

# Description of Adolescents' Mental Health During the Covid-19 Pandemic in Majalangu Village, Watukumpul Sub-District, Pemalang Regency

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## ABSTRACT

Background: The COVID-19 pandemic greatly affects mental health among adolescents. Adolescents are one of the most vulnerable groups to mental health due to a lack of activity and time to play with peers. They just stay at home and study online. Objective: This study aims to figure out the overview of mental health, which includes symptoms of depression, anxiety, somatic, and decreased energy in adolescents in Majalangu Village, Watukumpul Sub-district, Pemalang Regency. Method: This was a retrospective study with a sample of 88 respondents who were selected using the proportional random sampling technique. Results: The study using the SRQ-20 showed that 54 respondents (61.4%) were mentally healthy while 34 respondents (38.6%) were not. Conclusion: There were four symptoms in the overview of adolescent mental health: symptoms of depression, characterized by feelings of worthlessness (66.67%); symptoms of anxiety, characterized by feelings of tension, anxiety, and worry (64.81%); symptoms of somatic, characterized by headaches (57.41%); and symptoms of decreased energy, characterized by feeling easily tired (92.59%).

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## 1. INTRODUCTION

The world was recently shocked by the release of a dangerous virus that has a high risk of death, namely the Corona virus. Coronavirus 2019 or commonly known as COVID-19 is a virus or infectious disease, the virus appeared at the end of December 2019 to be precise in the city of Wuhan, Hubei Province of China. (Dai, N. F. 2020)

COVID-19 is said to be a health emergency since January 30, 2020, as well as the increasing number of deaths during the pandemic, prompting health workers on the front lines to work more extreme because of a lot of social isolation and even discrimination (Singh, R., & Subedi, M. 2020). The COVID-19 pandemic affected many countries, more than 100 countries, including Latin America, Africa, and Europe were affected. In Asia, there are many countries with the highest COVID-19 cases, including India, Turkey, Israel, Japan, Vietnam, and Indonesia (Annur, C. M. 2022). Indonesia enters the twenty-seventh with the highest COVID-19 cases, with a high number of confirmed COVID-19 cases in January 2022 of 4,301,193 and 144,254 people who died (WHO, 2021) of COVID-19, including DKI Jakarta, West Java, Central Java, East Java, East Kalimantan, and Central

Java provinces are in the top three ranks with the highest prevalence rates, updated data in January 2022 as a whole 487,198 people confirmed COVID-19 and 30,301 people who died. Pemalang Regency as one of the districts with a high prevalence of Covid, reported monthly update data December 2021 as many as 12,980 people were confirmed and 933 people died. Based on zoning data for COVID-19 prone areas in Pemalang Regency in May-August 2021, there are several sub-districts with a high risk of COVID-19, including Pemalang, Petarukan, Belik, Taman, Ulujami, Pulosari, Bodeh, Watukumpul, Ampel Gading, and Warung Pring. Watukumpul sub-district is one of the sub-districts in Pemalang Regency with a high risk of COVID-19 because, based on data from the Puskesmas in June-July 2021, it was reported that 463 people were confirmed and 23 people died. Watukumpul sub-district there are seven villages that enter the yellow zone, among others, Jojogan Village, Bodas, Watukumpul, Majakerta, Gapura, Tambi, Wisnu, and villages that enter the red zone of Majalangu village, 161 confirmed people and 8 deaths were reported at the station. television. The COVID-19 pandemic period resulted in many teenagers not being able to go to school which resulted in a lack of social interaction with peers (S Saggioro et al., 2020).

COVID-19 has had a major impact on social life because social restrictions have forced teenagers to stay at home, so the process learning that is usually done at school has now turned into learning at home (online) so that it has a very influential impact on the mental condition of adolescents, those who are accustomed to studying with their friends at school now have to study alone at home with an online system. Adolescents are also faced with stressful situations such as fear of contracting disease, frustration, boredom, and drastic changes in daily activity patterns (Zulfia et al., 2021). The prevalence of adolescents in China experiencing symptoms of depression is 43.7%, symptoms 37.4%, a combination of symptoms of depression and anxiety 31.3% due to the COVID-19 pandemic (S Saggioro et al., 2020). also stated that the prevalence of adolescent anxiety levels in the city of Padang was 54% in the high category due to the COVID-19 pandemic (Fitria, L., & Ifdil, I. 2020).

