



Factors That Influence of Mental Disorder Among Teenager

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**Abstrak**

The purpose of this study was to determine what factors trigger mental disorders experienced by adolescents. The object of this study amounted to 186 parents who have children at the junior high school level and senior high school level. Data was taken based on a questionnaire. The results showed that each teen has different causes of mental disorders. The causative factor can be influenced by the home environment and school environment, both from parents and peers.

**INTRODUCTION**

The term adolescence or adolescence comes from the Latin word (adolescence), which means grow in adulthood. The term youth used today has a broader meaning, including mental, emotional, social, and physical maturity. In fact, at this time, there is no clear location as it is not a class for children and does not include adults or the elderly (Ali and Ansari, 2016). Adolescence lasts for the age of 12-21, The subdivisions of 12-15: early adolescence, 15-18: middle adolescence, and 18-21: late adolescence. The 13 year old adolescent shows a significant difference from the 18 year old adolescent, regardless of the socio-cultural differences between the adolescents. When the term puberty is used, it means sexual maturity. Puberty generally occurs between 12-16 in boys and 11-15 in girls. Cooking, for example, makes it easier to have sexual intercourse before puberty (Rahayu, 2006). According to Sarwono (2011), adolescence is a period of transition from child to adult, not only psychologically but also physically. Adolescence presents numerous challenges due to the many changes that must be faced, such as physical, biological, psychological, and social (Geldard and Geldard, 2011). Entry into society today involves more or less

emotional aspects than adolescents. Adolescence is also developing intellectually and rapidly. Intellectual changes in adolescent thinking not only allow them to integrate into adult society, but are also the most characteristic character of all stages of Shaw and Costanza's development (Ali and Asrori, 2011). Young people usually have great energy, fiery emotions, and self-control is not perfect. According to Ali and Ansori (2006), teenagers often experience anxiety, restlessness, and loneliness. A person's emotional development is generally reflected in behavioral changes. The emotional development of teens is otherwise the same. The quality and symptoms of behavior are highly dependent on the level of emotional unevenness present in the individual. In everyday life, we often see emotional behaviors such as aggression, excessive anxiety, and indifference, as well as self-harm such as injuring or hitting our heads. During this time, teens experience significant changes, especially in their emotions and psychology. It is commonly called mental illness. Mental disorders and illnesses are the difficulties that must be faced in relationships with others, and the outlook on life and attitudes towards oneself (Fajar, 2016). Mental illness is a manifestation of some deviant behavior due to emotional distortion that is considered inappropriate behavior. This is due to a decline in all functions of the mind. Mental disorders are disorders that affect one or more mental functions. Psychiatric disorders are brain disorders characterized by impaired emotions, thought processes, behaviors, and perceptions of the five senses. This mental disorder causes stress and suffering for patients and their families (Stuart, 2007).

The difference between this study and previous studies is that teenager mental illness is determined by the compassionate attitude of parents. It is also necessary to check the psychological development of the teenager through the behavior of the youth school under the guidance of the BK teacher.

So, adolescence is a period of transition from childhood to adulthood. Adulthood is accompanied by physical, psychological and social development. Transition cause many difficulties in adjusting to himself and social environment.

## **METHOD**

This study uses a quantitative approach. The data was collected based on a questionnaire containing a list of questions created by the researchers, each

question and distributed to 186 respondents consisting of middle school parents and high school students. Justifies the results obtained qualitatively.

## RESULT

Based on data taken from questionnaires distributed to 186 respondents, parents of middle and high school students, the table below shows that:

No	Item	Answer	Percentage
1.	Do you have good communication with your child	1. Yes 2. No	1. 96,8% 2. 3,2%
2.	Do you free your child to choose the life choices he will live	1. Yes 2. No	1. 82,8% 2. 17,2%
3.	Do you always keep an eye on your child's activities	1. Yes 2. No	1. 96,2% 2. 3,8%
4.	Do you often see your child crying at night	1. Yes 2. No	1. 3,8% 2. 96,2%
5.	Morbidity and mortality in adolescents are generally caused mainly due to psychosocial factors such as violence, unwanted pregnancies, sexually transmitted diseases etc. what do you think such a thing needs psychotherapy treatment	1. Yes 2. No	1. 85,5% 2. 14,5%
6.	Do you think depression factors that are often experienced by teenagers because of the negative treatment of many people	1. Yes 2. No	1. 89,8% 2. 10,2%

