Original Research

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Overview of Mental Health Among Students at SMK 15 Samarinda City

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ABSTRACT

Mental health is a condition of psychological well-being that enables individuals to cope with life pressures normally. Adolescence is a period full of emotional and social challenges, making it a vulnerable phase for developing mental disorders. Academic pressure, hormonal changes, and environmental demands are contributing factors. In vocational high school environments, students face not only academic stress, but also practical skill demands. Therefore, it is important to explore a comprehensive picture of adolescent mental health. This study aims to describe the mental health conditions of students at SMK 15 Samarinda. This research used a quantitative method with a descriptive design. Data were collected using the Self Reporting Questionnaire (SRQ-29) instrument and involved 93 students selected through stratified random sampling. The data were analyzed univariately and presented in frequency distributions. The findings revealed that most students experienced mental health problems. The most dominant issue was PTSD (79.6%), followed by neurosis symptoms (67.7%), and psychotic symptoms (49.5%). No respondents reported the use of psychoactive substances (0.0%). Grade XI students showed the highest percentage of mental disorders, and male students experienced more symptoms than female students. Conclusion: Mental health problems among vocational high school students are a serious concern. Early intervention and appropriate psychosocial support are necessary, particularly for grade XI students and male groups who are more prone to emotional pressure.

Keywords : Mental health, adolescents, vocational high school, neurosis, psychoactive substances, psychotic, PTSD, and SRQ-29

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1. INTRODUCTION

Mental health is a condition in which an individual does not exhibit symptoms of mental disorders. A person with good mental health can carry out daily activities, especially in adapting to and overcoming challenges that arise throughout life, by effectively utilizing their thinking abilities and information processing skills (Kusumawardhani, 2021). Mental health is very important because it enables individuals to recognize their own abilities, manage everyday life stresses, and contribute positively to their environment (Melnik et al., 2021). During adolescence, especially within the educational environment, teenagers, including students at Vocational High Schools (SMK), are in a critical developmental phase where they face various challenges such as academic pressure, social changes, and identity issues. Mental health problems, such as depression, anxiety, or severe stress, can hinder individuals from performing daily activities to the best of their ability.
Therefore, maintaining and addressing mental health is essential to achieving the best quality of life (Laksmi & Jayanti, 2023).

The previous study conducted by (Yeni Fitria and Rahmawati Maulida 2019, involving 84 respondents, showed that more than half of the respondents had mental health in the normal category, totaling 55 respondents (58.5%). Additionally, 19 respondents (30.9%) experienced psychological distress in the mild category, and a small portion of respondents experienced psychological distress in the moderate category, totaling 10 respondents (10.6%). The study by (Alini & Meisyalla 2022) showed that the majority of respon dents had high emotional well-being, totaling 217 people (96.0%). Most respondents also had high social well-being, totaling 221 people (78.4%). Additionally, most respondents had high psychological well-being, totaling 2 people (86.2%).

2. METHOD

This study used a quantitative method with a survey design and descriptive approach. The research sample consisted of 93 respondents selected through stratified sampling techniques. Data collection was conducted using the Self-Reporting Questionnaire 29 (SRQ-29).

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3. RESULT AND DISCUSSION

This study's results concern mental health in adolescents, specifically students of SMK 15 in Samarinda City. Data collection was conducted using stratified sampling technique by filling out the Self-Reporting Questionnaire 29 (SRQ-29), which was given to 93 respondents selected according to the inclusion criteria. The data collected in this study were then organized and analyzed. The research findings are presented in tabular form.

Frequency distribution of Mental Health Overview

criteria	Frequency	Presentation
Anxiety and Depression	63	67.7%
Psychoactive Substance/Drug Users	0	0.0%
Symptoms of Psychotic Disorders	46	49.5%
PTSD	74	79.6&

Based on Table 4.2, the most common mental health problem experienced by the respondents is PTSD, with a frequency of 74 students (79.6%), followed by neurotic symptoms experienced by 63 students (67.7%). Meanwhile, psychotic disorder symptoms were found in 46 students (49.5%). The least common was psychoactive substance/narcotics use, which was not detected in any students, with a frequency of 0.0% or none.

