



## Adolescent Girl Perceptions About Maintaining Mental Health During The COVID-19 Pandemic at Cipta Bhakti Husada Health Vocational School Yogyakarta

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### Abstract

**Background:** Adolescents who are a vulnerable group, experience mental health problems during the COVID-19 pandemic. From that, girls experience more mental health problems than boys. This study aimed to determine Adolescent girls' perceptions about maintaining mental health during the COVID-19 pandemic Cipta Bhakti Husada Health Vocational School Yogyakarta.

**Methods:** This study uses qualitative research with a phenomenological approach. The selection of informants was carried out using a purposive sampling technique with the support of Guidance Counseling teachers in selecting informants. The criteria for this research informant, namely class XI students, female and active in non-academic activities (extra-curricular or organizational). Data collection was carried out by an in-depth interview method. The data analysis used in this study is thematic analysis.

**Results:** All informants felt vulnerable and felt serious about mental health problems during the pandemic for various reasons. All informants have the perception that maintaining mental health has benefits and barriers during the pandemic. Cues to take action or stimulus informants to maintain mental health during the COVID-19 pandemic, one of which is from social media in the form of motivation. Health behavior in maintaining mental health from doing hobbies to venting to Allah SWT.

**Conclusion:** It is known that all informants have perceptions of the susceptibility, severity, benefits, barriers, and cues to action in maintaining their mental health during the COVID-19 pandemic that can shape their mental health behavior. Schools

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## INTRODUCTION

Mental health is part of overall health. According to the World Health Organization (WHO) (2004), health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Mental, physical, and social functioning are interrelated and dependent parts of health. There is some evidence that mental and physical illness can accompany, follow, or precede each other and there is evidence that mental disorders increase the risk of physical illness and vice versa. Mental health is part of the health aspects, both physical and psychological. Mental health is how to deal with stress, inability to adjust, relationships with the environment, and in determining decisions to be made (Fakhriyani, 2019).

The World Health Organization (WHO) declared an outbreak of the Corona virus (2019-nCoV) on January 30, 2020 and on March 11, 2020, WHO declared COVID-19 a pandemic (WHO, 2020). As a result of the massive transmission of COVID-19 with a high mortality rate, it causes mental health problems in the community. This is exacerbated by the obligations that the community must adhere to during the COVID-19 pandemic, which include implementing social restrictions or social distancing (Ridlo, 2020). Restrictions on mobility during the COVID-19 pandemic can potentially trigger anxiety, depression and stress in society (Megatsari et al., 2020)

One of the vulnerable groups affected by this pandemic is the adolescent group. Based on research conducted by Rahmayanthi et al. (2021) in as many as 205 adolescents, it is known that 59.5% or 122 adolescents experience psychological problems and 40.5% or 83 adolescents do not experience these problems. The proportion of adolescents who experienced psychological problems was higher than those who did not during the COVID-19 pandemic. Perceived stress from the COVID-19 pandemic has a positive correlation with adolescent depressive symptoms (Liu & Wang, 2021). In addition, teenagers also experience high levels of anxiety during the COVID-19 pandemic (Fitria & Ifdil, 2020).

From other studies it is also known that women experience mental health problems

more often than men. During COVID-19, adolescent girls show a higher risk of depression and anxiety than adolescent boys (Chen et al., 2020). Another study has reported similar findings, indicating that the proportion of male students who experienced psychological impacts and levels of stress, anxiety, and depressive symptoms were observed to be lower than those among female students (Zhou et al., 2020). Based on the research of Puspita et al. (2021), from research conducted related to anxiety during the COVID-19 pandemic in adolescent girls showed mild anxiety (80%), moderate anxiety (8.4%), and severe anxiety (10.5%). In addition, from a study conducted by Pratama, Hasymi, and Nurlaili (2021), the stress level of adolescents was 56.8% and mostly experienced by adolescent girls was 62.1%. In addition, the psychological distress of female children and adolescents is higher than that of male children and adolescents (Agustine & Borualogo, 2021).

Numerous factors contributing to the mental health challenges faced by young individuals during the COVID-19 pandemic include issues such as the inability to socialize with friends, personal experiences of being in close proximity to infected friends or family members who suffered severe illness, or the loss of loved ones due to COVID-19. Also high on the list of adolescent concerns is the inability to participate in extracurricular activities such as normal days (eg, sports, dance, music lessons etc.) or attend social events (Magson et al., 2021).

During the COVID-19 pandemic, from distance learning to face-to-face learning, adolescents experience various psychological disorders that affect their mental health. Adolescence is an important phase in developing social and emotional habits that are important for mental well-being. There are many consequences of adolescents not being able to cope with their mental health conditions that can extend into adulthood, impairing physical and mental health and limiting opportunities for living a fulfilling life as an adult (WHO, 2021).

Whether during or before the COVID-19 pandemic, there are many ways that adolescent can take care of their mental health. One that has

a positive impact on adolescent mental health is to be active in participating in extracurricular activities or organizations at school or outside of school. Students who are active in participating in extracurricular activities can take positive values from the activities they participate in and affect the expected learning outcomes. Good learning outcomes can reveal the psychological aspects of students (Rais & Syafruddin, 2020). As well as from the results of the preliminary study, it is known that there are several extracurricular and organizational activities that can be followed by students at Cipta Bhakti Husada Health Vocational School Yogyakarta in supporting their interests and talents as well as the need for skills in life such as language extracurriculars, scouting to digital marketing.

