-20 years .

The score or value obtained in each domain is categorized into 3, namely normal, threshold and abnormal. Normal values indicate that adolescents do not have mental health problems. The threshold value means that the teenager is at risk for mental health problems. An abnormal value means a case that means it has occurred in a teenager because he has mental health problems, needs special attention and must be followed up immediately.

Table 1. Categories of adolescent mental health questionnaire scores

	Domain	Normal	Category	
			threshold	Abnormal
Difficulties	Emotional problems	0-5	6	7-10
	Conduct problems	0-3	4	5-10
	Hiperactivity problems	0-5	6	7-10
	Problems with peers	0-3	4-5	6-10
	Difficulties total score	0-15	16-19	20-40
Strength	Prosocial behavior	6-10	5	0-4

The questionnaire used in this study was declared valid using the Aiken's V Content validity coefficient formula with a CVI (Content Validity Index (CVI)) = 1. Reliability test was carried out using Cronbach's Alpha. The value of the reliability test results obtained is 0.833. Analysis of research data is univariate analysis. The characteristics of adolescents and each category of answers that are filled out in the questionnaire will be presented in the form of a frequency distribution table.

3 RESULTS AND DISCUSSIONS

The results showed that from 288 students, students aged 16 years became the dominant age, amounting to 112 people (38.9%) followed by students aged 15 years 93 people (32.3%) and students aged 17 years as many as 83 people (28.8%). The sexes of SMA Negeri 1 Pematang Raya students were mostly female with a total of 180 people (37.5%) and the remaining 108 male students (62.5%)

Data known through questionnaires showed that in every domain and subdomain except for relationship problems with adolescent peers, the normal category became the more dominant category. However, adolescents were found with threshold and abnormal categories. Teenagers with normal categories in each part of the domain and subdomain amounted to 54 people.

Emotional problems

The results of the research on the subdomain of emotional problems showed that 205 students (71.2%) were declared normal, 35 students (12.2%) were in the threshold category and the remaining 39 students (20.5%) were in the abnormal category. This high percentage of normality is in accordance with the statement (Indarjo, 2009) which states that one of the characteristics of normal adolescents is being able to express their emotions and find solutions to a problem. This shows that most teenagers do not

experience significant emotional problems during the Covid-19 pandemic.

This study found that there are still teenagers who are in the threshold and abnormal category. This happens because the teenager feels nervous in the Covid-19 pandemic situation and easily loses confidence. Teenagers also sometimes feel anxious and worried during the Covid-19 pandemic.

Factors that can influence include intelligence factors, levels of emotional development, self-concept, and adaptation patterns. These factors will affect the ability to deal with problems. If this situation is not good, it can lead to anxiety, depression, shame, and excessive guilt (Notosoedirjo and Latipun, 2011)

Behavioral problems

The results of the research on the behavioral problem subdomain showed that 194 students (67.4%) were in the normal category, 41 students (41.2%) were in the threshold category and the remaining 42 students (14.6%) were in the abnormal category. The abnormal category needs special treatment so that a more serious disorder does not occur. The normal category is high which indicates that most teenagers do not experience significant behavior problems during the Covid-19 pandemic. Teenagers do what others tell them to and don't take things that don't belong to them during the Covid-19 pandemic.

However, there are still teenagers who are categorized as threshold and abnormal with a low percentage. Kearney (2003) states that the symptoms of adolescents who have conduct problems include being aggressive towards other people and animals, intimidating others, fighting, lying, stealing and breaking rules, easily losing their mood, being rebellious, envious and irritable. These symptoms were still found in several teenagers at SMA Negeri 1 Pematang Raya during the Covid-19 pandemic.

The results showed that 61 teenagers (21.2%) often could not control their anger, as many as 22 people lied with the excuse of buying internet packages, 19 people quarreled with other people and 9 people took things that were not theirs.

Hyperactivity problems

The results of the research on the hyperactivity domain showed that 242 students (84.0%) were declared normal, 34 people (11.8%) were in the threshold category and the remaining 12 students (4.2%) were in the abnormal category. The normal category which is classified as high states that most teenagers do not experience significant hyperactivity problems during the Covid-19 pandemic. However, adolescents are still found with threshold and

abnormal categories. The threshold category is 34 people (11.8%) and abnormal 12 people (4.2%).

Based on the answers that were mostly given, teenagers stated that during the Covid-19 pandemic, teenagers first thought about the consequences before doing anything. Some teenagers find it difficult to focus on anything and their attention is easily distracted during the Covid-19 pandemic. Some teenagers are no longer trying to complete the work they are doing during the Covid-19 pandemic.

