

## POSITIVE SELF TALK ON MENTAL HEALTH OF ADOLESCENTS IN INDEPENDENT CAMPUS ACTIVITIES

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### ABSTRACT

Teenagers often experience mental health problems, including anxiety, depression, impaired social interaction and so on. Learning activities on campus also have the risk of causing mental disorders in teenagers due to academic pressure. This research aims to improve adolescent mental health through positive self-talk therapy. This research is an experimental study with one group pre test post test approach with a sample of 100 teenagers selected using a purposive sampling technique. Adolescents were given positive self-talk therapy every day for 3 consecutive days and then their mental health was measured using a questionnaire before and after positive self-talk therapy. The results of the research showed that before positive self-talk therapy the adolescent's mental health level was moderate, and after positive self-talk therapy the mental health level was good. There is an influence of positive self-talk on the mental health of teenagers in independent campus activities. Mental health in teenagers needs to be improved considering that teenagers are very vulnerable to campus activities which can cause stress and so on.

Keywords: positive self talk, teenagers, mental health

### INTRODUCTION

Mental health reflects a person's good condition, where the individual has awareness of his own abilities, is able to deal with stress effectively, adapts well, can work productively, and makes a positive contribution to his environment. Mental health is an important foundation for every individual because of its influence on the way a person sees themselves, their environment, and their understanding of their surroundings (Ratu Rantilia, 2020). According to Law of the Republic of Indonesia Number 18 of 2014, mental disorders are conditions in which a person experiences disturbances in thoughts, behavior and feelings which are manifested in a number of symptoms or significant changes in behavior, which can cause suffering and obstacles in carrying out human functions (Aula, 2019).

Based on information provided by the National Daily, the number of people suffering from mental disorders in Indonesia is reported to have increased according to the results of the 2018 Basic Health Research (Riskesdas). There has been an increase in the number up to 7 per household mile. This means that every 1,000 households have 7 households that have people with mental disorders (ODGJ), so the estimated number reaches around 450 thousand severely ODGJ. Various types of mental disorders involve conditions such as schizophrenia, psychopathic depression, bipolar disorder, and antisocial disorders. Riskesdas data in 2013 shows that the prevalence of mental-emotional disorders, which are characterized by symptoms of depression and anxiety at the age of 15 years and over, reached around 14 million people or around 6% of the total population of Indonesia. Meanwhile, the prevalence of serious mental disorders, such as schizophrenia, reaches around 400,000 people or 1.7 per 1,000 population. In Indonesia, with various biological, psychological and social factors, as well as population diversity, the number of cases of mental disorders continues to increase, having an impact on increasing the burden on the country and decreasing human productivity in the long term (Aula, 2019).

Teenagers have a higher risk of experiencing mental health disorders. Campus activities that are full of assignment deadlines, theses and other campus activities will certainly cause teenagers to experience anxiety, stress and even depression. Of course, this must be addressed so that the teenager does not experience mental disorders (Azari, 2023). So we need a therapy that can have a positive effect on adolescent mental health. One self-healing therapy that can be done is positive self-talk.

Self-talk is a structured form of internal conversation, arising from and for oneself as a way to describe thoughts about oneself and the world. Self-talk is a structured conversation that occurs within a person, discussing oneself and views of the world. Self-talk has the potential to motivate a person's performance. Self-talk is dialogue, both external and internal, that is used to provide instructions and reinforcement for a person's performance when carrying out tasks or work. In simple terms, self-talk is a dialogue with yourself, both externally and internally, which can help increase motivation in doing work. The continuation of positive self-talk certainly has a positive impact on individuals (Rahmasari, 2020).

Self-talk can help individuals overcome the mental problems they face. Individuals who have anxiety, stress, depression and so on tend to view everything from a negative perspective. With self-talk, individuals will have high motivation and confidence that all problems they face can be resolved well as long as they have positive beliefs that all problems can be resolved easily. Talking to yourself in positive terms can give individuals the strength to improve their quality of life for the better.

A preliminary study conducted by researchers found that 7 out of 10 teenagers had anxiety disorders related to academic problems on campus such as theses, final assignments and other problems that caused mental health problems. Based on what has been explained, researchers are interested in examining the influence of positive self-talk on the mental health of adolescents in independent campus activities.

## METHOD

This research is a quantitative type of experimental research carried out using a one group pre test post approach. Respondents were selected using a purposive sampling technique of 100 teenagers in Jember Regency. The flow of research in this study was that first the respondent's mental health was measured using a questionnaire (pre test), then self-talk therapy was carried out every day for 3 consecutive days, then mental health was measured again after being given positive self-talk therapy (post test). The data that has been obtained is then analyzed using SPSS with the Wilcoxon test. Research ethics in this research include respect for person, beneficence, non-maleficence and justice (Azari, 2022).

## RESULT

Based on the results of research conducted by researchers in December 2023 on 100 teenagers, the results were obtained as in the table below:

**Table 1: Frequency of Adolescent Mental Health Before Positive Self Talk**

Mental Health	Frequency	Percent
Moderate	60	60%
Good	40	40%
Total	100	100%

Based on the table above, it can be seen that the majority of respondents before positive self-talk had moderate mental health, 60 respondents (60%).

**Table 2: Frequency of Adolescent Mental Health After Positive Self Talk**

Mental Health	Frequency	Percent
Moderate	40	40%
Good	60	60%
Total	100	100%

Based on the table above, it can be seen that the majority of respondents after positive self talk had good mental health, 60 respondents (60%).

**Table 3. Wilcoxon Test**

P Value
0.001

Based on the Wilcoxon test, the p value was  $0.001 < 0.05$ , so it can be concluded that there is an influence of positive self-talk on the mental health of teenagers in campus teaching activities.

## DISCUSSION

Research conducted by researchers shows that before and after positive self-talk therapy there is an improvement in mental health in teenagers. This is in accordance with research conducted by (Putri et al., 2023) stated that the majority of students at Nabilah Middle School experienced mental health changes and disorders during adolescence, while a small number of them admitted that they did not know and did not understand how to deal with mental health problems in adolescents. Generally, teenagers feel stressed or anxious about the changes that occur, because a lack of understanding and worry about the situation causes changes in their daily activity patterns.

Other research conducted by (Takhfa Lubis et al., 2019) states that children and teenagers who understand and appreciate the implementation of worship are able to overcome the life problems they experience, are able to adapt to the environment, maintain relationships with the environment and are grateful to God, so they tend to have good mental health standards.

Positive self talk can reduce anxiety and stress which can interfere with mental health. Self talk can provide motivation to teenagers in terms of convincing themselves that all the problems they face can be resolved because every individual has positive things in themselves. Positive things are sometimes not known by each individual, but self-talk can increase self-confidence so that mental health improves. Apart from that, teenagers who are at high risk of mental disorders must have a positive self-concept and must be able to convey these positive things to themselves through positive self-talk (Azari, 2023).

Researchers assume that it is necessary to take a good approach to teenagers regarding improving their mental health considering that teenagers are a risk group who are vulnerable to experiencing mental health disorders. Apart from that, various types of simple therapy are highly recommended for teenagers to overcome the mental problems they experience.

## CONCLUSIONS AND SUGGESTIONS

There is an influence of providing positive self-talk on adolescent mental health. Teenagers are expected to have literacy to improve their mental health. Apart from that, the role of other people such as family and peers is very important in providing support to improve their mental health.

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