The results of another preliminary study conducted in April 2022 at Cipta Bhakti Husada Health Vocational School Yogyakarta through an interview with the Deputy Principal of the Curriculum Sector explained that there were changes experienced by both students and teachers. Throughout the COVID-19 pandemic, significant modifications were observed in the mode of education delivery, transitioning from an online learning model at the outset of the pandemic to face-to-face learning, which was implemented from December to August. Based on the results of the interviews, there were also mixed responses regarding the online learning that had been passed during the pandemic. In addition, in the preliminary study, interviews were conducted with two teachers and 6 students. The response from the teacher representatives themselves revealed the lack of enthusiasm of students in doing assignments. Another thing is supported by student statements that during Online Learning they are less able to understand the material given by the teacher.

Cipta Bhakti Husada Health Vocational School is a school that has met the criteria in Based on government policies contained in the Decree of the Four Ministers Number 01/KB/2022, Number 408 of 2022, Number HK.01.08/MENKES/1140/2022, Number 420-1026 of 2022 and have re-implemented face-to-face learning and non-academic activities that can be carried out directly at school. The

circular contains guidelines for Implementation of Learning in the COVID-19 Pandemic Period that the implementation of face-to-face learning can be carried out again with one of the considerations, namely with vaccination coverage having reached a minimum of 80% in education units and schools are required to organize 100% face-to-face learning (Kemdikbud, 2022).

In the results of the interviews, it was also known what students felt during face-to-face learning and online learning during the pandemic, one of which was mental fatigue. In this case, the researcher wants to know more about the mental health of students during the COVID-19 pandemic, both in terms of how health behavior and student perceptions of mental health are followed by their activeness in non-academic activities such as extracurricular or organizational at school. In accordance with the Health Belief Model (HBM) theory, things that affect students or an individual in considering the importance of their mental health during a pandemic can be seen from 6 components, namely perceived susceptibility (feeling there is vulnerability), perceived severity (severity / perceived seriousness), perceived benefits (feel of benefits), perceived barriers (feel there is barriers), cues to action (the drive to take action), and self-efficacy (ability to take action) (Rumapea, 2021). Based on the problems that have been mentioned and explained, researchers are interested in conducting research related to the perceptions of adolescents, especially schoolgirls about mental health during the COVID-19 pandemic at Cipta Bhakti Husada Health Vocational School Yogyakarta.

## METHODS

This study uses qualitative research using a phenomenological approach. The research was conducted at the Cipta Bhakti Husada Health Vocational School Yogyakarta from June to August 2022. The selection of informants used a purposive sampling technique by obtaining 4 adolescent girls as the main informants with the support of the Guidance Counseling teacher in the selection of the main informants. The criteria for informants, namely class XI students with age range of 15-18 years,

female, active in non-academic activities, had experienced the distance learning and face-to-face learning system during the pandemic. The selection of informants who are active in extracurricular activities or organizations is based on research by Oberle et al., (2020), in the journal preventive medicine that extracurricular participation is associated with better mental health outcomes and lower levels of anxiety and depressive symptoms. The informants of this study participated in more than one extracurricular activity and knew that extracurricular activities had benefits for them. Data collection is done by conducting in-depth interviews. Data analysis used, namely thematic analysis by understanding the data, compiling the code, looking for themes. In this study, the four informants were labeled to maintain the confidentiality of the informants. The four informants are divided into A1, B1, C1, and D1.

## RESULT AND DISCUSSION

### Perceived Susceptibility

Perceived susceptibility is Individuals' beliefs about their susceptibility to a risk of disease encourage them to adopt healthier behaviors. The greater the risk perceived by the individual, the more likely the person is to prevent the risk (Rachmawati, 2019). Based on the results of the study, all informants are over 16 years old and female said that they were in a vulnerable situation to experience mental health problems during the COVID-19 pandemic, but they had their own reasons for their vulnerability during the COVID-19 pandemic. First, the vulnerability they feel are motivated by past experiences that make informants vulnerable to mental health problems, especially in the COVID-19 pandemic situation. The past experiences were in the form of parental separation, not receiving direct care from parents as a child, being neglected by parents, experiencing emotional and physical abuse. This is reinforced by the following interview excerpts:

“...kan orang tua aku udah pisah ya mba ya. Terus aku ikut ibu pas waktu itu kan aku ibuku ke luar negri buat biayain aku sekolah terus aku dititipin sama bude ku...itukan ibu aku udah pisah nah itu ayahku ngga pernah

sama sekali kayak nengokin aku, nanyain kabar aku...Apalagi juga ibuku sering banget ngelampiasin amarahnya tuh ke aku gitukan. Yang salahkan ayah ya, kak. Nah aku kan ngga tau apa-apa. Terus sering pernah marah itu lampiasinnya ke aku, ngata-ngatain aku gitu...”-Informan C1  
“...my parents have separated. Then I went with my mother at that time, my mother went abroad to pay for my schooling, and then I was entrusted with my mother...that's why my mother separated, so my father never looked at me at all, asked how I was doing...Moreover, my mother often vented that's how angry he is at me. It's my father's fault, sis. Well, I don't know anything. Then he often used to get angry, he took it out on me, saying that to me...” - Informant C1