## 2. RESEARCH METHOD

This type of research uses quantitative descriptive with the method used in this study is a retrospective study. Retrospective studies are research that seeks to review or look back, meaning that data collection was obtained in the past starting from the effects or consequences that have occurred (Cholifah, N., & Hidayah, N. 2016).

Population is the whole unit that has been determined the desired information. The population in this study were all teenagers in Majalangu Village with a population of 756. In this study, a sample of 88 respondents used the Slovin formula. In this study, the technique used is Proportional Random Sampling. Proportional random sampling is sampling done at random taken from each strata in a balanced way with the population in each.

In this study, the tool used in the SRQ research was a questionnaire containing 20 questions by choosing the answer between YES/NO. In the srq-20 Questionnaire which contains 20 questions with a score of yes = 1 no = 0 where those who answered "yes" a total of six or more than six experienced mental health problems with Category:

Symptoms of depression: 6, 9, 10, 14, 15, 16, 17

Symptoms of anxiety: 3, 4, 5

Somatic symptoms: 1, 2, 7, 19

Symptoms of decreased energy: 8, 11, 12, 13, 18, 20

## 3. RESULT AND DISCUSSIONS

Table 1. Characteristics of Respondents (n=84)

Characteristics	n	%
<b>Age</b>		
12-15	13	14,8
16-18	19	21,7
19-22	56	63,6
<b>Gender</b>		
Male	27	30,7
Female	61	69,3
Characteristics	n	%
<b>Education</b>		

Elementary	7	8,0
Junior high	14	15,9
Senior high	60	68,2
College	7	8,0

Based on the data in table 4.1, it shows that the majority of the sample categories of adolescents are female, amounting to 61 (69.3%), then the majority are aged 19-22 years with the number of respondents 56 people (63.6%), and the majority of the last high school education equivalent to the number of respondents 60 people (68.2%).

Table 2. Overview of mental health (n=84)

Characteristics of respondents	n	%
Mental health		
Having trouble	54	61,4
No problem	34	38,6

In table 2 of 88 respondents experiencing mental health problems as many as 54 (61.4%) and respondents who do not experienced mental health problems as many as 34 (38.6%).

Table 3 Overview of mental health categories (n=84)

SRQ		Having mental health problems $\geq 6$				Not having mental health problems $< 6$			
Category	symptom	Yes		No		Yes		No	
		Amount	%	Amount	%	Amount	%	Amount	%
Symptoms of depression	Shaking hand	13	24,07	41	75,93	3	8,82	31	91,18
	Not happy	23	42,59	31	57,41	1	2,94	33	97,06
	Cry often	24	44,44	30	55,56	2	5,88	32	94,12
	Not being able to do things that beneficial	19	35,19	35	64,81	0	0	34	100
	Lost interest in various things	29	53,70	25	46,30	7	20,59	27	79,41
	Feeling often worthless	36	66,67	18	33,33	3	8,82	31	91,18
Symptom worry	Ever thought suicide	19	35,19	35	64,81	3	8,82	31	91,18
	Hard to sleep	34	62,96	20	37,04	6	17,65	28	82,35
	Easily scared	30	55,56	24	44,44	2	5,88	32	94,12
Symptom somatic	Feeling tense, anxious, and worry	35	64,81	19	35,19	4	11,76	30	88,24
	Sick often head	31	57,41	23	42,59	2	5,88	32	94,12
	No lust eat	27	50	27	50	4	11,76	30	88,24
	Digestion disturbed	21	38,89	33	61,11	1	2,94	33	97,06
Symptoms of	Stomach not good	28	51,85	26	48,15	3	8,82	31	91,18
	It's hard to think clear	35	64,81	19	35,19	6	17,65	28	82,35

decreased energy	Hard to enjoy daily activities	30	55,56	24	44,44	4	11,76	30	88,24
	Hard to take decision	33	61,11	21	38,89	6	17,65	28	82,35
	Daily work-disturbed day	25	46,30	29	53,70	5	14,71	29	85,29
	Feel tired all the time	36	66,67	18	33,33	4	11,75	30	88,24
	Tired easily	50	92,59	4	7,41	8	23,53	26	76,47