This indicates that students in grade XI tend to experience neurotic symptoms more than those in grades X and XII. Specifically, 63 respondents (67.7%) from grade XI showed signs of neurosis. These symptoms include feelings of anxiety, depression, difficulty sleeping, loss of interest, and fatigue without any apparent cause. These results are in line with a study by (Yeni Fitria and Rahmawati Maulida 2019), which found that 30.9% of respondents experienced mild distress, and 10.6% experienced moderate distress.

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Based on item number 21 regarding the use of psychoactive substances such as alcohol or drugs, no students (0.0%) across all grade levels showed indications of psychoactive substance use (drugs or alcohol). This suggests that there is no addiction disorder within the studied population. However, prevention remains a priority, considering that adolescence is a vulnerable period for exploring risky behaviors. These findings align with a study by (Agustarika et al.2023), which found that out of 176 students, only 0.6% were indicated to use psychoactive substances. This means that the majority of students are not exposed to harmful substances, indicating a relatively high awareness among students about the dangers of substance abuse.

Based on the symptoms of psychotic disorders in this study, the most commonly found among X-grade students, totaling 18 respondents (58.1%). This occurs because this high percentage can be linked to the initial adaptation process in a new environment, both socially and academically, for X-grade students. Poor adaptation can lead to prolonged stress and the emergence of psychotic symptoms in adolescents. These findings are consistent with research by Arini & Syarli (2020), where 21% of respondents experienced psychotic disorders. Additionally, a study by (Ferdian et al. 2024) found that 66.7% of students showed psychotic symptoms.

PTSD was found to be the highest among 11th-grade students, with a prevalence of 87.1%. The dominant symptoms include recurrent nightmares, avoiding certain places or people, loss of interest, and difficulty expressing feelings after experiencing traumatic events. The accumulated academic and social pressure on 11th-grade students, along with expectations from parents and teachers, are major contributing factors to this condition. This finding is reinforced by research from (Ferdian et al.2024), which states that adolescents are highly susceptible to experiencing PTSD, especially when facing high-stress situations without strong emotional support. The study highlights the importance of mental health education from an early age to prevent long-term impacts of psychological trauma on adolescents.

4. CONCLUSION

Based on the research conducted at SMK 15 in Samarinda City involving 93 students and using the Self Reporting Questionnaire (SRQ-29) instrument, it was found that the majority of students experienced mental health disorders, with varying levels of symptoms depending on the type of disorder, grade level, and gender. The most dominant disorder

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among students was Post-Traumatic Stress Disorder (PTSD) with a prevalence of (79.6%), followed by neurotic symptoms at (67.7%), and psychotic symptoms at (49.5%). Meanwhile, no respondents showed indications of psychoactive substance use (0.0%).

In terms of grade levels, students in grade XI are recorded as the group with the highest number of disorders. The prevalence of PTSD symptoms among grade XI students is (87.1%), and neurotic symptoms are (77.4%). This can be linked to the increasing academic and emotional pressures typically faced by students at this stage, especially due to activities such as fieldwork and internships. Meanwhile, students in grades X and XII also experience disorders, albeit at lower percentages.

Based on gender, male students exhibit a higher prevalence of mental health disorders across all categories. Specifically, 38 male students show neurotic symptoms and 48 students exhibit PTSD symptoms, compared to 25 and 26 female students in these categories, respectively. These findings suggest that although males are often perceived as more emotionally stable, they tend to suppress internal pressures, which ultimately can negatively impact their mental health.

Overall, this research emphasizes that mental health disorders are a serious issue among vocational high school students and require attention from various stakeholders. The differences in symptom distribution based on grade level and gender highlight the need for tailored approaches that consider the psychological conditions of each student group, ensuring more effective support and intervention.

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