“...aku dikucilin tanpa sebab gitu. Aku baru berani cerita kelas 5 gitu. Terus papah aku marah ke sekolah, bilang ke sekolah kalau anak aku di ini giniin gitu, tapi tetep aja papah aku masih sering marah-marah kayak main tangan gitu...”-Informan B1  
“...I was ostracized for no reason. I just dared to tell 5th grade like that. Then dad, I'm angry at school, I tell school that my child is like this, but still dad, I still get angry like playing with my hands like that...” -Informant B1

For a child, divorce is a time when they experience being hurt or getting unfair treatment from themselves or others. Divorce also makes children lose the figure of a father or mother as well as divorce which can affect children's mental health with the emergence of low self-esteem, the emergence of a temper, doubt (indecision) and so on. Parental divorce that occurred in the informant when informant was still a child caused susceptibility to mental health problems. This is supported by research conducted by Wang, et al., (2021) that there is a negative impact of divorce for early childhood, namely the occurrence of stress that causes children to be vulnerable to mental health disorders. Since the divorce of their parents, the informant has also received care from the mother's family because the mother works

abroad. The informant was also unable to meet the father until the informant reached the teenage phase. The absence of father and mother in the child's life can affect the process of growth and development and the emotional condition of the child. This is supported by research conducted by Kusumawati (2020) that divorce that occurs when the child is still in the growth stage can affect the emotional condition of the child to adulthood.

Informants' vulnerability to mental health problems during the COVID-19 pandemic was also motivated by informants who had experienced emotional and physical violence from parenting in the past or when they were children. Children who get cruel actions from their parents can do the same thing to their children later when they become parents and can become aggressive people. Children born to parents with an aggressive attitude, then this can also happen to the child. It is also known that there is a picture that various mental health problems have a relationship with the bad treatment that was received when humans were children (Solihah, 2019).

Second, the vulnerability felt by informants is motivated by informants who are easily overthinking or thinking excessively. This makes informants become people who are easily stressed. In this condition of the informant, coupled with the COVID-19 pandemic, the informant's situation becomes vulnerable to mental health problems. The following is a statement from the informant:

"Stres karena itu aja, karena gampang kepikiran terus terlalu overthinking (berpikir berlebihan). Jadi, mudah stres"-Informan D1

"Stress because of that, because it's easy to think and keep overthinking. So, it's easy to stress"-Informant D1

Vulnerability is also felt by the informants who are motivated by the condition of the informant who is easily overthinking or thinking excessively which makes the informant a person who is easily stressed, coupled with the conditions of the COVID-19 pandemic. This is in line with research conducted by Sebo, et al., (2021) which showed that there were 24 respondents or 35.82% who responded that overthinking or excessive thoughts can cause

stress, 15 respondents or 22.39% of respondents responded that overthinking can cause pain and 28 respondents or 41.79% of other respondents responded that overthinking can lead to insecurity, lack of motivation, emergence of negative thinking, emergence of discomfort, emergence of thoughts that are critical of all things, feeling the problem is not over and the loss of focus.

During the COVID-19 pandemic, all of the informants had experienced mental health problems. Each informant experienced different mental health problems, including stress, experiencing pressure from the family environment, loneliness, sudden emotional changes, and anxiety to the idea of ending life. The following is a statement from an informant regarding mental health problems felt during the COVID-19 pandemic:

"Stres nya tuh karena itu terlalu overthinking dan kepikiran. Ngga dari sekolah sih kak, juga dari rumah"-Informan D1

"The stress is because it's too overthinking and overthinking. Not from school, sis, also from home"-Informant D1

"Kayaknya stres terus kesepian gitu. Terus juga ngerasa ngga tau mau ngapain hidup ini"-Informan A1

"It's like stress and loneliness. I also feel like I don't know what to do with my life"-Informant A1

"Ga mau apa namanya? Ngga mau hidup lagi. Terus pas itu kan juga sendiri juga di kamar, kayak pikiranku tambah banyak gitukan. Itu paling cuman pengen ngelakuin kayak gitu, tapi aku tau itu ngga boleh gitu maksudnya juga aku masih takut-takut dosa"-Informan A1

"What's the name? Don't want to live anymore. Then when you're alone in the room, it's like I think more and more. It's just that I want to do something like that, but I know that I can't do that, it means that I'm still afraid of sin" - Informant A1

"Kayak aku juga sendiri sih pernah gitu kayak tertekan sama keluarga aku sendiri...kegelisahan atau cemas"-

Informan B1

"It's like I've also been like that myself, like I'm depressed by my own family... anxiety or anxiety"-Informant B1

