

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

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Nadia Okviani
20301092

Hubungan Dukungan Keluarga Dengan Gangguan Mental Emosional Remaja
DI SMP 8 Pekanbaru

xi + 88 Halaman + 11 Tabel + 1 Skema + 10 Lampiran

ABSTRAK

Pada masa muda dengan perilaku gangguan dan penyalahgunaan zat, masalah hukum, agresi, menjadikan risiko tinggi bunuh diri pada remaja. Banyaknya masalah dan perilaku menyimpang pada masa remaja menunjukkan bahwa remaja merupakan kelompok risiko terhadap masalah kesehatan jiwa. Dukungan yang positif dari orang tua sangat membantu dalam penyesuaian diri remaja. Tujuan penelitian untuk mengetahui hubungan dukungan keluarga dengan kesehatan jiwa remaja awal. Penelitian kuantitatif dengan desain penelitian *cross-sectional* sampel penelitian terdiri dari 288 responden. Teknik sampling menggunakan *cluster sampling*. Penelitian dilakukan mulai 22-24 Juli 2024. Pengambilan data menggunakan kuesioner dukungan sosial dan kuesioner Strenght and Difficulties Questionnaire (SDQ). Data dianalisis dengan uji *Chi square*. Hasil penelitian analisis univariat terkait karakteristik responden yaitu hampir seluruhnya (94.8%) responden berada pada usia 12-15 tahun (remaja awal) sebanyak 273 orang, dan lebih dari separuhnya (68.1%) responden berjenis kelamin perempuan sebanyak 196 orang. Distribusi frekuensi dukungan keluarga di SMP 8 Pekanbaru, separuh responden tidak mendapatkan dukungan keluarga sebanyak 146 responden (50.7%). Distribusi frekuensi frekuensi gangguan mental emosional remaja awal di SMP 8 Pekanbaru hampir separuh responden memiliki gangguan emosional di rentang borderline sebanyak 123 responden (42.7%). Hasil uji statistik didapatkan *p value* = 0.00 < 0.05 yang artinya H_0 ditolak, sehingga dapat disimpulkan terdapat hubungan dukungan keluarga dengan gangguan mental remaja awal di SMPN 8 Pekanbaru. Diharapkan keluarga dapat menjaga dan meningkatkan kesehatan mental remaja dengan memberikan dukungan.

Kata Kunci : Dukungan keluarga, Gangguan Mental Emosional, Remaja

Daftar Pustaka : 49 (2019-2024)

**NURSING PROGRAM
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Nadia Okviani

20301092

*The Relationship of Family Support with Mental Emotional Disorders of
Adolescents in SMP 8 Pekanbaru*

xi + 88 Pages + 11 Tables + 1 Scheme + 10 Appendices

ABSTRACT

In youth with disordered behaviour and substance abuse, legal problems, aggression, make a high risk of suicide in adolescents. The many problems and deviant behaviours in adolescence indicate that adolescents are a risk group for mental health problems. Positive support from parents is very helpful in adolescent self-adjustment. The purpose of the study was to determine the relationship between family support and early adolescent mental health. Quantitative research with cross-sectional research design, the research sample consisted of 288 respondents. The sampling technique used cluster sampling. The research was conducted from 22-24 July 2024. Data collection using social support questionnaire and Strenght and Difficulties Questionnaire (SDQ). Data were analysed with Chi square test. The results of univariate analysis related to the characteristics of respondents were almost all (94.8%) respondents were aged 12-15 years (early adolescence) as many as 273 people, and more than half (68.1%) of the respondents were female as many as 196 people. Frequency distribution of family support in SMP 8 Pekanbaru, half of the respondents did not get family support as many as 146 respondents (50.7%). The frequency distribution of early adolescent mental emotional disorders at SMP 8 Pekanbaru almost half of the respondents had emotional disorders in the borderline range as many as 123 respondents (42.7%). The statistical test results obtained p value = $0.00 < 0.05$ which means H_0 is rejected, so it can be concluded that there is a relationship between family support and early adolescent mental disorders at SMPN 8 Pekanbaru. It is expected that families can maintain and improve adolescent mental health by providing support.

Keywords : Family Support, Mental Emotional Disorder, Adolescent

Bibliography : 49 (2019-2024)