

ABSTRAK

Reni Nur Azizah (2026). Gambaran Kesehatan Mental Kelompok Remaja Kelas XII SMAN 1 BABADAN Berdasarkan Pemeriksaan *Self-Reporting Questionnaire* (SRQ-20). Karya Tulis Ilmiah, Program Studi D-III Keperawatan Kampus Kab. Ponorogo, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang. Pembimbing: Dr. Tri Anjaswarni, S.Kp, M.Kep.

Pendahuluan: Masalah kesehatan mental pada remaja adalah isu global yang penting, dengan prevalensi 14% di dunia dan 5,5% di Indonesia. Penelitian ini bertujuan mengetahui gambaran kesehatan mental siswa kelas XII di SMAN 1 Babadan mengenai tekanan akademik yang memicu stres pada siswa. **Metode:** Penelitian deskriptif analitik ini menggunakan kuesioner *Self-Reporting Questionnaire* (SRQ-20) untuk skrining. Sampel penelitian berjumlah 60 siswa yang diambil menggunakan teknik *cluster random sampling*. Data dianalisis dengan distribusi frekuensi untuk melihat indikasi gangguan mental emosional. **Hasil:** Temuan menunjukkan bahwa 50% responden terindikasi mengalami masalah kesehatan mental, mayoritas adalah perempuan (93,3%). Gejala dominan meliputi kecemasan (43,3%), diikuti penurunan energi (36,7%), gangguan kognitif (30%), somatik (25%), dan depresi (18,3%). Tercatat (63,6%) responden yang mengalami depresi memiliki ide bunuh diri. **Diskusi:** Tingginya masalah mental berkaitan dengan beban akademik. Remaja perempuan lebih rentan terhadap tekanan psikologis akibat fluktuasi hormon estrogen dan progesteron yang memengaruhi respons stres pada sumbu HPA. Ketidakstabilan ini dapat memicu kecemasan hingga depresi, menurunkan prestasi akademik, serta meningkatkan risiko ide bunuh diri, sehingga memerlukan intervensi klinis segera. **Kesimpulan:** Kesehatan mental remaja perlu penanganan serius karena masa transisi yang menghadapi tekanan akademik dan perencanaan masa depan. Jika tidak ditangani, berisiko berkembang menjadi gangguan jiwa yang lebih berat, serta depresi yang dapat memicu pemikiran bunuh diri. **Rekomendasi:** Dibutuhkan integrasi kolaboratif tenaga kesehatan di fasilitas kesehatan primer untuk kesehatan remaja dan sekolah melalui UKS dan program konseling. Meliputi pelatihan skrining SRQ-20 dan edukasi kesehatan jiwa. Kolaborasi ini penting untuk intervensi klinis tepat waktu.

Kata Kunci: Kesehatan Mental, Remaja, *Self-Reporting Questionnaire* (SRQ-20).

ABSTRACT

Reni Nur Azizah (2026). *An Overview of the Mental Health Status among Grade XII Adolescents at SMAN 1 BABADAN Based on the Self-Reporting Questionnaire (SRQ-20)*. Scientific Papers, D-III Nursing Study Program, Ponorogo Campus, Department of Nursing, Health Polytechnic of the Ministry of Health Malang. Advisor: Dr. Tri Anjaswarni, S.Kp, M.Kep.

Introduction: Mental health problems among adolescents represent a critical global issue, with a prevalence rate of 14% worldwide and 5.5% in Indonesia. This study aims to determine the mental health profile of Grade XII students at SMAN 1 Babadan regarding academic pressure that triggers stress in students. **Methods:** This descriptive-analytic study utilized the Self-Reporting Questionnaire (SRQ-20) for screening purposes. A sample of 60 students was selected using the cluster random sampling technique. Data were analyzed using frequency distribution to identify indications of mental-emotional disorders. **Results:** The findings indicated that 50% of the respondents showed signs of mental health issues, the majority of whom were female (93.3%). The dominant symptoms included anxiety (43.3%), followed by decreased energy (36.7%), cognitive impairment (30%), somatic symptoms (25%), and depression (18.3%). Notably, 63.6% of the respondents who experienced depression reported suicidal ideation. **Discussion:** The high prevalence of mental health issues is closely related to academic workload. Female adolescents are more vulnerable to psychological distress due to fluctuations in estrogen and progesterone hormones, which affect the stress response in the HPA axis. This instability can trigger anxiety and depression, lower academic achievement, and increase the risk of suicidal ideation, thereby requiring immediate clinical intervention. **Conclusion:** Adolescent mental health requires serious attention due to the transitional phase they undergo while facing academic pressure and future planning. If left unaddressed, there is a risk of developing more severe mental disorders, as well as depression that can trigger suicidal thoughts. **Recommendations:** Collaborative integration is required between health professionals in primary health care facilities for adolescent health and schools through the School Health Unit (UKS) and counseling programs. This includes training for SRQ-20 screening and mental health education. This collaboration is crucial for timely clinical interventions.

Keywords: Mental Health, Adolescents, Self-Reporting Questionnaire (SRQ-20).