As is known, the informants are adolescent who are vulnerable to mental health problems with various past backgrounds and conditions. All vulnerable informants said that they had experienced mental health problems during the COVID-19 pandemic, which included stress, loneliness, sudden emotional changes, feeling pressured by parents, the emergence of anxiety to the emergence of ideas to end life. Adolescents who are in the process of transitioning from childhood to adulthood can experience various events and changes that make them experience stress. In addition, with the pandemic conditions that require teenagers to adapt in many ways, such as the changing learning system from face-to-face learning to online learning and vice versa again, reporting on social media, to the transmission of COVID-19. In a study conducted by Ifdil, et al. (2021) in the adolescents studied, it was found that adolescents were in the high category of experiencing stress during the COVID-19 pandemic. In the case of loneliness, according to Sagita dan Hermawan (2020), a person who is at the age of children and adolescents can be more vulnerable to feeling lonely during the COVID-19 pandemic. Suicide ideation is influenced by many factors, one of which is the research conducted by Aulia, et al., (2020), that there is a relationship between psychological factors and suicidal ideation in adolescents. Psychological factors in question, namely in the form of depression, anxiety and stress. Informants who experience anxiety can come from family or parental pressure. There are many causes and factors of stress faced by adolescents. Interpersonal stressors such as relationships with family, social environment and problems at school can also be a source or trigger for stress in adolescents during a pandemic (Windarwati et al., 2020).

After knowing the perception of vulnerability from the informant, knowing the perception of the informant regarding activeness in participating in non-academic activities such as extracurricular or organizational activities

can reduce the vulnerability of mental health problems during the COVID-19 pandemic. Extracurricular or organization is a non-academic positive activity provided by the school. During the COVID-19 pandemic, extracurriculars or organizations are held again directly during Face-to-face learning. There are informants who have the perception that actively participating in activities such as extracurricular activities or organizations can reduce vulnerability during the COVID-19 pandemic with the following quote:

"Membantu banget sih. Kan kalau aku disekolah itu ngerasa terjauh gitu dari rumah. Soalnya aku mah seneng di sekolah gitu, kalau di rumah itu gelisah banget, takut, gelisah..."- Informan B1

"It's really helpful. When I was at school, I felt the furthest away from home. It's because I like school like that, when I'm at home I'm very nervous, scared, nervous..."-Informant B1

"...pas offline (luring) ini sedikit membantu sih walau agak nambahin sebenarnya. Tapi ya lebih banyak seneng. Mungkin karena enjoy (menikmati) ya"-Informan A1

"... when offline this helps a little, even though it actually adds a bit. But yes, more fun. Maybe because you enjoy (enjoy) yes"-Informant A1

Informants who are adolescents and students can develop and maintain their mental health from actively participating in school activities such as extracurricular or organizational activities. Based on the results of this study, some of the informants felt that extracurricular activities or organizations could reduce the vulnerability of mental health problems during the COVID-19 pandemic. The benefits of participating in non-academic activities, which can help reduce vulnerability and develop mental health in a better direction. This is supported by research conducted by O'Flaherty et al., (2022), participation in extracurricular activities has a beneficial effect on adolescents' mental health whether it is in sports or arts activities.

In research conducted by Arifah dan

Haryanto (2018), it is mentioned the benefits of participating in extracurricular activities, namely being able to develop helping behavior, developing sharing behavior, practicing cooperation, developing a sense of caring, and practicing responsibility.

### Perceived Severity

Perception of severity is a perception that explains how one feels about the seriousness of an illness by leaving it untreated (Sari et al., 2021). Based on the results of the interviews, all of the informants said that mental health problems during the COVID-19 pandemic were serious problems. This perception is based on several reasons, namely mental health problems that are not treated can increase the severity of mental health problems themselves, have an impact on the lives of adolescents in the future and can affect physical health. The following is an excerpt from an informant's statement:

"Menurutku serius... Tapi kan kalau dibiarin tambah parah. Menurutku serius sih"-Informan A1

"I think it's serious... But if you let it go it gets worse. I think it's serious."-Informant A1

"Serius sih. Kalau kita ngga bisa nanganin gitu mungkin udah stress banget gitu ya"-Informan B1

"I'm serious. If we can't handle it, maybe it's already very stressful, right?" -Informant B1

"Itu kan berpengaruh sampai dewasa kan? ...kalo kita lagi stres terus ngga mau ngapa-ngapain atau bahkan sampai ngga mau makan gitu ya. Itu kan bisa nimbulkan sakit atau mungkin nyakitin diri sendiri..."-Informan D1

"It's influential until adulthood, right?...if we are stressed, we don't want to do anything or even we don't want to eat. It can cause pain or maybe hurt yourself..." -Informant D1

All of the informants also said that mental health problems gave them losses, such as being hampered in activities, difficult to focus, and feeling wasted time. The following are the results of interviews from informants:

"Menurutku, semua kegiatan malah terhambat"-Informan A1

"In my opinion, all activities are even hampered" -Informant A1

"Rugi, memberikan rugi karena kepikiran gitu mikir terus. Misal aku lagi ngelakuin hal ini gitu tapi mikirnya stuck (terhenti) di situ terus mikir di situ..."-Informan B1

"Loss, give a loss because you think like that, think about it. For example, I'm doing this kind of thing but think it's stuck there and keep thinking there..."-Informant B1

"Ruginya itu, waktunya terbuang gitu loh. Karena terlalu kepikiran, atau overthinking (berpikir berlebihan) yang lebih tuh. Jadi, waktunya terbuang gitu"-Informan D1

"The downside is that time is wasted. Because it's overthinking, or overthinking. So, time is wasted like that" -Informant D1

In addition, in adolescent girls, the stress that occurs during the pandemic can have a negative impact on the menstrual cycle from normal to abnormal (Agustin et al., 2022). According to Fitria and Ifdil (2020), mental health problems such as anxiety that occurs in adolescents during the pandemic can have an impact on reduced sleep time, difficulty focusing, often forgetting, and having sensitive feelings to irritability.

