



SCIREA Journal of Health

ISSN: 2995-7699

<http://www.scirea.org/journal/PMH>

April 9, 2024

Volume 8, Issue 1, February 2024

<https://doi.org/10.54647/pmh330341>

What is the Reason For Adolescents in Senior High School Depression?

Linda Dwi Novial Fitri ^{1*}, Mohamad Hussain Habil ², Perjit Kaur Singh ³, Mega Suryani Oktaviani ⁴

¹ PhD Student MAHSA University, Kuala Lumpur, Malaysia; Atma Husada Psychiatric Hospital, Samarinda, East Kalimantan, Indonesia

² Senior Lecturer, MAHSA University, Kuala Lumpur, Malaysia

³ Lecturer, Universiti Sains, Pulau Pinang, Malaysia

⁴ Muhammadiyah University, Samarinda, East Kalimantan, Indonesia

* Corresponding author: linda_dnf@yahoo.com, lindadwinovial@gmail.com

Abstract

Background: COVID-19 or *Corona Virus Disease* is a new type of infectious disease that first occurred in Wuhan, China in December 2019. Furthermore, *WHO* (2020) stated that COVID-19 is a pandemic because it has a high risk of very severe disease and spreads rapidly throughout the world. The impact of the COVID-19 pandemic has an impact on life that causes psychological disorders and one of them is depression. Depression is a very serious mental illness that requires special treatment and can be experienced by all groups. Based on Riskesdas (2018), data can be obtained on the prevalence of mental-emotional disorders that show signs of depressive symptoms in adolescents over 15 years and over reaching 6.02% of the total population of Indonesia. **Objective:** to find out whether there is a relationship between the impact of the COVID-19 pandemic and depression in high school adolescents in Samarinda. **Method:** quantitative research with correlation descriptive design. The research

design used a *cross-sectional* design with a research sample of 153 respondents with a sampling technique, namely total sampling. The instrument used in this study was the DASS questionnaire. **Results:** This study shows that the results of statistical tests using *Pearson Product Moment* obtained significant values of $.001 < 0.05$ and based on the r-value calculated $> r$ table which is $-647 > 0.159$, it can be concluded that there is a significant relationship between the impact variable of the COVID-19 pandemic and depression variables in high school adolescents in Samarinda. They have a strong relationship strength with a negative relationship direction. This can be interpreted that the lower the impact of the COVID-19 pandemic, the lower the incidence of depression in adolescents in Samarinda. With an average trust value of -740 to -528, it is believed to show a relationship between the impact of the COVID-19 pandemic and depression in high school adolescents in Samarinda. **Conclusion:** There is a strong link between the impact of the COVID-19 pandemic and depression in high school adolescents in Samarinda.

Keywords: *reason, adolescents, senior high school, depression*

1. Introduction

Since early 2020, WHO has declared COVID-19 a pandemic disaster because it has a high risk of very severe disease and spreads rapidly throughout the world, international data affected in October 2021 showed a total of 243,561,596 confirmed cases of COVID-19, with 4,947,777 deaths. Meanwhile, data for the Community in Indonesia in October 2021 showed that the number of positive cases infected was 4,241,090 cases, the highest number of cases died at 143,270 cases (3.4%), the number of cases of recovered patients was 4,084,831. Meanwhile, in the city of Samarinda in June 2021, there were 13,308 (1.4%) confirmed cases (Kemenkes RI, 2021).

The COVID-19 pandemic will have an impact on life that causes psychological disorders and one of them is depression. Depression is a very serious mental illness worldwide. The Central Statistics Agency (2021) states that there are around 3.4 million adolescents who experience mental disorders and depression is the most common disorder. Meanwhile, in Samarinda City, data on the prevalence of depression in adolescents is 52.7% without any difference in depression levels and this also occurs in adolescent girls and boys (Anggraini, 2021).

Symptoms of depression caused by the COVID-19 pandemic can affect anyone, including teenagers. Symptoms of depression that appear in adolescents include prolonged feelings of sadness, isolating themselves, and daydreaming more while in class. Not only that, eating disorders, sleep pattern disturbances, often feeling tired, lethargic or underpowered, impaired social interaction, difficulty concentrating difficulty making decisions, and being doubtful are accompanying symptoms of depression. Depression can also attack the personality and nature of a teenager (Desi, 2020)(Pertwi et al., 2021).

Adolescents in the age category of 12-24 years where adolescents can live their lives to find their identity and transition periods of physical and psychological changes from childhood to adulthood (In Choirun, 2020). The characteristics of adolescents with immaturity in their brain development cause adolescents to be more vulnerable to events to experience psychological problems, including depression.

