



The Influence Role Of Parents And School Environment On The Incidence Depression In Adolescents

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ABSTRACT

Depression in adolescents can be caused by the influence of the role of parents and the school environment according to WHO. The aim is to determine the influence of the role of parents and the school environment on the incidence of adolescent depression. This type of research is descriptive analytical cross sectional approach. The population of teenagers in grades VII and VIII amounted to 624 people using the Simple random sampling technique. Independent variables are the role of parents and the school environment. Dependent variable is depression. Place of research at SMPN 3 Surabaya in April 2024. Questionnaire research instrument. Data processed with SPSS were analyzed using the Wilcoxon test. The research results showed that half of the respondents had a sufficient role, there was an influence on the incidence of adolescent depression. The influence of the role of the school environment, almost half of the respondents have a sufficient role, there is an influence on the incidence of adolescent depression. The conclusion is that there is an influence of the role of parents and the school environment on the incidence of adolescent depression. So it is hoped that the role of each line can be improved so as to minimize the incidence of depression in adolescents.

Keywords: Depression, Environment, Parents, School, Role

INTRODUCTION

According to WHO, adolescents are individuals who are undergoing a transition that gradually reaches sexual maturity, experiences changes from a child's soul to an adult, and experiences changes in economic conditions from dependence to relative independence. The occurrence of depression in adolescents today is largely due to the role of parents and the role of the school environment (Saputri, 2020).

Riskesdas (Basic Health Research) 2018 showed that almost 5% of adolescents and school children in East Java, especially in Surabaya, amounted to 10.8% of the total population of Indonesia. Facts at SMPN 3 Surabaya, the place to be studied from 15 respondents of initial data, found 4 students with depression and 6 students with symptoms towards depression. The purpose of this study is to determine the role of parents and the role of the school environment on the incidence of depression in adolescent (Dinkes.TW,2023).

METHOD

Quantitative research with a cross-sectional design, and using a descriptive analytical research design.

The population in this study were all students in grades VII and VIII totaling 624 people. With 1,000 students in grade VII and 1,000 students in grade VIII.

The sampling method used simple random sampling and obtained 110 respondents.

Data collected by processing data with the Wilcoxon test which is used to test hypotheses when the population consists of two or more variables and the data is in ordinal form and the sample is large. The multivariate analysis used in this data analysis is the normality test. The research location is at SMPN 3 Surabaya. This research was conducted from November 2023 to April 2024. The sampling method used Probability sampling with a Simple Random Sampling design.

RESULTS AND DISCUSSIONS

Table 1. Frequency Distribution of Characteristics of Adolescents in Grades 7 and 8 at SMPN 3 Surabaya, in February-March 2024

Characteristics	Criteria	Frequency	Percentage (%)
Age	13 years old	86	78.18
	14 years	24	21.81
Class	VII	86	78.18
	VIII	24	21.81

Based on table 1, the age of teenagers at SMPN 3 Surabaya is almost entirely (78.18) at the age of 13 years..

Table 2. Frequency of Depression Incidents in Adolescents at SMPN 3 Surabaya

Teen Depression	Depression
	N %
Mild depression	68 61.8
moderate depression	28 25.5
Major depression	14 12.7
Total	110 100.0

Based on table 2, it was found that the majority of respondents (61.8%) experienced mild depression symptoms.

Table 3. Frequency of Parental Roles in Depression in Adolescents at SMPN 3 Surabaya

Criteria	Role of Parents	
	N	%
Good	47	42.7
Enough	55	50.0
Not enough	8	7.3
Total	110	100.0

Based on table 3, it can be seen that half of the respondents (50.0%) who were studied had a fairly strong parental role.

Table 4. Frequency of the Role of School Environment on Depression in Adolescents at SMPN 3 Surabaya

Criteria	The Role of the School Environment	
	N	%
Good	13	11.8
Enough	52	47.3
Not enough	45	40.9
Total	110	100.0

Based on table 4, it can be seen that almost half of the respondents studied included the role of the school environment as sufficient, namely (47.3%).

Table 5. Cross-distribution of the influence of parental roles on the incidence of adolescent depression at SMPN 3 Surabaya

Role of Parents	Teen Depression						Total	<i>p-Value</i>
	Light		Currently		Heavy			
	F	%	F	%	F	%		
Good	32	68.1	11	23.4	4	8.5	47 100	0.00
Enough	29	52.7	16	29.1	10	18.2	55 100	
Not enough	7	87.5	1	12.5	0	0.0	8 100	
Total	68	100	28	100	14	100	110 100	

Based on the data in table 5, it can be seen that the influence of the role of parents on adolescent depression is mostly in respondents at the sufficient level, namely the most in mild depression as much as 52.7%. The role of parents who are sufficient experience severe depression as much as 18.2%. There was a 9.7% increase from good to sufficient parental roles in the incidence of severe depression. The results of the statistical test using the Wilcoxon Sign Rank Test obtained a value of $p = 0$, namely $p < 0.05$. This states that there is an influence between the role of parents and the incidence of depression in adolescents at SMPN 3 Surabaya.