Based on the perceived loss, informants have the perception that mental health problems can be prevented by busying themselves with things they like and positive thinking that can help themselves in reducing or preventing the impact of mental health problems during the COVID-19 pandemic. The following are the opinions of the informants:

"Menurutku jadi orang sibuk"-Informan A1

"I think being a busy person"-Informant A1

"Menyibukkan diri kayak dengan main gitu, tapi mainnya kayak tau batas waktu gitu..."-Informan B1

"Busy yourself like playing like that, but playing like you know the time

limit..." -Informant B1

"Ya kayak ngelakuin hal hal yang disukai. Kayak ngelakuin hobi atau ngelakuin hal-hal yang disukai"- Informan D1

"Yeah, like doing the things you love. It's like doing a hobby or doing things you like" - Informant D1

"Kalau selalu berpikir positif, tenang gitu, santai relax (santai) aja gitu pasti ngga bakalan bisa stres, depresi gitu..."-Informan C1

"If you always think positively, stay calm, just relax (relax) like that, you won't be able to get stressed, depressed..." - Informant C1

What can be done as a prevention effort is to keep yourself busy with things you like and think positively. Although there is no specific research that being busy can reduce mental health problems during a pandemic, keeping yourself busy with hobbies can be an option for maintaining mental health. In addition, it is also known that an effective way to maintain mental health is to focus on yourself (Mulyani, 2021). Another prevention that the informants feel can help in dealing with mental health problems is to think positively. In research conducted by Khoiryasdien dan Warastri (2020), positive thinking training itself can help and increase self-acceptance in bipolar sufferers.

Apart from the methods above, there are other actions that can prevent mental health problems from causing seriousness and disruption in daily life, namely by being active in participating in extracurricular or organizational activities. According to informant B1 and informant D1, participating in extracurricular activities can help reduce the seriousness of mental health problems during the pandemic, reinforced by the following quote:

"Misalnya kalau dari ada masalah gitu ya? dari rumah kalau ngikutin kegiatan gitu jadi lupa masalahnya apa gitu..."-Informan B1

"For example, if there is a problem, right? from home if you follow activities like that, you forget what the problem is..." -Informant B1

"Iya, kalau ekskul itu disukai. Kayak misalkan aku suka bahasa korea gitu ya. Selama ngikutin itu aku ngerasa seneng. Seneng belajarnya gitu. Jadi, pikiran-pikiran yang sebelumnya kayak terlalu overthinking, terlalu cemas dengan hal ini. Terus lalu mengikuti ekskul itu hilang sejenak gitu"-Informan D1

"Yes, if the extracurricular is liked. Like for example, I like Korean. As long as I'm following it, I'm happy. Enjoy learning that. So, the thoughts that previously seemed to be too overthinking, were too anxious about this. Then, following the extracurricular activities, it disappeared for a moment." -Informant D1

### Perceived Benefits

All informants gave an opinion that maintaining mental health has benefits, especially as a preventive measure in preventing the emergence of mental health problems that can interfere with daily life. In addition, all of the informants also believed that the methods used to maintain mental health were effective in reducing the impact and avoiding mental health problems during their daily life. Maintaining mental health also has benefits in achieving goals, can also reduce stress and not burden others because mental health is maintained. The following is a quote from an informant:

"Manfaatnya kan jadi lebih semangat buat, lebih semangat buat itu tujuan aku, cita-cita aku"-Informan D1

"The benefit is that it makes me more enthusiastic, more enthusiastic for that is my goal, my goal" - Informant D1

"Memiliki sih. Biar nanti itu apa ya? Biar apa ya? Biar otaknya itu biar ngga stres terus gitu lah pokoknya"- Informan C1

"I have it. What will it be then? What are you doing? Let the brain not be stressed, that's the main thing" - Informant C1

"Ngga membebani orang lain"- Informan A1



“Don't burden other people”-  
Informant A1

In addition, all of the informants also thought that the methods taken to maintain their mental health so far are considered effective in reducing the prolonged impact of mental health problems experienced and can prevent themselves from developing mental health problems in the future. Maintaining mental health is also considered to have benefits in helping informants to achieve their goals, can also reduce stress and not burden others because mental health is maintained and stable. The construction of the perception of benefits is the belief that behavior change will reduce threats and provide other benefits (Mulyani, 2021).

