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# Analysis of Emotional Mental Conditions in Adolescents

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**Keywords**

Emotions, mental states, teenagers

**Abstract**

Adolescence is an age full of emotional changes, where emotional changes in adolescence are a complex problem, emotions are still passionate, while self-control is not yet mature, teenagers begin to search for their identity, wanting to know themselves truly. This research aims to analyze mental conditions in teenagers using descriptive methods, with a sample of 189 teenagers at SMA Negeri 1 Darul Imarah. The instrument in this study used the SDQ questionnaire from Goodman. The results of this research are based on aspects of mental health, based on the aspect of emotional problems, the majority are in the normal category, namely 120 (63.49%). The second aspect of behavioral problems with the most in the normal category was 127 (67.19%). The third aspect is hyperactivity with the highest number in the normal category, namely 165 (87.3%). The fourth aspect of peers has the highest number in the borderline category, namely 83 (43.91%), this requires counseling for adolescents who experience characteristics characterized by tending to be alone, not having good friends, not liking to play with others, often being bullied by friends. The fifth most prosocial aspect is in the normal category, namely 165 (87.3%). This can be seen in the ability to consider other peoples feelings, be willing to share with others, like to help, often be kind to others. Mental health conditions greatly influence teenagers psychological balance in dealing with themselves and the environment.



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## INTRODUCTION

Adolescence is a period of significant physical, cognitive, and social development, marked by a multitude of changes, experiences, and challenges. Adolescent development starts from the age of 12-21 years, this period is a transition period from childhood to adulthood. This transition phase is a developmental phase that is characterised by significant changes and challenges experienced by teenagers. These changes include physical, mental, social and emotional changes (Stuart, 2013).

Emotional changes in adolescence are a complex problem, emotions are still passionate, while self-control is not yet mature, teenagers are starting to search for their identity, wanting to truly know themselves. Various kinds of emotional expressions emerge, and many problems begin to arise both within the family and social environment. Unstable ways of controlling themselves and thinking often create conflict and conflict in their minds. So it is not uncommon for teenagers to end up experiencing psychological imbalance. If this unbalanced condition continues and cannot be controlled properly, it can trigger emotional mental problems in teenagers (Devita, 2019).

Mental and emotional distress can be defined as a condition in which an individual experiences a state of psychological distress, psychological changes occur in certain circumstances but can return to normal, however, if this mental emotional problem is not handled properly it will have a bad impact on the adolescent developmental process (Mubasyiroh, Yunita, & Putri, 2017). One of the mental and emotional problems experienced by teenagers is stress, stress is a condition that can cause pressure in the development of teenagers. There are various changes that are occurring within a teenager, and there are also developmental milestones that must be reached at each age level. In other cases, teenagers also face various challenges related to puberty, shifts in social roles, and the ever-changing environment, all of which contribute to their pursuit of autonomy and independence. This challenge certainly has the potential to cause behavioral issues and significant stressors for teenagers if they are unable to effectively cope with these demanding circumstances. Mental and emotional problems can also hinder a person's ability to adapt to the environment and stressors in life.

Based on survey results from the Indonesia National Adolescent Mental Health Survey (I-NAMHS, 2020), a significant proportion of adolescents in Indonesia, specifically one in three individuals between the ages of 10 and 17, have experienced mental health challenges within the past year. This equates to 15.5 million adolescents in the country. As many as one in 20 teenagers aged 10-17 years in Indonesia also experience mental disorders. This figure is equivalent to 2.45 million teenagers in the country. Anxiety disorders are the mental disorders most commonly suffered by teenagers, namely 3.7%. This mental disorder is a combination of social phobia and general anxiety disorder. Its position is followed

by major depressive disorder with a proportion of 1%. The next most common mental health problem is behavioral disorders at 0.9%. Then, there are 0.5% of teenagers who experience post-traumatic stress disorder (PTSD). A similar percentage is experienced by adolescents with attention deficit hyperactivity disorder (ADHD).