The learning process was carried out during the COVID-19 pandemic through online or online applications. During the online learning process, students do not understand using online or online applications or the material provided, making students stressed and anxious. In addition, the restriction of movement during the pandemic is also an important reason for adolescents to experience mental and emotional problems.

The results of interviews with 10 adolescent respondents in Samarinda in 2022 obtained data that they experienced the impact of the COVID-19 pandemic on their mental health. Respondents expressed their opinion that "the COVID-19 pandemic is very difficult and troubling both economically and health-wise. The negative impact makes people fearful, and anxious about COVID-19 transmission. Some respondents stated that the impact of the COVID-19 pandemic made it difficult to concentrate and difficult to understand learning until what had been delivered by teachers, thus making less interest in participating in learning. Respondents also stated that they "often feel burdened because of many assignments, often feel afraid and sad if they are late in submitting assignments to make students lose confidence and become moody.

To overcome the existing problems, respondents do activities that they like such as listening to music, playing games, sleeping, or doing other activities at home. Respondents also stated that there were changes during the COVID-19 pandemic because they were required to complete piled-up tasks on time, and were required to understand technology in using online applications. They also cannot access out of the house due to the imposition of restrictions on movement in general in the community. The existence of social movement restriction

regulations will greatly affect, so they will feel very bad This makes adolescents experience many psychosocial problems because naturally the phase of their developmental tasks them is to expand their social life.

2. Materials and Methodology

This study uses quantitative methods with a *cross-sectional approach*. The respondents in this study were teenagers in one of the high schools in Samarinda with sampling using total sampling techniques with a total of 153 respondents. Data collection using *DASS* questionnaire sheet via *Google form*. Univariate analysis using frequency distribution on adolescent characteristics and central tendency on the independent variable (impact of COVID-19) and dependent variable (depression), *bivariate* using *Pearson Product Moment*. Data processing using the *Statistical Package for the Social Science (SPSS)* program.

3. Results and Discussion

3.1 Responder Characteristics

Table 1: Respondents' Characteristics

No	Responsive Features	Frequency	Percentage (%)
1	Age		
	15 years	1	0,2%
	16 years old	39	25,4%
	17 years old	103	67,3%
	18 years old	8	5,2%
	19 years old	2	1,9%
	Total	153	100%
2	Gender		
	Man	69	45,1%
	Woman	84	54,9%
	Total	153	100%
3	Class		
	IPA	82	53,6%
	IPS	71	46,4%
	Total	153	100%

Source: Primary Data, 2022

Based on Table 1 above: the majority of respondents were 17 years old as many as 103 respondents (67.3%), the majority of respondents were female as many as 84 (54.9%) and the majority of respondents were in the science class as many as 82 respondents (53.6%). This is

by the results of research conducted by (Andini & Pudjiati, 2021) that most of the age of respondents in adolescents is at the age of 17 years as many as 119 (59.20%) respondents. Another study was also conducted by (Praptikaningtyas et al., 2019) that most of the average age of respondents was 17 years as many as 79 (52.7%) respondents. Based on the results of the study, researchers assume that the majority of respondents who experienced the impact of the COVID-19 pandemic were at an average age of 17 years, where adolescents with increasing age will be more sensitive to stressors that can cause depression in adolescents.

According to (Pramana & Damaiyanti, 2020) Data were obtained that women experienced depressive symptoms that were higher than men, in women 22.3% and men 21.4%. According to (Bayu & Wibowo, 2020) 15 respondents (45; 5%) are male, and 18 respondents (54.5%) are female, that women have a strong genetic vulnerability so that women experience more depression due to hormone levels that often change. Women are also more thinkers than men, so women think more often about things excessively which makes them more prone to depression.

Based on the results of the study, researchers assume that the sex of adolescent girls is more depressed than adolescent boys because women have genetic vulnerabilities that make hormones in women easily change and women also think too much so they are more prone to depression than men.

3.2 Univariate Analyzes

Table 2: Impact of COVID-19 pandemic on senior high school adolescents

	Mean	Median	Standard Deviation	Standard Error	CI 95%	
					Lower	Upper
Impact of the COVID-19 Pandemic	35	34	7	548	33,66	35,82

Source: Primary Data 2022

Based on the results of the calculation above, states that the majority of independent variable respondents experienced the impact of the COVID-19 pandemic with an average value of 35. With a confidence degree of 33.66-35.82%, it is believed that the COVID-19 pandemic has an impact on adolescents. This is in line with research conducted by Masyah (2020) stated that the impact of the COVID-19 pandemic disaster on individuals is on various aspects including physical health, mental health, and behavior change.