In table 3, the majority of adolescents who experience depression have symptoms of feeling often worthless, as many as 36 (66.67%), while the majority of adolescents who do not experience problems have symptoms of losing interest in various things, namely 7 (20.59%). Then the majority of adolescents who experience anxiety have symptoms of feeling tense, anxious, and worried, as many as 35 (64.81%), while the majority of adolescents who do not experience problems have symptoms of difficulty sleeping, as many as 6 (17.65%). Adolescents who experienced somatic majority had symptoms of frequent headaches as many as 31 (57.41%), while the majority of adolescents who did not experience problems had symptoms of no appetite, namely 4 (11.76%). Then the majority of adolescents who experience decreased energy have symptoms of fatigue, as many as 50 (92.59%), while the majority of adolescents who do not experience problems have fatigue. symptoms of fatigue are as many as 8 (23.53%).

### 3. RESULT AND DISCUSSION

#### 3.1 Characteristics of respondents

##### a. Characteristics by type

Gender The results of research conducted on 88 respondents showed that the majority of respondents were female. at the time before the COVID-19 pandemic that hit Indonesia on average, mental or mental illness was experienced by men, and after the COVID-19 pandemic, women were more vulnerable to what happened. mental health disorders. From this study, which was conducted on 88 respondents who were female, 61 respondents (69.3%), and male sex as many as 27 respondents (30,7%). Women reveal more psychopathological phenomena in responding to stressors such as the COVID-19 pandemic situation (Aziz et al., 2021). Rates of depression, anxiety, and health anxiety are higher in women, indicating that the psychological impact during the COVID-19 pandemic may be greater in women and several previous studies have shown that anxiety disorders and depressive disorders are more common in women (Beni., 2020). Adolescent girls showed higher levels of depression and anxiety during the COVID-19 pandemic than boys, and also the level of concern about epidemiological infection, and confidence to cope with the outbreak significantly affected psychological status (Ozdin, S, 2020).

##### b. Characteristics by age

The results of research conducted on 88 respondents found that the majority of respondents were 19-22 years old. Adolescence is a period of transition from children to adulthood with an age range between 12-22 years, during which a maturation process occurs, both physical and mental maturation (Cindrya, E. 2019) psychological. In this study, the category of adolescents in the age range of 12-15 years amounted to 13 people (14.8%), then adolescents in the age range of 16-18 years amounted to 19 people (21.7%), and adolescents were in the age range of 19-22 years. totaled 56 people (63.6%). Stress levels and even anxiety often occur in school-age children and adolescents due to the COVID-19 pandemic. ages 18-22 years have a higher risk of experiencing mental health due to the COVID-19 pandemic.

##### c. Characteristics by education

The results of research conducted on 88 respondents found that the majority of teenagers had the last education of high school or equivalent. In this study, the category of the last educated group was SD equivalent to 7 people (8.0%), the last sample with junior high school education was 14 people (15.9%), then the sample with the last high school education was 60 people (68.2%), and the sample with Diploma/Bachelor education was 7 people (8.0%). Educational status is very influential in the COVID-19 pandemic because teenagers who are still in school usually learn face-to-face now must be done online or online at home. Online learning is carried out to prevent the transmission of the Covid-19 virus. online learning at home makes students have to adapt to the new system and the impact of changes experienced by students during the COVID-19 pandemic is at risk of causing mental health problems. Online learning and homeschooling have improved mental health and caused students to become addicted to the internet and then negative emotions such as anxiety and depression (Fauziyyah, R., & Awinda, R. C., 2021) Students in the development process are also psychologically affected

by the COVID-19 pandemic which has experienced stressors such as school closures, lack of contact with peer groups, and changes in sleep patterns (Lee, H et al., 2021)

### **3.2 Overview of mental health in adolescents**

#### **a. Overview of depression symptoms**

Based on the results of research related to depression, the most common symptoms are feeling worthless, losing interest in things, and crying a lot. with the title determinants of mental emotional symptoms of junior high school students in Indonesia in 2015, but it is different from the results of his research that the research conducted by him who experienced mental health was feeling lonely, feeling anxious, and ever wanted to commit suicide. Based on the data from table 4.3, the most experienced symptoms of depression are in question number 16 related to feeling often worthless with 36 respondents (66.67%). The outbreak of COVID-19 cases has a significant negative impact on the daily life of adolescents, especially women, resulting in an increased risk of depression.

