

DETECTING WELL-BEING OF ADOLESCENTS IN PULE HAMLET THROUGH MENTAL HEALTH SCREENING

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Abstract - Mental health is important as it influences the emotional and intellectual development of an individual. In this case, adolescents are one of the age groups that are vulnerable to mental disorders. Therefore, it is necessary to conduct mental health screening for adolescents so that the mental health conditions of adolescents can be detected early to take precautionary measures against mental disorders experienced. The purpose of this study was to detect the extent of adolescent wellbeing in Pule hamlet. This study used a quantitative descriptive approach with the PERMA-Profiler measuring instrument involving 50 respondents from the Pule hamlet population with the age range of 10 to 24 years. The results showed that the wellbeing of Pule hamlet adolescents was in the normal functioning category with an average of 7.05. The highest average score that appears is in the meaning aspect.

Keywords: Mental Health, Screening, PERMA-profiler, Wellbeing, dolescents

1. INTRODUCTION

Mental health is as essential as physical health. In fact, WHO (2022) states that mental health is an integral part of general health and wellbeing, which is a form of human right. Unfortunately, public awareness of mental health and physical health is not equal. Therefore, countries around the world continue to strive to improve the mental health of their people. One of the things that has been done is to make policies related to mental health, especially Southeast Asian countries, which since 2017 have experienced an increase in the number of draft policies or policies on mental health by 75% (WHO, 2020). This is necessary because with a healthy mentality, individuals are able to connect, function, overcome problems, and develop better.

In a WHO (2001) report titled *Promoting Mental Health*, states that mental health is a state of well-being where individuals are able to realize their abilities, cope with stress, function well, and contribute to society. Thus, it can be concluded that a good mental health condition allows an individual to interact with the environment. Mental health also has a positive impact on more optimal emotional and intellectual development (Fakhriyani, 2019).

Given the importance of mental health, it is necessary to take early action to determine the extent of an individual's mental health. One way to know this is by looking at well being. Why should it be well being? WHO (2004) states that mental health is the foundation for the well-being and effective functioning of individuals both for themselves and their environment. So, by looking at the extent of an individual's well-being, we can know the picture of his mental health.

Well being itself according to Seligman (2011) is a construct that consists of various contributing elements. This construct cannot be defined absolutely, however, each element in it is something that can be measured. The elements in question are positive emotion, engagement, meaning, positive relationships, and accomplishment which are then acronymized as PERMA (Seligman, 2011). The ultimate goal of well being is flourishing (Seligman, 2011) which is defined as a dynamic optimal state obtained from the emergence and functioning of psychosocial functions in various psychosocial domains (Butler and Kern, 2016).

One age group that is vulnerable to mental disorders is adolescents. Globally, 1 in 7 adolescents aged 10-19 years have experienced mental disorder (WHO, 2022). Meanwhile, in Indonesia, the Indonesia National Adolescent Mental Health Survey (I-NAMHS) in 2022 found that 5.5% of adolescents in Indonesia were diagnosed with mental disorders. The results showed that the most common mental disorder was anxiety disorder at 3.7%. This was followed by major depressive disorder at 1%, behavioral disorders at 0.9%, post-traumatic stress disorder at 0.5%, and attention deficit and hyperactivity disorder at 0.5%. This shows that mental health problems are one of the health focuses that must be addressed (Wahdi, 2022).

Regarding adolescence, Hurlock (1980) states that adolescence is a period of transition and change that starts from the age of 13-18 years. WHO categorizes young people into two, namely youth with an age range of 15 to 24 years and

adolescents with an age range of 10 to 19 years. In Indonesia, the Regulation of Health in the Republic of Indonesia in Permenkes number 25 of 2014 stipulates that adolescents are those in the age group of 10 to 18 years. BKKBN states that adolescents are those who are in the age range of 10-24 years and are not married. In this transitional period, adolescents experience rapid development and growth both mentally and physically. Teenagers experience the development of mental changes accompanied by the search for self-identity, as well as increasingly idealistic thinking. It is not uncommon for them to have high ambitions that put more pressure on adolescents with an unrealistic way of life. Life pressure that is not addressed with good stress management will have a negative impact on adolescent mental health (Diananda, 2019).

Adolescents are an important demographic that will contribute a lot to the future of an area. The condition of adolescents in Pule hamlet can affect the social conditions and progress of Pule hamlet. Therefore, it is necessary to conduct a mental health screening for adolescents so that the mental health conditions of adolescents in Pule hamlet can be detected early so that preventive action can be taken against mental disorders experienced. Furthermore, the results of this assessment will obtain a picture of the mental health of adolescents in Pule hamlet.