DISCUSSION

Depression Incidence in Adolescents

Based on the results of the study, it was found that in students of SMPN 3 Surabaya, the most common was mild depression. Depression is a condition characterized by prolonged sadness and loss of interest in activities that are usually done happily. The next sign is stopping activities that are usually done every day for at least two weeks (Suparyatna, 2014). The diagnostic criteria for depression according to PPDGJ III include the main symptoms at mild, moderate and severe levels, namely depressed affect,

loss of interest and joy, and decreased energy leading to increased fatigue (feeling tired even though not due to hard work) and decreased activity. While other accompanying symptoms are decreased concentration and attention, decreased self-esteem and self-confidence, ideas about feeling and being useless, gloomy and pessimistic views of the future, sleep and appetite disorders, adolescents must adapt to the difficulty of continuing social, work and household activities. For adolescents who are in severe depression have the same symptoms as in moderate depression plus depressive mood, self-

harm such as suicide, sleep and appetite disorders, hallucinations appear. All of these symptoms last at least 2 weeks. Depression in children and adolescents can arise in the form of unhappiness or irritability that lasts a long time. There are also those who admit to wanting to hurt themselves, even end their lives.

According to researchers, children and adolescents who experience depression are at greater risk of harming themselves, so statements like this must be taken seriously. Children who look sad are not necessarily depressed. However, if the sadness persists or interferes with social activities, makes the child lose interest, hinders achievement in school, or interferes with relationships with family, this could mean that the child needs support from mental health professionals. This incident can be overcome by those closest to parents or friends and teachers by taking preventive measures or minimizing the symptoms that arise so that they do not get worse. Such as inviting teenagers to talk about their condition, spending time with teenagers, giving teenagers the opportunity to express themselves, and protecting teenagers from stressful situations.

The Role of Parents in Adolescent Depression.

The results of the study on the role of parents showed that half of the students had a sufficient parental role.

Role is a behavioral role that is expected to be possessed by society (Departemen Pendidikan, 2023). The definition of the role of a mother is something that is carried out by a mother in her duties in the process of child growth and development, especially in early adolescence. While the role of a father is something that is carried out by a father in relation to the task of directing children to be independent both physically and biologically. So the role of parents is the methods used by parents regarding the tasks that must be carried out in raising children. The role of parents towards children must be truly carried out by parents, because the method used by parents becomes a guide for the child. The role of parents is also related to how a parent's parenting pattern is in educating their children. Parenting patterns are divided into 3, namely authoritarian, permissive and democratic parenting patterns. The best influence is of course democratic parenting, namely encouraging children to be independent but also still setting boundaries and control over their actions. In the respondents, many good parents were found, which means that many apply democratic parenting patterns. Researchers argue that the role of parents who are sufficient indicates that students

consider the role of parents to be very necessary to guide students in their lives. The role of good parents is one that is able to meet the needs of children both physically and mentally, provide a safe environment, protect and educate children, be able to introduce children to the environment, be able to be an example for children, support and motivate children, pay attention to children's social and emotional abilities, discipline children gently and develop children's personalities. The role of parents who are sufficient is only able to fulfill half of the components of the role of good parents. While the role of parents who are lacking can only be fulfilled by parents a little. The role of parents cannot be separated from the way parents educate children. The education received by children is related to the parenting pattern at home. That the parenting pattern is an interaction between children and parents during parenting activities. This care means that parents educate, guide and discipline and protect children to achieve maturity in accordance with the norms that exist in society.

The Role of School Environment in Adolescent Depression.

The results of research on the role of the school environment show that most students have a sufficient role in the school environment.

The role of the school environment is a behavior related to the environment at school (teachers and friends) in holding a certain position in the school institution which functions to support the process of achieving the desired goals of the school environment. The school environment includes the physical environment and the social environment that will be discussed in this study is the social environment of the school, namely teachers and friends. The function of the school environment that has a positive influence on adolescents is to develop intelligence and provide knowledge and attitudes.(Betari Sonnet, 2022)

Researchers argue that half of the students who have a sufficient school environment role show that the role of the school environment has a large share in students. The role of a good school environment is to develop intelligence and provide knowledge, provide guidance or counseling, as a good mediator, can assess fairly, and bring good influence. The role of a sufficient school environment can fulfill half of the quality of a good parent role. While the role of a bad school environment can only fulfill a little or none of the quality of a good school environment role. That the implementation of a good school environment role is related to the level of adolescent depression where factors in the school

environment also influence the occurrence of depression in adolescents. So that it does not cause things that are not desired if it can be handled well. The role of school environment factors from teachers and friends must be monitored well. So that teachers can carry out their duties as parents at school for teenagers and friends can motivate each other to provide examples of good relationships with fellow teenagers so that teenagers do not worsening levels of depression and resulting in undesirable events.

