

ABSTRAK

PENGETAHUAN SISWA TENTANG KESEHATAN MENTAL PADA MASA PANDEMI COVID-19 DI SMAN 1 KENDAL NGAWI

Oleh : Eka Viola Vernanda

Kesehatan mental adalah ketika seseorang terhindar dari gejala-gejala gangguan jiwa dan penyakit jiwa, dapat menyesuaikan diri, menggunakan potensi dirinya dengan maksimal, serta tercapai keharmonisan jiwa dalam diri. Pada masa pandemi covid-19 saat ini sangat berdampak terhadap kesehatan mental khususnya pada siswa. Tujuan penelitian ini untuk mengetahui pengetahuan Siswa SMAN 1 Kendal tentang kesehatan mental pada masa pandemi covid-19.

Jenis penelitian ini adalah deskripsi kuantitatif dengan teknik *Non Random Sampling* jenis sampel *Quota Sampling*. Populasi sebanyak 436 siswa dengan sampel 44 siswa. Data dikumpulkan melalui kuesioner.

Hasil penelitian pengetahuan siswa tentang kesehatan mental pada masa pandemi covid-19 di SMAN 1 Kendal Ngawi berdasarkan jenis kelamin menunjukkan hampir seluruhnya berpengetahuan baik pada siswa perempuan dan sebagian kecil yang berpengetahuan kurang adalah siswa laki-laki. Sedangkan dilihat berdasarkan usia didapatkan hampir seluruhnya berpengetahuan baik berusia 18 tahun keatas dan sebagian kecil memiliki pengetahuan kurang usia 16 - 17 tahun dan 17 - 18 tahun. Dan jika dilihat dari sumber informasi menunjukan bahwa sebagian besar siswa berpengetahuan baik mendapatkan informasi dari sosial media dan sebagian kecil berpengetahuan kurang karena belum pernah mendapat informasi tentang kesehatan mental.

Kesimpulan penelitian ini diharapkan siswa dapat meningkatkan pengetahuan tentang kesehatan mental dengan mencari informasi dari sosial media, sekolah, lingkungan, tenaga kesehatan. Selain itu diharapkan siswa dapat menjaga kesehatan mental khususnya pada masa pandemi covid-19 ini.

Kata kunci: Pengetahuan, Kesehatan Mental, Covid-19

ABSTRACT

STUDENT KNOWLEDGE ABOUT MENTAL HEALTH DURING THE COVID-19 PANDEMIC AT SMAN 1 KENDAL NGAWI

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Mental health is when a person avoids the symptoms of mental disorders and mental illness, can adapt, use his potential to the fullest, and achieve inner harmony. During the current COVID-19 pandemic, it has had a huge impact on mental health, especially for students. The purpose of this study was to determine the knowledge of SMAN 1 Kendal students about mental health during the covid-19 pandemic.

This type of research is a quantitative description with a non random sampling, the type of sample is Quota Sampling. The population is 436 students with a sample of 44 students. Data were collected through a questionnaire.

The results of research on student knowledge about mental health during the covid-19 pandemic at SMAN 1 Kendal Ngawi by gender showed that almost all of them were well-informed on female students and a small percentage of those who lacked knowledge were male students. Meanwhile, based on age, almost all of them are knowledgeable, both aged 18 years and over and a small proportion have less knowledge aged 16-17 years and 17-18 years. And when viewed from the sources of information, shows that most of the students with good knowledge get information from social media and a small portion of them are less knowledgeable because they have never received information about mental health.

The conclusion of this study is that students are expected to increase knowledge about mental health by seeking information from social media, schools, the environment, and health workers. In addition, students are expected to be able to maintain mental health, especially during this COVID-19 pandemic.

Keywords: Knowledge, Mental Health, Covid-19