

ABSTRAK

Remaja mempunyai risiko lebih besar terhadap kondisi kesehatan mental. Baik atau buruknya kondisi kesehatan mental pada remaja tidak terlepas dari faktor-faktor yang mempengaruhinya. Faktor-faktor yang mempengaruhi kesehatan mental remaja diantaranya adalah religiusitas, kecanduan *smartphone*, pola asuh orangtua dan interaksi teman sebaya. Tujuan penelitian ini untuk mengetahui gambaran faktor predisposisi yang mempengaruhi kesehatan mental remaja putri di Desa Mekarbakti Kecamatan Pamulihan Kabupaten Sumedang. Jenis penelitian berupa deskriptif, populasinya adalah remaja putri yang ada di Desa Mekarbakti Kecamatan Pamulihan Kabupaten Sumedang sebanyak 508 orang. Sampel di ambil secara *stratified random sampling* sehingga didapatkan 84 orang. Pengumpulan data dengan cara pengisian kuesioner. Analisis data menggunakan analisis univariat berupa distribusi frekuensi. Hasil penelitian didapatkan Lebih dari setengahnya kesehatan mental baik sebanyak 52 orang (61,9%), lebih dari setengahnya religiusitas tinggi sebanyak 49 orang (58,3%). lebih dari setengahnya tidak kecanduan *smartphone* sebanyak 48 orang (57,1%), lebih dari setengahnya pola asuh demokratis sebanyak 59 orang (70,2%), lebih dari setengahnya interaksi teman sebaya tinggi sebanyak 48 orang (57,1%). Simpulan didapatkan bahwa lebih dari setengahnya kesehatan mental remaja putri baik, religiusitas tinggi, tidak kecanduan *smartphone*, pola asuh demokratis dan interaksi teman sebaya tinggi. Saran bagi tempat penelitian bisa mengadakan kegiatan-kegiatan positif bagi remaja putri seperti dengan lebih mendorong remaja untuk mengikuti kegiatan Karang Taruna.

Kata Kunci : Faktor Predisposisi, Kesehatan Mental, Remaja Putri

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ABSTRACT

Adolescents are at greater risk of mental health conditions. Good or bad mental health conditions in adolescents cannot be separated from the factors that influence it. Factors that influence adolescent mental health include religiosity, smartphone addiction, parenting patterns and peer interaction. The aim of this research is to determine the description of predisposing factors that influence the mental health of adolescent girls in Mekarbakti Village, Pamulihan District, Sumedang Regency. The type of research is descriptive, the population is 508 young women in Mekarbakti Village, Pamulihan District, Sumedang Regency. The sample was taken using stratified random sampling so that 84 people were obtained. Data collection is done by filling out a questionnaire. Data analysis uses univariate analysis in the form of frequency distribution. The research results showed that more than half had good mental health, 52 people (61.9%), more than half had high religiosity, 49 people (58.3%). more than half of them are not addicted to smartphones as many as 48 people (57.1%), more than half have democratic parenting as many as 59 people (70.2%), more than half of them have high peer interaction as many as 48 people (57.1%). The conclusion was that more than half of young women's mental health was good, their religiosity was high, they were not addicted to smartphones, their parenting was democratic and their peer interaction was high. Suggestions for research sites could be to hold positive activities for young women, such as by encouraging more young people to take part in Karang Taruna activities.

Keywords : Predisposing Factors, Mental Health, Young Women.

*References : 21 books (2018-2021)
19 journals (2019-2023)*