

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Tugas Akhir, Agustus 2025

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**Pengaruh Terapi Kognitif Terhadap Kesehatan Mental Siswa Dalam
Mengatasi *Digital Overload* Di SMK Negeri 5 Pekanbaru**

Xii + 44 + 6 Tabel + 1 Skema + 13 Lampiran

ABSTRAK

Dampak kesehatan mental seperti penurunan kepercayaan diri gangguan psikologi stress dan depresi. Stres dan depresi yang ditimbulkan biasanya disebabkan oleh kelebihan informasi digital atau *digital overload*. Ada beberapa cara mengatasi kesehatan mental pada remaja yang disebabkan oleh *digital overload* salah satunya dengan menggunakan terapi kognitif. Tujuan penelitian ini untuk mengetahui pengaruh terapi kognitif terhadap kesehatan mental siswa dalam mengatasi *digital overload* di SMK Negeri 5 Pekanbaru. Waktu pelaksanaan penelitian ini pada tanggal 16 sampai 21 Juli 2025. Jenis penelitian ini adalah *quasy eksperimen* dengan pendekatan *one group pre-test post-test* desain. Sampel dalam Penelitian berjumlah 30 responden. Instrument penelitian ini menggunakan kuesioner *General health questionnaire-12* (GHQ-12) dan Worksheet Kesehatan Mental. Analisa yang digunakan adalah distribusi frekuensi dan *uji paired t test*. Hasil penelitian didapatkan sebelum diberikan intervensi sebanyak 20 siswa mengalami kesehatan mental buruk dimana disebabkan oleh masalah percintaan, bermain game hingga larut malam, bullying dan selebihnya merasa senang dan bahagia. Setelah diberikan intervensi terdapat peningkatan dimana sebanyak 22 mengalami kesehatan mental baik. Penelitian ini memperoleh nilai P-Value = 0,00 yang artinya H_0 ditolak sehingga dapat disimpulkan bahwa terdapat pengaruh antara terapi kognitif terhadap kesehatan mental dalam mengatasi *digital overload*. Sehingga terapi kognitif direkomendasikan untuk mengatasi kesehatan mental.

Kata Kunci : *Digital Overload*, Kesehatan Mental, Remaja, Terapi Kognitif
Daftar Bacaan : 28 (2018-2025)

**BACHELOR NURSING PROGRAM FACULTY OF NURSING
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Final Project, August 2025

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***Cognitive Therapy Practitioners for Students' Mental Health in Overcoming
Digital Overload at SMK Negeri 5 Pekanbaru***

Xii + 44 Pages + 6 Tables + 1 Schematic + 13 Appendices

ABSTRACT

Mental health impacts such as decreased self-confidence, psychological disorders, stress and depression. Stress and depression are usually caused by digital information overload. There are several ways to overcome mental health in adolescents caused by digital overload, one of which is by using cognitive therapy. The purpose of this study is to determine the effect of cognitive therapy on students' mental health in overcoming digital overload at SMK Negeri 5 Pekanbaru. The implementation time of this research is from July 16 to 21, 2025. This type of research is a quasi-experiment with a one-group pre-test, post-test design approach. The sample in the research amounted to 30 respondents. This research instrument uses the General health questionnaire-12 (GHQ-12) questionnaire and the Mental Health Worksheet. The analysis used was frequency distribution and paired t test. The results of the study were obtained before being given an intervention as many as 20 students experienced poor mental health which was caused by romance problems, playing games until late at night, bullying and the rest felt happy and happy. After being given an intervention, there was an increase where as many as 22 experienced good mental health. This study obtained a P-Value = 0.00 which means that H_0 was rejected so that it can be concluded that there is an influence between cognitive therapy on mental health in overcoming digital overload. So cognitive therapy is recommended to address mental health.

Keywords : Adolescents, Cognitive Therapy, Digital Overload, Mental Health
Reference : 28 (2018-2025)