

ABSTRAK

Selvya Erlyanti

PENGARUH EDUKASI MEDIA AUDIOVISUAL TENTANG SELF
AWARENESS TERHADAP MENTAL EMOSIONAL
REMAJA DI SMA KAWUNG 1 SURABAYA

xv+ 50 Halaman+9 Tabel+17 Lampiran

Kesehatan mental remaja perlu mendapat perhatian, salah satunya dipengaruhi oleh rendahnya kesadaran diri (*self-awareness*). Gangguan mental emosional bisa diakibatkan faktor genetik, biologis, psikologis, serta lingkungan. Penelitian ini bermaksud guna menganalisis pengaruh edukasi audiovisual tentang *self-awareness* terhadap kesehatan mental emosional remaja di SMA Kawung 1 Surabaya.

Metode yang dipakai ialah *quasi-eksperimental* dengan pendekatan *one group pre-test post-test*. Sejumlah 85 siswa yang memenuhi kriteria inklusi diberikan kuesioner berisi 25 pertanyaan sebelum sekaligus sesudah intervensi. Data dianalisis memakai SPSS dan disajikan secara deskriptif.

Hasil penelitian memperlihatkan edukasi audiovisual efektif dalam meningkatkan *self-awareness* dan kesehatan mental emosional remaja, dengan penurunan total skor kesulitan serta peningkatan total skor kekuatan. *Uji Wilcoxon* memperlihatkan nilai signifikansi ($p\text{-value}$) $< 0,001$ ($\leq 0,05$), di mana bermakna H_1 diterima. Jadi, edukasi audiovisual tentang *self-awareness* berpengaruh signifikan terhadap kesehatan mental emosional remaja di SMA Kawung 1 Surabaya.

Kata Kunci: *Self-awareness*, kesehatan mental, edukasi audiovisual, remaja
Daftar bacaan: 57 Jurnal, 5 Buku (2011-2024)

ABSTRACT

Selvia Erlyanti

*THE INFLUENCE OF AUDIOVISUAL MEDIA EDUCATION ON SELF-AWARENESS TOWARD ADOLESCENTS' EMOTIONAL MENTAL HEALTH AT KAWUNG 1 SENIOR HIGH SCHOOL
SURABAYA*

xv+ 50 Pages+9 Tables+17 Appendices

Adolescent mental health needs attention, one of which is influenced by low self-awareness. Emotional mental disorders can be caused by genetic, biological, psychological, and environmental factors. This study aims to analyze the effect of audiovisual education on self-awareness on the emotional mental health of adolescents at Kawung 1 High School in Surabaya.

The method used was a quasi-experimental design with a one-group pre-test post-test approach. A total of 85 students who met the inclusion criteria were given a questionnaire consisting of 25 questions before and after the intervention. The data were analyzed using SPSS and presented descriptively.

The results of the study indicate that audiovisual education is effective in improving self-awareness and emotional mental health among adolescents, with a decrease in total difficulty scores and an increase in total strength scores. The Wilcoxon test showed a significance value (p -value) < 0.001 (≤ 0.05), indicating that H_1 is accepted. Thus, audiovisual education on self-awareness has a significant effect on the emotional mental health of adolescents at SMA Kawung 1 Surabaya.

Keywords: Self-awareness, mental health, audiovisual education, adolescents

References : 57 Jurnal, 5 Books (2011-2024)