Informants who are students, can participate in extracurricular activities or organizations that can help in maintaining their mental health. Extracurricular or productive organizations can be useful and have positive values for the lives of informants who are students. Perceptions of informants regarding extracurriculars or organizations that are followed are beneficial and effective in maintaining mental health during the COVID-19 pandemic. This was revealed by the informant that extracurricular or organizational activities that are followed by fun and without pressure can eliminate negative thoughts for a moment. This is supported by quotes from informants as follows:

“...Soalnya juga ekskul kan kebanyakan kita yang milih, jadi kayak enjoy (menikmati) gitu, seneng terus juga temen-temennya mendukung gitu”-Informan A1

“...Because most of us choose extracurricular activities, so it's like enjoying (enjoying) it, it's also nice to have friends who support it”-  
Informant A1

“Bermanfaat ya menurut aku. Walaupun ada beban pikiran dikit-dikit tapi bermanfaat gitu. Itu juga aku yang aku mau tanpa ada tekanan..”-  
Informan B1

“It's useful in my opinion. Even though it's a bit of a burden, it's useful. It's also me that I want without

any pressure...”-Informant B1

“Ya itu tadi, ngikutin ekskul itu jadi ngerasa lebih apa ya? Pikiran tuh, pikiran-pikiran negatif atau overthinking tadi itu jadi ilang sejenak”-Informan D1

“Yes, that's it, what do you feel about following extracurricular activities? That thought, those negative thoughts or overthinking just disappeared for a moment” -Informant D1

Extracurricular activities or organizations are productive activities and have positive values for the lives of informants who are students and adolescents. Stimulating conditions for learning in a reasonable atmosphere, without pressure can make students learn well (Fakhrurrazi, 2018).

### Perceived Barriers

Perceived barriers are also things that can interfere with individual involvement in implementing healthy behaviors (Modi & Driscoll, 2020). On the perception of barriers, all informants gave the same opinion that while maintaining their mental health during the pandemic there were barriers they faced. The barrier faced by the informant D1 is the unfavorable environmental conditions. Environmental conditions that are not conducive, such as noisy environmental noises make informants feel disturbed when doing activities that require quiet such as reading a book. The following is a quote from an informant:

“Kayak contohnya kalau saya lagi baca buku, nonton film kan hal yang saya sukai gitu. Nah, tapi itu ada suara berisik gitu jadi saya terganggu gitu”-  
Informan D1

“Like, for example, when I'm reading a book, watching movies is what I like. Well, but there was a noise like that so I was disturbed like that” -Informant D1

According to informant C1, the barrier is the attitude and words of the parents. This was felt by the informant and became a source of thought that made it difficult for the informant to maintain his mental health, especially when

at home. The following is an excerpt from the interview of the informant:

“Jadi, ya pasti lebih yang suka bikin kayak rintangan-rintangan itu ibuku sendiri sih. Soalnya ibuku tuh kalau tiba-tiba tuh suka marah-marah juga gitu. Terus kalau marah juga lampiasannya ke aku. Terus nanti ungkit-ungkit masa lalu dia sama ayahku gitu kayak kesalahan-kesalahan ayahku terus dilampiasannya ke aku gitu. Jadi, ya bikin pikiran gitu”-Informan C1

“So, I'm sure it's my mother who likes to make barriers like that. It's because my mother suddenly gets angry like that too. Then if you're angry, take it out on me. Then later, he will bring up his past with my father, like my father's mistakes and continue to take it out on me. So, yes, make up your mind like that”-Informant C1

The barrier felt by informant B1 during the pandemic was the difficulty of meeting and communicating directly with friends. Informants feel that during the pandemic, one of the ways to maintain mental health is to meet and communicate directly with friends, as in the following quote:

“Ada. Nggak bisa ketemu sama temen itu hambatan kan ya? Apalagi kalau cuma chat-chat itu rasanya kurang...”-Informan B1

“There is. Can't meet up with friends is a barrier, right? Especially if it's just chat, it feels like it's lacking...”-Informant B1

According to informant A1, during the pandemic the thing that became the barrier when maintaining mental health was the absence of his own space at home. The presence of the family in the room makes them feel uncomfortable when carrying out activities to maintain their mental health, as in the following explanation:

“Kalau menurutku tuh orang lain sih...Tapi nggak bisa kalau misal e ya di rumah tuh kamar, kamarku tuh lagi ada sama mbaku sepupu gara-gara lagi kerja di jogja gitu kan. Jadi, sekamar bareng aku. Terus sebenarnya kayak agak susah sih

jaganya jadinya”-Informan A1

“In my opinion, it's someone else... But I can't, for example, if you're at home, it's a room, my room is still with my cousin because I'm working in Jogja, right. So, room with me. And actually, it seems like it's a bit difficult to take care of it” -Informant A1

In this study, there were also informants who had experienced difficulties in finding ideal conditions when reading books at home. It is known that reading books is one of the ways the informants maintain their mental health. Even in research conducted by Fatoni et al., (2020) supports that non-conducive home conditions can make a person unable to receive lessons properly when studying at home. The ideal condition in question is a condition where the informant can read a book quietly and avoid a noisy and non-conducive environment. In addition, there were informants who received unfavorable treatment and words from their parents at home. It is known that this is the source of the informant's thoughts that hinders him from maintaining his mental health, especially when at home. Unfavorable treatment and words from parents can affect children's mental health. This even leads to other impacts, such as the emergence of a lack of self-confidence, difficulty in building relationships, the emergence of destructive behavior, withdrawing from the surroundings, drug and alcohol abuse, to have a tendency to commit suicide (Nurazizah, 2020).