2. METHOD

This study uses a quantitative descriptive approach to estimate empirically. The respondents used were 50 adolescents aged 10 to 24 years in Pule hamlet, Ngloro Sub-district, Saptosari District, Gunungkidul Regency as the research sample. Furthermore, researchers distributed questionnaires as a data collection flow. The data was collected using the PERMA-Profilier measurement tool as an authentic happiness well-being parameter that can substantively explain and identify the mental health of adolescents. PERMA-Profilier was also used in research (Pratitis, 1945) and (Elfida et al., 2021). This measure was chosen because it was able to demonstrate acceptable model fit, internal consistency and consistency across time, as well as evidence for content, verificational, and divergent validity. Tables and graphs are presented visually as cross-dimensional profiles, reflecting the multidimensional nature of flourishing. Butler & Kern (2016) stated the PERMA-Profilier strengthens well-being measurement tools, allowing individuals to monitor their well-being across multiple psychosocial aspects. Then in its interpretation it can be described as follows:

Very High Functioning = 9 and upwards (0 through to 1 indicate negative emotion)

High Functioning = 8 to 8.9 (1.1 through to 3 indicate negative emotion)

Normal Functioning = 6.5 up to 7.9 (3 through to 5 indicate negative emotion)

Sub-Optimal Functioning = 5 up to 6.4 (5.1 through to 6.5 indicate negative emotion)

Languishing = Under 5 (upwards 6.5 shown as negative emotion)

Butler & Kern (2016) elaborated that they developed a short and valid PERMA measure to emphasize the balance between a strong domain and a minimal number of items. Although this instrument measure is shorter and easier to use and repeat, this model often has poor reliability and validity. Although reliability is an important indicator, the validity of the questionnaire is preferred. The PERMA-Profiler contains a scale and consists of 23 items. The composition of the 23 items contains favorable and unfavorable items consisting of aspects of PERMA, loneliness, happiness and physical health.

3. RESULTS AND DISCUSSION

Results

Respondents collected in this mental health screening were 50 adolescents of Pule hamlet. Of the 50 respondents, 25 of them were male and the rest were female. Respondents who were willing were asked to fill out a google form containing a predetermined measuring instrument, namely the PERMA-Profiler. The data collected was then processed descriptively using the help of Jamovi version 2.3.24. From the results of the descriptive analysis that has been carried out, the data produced is as listed in table 1.

Table 1. Assessment results for each parameter in PERMA-Profiler

Aspect	Sex	Average	Minimum Value	Maximum Value
Accomplishment	Men	7.01	2.67	9.67
	Women	6.69	1.33	10.00
Engagement	Men	7.03	3.67	10.00
	Women	6.87	2.33	10.00
Positive emotion	Men	7.60	3.33	10.00
	Women	7.05	2.33	10.00
Negative emotion	Men	7.07	3.33	9.33
	Women	5.20	2.33	9.33
Health	Men	7.93	3.33	10.00
	Women	6.80	2.00	10.00
Meaning	Men	7.80	1.67	10.00
	Women	7.00	2.33	10.00
Relationship	Men	6.69	1.00	10.00
	Women	6.45	1.33	10.00
Loneliness	Men	6.00	0.00	10.00
	Women	5.12	0.00	10.00
Wellbeing	Men	7.29	3.13	9.13
	Women	6.82	1.88	10.00

The results shown in table 1 are the average values of each aspect in the PERMA-Profiler measurement tool as well as wellbeing which is the average result of all aspects of PERMA. From the data above, it is known that the average wellbeing of male respondents is higher than the average wellbeing of female respondents. Male respondents also showed a higher minimum score for filling in the measuring

instrument items than female respondents. Even so, female respondents showed a higher maximum score of filling out the measuring instrument items than male respondents. To get an overall overview, the data in table 1 is presented in the form of a diagram as attached in figure 1.