According to research by the World Health Organization (WHO), as many as 104 out of 1000 population aged 14-25 years have various types of mental-emotional problems (Yunalia, Suharto, & Pakili, 2022). Stress is one of many issues that usually occur in teenagers due to several factors, including elevated pressure during the process of adaptation, a pervasive desire for acceptance and affirmation by the environment, the desire to be independent and the increasing need for access to technology and other needs. This will trigger emotional problems in teenagers (Aziz, Lutfiya, & Sulaiman, 2021).

According to Rachmawati (2020), adolescents aged 15-24 years have a depression percentage of 6.2%. Severe depression will result in a tendency to harm oneself (self harm) and even commit suicide. As many as 80 – 90% of suicide cases are the result of depression and anxiety. Suicide cases in Indonesia can reach 10,000 or the equivalent of every hour there is a suicide case. A study conducted by psychologists revealed that 4.2% of students in Indonesia had contemplated suicide. Among the student population, 6.9% had the intention to commit suicide, while another 3% had attempted suicide. Depression in teenagers can occur because of several things such as academic pressure, bullying, family dynamics, and economic adversity representing key contributing factors.

According to Veit and Ware (1983), aspects of mental health, namely psychological distress, describe individuals who are in a state of poor or negative mental health. Negative mental health conditions are measured by looking at the presence of several clinical symptoms that appear and are felt by the individual. The symptoms that appear can have an impact on a person's personal and social life. The first clinical symptom is anxiety or anxiety which can be manifested in physical and psychological conditions. The second symptom is depression which appears in the form of excessive feelings of sadness. The third symptom is loss of behavioral or emotional control.

Mental health is a continuum concept because its position is at two opposite extreme points, namely negative states and positive states. Negative states are described as psychological distress, while positive states are described as psychological well-being. Psychological well-being describes the state of an individual who has good mental health. This can be seen from indicators felt by individuals such as life satisfaction, emotional bonding, and general positive affect. Individuals who have positive psychological well-being tend to have a sense satisfaction, emotional attachment to the people around them, and always have realistic goals or achievements.

Based on research results of 393 teenagers aged 16-24 years, 95.4% stated that they had experienced symptoms of anxiety, and 88% had experienced symptoms of depression in response to challenges encountered during this developmental period. Apart from that, of all respondents, as many as 96.4% stated that they did not understand how to cope with stress due to the problems they often encountered (Kaligis, Ismail, Wiguna, & et al, 2021). Meanwhile, what is happening in schools today is that teachers and parents of teenagers only focus on physical health and academic grades alone are the main goals. Regardless of the mental health conditions experienced by teenagers, it is important to pay attention to these mental conditions in order to help with the problems experienced by teenagers, such as preventing and reducing negative impacts when teenagers experience difficult situations, helping reduce the burden and pressure they experience and supporting the psychological recovery process of teenagers. Based on the data obtained, it can be seen that teenagers are vulnerable to mental emotional disorders, this is the most important part of overcoming mental disorders in teenagers in order to make the quality of life of teenagers better and more controlled in the future.

## METHOD

### Design

This research design employs quantitative methodology, specifically a descriptive quantitative design. This type of quantitative research is in the form of a descriptive survey targeting teenagers at SMA Negeri 1 Darul Imarah, Aceh Besar.

### Participants

This research focused on a population of adolescents enrolled at SMA Negeri 1 Darul Imarah, Aceh Besar. The sample comprised 189 students from this high school, representing a cross-section of teenagers within the school. To ensure the sample was representative of the broader student population, a random sampling technique was employed. This method was chosen to give each student an equal likelihood of selection (Sugiyono, 2017).

### Instruments

Data collection was carried out using emotional mental instruments. The instrument created according to Goodman (2001) is known as the SDQ (Strength and Difficulties Questionnaire) questionnaire which contains 25 questions with an age range of 11 – 18 years. This instrument consists of five aspects that explain mental condition such as emotional and behavioral difficulties. First aspect is emotional problems that refers to feelings like anxiety, sadness, or mood swings that may interfere with daily functioning. The second aspect is behavioral problems, this includes actions that may be disruptive, defiant, or rule-breaking. The third aspect is hyperactivity that involves having an unusually high level of energy, difficulty sitting still, and impulsivity. The fourth aspect, peer problems explain difficulties in

forming and maintaining friendships. Children or individuals with peer problems may struggle with social cues, experience feelings of rejection. The last aspect is prosociality, this is the ability to act with empathy, kindness, and cooperation toward others.