7.	Do you think the existence of BK teachers in school can solve problems among adolescents	1. Yes 2. No	1. 70,4% 2. 29,6%
8.	Is parental indifference to children one of the impacts of difficulty focusing on learning	1. Yes 2. No	1. 93,5% 2. 6,5%
9.	What role is a parent is very important for the development of children in adolescence	1. Yes 2. No	1. 98,9% 2. 1,1%
10.	Do you think bipolar symptoms are dangerous	1. Yes 2. No	1. 91,9% 2. 8,1%
11.	Can bullying have short- and long-term effects	1. Yes 2. No	1. 97,8% 2. 2,2%
12.	Is bullying an act of physical oppression	1. Possible 2. No	1. 85,5% 2. 14,5%
13.	Does bullying often occur in schools	1. Yes 2. No	1. 71% 2. 29%
14.	Is the bullying factor always done by the person in power	1. Yes 2. No	1. 68,3% 2. 31,7%
15.	Are you with your child on good terms	1. Yes 2. No	1. 98,9% 2. 1,1%
16.	Has your child ever felt excessive anxiety	1. Yes 2. No	1. 83,3% 2. 16,7%
17.	Does your child have a different mood every time	1. Possible 2. No	1. 72,6% 2. 27,4%

18.	Has your child ever attempted suicide	1. Yes 2. No	1. 3,8% 2. 96,2%
19.	Has your child ever taken drugs	1. Yes 2. No	1. 0,5% 2. 99,5%
20.	Has your child ever been to a counselor or psychologist	1. Yes 2. No	1. 3,2% 2. 96,8%

Based on the results of the questionnaire addressed to parents. This instrument consists of twenty questions answered as “yes”, “no” or “possible”. Parents have good communication with your child yes 96,8% and no 3,2%. You free your child to choose the life choices he will live yes 82,8% and no 17,2%. You always keep an eye on your child’s activities yes 96,2% and no 3,8%. You often see your child crying at night yes 3,8% and no 96,2%. You think such a thing needs psychotherapy treatment yes 85,5% and no 14,4%. You think depression factors that are often experienced by teenagers because of the negative treatment of many people yes 89,8% and no 10,2%. You think the existence of BK teachers in school can solve problems among adolescents yes 70,4% and no 29,6%. Is parental indifference to children one of the impacts of difficulty focusing on learning yes 93,5% and no 6,5%. Role is a parent is very important for the development of children in adolescence yes 98,9% and no 1,1%. You think bipolar symptoms are dangerous yes 91,9% and no 8,1%. Can bullying have short- and long-term effects yes 97,85 and no 2,2%. Is bullying an act of physical oppression possible 85,5% and no 14,5%. Does bullying often occur in schools yes 71% and no 29%. Is the bullying factor always done by the person in power yes 68,3% and no 31,7%. Are you with your child on good terms yes 98,9% and no 1,1%. Has your child ever felt excessive anxiety yes 83,3% and no 16,7%. Your child have a different mood every time possible 72,6% and no 27,4%. Has your child ever attempted suicide yes 3,8% and no 96,2%. Has

your child ever taken drugs yes 0,5% and no 99,5%. Has your child ever been to a counselor or psychologist yes 3,2% and no 96,8%.

## **DISCUSSION**

Based on these results it can be concluded that, the role of parents for children during adolescent development is very necessary. With good communication, take part in determining the life choices that children will choose, and monitor the development of children as a form of carrying out the role of parents towards their children. The area of socialization for children is not only at home, one of them is at school. At school the role of BK teachers in dealing with the problems of their students is very important. One of the cases is the problem of bullying, the negative treatment that parents receive at their home, and the indifference of parents to their children. In dealing with these cases, BK teachers must handle their students through psychotherapy treatment with the help of a psychologist. Because the impact that will be caused starts from mild symptoms, namely crying at night, changes in the child's mood, and the heaviest symptom is the desire to use illegal drugs to attempted suicide in children.

Based on the table above, adolescents today are more susceptible to mental disorders. Our research also supports the findings of the World Health Organization (WHO) which says 1 in 4 adolescents aged 12-21 years suffers from mental health disorders. In Indonesia itself, the results of Riskesdas 2018 found that the prevalence of mental emotional disorders in adolescents aged over 15 years increased to 9.8% from 6% in 2013.

Data from Riskesdas (basic health research) 2018 shows the prevalence of mental emotional disorders as indicated by symptoms of depression and anxiety for ages 15 years and over reaches around 6.1% of the total population of Indonesia or the equivalent of 11 million people.