Relationship problems with peers

Peers are people or teenagers who have more or less the same level of maturity or age (Santrock, 2007). The results of the research in the domain of peer relations showed that 112 students (38.9%) were declared normal, 124 students (43.1%) were in the threshold category and the remaining 52 students (18.1%) were in the abnormal category. The threshold or risk category was the most commonly found category.

The data collected shows that during the COVID-19 pandemic, teenagers prefer to be alone in their rooms than going out with people their age. This can be a form of adaptation for teenagers during a pandemic situation where the PSBB policy is enforced. Based on this regulation, people are encouraged to stay at home except in urgent and forced situations (Oktaviany, 2021).

Whereas adolescence is generally a time when someone likes to hang out with their peers. Especially middle teens who consider groups as important by making group acceptance a standard of behavior (Potter Perry, 2010). We know that teenagers generally use their peers as a source of fun and are very influential in their social life, but the Covid-19 pandemic has caused PSBB so that teenagers cannot gather with their peers.

The higher number of adolescents with the threshold category than the normal category indicates that many adolescents are at risk for experiencing disorders, especially relationships with peers, so they need to be treated early so that they do not develop into serious problems.

These results are in accordance with the results of research conducted by Wiguna (2010) at the Child and Adolescent Mental Polyclinic RSCM Jakarta. This study found the problem of relationships with peers as the dominant problem of (54.8%). Similar results were found in Wulandari's research (2018) on adolescents in the Darat Village, Medan Baru District. Relationship problems with peers became the dominant problem that was equal to (39.3%)

5. Prosocial behavior

Baron and Byrne (2005) state that prosocial behavior is an act of helping that benefits others, without any guarantee that the person who helps will benefit or even bear certain risks for their actions.

The results of the research on the domain of prosocial behavior (Strength Score) showed that 234 students (81.3%) were declared normal, 33 students (11.5%) were in the threshold category and the remaining 21 students (7.3%) were in the abnormal category. This high normal category indicates that adolescent adjustment actions during the Covid-19 pandemic are positive, because prosocial behavior is a positive adjustment action.

During the Covid-19 pandemic, some teenagers' prosocial behavior was still in the threshold and abnormal category with a tendency to be less than happy to share with others as evidenced by 141 teenagers (49.0%) answering somewhat correctly and 38 teenagers (13.2%) not offering themselves often. to help others. This can occur according to individual characteristics, be it age, gender, and personality. Other things can be pressure from outside the self, social context and social events.

3 CONCLUSIONS AND RECOMMENDATIONS

The conclusions of this study are as follows:

1. In general, the mental health of adolescents during the Covid-19 pandemic is normal, but there are students with threshold categories and abnormal categories who require more special attention. Adolescents in the abnormal category in the weakness domain are 41 people (14.2%), in the strength domain are 21 people (7.3%)
2. During the Covid-19 pandemic, the majority of teenagers at SMA Negeri 1 Pematang Raya, Simalungun Regency did not experience emotional problems, but they were found to be in the threshold and abnormal category.
3. During the Covid-19 pandemic, the majority of teenagers at SMA Negeri 1 Pematang Raya, Simalungun Regency did not experience behavior problems, but students were found to be in threshold and abnormal categories.
4. During the Covid-19 pandemic, the majority of teenagers at SMA Negeri 1 Pematang Raya, Simalungun Regency did not experience hyperactivity problems, but students were found to be in threshold and abnormal categories.

5. During the Covid-19 pandemic, the majority of teenagers at SMA Negeri 1 Pematang Raya, Simalungun Regency were at risk or had the potential to experience relationship problems with peers. Adolescents with a higher threshold category than adolescents with normal and abnormal categories.
6. During the Covid-19 pandemic, the majority of adolescents in SMA Negeri 1 Pematang Raya, Simalungun Regency had good prosocial behavior as indicated by the results of research where adolescents with normal categories were higher than the threshold and abnormal categories, but students were found in the threshold and abnormal categories.

Researchers hope that the results of this study can be useful for nursing research, health services and educational institutions.

1. For further nursing research, the researcher suggests using the results of this study as additional information about adolescent mental health, especially middle adolescents. Further research can be a solution that can be applied when the mental health of adolescents is detected in the threshold or abnormal category.
2. It is recommended for health workers to provide more counseling regarding early detection of adolescent mental health using the SDQ questionnaire, so that the community is able to detect adolescent mental health from an early age to prevent and deal with adolescent mental health problems so that it does not become a more serious problem.
3. Researchers suggest schools, especially High Schools (SMA) by involving teachers to detect adolescent mental health in schools. This is recommended because the use of early detection tools for adolescent mental health, the SDQ questionnaire is quite easy, namely by filling out the questionnaire.

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