**Data Analysis**

Data analysis techniques refer to the systematic methods used to process and interpret quantitative data. In this research, all data collected was analyzed using descriptive statistics within the SPSS for Windows 25 software. Descriptive statistics offer a fundamental overview of data, employing measures such as the mean, median, mode, and standard deviation, and range to highlight key characteristics and patterns in the dataset.

**RESULT**

Based on the results in table 1 above, the demographic data is that there are 189 teenagers consisting of 123 girls and 66 boys. In this study it can be seen in table 1 that the most emotional problems are in the normal category, namely 120 (63.49%), this indicates that teenagers are able to overcome the emotions that exist within themselves, such as being able to control worries, being able to build self-confidence and not easily scared. The second aspect of behavioral problems with the most in the normal category was 127 (67.19%). This shows that teenagers are able to control themselves from stealing, lying, fighting and bad behavior. The third aspect is hyperactivity with the highest number in the normal category, namely 165 (87.3%). This can be seen in the ability to overcome overly active actions, such as restlessness, being easily distracted, and the ability to complete tasks to completion. The fourth aspect of peers has the highest number in the borderline category, namely 83 (43.91%), This requires counseling for adolescents who experience characteristics characterized by tending to be alone, not having good friends, not liking to play with others, often being bullied by friends. This problem with peers is where children are less able to interact with their peers, whether at home or at school. Children's difficulties in socializing often make children less accepted by their peers, this can limit children from interacting actively in peer groups. The fifth most prosocial aspect is in the normal category, namely 165 (87.3%). This can be seen in the ability to consider other people's feelings, be willing to share with others, like to help, often be kind to others. To make it easier, you can see the following table:

**Table 1**

*Frequency distribution and percentage of mental health of students at SMAN 1 Darul Imarah*

| The aspect being measured | Category | Frequency | Percentage (%) |
|---|---|---|---|
| The aspect being measured | Normal | 120 | 63,49% |
| | Boderline | 30 | 15,87% |
| | Abnormal | 39 | 20,63% |
| Behavior problems | Normal | 127 | 67,19% |
| | Boderline | 27 | 14,28% |
| | Abnormal | 35 | 18,51% |
| Hyperactive | Normal | 165 | 87,3% |
| | Boderline | 19 | 10,05% |
| | Abnormal | 5 | 2,64% |

## DISCUSSION

Adolescence is a period of significant physical, cognitive, and social development, marked by a multitude of changes, experiences, and challenges (Nisya & Sofiah, 2012). According to WHO, adolescence is a transition period from childhood to adulthood with the age limit for adolescents ranging from 12 years to 24 years, however, if a teenager is married, a person is still classified as a teenager. Meanwhile, according to psychologists, the age range for adolescents is divided into three, namely: early adolescents (aged 10-13 years), middle adolescents (14-16 years), and late adolescents (17-19 years).

Mental disorders that are characterized by emotional disturbances are conditions that indicate that an individual is experiencing an emotional change that has the potential to develop into a pathological condition. If it continues, these emotional changes need to be anticipated so that mental health is maintained (Idaiani, Suhardi, & Kristanto, 2009). According to Goodman (2001), emotional mental health is an effort to find emotional mental disorders so that they can be identified and immediately followed up.

Based on the results of this research, it can be seen in the table that the most emotional problems are in the normal category, namely 120 (63.49%), this indicates that teenagers are able to overcome the emotions that exist within themselves, such as being able to control worries, being able to build self-confidence and not easily scared. Emotional problems, emotional symptoms lead to a typical feeling in the mind, a biological and psychological state in a series of action tendencies, related to socio-emotional changes. Emotional maturity can be influenced by the environment, especially family and friends (Videbeck, 2011). Santrock (2010) added that there are several things experienced by teenagers, including searching for self-identity, changes in emotions, personality, experiencing conflicts and relationships with family and peers.

