

ABSTRAK

HUBUNGAN TINGKAT LITERASI KESEHATAN MENTAL DENGAN SIKAP DIAGNOSIS DIRI GANGGUAN MENTAL PADA REMAJA DI WILAYAH KERJA PUSKESMAS BULELENG II

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Latar Belakang: Diagnosis diri gangguan mental pada remaja meningkat seiring kemudahan akses terhadap informasi digital dan media sosial. Kondisi ini berisiko menimbulkan kesalahpahaman terhadap masalah kesehatan mental. Literasi kesehatan mental menjadi kemampuan penting dalam mengenali gejala, memahami faktor risiko dan penyebab, memilah informasi, mengakses layanan profesional, serta mendukung sikap pencarian bantuan yang tepat. **Tujuan:** Penelitian ini bertujuan menganalisis hubungan antara tingkat literasi kesehatan mental dengan sikap diagnosis diri gangguan mental pada remaja di Wilayah Kerja Puskesmas Buleleng II. **Metode:** Penelitian menggunakan desain kuantitatif dengan pendekatan *cross-sectional* pada 359 remaja yang dipilih melalui teknik *multistage sampling* dengan pendekatan *proportional stratified sampling* dan *random*. Pengumpulan data dilakukan menggunakan kuesioner *Mental Health Literacy Scale* (MHLS) dan *Self-Identification as Having a Mental Illness Scale* (SELF-I) yang telah divalidasi dan diadaptasi ke bahasa Indonesia. Analisis data menggunakan statistik deskriptif dan uji korelasi *Spearman*. **Hasil:** Mayoritas responden memiliki tingkat literasi kesehatan mental rendah (86,1%) dan skor diagnosis diri gangguan mental pada tingkat rendah hingga moderat yang menunjukkan identifikasi diri positif. Uji korelasi *Spearman* menunjukkan hubungan negatif yang signifikan antara literasi kesehatan mental dan sikap diagnosis diri gangguan mental ($r = -0,106$; $p = 0,046$). **Kesimpulan:** Semakin tinggi literasi kesehatan mental, semakin rendah kecenderungan remaja melakukan diagnosis diri. Temuan ini diharapkan menjadi dasar bagi Puskesmas, sekolah, dan pemangku kepentingan terkait dalam merancang intervensi promotif dan preventif kesehatan mental remaja.

Kata Kunci: Literasi kesehatan mental, diagnosis diri, gangguan mental, remaja.

ABSTRACT

THE RELATIONSHIP BETWEEN MENTAL HEALTH LITERACY LEVEL AND SELF-DIAGNOSIS ATTITUDE OF MENTAL DISORDERS AMONG ADOLESCENTS IN THE WORKING AREA OF BULELENG II PUBLIC HEALTH CENTER

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Background: Self-diagnosis of mental disorders among adolescents has increased alongside the ease of access to digital information and social media. This condition poses a risk of misunderstanding mental health problems. Mental health literacy is an essential competency for recognizing symptoms, understanding risk factors and causes, evaluating information, accessing professional services, and supporting appropriate help-seeking attitudes. **Objective:** This study aimed to analyze the relationship between the level of mental health literacy and attitudes toward self-diagnosis of mental disorders among adolescents in the service area of Buleleng II Public Health Center. **Methods:** This study employed a quantitative design with a cross-sectional approach involving 359 adolescents selected through multistage sampling using proportional stratified sampling and random techniques. Data were collected using the Mental Health Literacy Scale (MHLS) and the Self-Identification as Having a Mental Illness Scale (SELF-I), which had been validated and adapted into Indonesian. Data analysis was conducted using descriptive statistics and Spearman correlation tests. **Results:** The majority of respondents had a low level of mental health literacy (86.1%) and low to moderate levels of self-diagnosis scores, indicating positive self-identification. The Spearman correlation test revealed a significant negative relationship between mental health literacy and attitudes toward self-diagnosis of mental disorders ($r = -0.106$; $p = 0.046$). **Conclusion:** Higher mental health literacy is associated with a lower tendency for adolescents to engage in self-diagnosis. These findings are expected to serve as a basis for public health centers, schools, and related stakeholders in designing promotive and preventive mental health interventions for adolescents.

Kata Kunci: Mental health literacy, self-diagnosis, mental disorders, adolescents