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Abstract No. 53 Abstract Title : The Influences of Adolescent's Mental-Emotional Health Risk Factors

Theme Non-communicable diseases

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Purpose / Background:

Background: Adolescent is a period by rapid development of biological, psychological and social aspects, and results in various disharmony. Every teenager is expected to be able to adapt with their peer. The prevalence of mental emotional disorders based of National data's 2018 among adolescent above 15 years is 9.8%. Based on National Health regulation, mental-emotional health screening for young students could be done once every year at the beginning of the school year. The purpose of this study was to explore the risks of contribute factors to the mental emotional problem among adolescent.

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Methods:

Methods: A cross-sectional study was conducted in June-September 2019 involving 956 students from 3 Senior High School at Jagakarsa district, South Jakarta Indonesia. The data was collected by using Strengths and Difficulties Questionnaire (SDQ) containing variables difficulties consist of emotional, behaviour, hyperactivities and peer-review; and prosocial as strength variable. Simple and Multiple linear regression tests were used to analysed the data.

Results & Conclusions:

Results: The mean age was 16 ± 0.7 years, significant influences of difficulties ($p=0.000$) were found in emotional, behaviour, hyperactivity, and peer relationships except prosocial ($p>0.05$). Based on the multiple equation model, it was found that the mental-emotional risks among adolescents in this senior high school was influenced by $Y = 0.87 + 0.266\text{emotional} + 0.183\text{behaviour} + 0.234\text{hyperactivity} + 0.203\text{peer} + 0,021\text{prosocial}$.

Conclusions: Early detection needs to be carried out according to find out an initial problems. It is hoped that the teacher will recognize the level of difficulties and strength of the students and to be able to provide positive interventions.

Keywords: *adolescent, mental health, emotional*