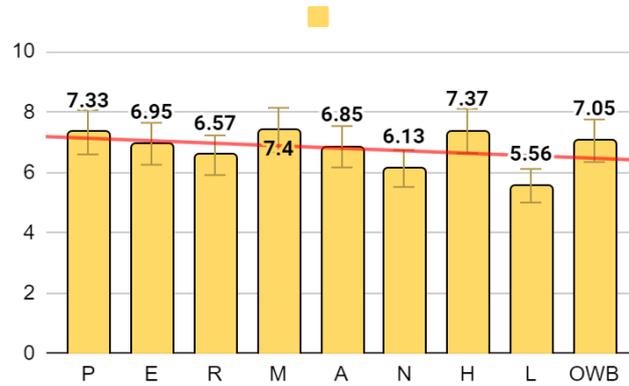


Figure 1. Diagram of overall PERMA-profiler results

From diagram 1, it can be seen that the average wellbeing of adolescents in Pule hamlet is 7.05 so that based on the categorization of Kern (2020), it is included in the normal category. The following are the scores of each aspect of PERMA-Profiler for adolescents in Pule hamlet: positive emotion (M=7.33; SD=2.17); engagement (M=6.95; SD=1.77); relationship (M=6.57; SD=2.53); meaning (M=7.40; SD=2.22); accomplishment (M=6.85; SD=1.99). From all aspects of PERMA, it can be seen that Pule hamlet adolescents have the highest average score on meaning. Then, adolescents in Pule hamlet showed an average in the health aspect (M=7.37; SD=2.18), loneliness aspect (M=5.56; SD=3.45), and negative emotion aspect (M=6.13; SD=2.06). So, it can be concluded that, the highest average score of adolescents in Pule hamlet is on the aspect of meaning and the lowest average score on the aspect of loneliness.

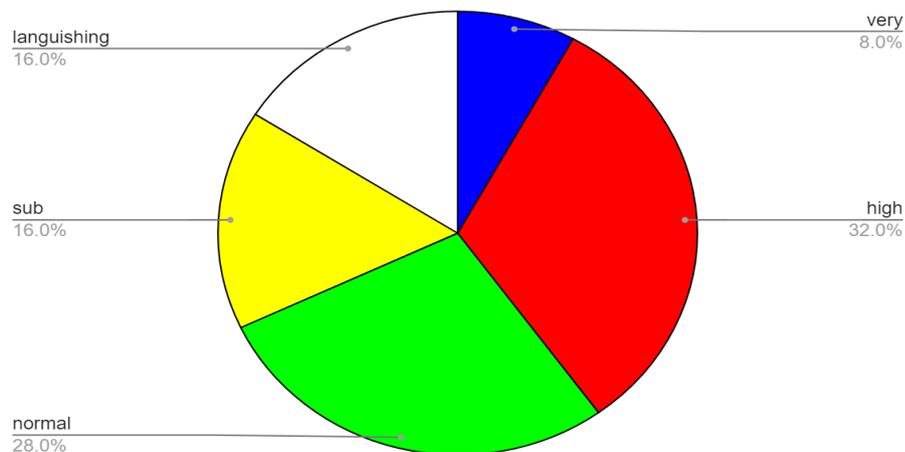


Figure 2. Adolescent of Pule hamlet wellbeing categorization diagram

Furthermore, if Figure 1 presents the average value of wellbeing in general, then Figure 1 presents a diagram of the number of wellbeing categorizations of each respondent. This is necessary to show the extent of the wellbeing of each teenager who is a respondent, so that it can be categorized into types of groups. From the results of the data analysis contained in Figure 1, it is known that the results of the wellbeing categorization of each respondent show different results from the overall wellbeing categorization results. The majority group is the high functioning category with a percentage of 32.0% followed by the normal functioning category at 28.0%.

Discussion

The initial objective of the mental health screening was to detect the extent of adolescent wellbeing in Pule hamlet. The sample selection was adolescents because I-NAMHS in 2022 found that 5.5% of adolescents experienced mental disorders. In addition, adolescents as human resources are the future of a region. Mental health screening is also a form of optimizing the demographic bonus in Indonesia by improving population health (Setiawan, 2019). Mental health itself as explained earlier is an integral part of general health and wellbeing which is a basic human right (WHO, 2022).

Prompted by this problem, a mental health screening for adolescents in Pule hamlet was designed. This activity began with the fixation of the work program and its targets with the dukuh leaders. After reaching consensus, a measurement tool for mental health screening was determined, namely the PERMA-Profiler. This measurement tool was chosen because it can measure happiness as a whole, either happiness from a eudaimonic or hedonic perspective (Elfida, et al., 2021). In addition, the PERMA-Profiler has been tested to be used for various demographics (Elfida, et al., 2021).

Next, what should be done is to apply for permission to collect data from the leader of the *Karang Taruna Pule Maju*, the youth organization in Pule hamlet. Initially, the data collection mechanism was carried out through google form. Unfortunately, the number of respondents from the mechanism of distributing measuring instruments via google form has not met the target so that the data is also distributed directly to the target. Finally, the collected data was processed descriptively.

