

# HUBUNGAN TINGKAT RISILIENSI DENGAN KESEHATAN MENTAL REMAJA DI SMK NEGERI 1 SEYEGAN

Gina Whydhytha<sup>1</sup>, Suwarno<sup>2</sup>

Email: [Whydhythaginaa@gmail.com](mailto:Whydhythaginaa@gmail.com)

## INTISARI

**Latar Belakang:** Menurut *World Health Organization* (WHO) Usia remaja sekitar 10 – 19 tahun. Remaja membutuhkan resiliensi sebagai kemampuan untuk dapat mengendalikan diri ketika sedang menghadapi tantangan dan tekanan kemudian dapat bangkit dan pulih secara sehat dan produktif. Kondisi sehat remaja dapat dikatakan sehat secara fisik, mental dan sosial, sehingga untuk memperoleh kondisi tersebut dibutuhkan resiliensi yang baik.

**Tujuan:** Mengetahui hubungan tingkat resiliensi dengan kesehatan mental pada remaja di SMK Negeri 1 Seyegan.

**Metode:** Jenis pada penelitian ini adalah penelitian kuantitatif korelasional dengan menggunakan pendekatan cross sectional. Teknik pengambilan sampel menggunakan teknik probability sampling dengan jumlah responden sebanyak 238 siswa. Pengambilan data menggunakan kuesioner resiliensi dari Connor- Davidson Resilience Scale (D -RISC) dan kuesioner kesehatan mental dari Aziz & Zamroni 2020. Analisis data menggunakan uji statistic kendall Tau-b.

**Hasil:** Hasil analisis menunjukkan sebagian besar siswa memiliki 3 kategori resiliensi yang sama yaitu rendah (22.7%), sedang (22.7%) dan tinggi (22.7%). Sedangkan kesehatan mental yang dimiliki siswa sebagian besar kesehatan mental tinggi (52.9%). Hasil uji statistic menggunakan uji Kendall Tau-b didapatkan p- value (0.000) <  $\alpha$  (0.05) dengan nilai  $r = 0.227$  dengan arah hubungan positif, dimana semakin tinggi resiliensi yang dimiliki siswa maka semakin tinggi pula kesehatan yang dimiliki siswa begitupun sebaliknya.

**Kesimpulan:** Terdapat hubungan yang signifikan antara tingkat resiliensi dengan kesehatan mental remaja di SMK Negeri 1 Seyegan dengan arah hubungan positif dan korelasi lemah.

**Kata Kunci:** Remaja, Resiliensi, Kesehatan Mental.

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<sup>1</sup> Mahasiswa Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup> Dosen Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

## THE RELATIONSHIP BETWEEN LEVEL AND ADOLESCENT

Gina Whydhytha<sup>1</sup>, Suwarno<sup>2</sup>  
Email: [Whydhythaginaa@gmail.com](mailto:Whydhythaginaa@gmail.com)

### ABSTRACT

**Background:** According to the World Health Organization (WHO), adolescents are around 10-19 years old. Adolescents need resilience as the ability to be able to control themselves when facing challenges and pressures and then be able to rise and recover in a healthy and productive manner. Healthy conditions for adolescents can be said to be physically, mentally and socially healthy, so that to obtain these conditions requires good resilience. Objective: To determine the relationship between resilience levels and mental health in adolescents at SMK Negeri 1 Seyegan.

**Method:** This study used a quantitative correlational research design with a cross-sectional approach. The sampling technique employed was probability sampling, with a total of 238 respondents. Data were collected using the Connor-Davidson Resilience Scale (D-RISC) questionnaire to measure resilience and the mental health questionnaire developed by Aziz & Zamroni (2020) to assess mental health. Data analysis was conducted using the Kendall Tau-b statistical test.

**Results:** The analysis showed that most students fell into three categories of resilience, which were equally distributed as follows: low (22.7%), moderate (22.7%), and high (22.7%). Regarding mental health, the majority of students had high mental health (52.9%). The statistical test results using the Kendall Tau-b test revealed a p-value of 0.000, which was less than  $\alpha$  (0.05), indicating a statistically significant relationship. The value of  $r = 0.227$  showed a positive correlation, meaning that the higher the resilience level of students, the better their mental health, and vice versa.

**Conclusion:** There is a relationship between the level of resilience and adolescent mental health at SMK Negeri 1 Seyegan with a positive relationship direction and weak correlation.

**Keywords:** Adolescents, Resilience, Mental Health.

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1 Nursing Study Program Student, Jenderal Achmad Yani University Yogyakarta

2 Lecturer of Nursing Study Program, Universitas Jenderal Achmad Yani Yogyakarta