Related learning methods According to Suhariati (2021) online or online methods are carried out at home, of course, there will be restrictions on social movement. Teenagers not only need to learn but there are other needs such as socializing so online learning makes teenagers have to be at home alone and not socialize with their peers. This can make adolescents experience depression. Some symptoms that are often experienced by adolescents when depression such as sadness, irritability, fear, anxiety, stress, and feeling bored during online learning.

Based on the researchers' assumption is that the impact of the COVID-19 pandemic affects the incidence of depression for adolescents because during the COVID-19 pandemic adolescents learn at home or online learning which makes adolescents feel easily bored during learning, anxious, afraid, feel sad, so they become irritable.

Table 3: Depression in senior high school adolescents

	Mean	Median	Standard Deviation	Standard Error	CI 95%	
					Lower	Upper
Depression in Adolescents	12	11	8,85	74	10,56	13,49

Source: Primary Data 2022

The table above shows the majority of respondents of the dependent variable (Depression in Adolescents) are in the mild category with an average value of 12, meaning that the majority of respondents experience mild depression. It is believed that depression in adolescents has an impact with an average confidence value of 10.56-13.49%. According to Praptikaningtyas et al. (2019) Related to the definition of depression in adolescents is a disorder of conditions that affect the feelings and thoughts of adolescents. Teenagers who are depressed will feel feelings of sadness continuously and a sense of loss of interest in an activity.

According to Agustina et al. (2022), there are changes in new behavioral adaptation patterns that occur during the COVID-19 pandemic situation that make adolescents experience frustration. They not only feel frustrated but also feel restless and isolated. Adolescents are indeed included in risk groups that are more vulnerable to psychosocial effects as a result of the pandemic This is indeed very appropriate because adolescents are basically in a period of growth and development.

Researchers assume that depression can occur because of the impact of the COVID-19 pandemic on adolescents, this is due to new changes in the situation that frustrate young people, not only frustrated but they become restless and isolated during the pandemic. Which

resulted in adolescents experiencing depression due to the psychosocial effects of the pandemic.

3.3 Analyzes Bivariate

Table 4 The relationship between the impact of the COVID-19 pandemic with depression in senior high school adolescents

Impact of the COVID-19 Pandemic	Depression	CI.95%		Pearson Correlation	Sig.(2-tailed)	N
		Lower	Upper			
1	1	-740	-528	-.647	.001	153

Source: Primary Data 2022

The table above shows that based on the results of statistical tests of the SPSS computer statistical program, namely *the Pearson Product Moment* test, the results of sig values are obtained. (2-tailed) with a *p value of* $.001 < 0.05$ which means that there is a significant correlation between the variable impact of the COVID-19 pandemic and depression in high school adolescents in Samarinda. This can also be seen based on the $>$ value of the table which is $-.647 > 0.159$. In the strength and direction of the relationship, it can be seen that it has a strong relationship with the direction of negative relationships, which means that the higher the impact of the COVID-19 pandemic, the lower the incidence of depression in high school adolescents in Samarinda. With an average confidence degree of -740 to -528 , it is believed that 52.8% to 74% show a relationship between the impact of the COVID-19 pandemic and depression in high school adolescents in Samarinda. Peers play an important role in being a place to vent and share stories so that they can support improving the mental health status of adolescents so that they can keep thinking positively.

Maulida (2020) stated that related to the impact of the COVID-19 pandemic which leads to negative aspects, especially regarding the psychological health and mental well-being of adolescents. This has a lot to do with psychological distress, changes in mental health status, sadness, helplessness, hopelessness, panic, stress, anxiety, and depression.

According to Sonartra (2021), adolescents have indeed become more vulnerable to the impact of the COVID-19 pandemic. This is because they are in a transitional period in both aspects of growth and development. The impact of the COVID-19 pandemic has made adolescents experience changes in living their social lives, due to the drastically changed routine activities

of adolescents. They minimize the number of classes while studying and move all children's school activities home. Learning is routinely carried out with the distance education system and even learning is carried out through social media *Online*. Parental involvement may help them learn, but social restrictions make the movement of physical activity that characterizes the need for peers very disruptive.

Based on the results of the study, researchers assume that the impact of the COVID-19 pandemic has a major influence on adolescent mental well-being, even leading to mental health problems. Adolescent life that is already full of psychological turmoil makes adolescents increasingly at high risk for experiencing mental health problems. The psychological condition of adolescents who are still labile due to immaturity in brain development provides its risk value for adolescents. This requires special attention from all parties, both parents, educational components such as teaching teachers, counseling guidance teachers, and their peers. All can be a *support system* for adolescents, hopefully, they can provide attention, understanding, support, and of course assistance if they need friends to complain about the burden they feel.