From the measurement results using PERMA-Profiler, it is known that the adolescents of Pule hamlet have wellbeing in the normal functioning category. The ultimate goal of wellbeing according to Seligman (2011) is flourishing. According to Butler and Kern (2016) flourishing is a dynamic optimal state obtained from the emergence and functioning of psychosocial functions in various psychosocial domains. Meanwhile, Sekarini (2020) concluded the definition of flourishing from various figures as the achievement of the highest level of well-being by an individual thanks to the existence of life goals, self-mastery, acceptance of all self-potentials accompanied by realization, and the ability to contribute significantly to society so

that they can feel satisfaction and happiness in life. Thus, it can be concluded that the majority of respondents are adolescents who function normally so that they are able to progress to reach the flourishing level.

Speaking about the mental health of adolescents in Pule hamlet, it is not enough if it does not mention its geographical location. Pule hamlet is one of the hamlets in Ngloro sub-district, Saptosari district, Gunungkidul Regency. this hamlet is 20 km from the Gunungkidul Regency Government Office and 42 km from the DIY Provincial Government Office so that it is still counted as a village in Gunungkidul Regency. Pratiwi (2016) in her research found that there is a relationship between urban ecology and the incidence of mental health disorders compared to villages. For example, symptoms of general mental disorders are more common among young adults in newly urbanized areas in Khartoum, Sudan than in rural areas (Pratiwi, 2016). From here, it can be seen that the pattern of the normal functioning category owned by adolescents in Pule hamlet is in accordance with previous research which says that rural mental health disorders tend to be lower than in cities. This is also shown by the results of each individual's wellbeing category where 32% of respondents (16 people) are in the high functioning category while individuals in the languishing category amount to 8 people or 16%.

As stated above, the highest average score of Pule Padukuhan adolescents is in the meaning aspect. According to Butler and Kern (2016), this aspect shows that individuals feel their lives are important. The meaning of life itself based on research by Czekierda, et al. (2017) has a potential function in explaining physical health. Interestingly, the highest average score of Pule adolescents in the meaning aspect is followed by the score of the health aspect as the second highest average. The health aspect of the Perma Profiler relates to individuals' subjective feelings about their physical health and vitality. Research by Laksmi and Jayanti (2023) found that physical activity has a significant relationship with adolescent mental health. So, the higher the level of physical activity done by adolescents, the higher the mental health category. Even so, it is not yet known whether these subjective feelings indicate that adolescents in Pule hamlet often do physical activity. This needs to be questioned because Ramadhani and Fithroni's (2020) research found that now both urban and rural adolescents show similar patterns of low physical activity.

Sadly, low adolescent physical activity is exacerbated by various technologies that indirectly encourage lazy teenagers to move their bodies. In fact, research by Al Yasin, et al (2022) concluded that there is a relationship between the use of social media and the physical and mental health of adolescents. In addition, Rosmalina and Khaerunnisa (2021) mentioned that one of the negative impacts of social media use on adolescent mental health is the emergence of anxiety and depression disorders. Some ways to overcome this are limiting the use of social media, using other sources of information besides social media, diverting attention to other activities, being wise in using, removing or deleting applications (Rosmalina and Khaerunnisa,

2021) and managing time when using social media so that the chances of things that affect physical and mental health are lower (Al Yasin, et al., 2022).

Thus, based on the description above, it can be concluded that the wellbeing of adolescents in Pule hamlet is in the normal functioning category. This means that they are able to function well physically, mentally and socially. The wellbeing of Pule adolescents is strongly influenced by the meaning they have in life. Unfortunately, this study has not looked further into the respondents' wellbeing from other characteristics. However, through these findings, it is hoped that future research will be able to establish appropriate interventions, either to optimize the wellbeing of adolescents in Pule hamlet, or to improve it.

4. CONCLUSION

Adolescent mental health is a critical aspect in community development and the quality of life of the younger generation. This study has provided valuable insights into the mental health conditions of adolescents in Pule hamlet. The findings of this study are that the wellbeing of adolescents in Pule hamlet is in the normal functioning category with an average of 7.05. From all aspects, it is seen that adolescents in Pule hamlet have the highest average score on meaning.

With the limitations of the analysis in this study, future research can conduct further analysis of adolescent wellbeing in terms of respondent characteristics such as occupation and latest education. Then, in terms of screening implementation, it is necessary to build more effective communication with the intended subjects so that data can be collected more quickly. In addition, the data dissemination mechanism should also be planned in more detail, by setting a backup plan in addition to the main plan. Hopefully, this study can help future researchers to develop effective interventions.

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