

GAMBARAN GANGGUAN MENTAL EMOSIONAL REMAJA AKHIR DI PRODI KEPERAWATAN UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA

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INTISARI

Latar Belakang: Gangguan mental emosional pada remaja memiliki dampak yang serius, seperti sulit berkonsentrasi, masalah tidur, dan dampak fisik. Pengkajian gangguan mental emosional penting dilakukan untuk mencegah emosional secara dini yang memungkinkan untuk intervensi yang lebih cepat dan lebih efektif.

Tujuan: Mengetahui gambaran gangguan mental emosional remaja akhir di prodi keperawatan Universitas Jenderal Achmad Yani Yogyakarta.

Metode: Metode penelitian ini memakai metode *deskriptif* kuantitatif. Teknik pengambilan sampel yaitu *convenience sampling* dengan sampel sebanyak 80. Kriteria inklusi yaitu dengan usia 18 – 21 tahun dan bersedia menjadi responden. Penelitian menggunakan pendekatan *deskriptif* dan analisa penelitian menggunakan analisa univariat. Instrumen penelitian ini menggunakan kuisisioner *Self Reporting Questionnaire* (SRQ).

Hasil: Jenis kelamin mayoritas responden berjenis kelamin perempuan, usia 20 tahun, Pendidikan terakhir ayah dan ibu SMA, pekerjaan ayah petani/ buruh dan pekerjaan ibu yaitu ibu rumah tangga. Remaja Akhir di Prodi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta yang menderita gangguan mental emosional sebanyak 33 responden atau 34,23%.

Kesimpulan: Remaja Akhir Prodi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta adalah mayoritas Remaja Akhir yang tidak menderita gangguan mental emosional.

Kata Kunci: Gangguan Mental Emosional, Remaja Akhir Prodi Keperawatan

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**DESCRIPTION OF MENTAL EMOTIONAL DISORDERS IN
ADOLESCENTS IN THE NURSING STUDY PROGRAM OF GENERAL
ACHMAD YANI UNIVERSITY, YOGYAKARTA**

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ABSTRACT

Background: Emotional mental disorders in adolescents have serious impacts, such as difficulty concentrating, sleep problems, and physical impacts. Assessment of emotional mental disorders is important to prevent early emotional disorders that allow for faster and more effective intervention.

Objective: To determine the description of emotional mental disorders in late adolescents in the nursing study program at Jenderal Achmad Yani University, Yogyakarta.

Method: This research method uses a quantitative descriptive method. The sampling technique is convenience sampling with a sample of 80. The inclusion criteria are those aged 18-21 years and willing to be respondents. The study uses a descriptive approach and research analysis uses univariate analysis. The research instrument uses the Self Reporting Questionnaire (SRQ) questionnaire.

Results: The gender of the majority of respondents is female, age 20 years, the last education of the father and mother is high school, the father's job is a farmer/laborer and the mother's job is a housewife. Late Adolescents in the Nursing Study Program at Jenderal Achmad Yani University, Yogyakarta who suffer from emotional mental disorders are 33 respondents or 34.23%.

Conclusion: Late Adolescents of the Nursing Study Program at Jenderal Achmad Yani University, Yogyakarta are mostly Late Adolescents who do not suffer from emotional mental disorders.

Keywords: Emotional Mental Disorders, Late Adolescents in Nursing Study Program

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