

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Penelitian Skema : Riset Februari 2025**

Monica

**HUBUNGAN KESTABILAN EMOSI TERHADAP KESEHATAN MENTAL
PADA REMAJA DI SMPN MADANI PEKANBARU**

xiii + Halaman 47 + Tabel 17 + Skema 1+ lampiran 15

ABSTRAK

Tahap remaja masa peralihan dari masa anak-anak hingga kemasa dewasa, pada masa ini remaja mengalami pertumbuhan yang rawan fisik remaja yang memengaruhi sikap, perilaku, kesehatan, dan kepribadian, dengan emosi meluap dan pengendalian diri yang belum sempurna. Menurut survei kesehatan indonesia tahun 2023 diperkirakan 450 juta orang di seluruh dunia menderita gangguan jiwa. maka dari itu masalah keadaan kesehatan mental ini sangat berguna agar tidak terjadi hal yang tidak diinginkan pada masa pertumbuhan dewasanya dimana permasalahan ini kerap sekali membuat remaja memberikan perilaku yang negatif. Tujuan dari penelitian ini Mengetahui Hubungan kestabilan emosi terhadap kesehatan mental di SMPN Madani Pekanbaru. Penelitian ini menggunakan jenis kuantitatif dengan desain korelasi menggunakan pendekatan study cross sectional. Bertempatkan SMPN Madani Pekanbaru pada tanggal 4 Desember 2024, jumlah responden 109 siswa/i, menggunakan teknik sampel stratified, instrument kestabilan emosi dan MHI-38. Dimana pada penelitian banyak berjenis kelamin perempuan 55 (50.5%). Kestabilan emosi stabil maka kesehatan mental baik 42 responden (95.5%). Kestabilan emosi tidak stabil maka kesehatan mental kurang baik 53 responden (81.5%). Hasil uji statistic *chi-square* diperoleh *p value* = 0,000 artinya H_0 ditolak dan H_a di terima ada hubungan antara kestabilan emosi dengan kesehatan mental dimana nilai *p value* < 0,005 maka dianggap signifikan. Diharapkan untuk tempat penelitian agar memberikan metode pembelajaran estafet pada siswa/i agar pembelajaran semakin menarik, untuk institut agar dapat memasukkan strategi pengelolaan kestabilan emosi dan kesehatan mental di kalangan remaja pada mata kuliah keperawatan jiwa, penelitian selanjutnya dapat memberikan pencegahan mengenai kestabilan emosi terhadap kesehatan mental.

Kata kunci: Remaja, Kestabilan Emosi, Kesehatan Mental

Daftar Pustaka: 66 Referensi (2019-2025)

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**
Scheme Research: February 2025 Research

Monica

**THE RELATIONSHIP OF EMOTIONAL STABILITY TO MENTAL
HEALTH IN ADOLESCENTS AT SMPN MADANI PEKANBARU**
xiii + Pages 47 + Tables 17+ Schemes 1 + attachments 15

ABSTRACT

The transitional stage of adolescence from childhood to adulthood, during this period adolescents experience physical growth that affects attitudes, behaviors, health, and personality, with overflowing emotions and imperfect self-control. According to the 2023 Indonesian Health Survey, it is estimated that 450 million people around the world suffer from mental disorders. Therefore, this mental health problem is very useful so that unwanted things do not happen during their adult growth where this problem often makes adolescents give negative behavior. The purpose of this study is to find out the relationship between emotional stability and mental health at SMPN Madani Pekanbaru. This study uses a quantitative type with a correlation design using a cross-sectional study approach. Located at SMPN Madani Pekanbaru on December 4, 2024, the number of respondents was 109 students, using stratified sample techniques, emotional stability instruments and MHI-38. Where in the study there were 55 (50.5%) female genders. Emotional stability is stable, so the mental health of 42 respondents (95.5%) is good. Emotional stability is unstable, so mental health is not good 53 respondents (81.5%). The results of the chi-square statistical test obtained a p value = 0.000, meaning that H_0 was rejected and H_a was accepted, there was a relationship between emotional stability and mental health, where the p value < 0.005, then it was considered significant. It is hoped that the research site will provide relay learning methods to students so that learning is more interesting, for the institute to be able to include strategies for managing emotional stability and mental health among adolescents in psychiatric nursing courses, further research can provide prevention regarding emotional stability for mental health.

Keywords: Adolescence, Emotional Stability, Mental Health
Bibliography: 66 References (2019-2025)