Teenagers (15-24 years) have a depression percentage of 6.2%. Severe depression will have a tendency to hurt yourself (self-harm) to suicide. 80-90% of suicides are the result of depression and anxiety. Suicide cases in Indonesia can reach 10,000 or the equivalent of every one hour there is a suicide case. According to a sacred ophthalmologist, 4.2% of students in Indonesia have ever

thought about committing suicide. Among students, 6.9% had suicidal intentions, while another 3% had attempted suicide. Depression in adolescents can be caused by several things such as pressure in the academic field, bullying, family factors, and economic problems.

In the results of this finding, we found that the biggest factor influencing adolescent mental disorders is in terms of the role of parents and schools, especially the role of the student counseling guidance teacher (BK). What is meant here is that the role of good parents towards their children has a major impact on the balance of children's mental management. This role can be seen by children, if their parents can communicate well with their children. Inviting children to talk while guiding further has a positive impact on the development of their mental aspects. With effective communication, children also feel heard and understood so that they can foster a positive assessment and appreciation of the child himself. This of course can foster confidence in children. On the other hand, ineffective communication will create feelings of worthlessness or unimportance and not being understood. Children may also see their parents as unhelpful and trustworthy.

Here are some things that can be done to achieve effective communication with children:

1. Listen in the way you like to be listened. Parents are expected to be role models for children in terms of listening when children are talking. Listening can also make children feel important. In addition, parents can involve empathy when talking to children.
2. Assume nothing. It's best not to make personal assumptions, if something is unclear or unsure, it's best to confirm or ask again.
3. Complete what they are saying. Do not immediately cut and judge children.
4. Eye contact. This is so that the child feels he is being cared for and heard when speaking.
5. Know when to talk and when not to talk. Understand the situation and circumstances, also consider the child's mood, to be able to know the right time to have a heart-to-heart talk with the child.

6. See things from your children's viewpoint. It aims to better understand the child's wishes and the child can feel more understood and understood. So he can be more open.
7. Drop the expectations. Instead, communicate openly and healthfully without having any expectations about what the child will say, how he will communicate it, and so on.

In addition to good communication, take part in determining the life choices that children will choose, and monitor children's development as a form of carrying out the role of parents towards their children. The role of parents in taking part in determining the life choices that children will choose is very important, but sometimes children do not feel happy and are not satisfied if they are arranged. So the way that parents do it is by not limiting the child's choices, giving directions about the consequences that the child will take and participating in monitoring the child's development. This method also applies to the handling of children at school by BK teachers.

The area of socialization for children is not only at home, one of them is at school. At school the role of BK teachers in dealing with the problems of their students is very important. One of the cases is the problem of bullying, the negative treatment that parents receive at their home, and the indifference of parents to their children. In dealing with these cases, BK teachers must handle their students through psychotherapy treatment with the help of a psychologist. Because the impact that will be caused starts from mild symptoms, namely crying at night, changes in the child's mood, and the heaviest symptom is the desire to use illegal drugs to attempted suicide in children.

Mental health according to WHO is a state in which a person realizes his abilities, can control the normal stresses of everyday life, can work productively, and is able to contribute to those around him. WHO emphasizes that mental health is more than the absence of mental disorders, but also the desire to maintain and seek emotional happiness.

Unfortunately, mental health in Indonesia is still considered a disgrace to families. It is not uncommon for patients to end up being ostracized, locked up, and shackled so as not to disturb the local residents. Stigma still surrounds psychiatric issues in Indonesia because many still think that mental disorders are caused by being exposed to magic, possessed by evil spirits, lack of faith, and



violating customary prohibitions. This stigma is what makes many people choose to seek treatment with spiritual experts.

In fact, according to the WHO there are some mental disorders that can be cured or given therapy. Treatment options for people with mental disorders are psychotherapy, hospitalization, support groups, and taking certain drugs. Although it can't be completely cured, this treatment can prevent the condition from getting worse and have fatal consequences, including cognitive damage to the brain, worsening quality of life, and even death.

## **CONCLUSION**

Adolescents are the nation`s successors in the future. As by nature, successors must be guided, nurtured, trained and guarded to become better successors. This care requires the intervention of the previous party, in other words adults, especially parents and teachers. Maintain mentally unstable adolescents and train them to stabilize mentally to avoid mental disorders that endanger children. Mental consistency at this time is not stable, so it is the role of adults who stabilize it. The future of a successful country is seen from the quality of the youth or youth of the country itself. To achieve this success, the existing youth are formed and confirmed by how they can control their ego or mentality. Because scattered conquest is how much stronger we are against our inner ego than against the enemy on the battlefield.

With this philosophy, it illustrates how important mental health is for teenagers. Mental health is a way of describing social and emotional wellbeing. Adolescence requires good mental health to prosper, form strong social relationships, adapt to change, and face life challenges.

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