

PROGRAM STUDI DIII KEPERAWATAN

IKES PAYUNG NEGERI PEKANBARU

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Inovasi teknologi edukasi *mental health : management stress* berbasis digital di SMAN 3 Pekanbaru

Xii + 44 Halaman + 10 Tabel + 9 Lampiran + 15 Referensi

ABSTRAK

Kesehatan menjadi hal yang paling penting bagi kehidupan manusia yang dapat dilihat dari berbagai aspek baik fisik maupun psikologis, karena tanpa adanya kesehatan yang baik setiap individu akan sulit melaksanakan aktivitasnya sehari-hari. Penelitian ini menggunakan desain penelitian *quasy exsperimantal* dengan rancangan pretest – *posttest with control group design*. Prevalensi orang dengan gangguan mental health di dunia dalam rentang usia 10-19 tahun kondisi mental health mencakup 16% dari beban penyakit dan cedera global. Prosedur penelitian ini adalah memberikan kuesioner *management:stress* pertanyaan mengenai kondisi *mental health* kepada responden sebelum dan sesudah mengakses *website mental health:management stress*. Berdasarkan diatas, maka ada efektifitas Inovasi Teknologi Edukasi *Mental Health:Management Stress* Berbasis digital pada remaja SMAN 3 PEKANBARU yang bertujuan untuk Untuk mengetahui pengaruh Inovasi teknologi edukasi *mental health:management stress* berbasis digital pada remaja SMAN 3 Pekanbaru. Perolehan rata-rata *Management Stress* Remaja sebelum dilakukan Dengan Inovasi Teknologi Edukasi *Mental Health:Management Stress* Berbasis digital adalah 51,20 dengan standar deviasi 8,180 sedangkan sesudah dilakukan dengan Inovasi Teknologi Edukasi *Mental Health:Management Stress* Berbasis digital adalah 65,56 dengan standar deviasi 9,110. 1. Terlihat bahwa nilai terendah sebelum diberikan inovasi teknologi *mental health management:stress* berbasis digital yaitu 11 responden (16,93%) sedangkan nilai sedang sebelum diberikan inovasi teknologi *mental health management:stress* berbasis digital yaitu 54 responden (83,07,%) dengan rata rata 51,20 serta standar deviation 8,180.

Kata Kunci : *Mental health,Management stress,Remaja,*

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Inovation teknologi education mental health : management stress digital at SMAN 3 Pekanbaru

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ABSTRACT

Health is the most important thing for human life which can be seen from various aspects, both physical and psychological, because without good health every individual will find it difficult to carry out their daily activities. According to WHO,). This research uses a quasi-experimental research design with a pretest - posttest with control group design. The procedure for this research is to provide a management:stress questionnaire with questions regarding mental health conditions to respondents before and after accessing the mental health:stress management website. Based on above, there is the effectiveness of digital-based Mental Health:Stress Management Educational Technology Innovation on teenagers at SMAN 3 PEKANBARU . The average gain for Adolescent Stress Management before it was carried out with the Mental Health Educational Technology Innovation: Digital-based Stress Management was 51.20 with a standard deviation of 8.180, whereas after it was carried out with the Mental Health Educational Technology Innovation: Digital-based Stress Management it was 65.56 with a standard deviation of 9.110 . 1. It can be seen that the lowest score before being given digital-based mental health management:stress technology innovation was 11 respondents (16.93%) while the medium score before being given digital-based mental health management:stress technology innovation was 54 respondents (83.07.%) with an average of 51.20 and a standard deviation of 8.180.

Keywords: Mental health, Management stress, Adolescents

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