

Hubungan faktor protektif: self-esteem, hubungan keluarga dan dukungan sosial terhadap kesehatan jiwa remaja = The relationship of protective factors: self-esteem, family relationship and social support to adolescent mental health

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Abstrak

Gangguan jiwa mulai terjadi pada usia 10-29 tahun sebanyak 10-20%. Faktor protektif untuk mencegah terjadinya gangguan jiwa pada remaja adalah harga diri (self-esteem), hubungan keluarga dan dukungan sosial. Penelitian ini bertujuan untuk mengetahui hubungan faktor protektif: self-esteem, hubungan keluarga dan dukungan sosial dengan kesehatan jiwa remaja. Desain penelitian menggunakan deskriptif korelatif dengan teknik purposive sampling dan jumlah responden sebanyak 452 orang. Data diambil menggunakan lima kuesioner yaitu data demografi, Rossenberg Self-Esteem Scale, Index Family Relation, Child and Adolescent Sosial Support Scale, Mental Health Continuum Short Form.

Hasil penelitian menunjukkan mayoritas remaja SMP memiliki kesehatan jiwa tingkat sedang (moderate). Faktor protektif yang dimiliki remaja diantaranya harga diri tingkat sedang, hubungan baik dalam keluarga serta memperoleh dukungan sosial yang tinggi dari orang tua, guru, teman sekelas dan teman dekat. Remaja kurang mendapatkan dukungan sosial dari sekolah. Faktor protektif: self-esteem, hubungan keluarga dan dukungan sosial (orang tua, guru, teman sekelas, teman dekat dan sekolah) memiliki hubungan bermakna dengan kesehatan jiwa remaja. Penelitian ini diharapkan menjadi dasar dalam pengembangan program promosi kesehatan jiwa remaja dengan meningkatkan faktor protektif: harga diri, hubungan keluarga dan dukungan sosial.

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Mental disorders begin to occur at the age of 10-29 years about 10-20 %. Protective factors to prevent mental disorders in adolescents were self-esteem, family relationships and social support. This study aims to determine the relationship of protective factors: self-esteem, family relationships and social support to adolescent mental health. The desain study was descriptive correlative and sample using purposive sampling technique with 452 people. Data were collected by five questionnaires: demographic data, Rossenberg Self-Esteem Scale, Family Relation Index, Child and Adolescent Sosial Support Scale, Mental Health Continuum Short Form.

The results showed that the majority of junior high school adolescents have moderate mental health. Protective factors of adolescents include moderate self-esteem, good relationships in the family and high social support from parents, teachers, classmates and close friends. Adolescents got less social support from school. Protective factors: self-esteem, family relationships and social support (parents, teachers, classmates, close friends and school) have a meaningful relationship with adolescent mental health. This research is expected for basic the development of youth mental health promotion program by increasing the protective factors: self esteem, family relationship and social support.