#### **b. Overview of anxiety symptoms**

Based on the results of research related to anxiety, the most common symptoms are feeling tense, anxious, and worried, then having trouble sleeping, being easily afraid. Anxiety symptoms greatly affect adolescents, one of which is final year students who are preparing their final project. The covid-19 virus makes teenagers experience excessive anxiety, always feel anxious, feel afraid because of the covid-19 virus for fear of contracting the virus. research (2020) that the adolescent anxiety level of 54% is in the high category, this is most likely due to the lack of information obtained by teenagers related to the covid-19 pandemic, which is in the minds of teenagers this virus is very dangerous if infected. Covid-19 is hard to cure (Fitria, L., & Irdil, I. 2020). Covid-19 also causes students to experience stress and anxiety due to changes in the lecture process and daily life (Fauziyah, R., & Awinda, R. C. 2021)

#### **c. Somatic symptom description**

Based on the results of research related to somatic, 31 (57.41 %), symptoms of no appetite as many as 27 respondents (50%), then symptoms of disturbed digestion as many as 21 respondents (38.89%), and symptoms of an unpleasant stomach as many as 28 respondents (51.85%). The most common symptom that appears is frequent headaches, this is in accordance with Komang et al.'s research, (2019) with the title of mental health descriptions of final year students of Itekes Bali nursing undergraduate program during the covid-19 pandemic, but in this study the most common somatic symptoms Many respondents experienced that digestion was disturbed or bad. Komang's research states that digestive disorders have a positive relationship to stressful events or conditions, this indicates that disturbed or bad digestion is caused by feelings of excessive stress, tension, anxiety, or worry. Table 4.3 data on the most experienced somatic symptoms is in question number 1 related to frequent headaches with a total of 31 respondents (57.41%). Covid-19 increases psychological problems in children and adolescents and increases mental health symptoms, one of which is somatic symptoms in headaches.

#### **d. Overview of symptoms of decreased energy**

Based on the results of research related to a decrease in energy, 35 respondents (64.81%) had difficulty thinking clearly, 30 respondents (55.56%) had difficulty enjoying daily activities, then 33 respondents had difficulty making decisions. 61.11 %, symptoms of disturbed daily work as many as 25 (64.30 %), symptoms of feeling tired all the time as many as 36 respondents (66.67 %), and symptoms of fatigue as many as 50 respondents (92.59 %). The most common symptom is fatigue, this is in line with the title of mental health description of students who live in Islamic boarding schools.

Pesantren Al Husna Summersari Jember is the symptom of a decrease in energy that is most experienced by boarding students, namely easily tired, which makes the ability of students to carry out activities decreases. Based on the data in table 4.3, the most experienced symptoms of decreased energy are in question number 20 related to fatigue with the number of respondents 50 (92.59%). Fatigue is very easy to occur during the covid-19 pandemic, fatigue in someone has a relationship with the workload or the number of activities a person has. The most common symptom of decreased energy experienced by teenagers during the COVID-19 pandemic is getting tired easily. [15] During the COVID-19 pandemic, the mental health picture in the symptoms of decreased energy experienced by adolescents occurred in symptoms of being easily tired, and reduced energy caused a state of fatigue and a decrease in one's ability to carry out activities.

## **4. CONCLUSION**

Based on the results of the research that has been done, the following conclusions were obtained:

- a. Most of the respondents in this study were female. Where the percentage of the female gender is 69.3% while the male is 30.7%.
- b. Most of the respondents are in the age of 19-22 years with a percentage of 63.6%
- c. The majority of respondents have a high school education or equivalent where the percentage number is 68.2 %

- d. The picture of mental health of adolescents during the pandemic in Majalangu village who experienced mental health was at 61.4%
- e. The mental health picture category is divided into 4 symptoms, namely the most experienced symptoms of depression related to feeling often worthless (66.67%), the most experienced anxiety symptoms related to feeling tense, anxious, and worried (64.81%), the most common somatic symptoms most experienced related to frequent headaches (57.41%), and the most experienced symptoms of decreased energy were related to fatigue (92.59%).

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