Another barrier that is most commonly experienced during a pandemic is the difficulty of meeting and communicating directly with friends. It is known that during the pandemic there have been strict restrictions that require people to stay at home in an effort to prevent the transmission of the COVID-19 virus. These restrictions also require schools to be carried out online at the start of the pandemic. Of course, the barrier felt by the informants from not being able to meet and communicate directly with friends had an influence on the mental health of the informants. Maintaining communication with friends is also included in efforts to maintain mental health (Mulyani, 2021). Informants can also feel lonely when

they cannot meet their friends and can lead to other mental health problems.

One of the informants also felt that the problems in maintaining mental health during the pandemic was the informant who did not have his own room at home. When someone has their own space at home, in a positive way, it can be used as a place to focus on improving themselves for the better.

### Cues to Action

Encouragement or support can be a stimulus for informants in maintaining their mental health during the COVID-19 pandemic. The support or encouragement that becomes a stimulus for the informant can come from outside or the surrounding environment. This can also support informants' knowledge about mental health which can come from various sources such as the internet, social media, closest family and school environment. The following is a quote from an informant:

“Ada ding satu, mba sepupuku yang tadi itu”-Informan A1

“There is one ding, my cousin from earlier”-Informant A1

“Di sosmed kayak di tiktok seliweran (berjalan kian kemari) gitu”-Informan B1

“On social media, it's like tiktok, it's like that (walking here and there)”-Informant B1

“Aku biasa liat dari instagram atau tik tok tentang masalah masalah kesehatan mental”-Informan D1

“I usually see from Instagram or Tik Tok about problems mental health”-Informant D1

“Itu kan di CBH itu kan kesehatan itu kan ngga cuman menyangkut organ-organ doang tapi juga gurunya pernah ceritain kesehatan mental walaupun bukan pelajaran mapel nya”-Informan C1

“That's right at CBH, health isn't just about the organs, but also the teacher has told me about mental health even though it's not a subject matter” - Informant C1

In supporting adolescent mental health, encouragement or support is needed in maintaining mental health during the COVID-19 pandemic. This encouragement can take various forms. According to informants B1 and A1, the support or encouragement that helps in maintaining mental health is motivation from oneself and from those closest to them, such as friends. This is supported by the following quote:

“Aku dari diri sendiri sih kayak aku sayang sama diriku. Ya walaupun belum sepenuhnya gitu, lagi belajar. Tapi kayak sebenarnya tuh kita hidup bukan untuk siapa-siapa kan? Jadi kayak yaudah aku hidup untuk diriku sendiri gitu...”-Informan A1

“I'm from myself like I love myself. Yes, although not completely so, still learning. But it's like we don't live for anyone, right? So it's like okay I live for myself like that...” -Informant A1

“Temen-temen aku, temen dekat aku sama yang lainnya itu mesti aku lagi cerita stres-stres nya cerita sama mereka (sahabat) kayak gelisah gitu. Dikasih dorongan kayak ngasih semangat itu emang semangat itu butuh banget gitu buat aku. Ya cuman semangat gitu, tapi bisa bikin mental aku balik lagi”-Informan B1

“My friends, my close friends and the others, I have to talk about stress and talk to them (friends) like they are nervous. Being given encouragement is like giving encouragement, that spirit is really needed for me. Yes, it's just enthusiasm, but it can make me mentally come back again”-Informant B1

In addition, the encouragement felt by informants D1 and C1 in maintaining their mental health was in the form of motivation that came from famous figures or public figures. This can make informants become enthusiastic and motivate themselves in maintaining their mental health during the pandemic. The following is an informant's statement regarding the encouragement or support received:

“Kan aku suka itu ya grup band, boy band gitu ya... Mereka tuh juga

ngajarin buat apa ya? Mencintai diri sendiri, nerima semua kekurangan dan kelebihan diri. Jadi, kalau aku lebih belajar buat mahami, nerima diri sendiri gitu loh"-Informan D1

"I like that, yes, bands, boy bands, don't they... They also teach you what to do, don't they? Love yourself, accept all your weaknesses and strengths. So, if I learn to understand more, accept myself like that" -Informant D1

"Cuman dapet dari sosmed aja gitu pas ketemu bangtan (grup penyanyi laki-laki asal korea) terus atau pernah drakor-drakor (drama korea) juga tuh ada motivasi-motivasi gitu..." - Informan C1

"I only get it from social media, so when I meet Bangtan (a male singer group from Korea) or have there been drakors (Korean dramas) there are also such motivations..." - Informant C1

According to Trisutrisno, et al. (2022), someone who wants to make changes can be triggered from outside parties, such as family or closest colleagues, mass media (print, electronic, or internet) or health workers. As is known, the mass media and the internet provide a lot of information about ways to change health behavior.