The Influence of Parental Roles on the Incidence of Adolescent Depression.

Based on the results of the study, it was found that depression was influenced by the role of parents, the role of parents that was sufficient was obtained most in students with mild depression. The results of the distribution regarding the influence of the role of parents on the incidence of depression in adolescents can be seen in the results of statistical tests with the conclusion that there is an influence between the role of parents on the incidence of depression in adolescents at SMPN 3 Surabaya.

Parents with a permissive parenting style have characteristics such as parents always allow everything. There are no clear rules, children are allowed to do as they please, there is no punishment, children are

considered capable of learning on their own from their actions, for every success there is no reward or praise, there is no control.(Purnomo & Supratman, 2018).The role of parents is to educate, guide, and discipline and protect children to achieve maturity according to the norms that exist in society. The role of parents who are not right in educating children can cause children to become depressed, where the role of parents is related to the way parents educate children. The education that children receive from how parents educate is related to the parenting pattern at home. Parenting patterns are interactions between children and parents during parenting activities. This care means that parents educate, guide and discipline and protect children to achieve maturity according to the norms that exist in society.

According to the researcher's opinion, this condition cannot be separated from the way parents educate students while in the family environment. Although parents are lacking in educating, such as often getting angry, respondents feel unappreciated, but respondents do not feel pressured, where respondents often get bad treatment, but respondents consider it not a problem. But for some students it is enough affect their condition, they hope they are able to be understood and understood facing the pressures in their teenage years. Children's

desires and needs that cannot all be fulfilled by parents can cause depression in children. Impeded communication, and the pressure in educating children can trigger depression.

The Influence of the Role of the School Environment on the Incidence of Adolescent Depression.

From the results of the study, it was found that depression in adolescents was influenced by the role of the school environment from the number of students who experienced depression. In the questionnaire on the role of the school environment conducted by the study, it was found that the role of the school environment in adolescent depression was mostly in students at a sufficient level, namely the most in mild depression. The results of the distribution regarding the influence of the role of the school environment on the incidence of depression in adolescents can be seen in the results of statistical tests. It can be concluded that there is an influence between the role of the school environment on the incidence of depression in adolescents at SMPN 3 Surabaya.

The role of the school environment is the role of teachers must understand the psychology of their students' development so that it is easier to decide to achieve

good learning goals. Teachers must also have the right strategy and understand the psychology of adolescent development education so that in implementing education learning must be in accordance with the characteristics of students, all forms of learning methods and learning styles that are being faced by their students. In many respondents, it was found that respondents felt that teachers were unfair in assessing students/respondents, this could be due to the lack of closeness between respondents and teachers. It could also be due to the large workload of the teacher.

On the role of the school environment from the side of friends. The role of friends must be able to control positive things or positive habits such as participating in solving various conflicts in ways other than aggressive actions. Obtaining emotional and social encouragement from peers to become more independent. Encouragement obtained from peers causes a decrease in the dependence of adolescents/respondents on the family. Improving social skills, developing reasoning skills and learning to express feelings in a good way. Also a positive thing that is obtained from friends is increasing self-esteem, namely by being someone who is liked by their friends makes children feel happy about themselves.

According to the researcher, this condition cannot be separated from how teachers play their role to adolescent students in the school environment. Teachers should be able to provide guidance or counseling, encourage learning motivation, create a conducive learning atmosphere, be more responsive and interactive, assess fairly, master the material, have extensive knowledge, and be a good mediator. The role of the school environment from friends who are sufficient, such as being able to provide support to fellow friends, being able to provide positive influences and also working together in achieving a good goal can make adolescents have a low level of depression or even not become depressed.

CONCLUSION

The Influence of the Role of Parents and the Role of the School Environment on the Incidence of Depression in Adolescents at SMPN 3 Surabaya, the following conclusions can be drawn. Adolescents at SMPN 3 Surabaya are included in the mild depression category. Teenagers at SMPN 3 Surabaya are included in the category of sufficient parental roles. Adolescents at SMPN 3 Surabaya are included in the category of sufficient school environmental roles. There is an influence of the role of parents on the incidence of depression in adolescents at SMPN 3 Surabaya.

There is an influence of the role of the school environment on the incidence of depression in adolescents at SMPN 3 Surabaya

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