The second aspect of behavioral problems with the most in the normal category was 127 (67.19%). This shows that teenagers are able to control themselves from stealing, lying, fighting and bad behavior. Disruptive or disruptive

behavior is a persistent pattern of negative, hostile and defiant behavior without any serious violation of social norms or the rights of others. Behavior is formed by the knowledge, attitudes and skills of family members in forming a good family environment in providing biopsychosocial needs, which has a huge influence on individual growth and development (Selina, 2011).

The third aspect is hyperactivity with the highest number in the normal category, namely 165 (87.3%). This can be seen in the ability to overcome overly active actions, such as restlessness, being easily distracted, and the ability to complete tasks to completion. Hyperactivity also refers to a lack of self-control, as illustrated by the tendency to make decisions or conclusions without considering the potential consequences of being punished or experiencing an accident (Suni, 2023).

The fourth aspect of peers has the highest number in the borderline category, namely 83 (43.91%), this requires counseling for adolescents who experience characteristics characterized by tending to be alone, not having good friends, not liking to play with others, often being bullied by friends. This problem with peers is where children are less able to socialize with their peers either at home or at school. Children's difficulties in socializing often make children less accepted by their peers, this can limit children from interacting actively in peer groups. In line with Luthfiana's (2017) research results, the sources of problems often experienced by students are friendship, academic and family problems.

The fifth most prosocial aspect is in the normal category, namely 165 (87.3%). This can be seen in the ability to consider other people's feelings, be willing to share with others, like to help, often be kind to others. Adolescents who are liked by many friends show more self-development and good attachment, such as interactions with friends based on independence, satisfaction, commitment and trust (Ogunboyede & Agokei, 2016).

Based on research results, mental analysis of teenagers is more likely to be in the normal category compared to the borderline and abnormal categories. This is in line with research by Rufaida, Wardani, and Panjaitan (2021) which explains that teenagers' mental analysis is more in the normal category compared to the borderline and abnormal categories. However, if you look at the aspects above, there are differences in the aspects of peers who have the most borderline categories which are different from other aspects. The importance of close friends in forming groups, conformity to group norms, influence from peers, desire not to depend on parents (Hockenberry & Wilson, 2015). If teenagers are not able to adapt well, they can experience stress in teenagers.

Peer relationships can have both positive and negative influences on adolescents. The need for acceptance by peers and the desire to belong to a group makes teenagers join groups which makes teenagers behave in accordance with the norms and values of their group, including risky behavior that can cause problems

with their mental health (Sulistiowati, Keliat, Besral, & Wakhid, 2018 ). This causes teenagers to experience mental health problems in the borderline and abnormal categories. Therefore, further attention is needed, counseling is carried out for teenagers, especially teenagers at SMA Negeri 1 Darul Imarah in the peer aspect.

## CONCLUSION

Based on the results of research on teenagers at SMA Negeri 1 Darul Imarah, Aceh Besar, with a sample of 189 teenagers consisting of 123 girls and 66 boys. These results explain that based on mental health aspects, based on the aspect of emotional problems, the largest number is in the normal category, namely 120 (63.49%), this indicates that teenagers are able to overcome the emotions that exist within them, such as being able to control worries, being able to build a sense of well-being. confident and not easily afraid. The second aspect of behavioral problems with the most in the normal category was 127 (67.19%). This shows that teenagers are able to control themselves from stealing, lying, fighting and bad behavior. The third aspect is hyperactivity with the highest number in the normal category, namely 165 (87.3%). This can be seen in the ability to overcome actions that are too active, restless, easily distracted, and the ability to complete tasks to completion. The fourth aspect of peers has the highest number in the borderline category, namely 83 (43.91%), this requires counseling for adolescents who experience characteristics characterized by tending to be alone, not having good friends, not liking to play with others, often being bullied by friends. . The fifth most prosocial aspect is in the normal category, namely 165 (87.3%). This can be seen in the ability to consider other people's feelings, be willing to share with others, like to help, often be kind to others.

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