In supporting adolescent mental health, encouragement or support is needed in maintaining mental health during the COVID-19 pandemic. The encouragement is in the form of motivation that comes from oneself, friends, or motivation from famous figures or public figures as obtained by informants. As is known, the benefits of the support obtained by individuals, it can increase self-confidence and motivate to become even better, because individuals who have high social support can better interpret their life experiences as positive, have high self-confidence, and look at life more optimistically than the other way around (Adnan et al., 2018).

### Health Behavior

Healthy behavior is the behavior or methods used by adolescent girl at Cipta Bhakti Husada Health Vocational School Yogyakarta

in maintaining their mental health during the COVID-19 pandemic. Reducing mental health impacts during the pandemic requires efforts such as daily routines that incorporate healthy behaviors, hobbies, virtual social interactions, and mindfulness (Venkatesh & Edirappuli, 2020). Based on the results of the interviews, informants have various ways of maintaining mental health during the COVID-19 pandemic. The method used by informants A1 and D1 is by doing hobbies or things they like. Here's the quote:

"Kalau aku sendiri kalau ngejalanin hobi ya aku mikirin ke hobi itu, ngga mikirin ke yang lain-lain"-Informan A1

"When I'm alone, when I do a hobby, I think about that hobby, I don't think about other people" - Informant A1

"Menurutku ngelakuin hal-hal yang aku suka...nonton film, atau nonton drakor, baca buku"-Informan D1

"In my opinion, doing the things that I like...watching movies, or watching Drakor, reading books"-Informant D1

Based on informants B1 and C1, the way to maintain mental health during a pandemic is to listen to music. This is conveyed in the following quote:

"Tenangnya muterin musik itu bikin tenang..."-Informan B1

"The quiet playing of music makes me calm..."-Informant B1

"Soalnya setiap kali...dengerin lagu-lagu bangtan tuh kayak emang bener-bener ngefek gitu loh mba bisa lupa beneran lupa kayak yang tadinya aku udah nangis banget, kayak ngga bisa tidur gitu tuh dengerin sama video bangtan tuh kayak jadi udah kayak udah nangis lagi...Terus bisa tidur nyenyak. Kadang sih emang ini sih, emang susah tidur gitu terus dengerin lagu bangtan juga bisa tidur"-Informan C1

"The thing is, every time...listening to Bangtan's songs, it's like it really has that effect, you can forget it's like I've been crying so much before, it's like I can't sleep like that when I listen to Bangtan's videos, it's like I'm already crying again ...Continue to sleep

soundly. Sometimes it's like this, it's really hard to sleep, so listening to Bangtan's songs can also sleep"  
-Informant C1

Apart from that, informant C1 also continued that the way to take care of his mental health was to complain to Allah SWT. whether there is a problem or not. In research conducted by Saud et al., (2021), health behaviours carried out in strategies to maintain mental health during a pandemic are building positive relationships and praying to God. The following is a statement from the informant:

"Iya, kadang juga ngadu Yang Maha Esa, tapi kan masa cuman ada masalah doang ngadunya?" -Informan C1

"Yes, sometimes you complain to the Almighty, but isn't there just a problem complaining about it?" -Informant C1

The scope and application of the theory of the health belief model in the context of healthy behavior is the belief that certain healthy actions or preventive measures will prevent or reduce illness. When maintaining mental health during the COVID-19 pandemic, informants took various ways, including doing hobbies they liked, listening to music, and complaining to Allah whether there were problems or not. The informants considered these things to be able to help them maintain their mental health during a pandemic. Teenagers also use music as a calming mind and stress reliever. In the world of health, music is used as therapy for patients so that these patients are more relaxed and calm (Najla, 2020). Apart from that, another activity that the informants considered could maintain their mental health was complaining to Allah SWT. whether there is a problem or not.

All informants had a positive direction to maintain their mental health during the COVID-19 pandemic and this could influence or impact the informants' mental health status in a better direction now and in the future. Informants also considered that the methods they used were effective in maintaining their mental health. It is known that an individual feels the benefits, the individual will increasingly carry out actions or ways that can reduce vulnerability and seriousness.

## CONCLUSION

Based on this research, it can be concluded and known that the perceptions of adolescent girls at Cipta Bhakti Husada Health Vocational School Yogyakarta, namely from perceptions of susceptibility, perceptions of severity, perceptions of benefits, perceptions of barriers, and cues to action that all informants feel the susceptibility and severity of mental health problems during a pandemic COVID-19 and feel the benefits, barriers and cues to action in maintaining mental health during the COVID-19 pandemic that can shape their mental health behavior. Based on this, schools can run participation-based mental health promotion programs that involve students. Health promotion that can be done is in the form of education related to mental health problems and ways to maintain mental health which can be done routinely or in the context of mental health days. Students can carry out creative activities such as making media accompanied by the teacher in increasing mental health awareness for fellow students. Limitations of this research are only used one method in data collection, namely the in-depth interview method and the results of this qualitative research cannot be generalized to all students. For future researchers, they can conduct research on the same topic by adding other data collection methods so that the validity of the data is higher.

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