The support system in the education area may be able to increase its active participation in carrying out prevention efforts through education either in *hardcopy* or *softcopy* related to the impact of the COVID-19 pandemic on depression in adolescents. This can be done by making brochures or leaflets which can then be distributed or disseminated through various available media. In addition, this effort can also be done by establishing cooperation between health agencies in the area closest to the school area.

4. Conclusion

Based on the results of research on the relationship between the impact of the COVID-19 pandemic and depression in high school adolescents in Samarinda, it can be concluded that the characteristics of respondents based on the majority of this study are adolescents aged 17 years (female) and are in science classes. Most high school adolescents in Samarinda experienced the impact of the COVID pandemic- While in the dependent variable, namely depression, it was found that the average teenager experienced depression in the mild category. The results of statistical tests using *the Pearson Product Moment* test found that there was a meaningful relationship and strength of the relationship at a strong level between the impact of the COVID-19 pandemic and depression in high school adolescents in

Samarinda, Furthermore, the results also showed a negative relationship direction, meaning that the higher the impact of the COVID-19 pandemic, the lower the depression in adolescents. Advice for adolescents is important to understand and recognize the causes of mental health disorders. So efforts need to be made to pay attention to various preventive measures so that they are not easily slumped by these conditions, especially those related to the impact of the COVID-19 pandemic. All parties, both at the community level and agencies that have attention and concern for the mental well-being of adolescents may be able to carry out various prevention efforts by their main duties and functions. This needs to be done considering that adolescents are an important foundation and asset for future state life.

Acknowledgments

The highest appreciation is conveyed to the ranks of Muhammadiyah University of East Kalimantan, MAHSA University, the school that has been involved in this study, adolescent respondents will hopefully always be mentally healthy.

References

- [1] Agustina, D., Khairiah, A., Ramadhani, A., Aulia, P., & Hrp, A. (2022). Overview of Adolescent Mental Health During the Covid-19 Pandemic in Nelayan Indah Village. *MARTABE: Journal of Community Service*, 5(2), 609–616.
- [2] Choirunissa. (2020). *ANALYSIS OF DETECTION HERE OF ADOLESCENT MENTAL HEALTH DURING THE COVID-19 PANDEMIC*.
- [3] Ministry of Health of the Republic of Indonesia. (2021). *Emerging Infectious Diseases*. <http://infeksiemerging.kemkes.go.id/dashboard/covid-19>
- [4] Kurniawan Mohammd Bayu, & Wibowo Ari Thomas Ari. (2020). The Relationship between Family Information Support and Depression in Post-Stroke Patients at the Samarinda Adolescent Health Center. *Borneo Student Research*, 1(2), 1280–1286. <https://journals.umkt.ac.id/index.php/bsr/article/view/1093>
- [5] Masyah. (2020). Covid 19 Pandemic on Mental and Psychosocial Health. *Mahakan Nursing*, 2(8), 353–362. <http://ejournalperawat.poltekkes-kaltim.ac.id/index.php/nursing/article/view/180/74>

- [6] Maulida. (2020). Community Depression in the Face of the COVID-19 Pandemic: A Systematic Review. *Journal of Science and Health*, 2(4), 519–524. <https://doi.org/10.25026/jsk.v2i4.201>
- [7] Pertiwi, S. T., Moeliono, M. F., & Kendhawati, L. (2021). Adolescent Depression, Anxiety, and Stress during the Covid-19 Pandemic. *JOURNAL OF AL-AZHAR INDONESIA HUMANITIES SERIES*, 6(2), 72. <https://doi.org/10.36722/sh.v6i2.497>
- [8] Pramana, E. F., & Damaiyanti, M. (2020). *The Relationship of Parental Warmth and Parental Monitoring with Depression in High School and Vocational Students*. 1(3), 1335–1340.
- [9] Praptikaningtyas, A. A. I., Wahyuni, A. A. S., & Aryani, L. N. A. (2019). The Relationship Between Depression Level in Adolescents and Academic Achievement of Students of SMA Negeri 4 Denpasar. *Udayana Medical Journal*, 8(7), 1–5. <https://ojs.unud.ac.id/index.php/eum/article/download/51773/30713/>
- [10] Sonartra. (2021). THE IMPACT OF THE COVID-19 PANDEMIC ON CHILD AND ADOLESCENT MENTAL HEALTH: LITERATURE REVIEW. *Scientific Journal of Health Nursing*, 17(1), 25–31. <https://doi.org/10.26753/jikk.v17i1.507>
- [11] Suhariati. (2021). *The relationship of family roles with adolescent depression online learning during the COVID-19 pandemic*. 19(1), 6.