

PERSETUJUAN PEMBIMBING

SKRIPSI

GAMBARAN PENILAIAN *STRENGTHS AND DIFFICULTIES
QUESTIONNARY (SDQ)* TERHADAP KESEHATAN MENTAL SISWA
DI SEKOLAH LUAR BIASA (SLB) NEGERI KOTA GORONTALO

Oleh

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SKRIPSI

GAMBARAN PENILAIAN *STRENGTHS AND DIFFICULTIES QUESTIONNARY (SDQ)* TERHADAP KESEHATAN MENTAL SISWA DI SEKOLAH LUAR BIASA (SLB) NEGERI KOTA GORONTALO

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Hari/Tanggal : Jumat, 18 Juni 2021

Waktu : 16.00 – 17.00 WITA

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Abstrak

Nilam Cahya Tanaiyo.2021. Gambaran Penilaian Strength And Difficulties Questionary (Sdq) Terhadap Kesehatan Mental Remaja Di Sekolah Luar Biasa (Slb) Negeri Kota Gorontalo. Kesehatan Masyarakat, Fakultas Olahraga Dan Kesehatan, Universitas Negeri Gorontalo. Pembimbing I Dr. Irwan, S.Km., M.Kes, Pembimbing Ii Dr. Laksmin Kadir, S.Pd., M.Kes

Kesehatan merupakan suatu hal yang penting untuk diperhatikan dan dijaga, Sehat bukan hanya berkaitan dengan sehat secara fisik saja, namun berkaitan juga dengan sehat secara psikis/mental dan juga mencapai kesejahteraan sosial, remaja dikenal dengan masa kritis dalam siklus perkembangannya, akan mengalami banyak perubahan baik perubahan biologis, psikologis, dan sosia. Remaja dengan kebutuhan khusus (ABK) atau disabilitas secara fisik, intelektual, emosi dan sosial yang lebih rendah dari anak normal, sehingga lebih beresiko tinggi mengalami gangguan mental dan lebih banyak menghadapi tantangan akibat ketidakmampuan mereka, penelitian ini bertujuan menggambarkan penilaian strength and Difficulties Questionary (SDQ) terhadap masalah mental pada remaja di Sekolah Luar biasa Negeri kota gorontalo (tunadaksa, tunarungu, tunanetra dan tunagrahita) berdasarkan Aspek phisikology (masalah emosional, perilaku mengganggu, Hiperaktivitas, hubungan Teman sebaya, dan perilaku prososial. Penelitian ini menggunakan pendekatan descriptive survai yang disajikan dalam bentuk tabel dan grafik dengan frekuensi dan proporsi menggunakan tehnik purposive sampling yaitu remaja usia 12-17 tahun dengan total sampling penelitian 68 siswa Sekolah Luar biasa Negeri Kota Gorontalo menggunakan alat ukur Quisioner strength and difficulties Questionary (SDQ), Hasil penelitian menunjukkan bahwa anak dengan jenis kebutuhan khusus rata-rata memiliki gangguan mental dalam kategori abnormal, yaitu pada tunadaksa sebesar 9%, anak tunagrahita 79%, anak tunanetra sebesar 4.4% pada anak tunarungu sebesar 7.4%, berdasarkan hasil penelitian tersebut perlu adanya upaya dan peran baik dari keluarga, lingkungan masyarakat, lingkungan sekolah dan pemerintah dalam hal pelayanan dan dukungan terhadap anak ABK sebgai bentuk pencegahan dan penanganan terhadap gangguan mental.

Kata Kunci : *Kesehatan mental, strength and Dificulties Questionary (SDQ), Anak kebutuhan khusus (ABK)*

Abstract

Nilam Cahya Tanaiyo. 2021. An Overview of the Assessment of Strengths and Difficulties Questionnaire (Sdq) on the Mental Health of Adolescents in State Extraordinary School of Gorontalo City. Department of Public Health, Faculty of Sports and Health, State University of Gorontalo. The Principal Supervisor is Dr. Irwan, S.KM., M.Kes, and the Co-supervisor is Dr. Laksmyn kadir, S.Pd., M.Kes.

Health is an important thing to be paid attention to and to be maintained. Health is not only related to physical conditions but also related to mental conditions and is also related to a healthy condition in achieving social welfare. Adolescence is a critical period in which its development cycle will experience many changes, both biological, psychological, and social changes. Meanwhile, adolescents with special needs (ABK) or persons with disabilities have lower abilities either physically, intellectually, emotionally, and socially than normal children. This makes them have a higher risk of encountering mental disorders and face more challenges due to their disability. This study aims to describe the Strengths and Difficulties Questionnaire (SDQ) assessment of mental problems in adolescents at the State Extraordinary School of Gorontalo City, which is a school where children who are physically challenged, deaf, blind, and mentally retarded, the study based on psychological aspects. The psychological aspect in question is related to emotional problems, disruptive behavior, hyperactivity, peer relations, and prosocial behavior. This study used a descriptive survey approach which is presented in the form of tables and graphs with frequency and proportion using the purposive sampling technique. The population in this study were adolescents aged 12-17 years with a total sample of 68 students of the State Extraordinary School of Gorontalo City obtained using the Strength and Difficulties Questionnaire (SDQ) measuring instrument. The results showed that children with special needs, on average, had mental disorders in the abnormal category, amounted to 9% of physically disabled children, 79% of mentally retarded children, 4.4% of blind children, and 7.4% of deaf children. This finding revealed that there are needs in the form of efforts and good roles from the family, the community, the school environment, and also the government in terms of services and providing support for children with special needs as a form of prevention and treatment of mental disorders.

Keywords: Mental Health, Strengths and Difficulties Questionnaire (SDQ), Children with Special Needs (ABK)

