


The Influence Of Mental Health Conditions Of Indonesian Teenagers To Realize A Golden Indonesia 2045

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Article Info	ABSTRACT
<p>Keywords: Mental Health, Teenagers, Golden Indonesia 2045, Human Resources.</p>	<p>The vision of "Golden Indonesia 2045" targets Indonesia as a developed country with superior human resources (HR) and global competitiveness. Adolescents, as the nation's next generation, play a central role in achieving this vision. However, their mental health faces serious challenges that can hinder their full potential. This study explores the influence of Indonesian adolescents' mental health conditions on their contribution to achieving national development goals by 2045. Factors such as social pressure, academic expectations, and the impact of social media play a significant role in influencing adolescent mental health. If left untreated, mental disorders can reduce productivity, innovation, and the quality of life of the younger generation, which can ultimately affect the achievement of Golden Indonesia 2045. This study emphasizes the importance of psychosocial support, inclusive education, and responsive policies to ensure adolescent mental well-being and support their strategic role in national development.</p>
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INTRODCUTION

Indonesia is currently preparing itself towards the grand vision of "Golden Indonesia 2045", a concept that refers to the momentum of one century of independence of the Republic of Indonesia where this country is expected to become a developed country with global competitiveness, a strong economy, and superior quality of human resources (HR). One important aspect in achieving this vision is the mental health condition of the younger generation, especially teenagers, who will become the main drivers of development in the future.

Indonesian teenagers, as part of the millennial and Gen Z generations, play a crucial role in realizing the ideals of Golden Indonesia 2045. However, the challenges in maintaining mental health among teenagers are increasing along with changing times and technological developments. Pressure from the social environment, social media, academic competition, and expectations from society and family often affect the psychological well-

being of teenagers. If the mental health of teenagers does not receive serious attention, this can have a negative impact on their ability to contribute optimally to national development.

Poor mental health conditions in teenagers can reduce motivation, productivity, and cognitive abilities needed to create innovation and solve problems in various sectors. In addition, mental health issues also have the potential to increase unemployment rates, crime, and social instability that will have a direct impact on economic progress and national stability.

Therefore, it is important to understand more deeply how adolescent mental health can affect the realization of Indonesia golden 2045. A multidimensional approach involving education, family support, government policies, and community roles is essential to creating an environment that supports adolescent mental health. Through these efforts, Indonesia can ensure that its young generation is ready to become a strong and qualified backbone in facing a bright future.

In the increasingly rapid digital era, technology has had a significant impact on social life and communication. One aspect that is affected by its influence is mental health. The Strawberry Generation is often given the title of a sensitive, insecure, and easily give-up generation. One of the most obvious causes is that they consume a lot of mental health content through social and online media. Various platforms also show that this generation is very interested in the topic of mental health.

Mental health according to the Ministry of Health is "a condition in which an individual has good health that can be seen from within themselves, has the ability to adapt to normal life pressures in various situations, has the ability to work productively and produce output, and has the ability to contribute to their community." Mental health is closely related to physical health, and physical health affects mental health. Overall, the analysis of mental health among the Strawberry generation will explain how mental health content that is widely shared through social media and online can affect individual behavior and views in dealing with mental health. This analysis will emphasize the importance of being critical in consuming mental health content, as well as the importance of inviting individuals to consult with mental health professionals if they experience mental health problems.

Literature Review

Teenagers Health

Teenagers health is important for the development of adolescents themselves. The process of adolescent growth and development will be influenced by various factors, one of which is the nutritional intake, activity and psychological factors of adolescents. The problem of risky behaviour in adolescents also has an impact on adolescent mental health, namely starting from behaviour with the use of narcotics and problems that cause depression or stress in adolescents which lead to mental disorders. The prevalence of schizophrenia in 2013 was 1.7% and in 2018 it increased to 7%. The problem of depression in the population age group ≥ 15 years reached 6.1% while emotional mental disorders in the age group ≥ 15 years had reached 9.8% (RI 2018) Mental health is one of the things that is as important as physical health. Individuals who are considered mentally healthy are not merely people who are free from mental disorders. According to the World Health

Organization (WHO), a mentally healthy individual is an individual who can realize every potential that he has, is able to manage reasonable stress, can work productively, and is able to play a role in his community.

Therefore, mental health is very important for human life. Unfortunately, currently, awareness of the importance of mental health in Indonesia is still lacking. This can be seen from the data from the Ministry of Health until June 2020, there were at least 277 thousand cases of mental health in Indonesia.

According to the WHO Health Organization (WHO), adolescence is the stage of life between childhood and adulthood, from the ages of 10 to 19. This is a unique stage of human development and an important period for laying the foundation for good health. Adolescents will experience rapid physical, cognitive, and psychosocial development. This affects the way they think, make decisions, and interact with the world around them. If the changes and problems that occur in life are not controlled properly, they can trigger emotional problems in adolescents. According to health expert Merriam Webster, mental health is a state of emotional and psychological well-being, where individuals use their cognitive and emotional abilities to function in their communities and meet their daily needs. Data from the 2018 Basic Health Research (RISKESDAS) proves that the prevalence of mental health disorders manifested by symptoms such as depression and anxiety in adolescents aged 15 years and over reached 6.1% of the total population of Indonesia or equivalent to 11 million people.

According to a sample registry conducted by the Health Research and Development Agency in 2016, there were 1,800 suicide cases per year or 5 cases per day, of which 47.7% of suicide victims were children aged 10-39 years who are teenagers and productive age. UNICEF data in 2021, children aged 10-19 years are vulnerable to anxiety disorders and behavioral disorders where these disorders greatly affect mental health. And since Covid-19 took place, adolescents in Indonesia have experienced a decrease in social contact and a decrease in physical activity. Adolescent mental health is caused by several factors, one of which is the parenting pattern. Parenting is a process of educating, guiding, disciplining and protecting children until adulthood according to social norms. Parenting style greatly influences how children behave and shapes their overall character.

There are three types of parenting patterns, namely: democratic parenting, authoritarian parenting, and permissive parenting. Each of these parenting patterns has an impact on the development of children and adolescents. 2 Democratic parenting is a parenting style that encourages adolescents to be free but still provides limits and control over the reciprocal verbal community is free, and parents are warm and encouraging to adolescents. Authoritarian parenting is a restrictive and punitive parenting style that urges adolescents to follow their parents' instructions. Authoritarian parents set strict limits and controls on adolescents with little verbal communication. Permissive parenting is a parenting style where parents care less about their adolescents.

Permissive parents do not demand or control adolescents. In addition, environmental health conditions are also a factor in influencing mental health. Because the condition of the house related to environmental conditions if it does not meet the requirements, it can cause

health problems, both physical and mental health. One of the environmental conditions that can cause health problems is living in densely populated settlements, slums, poor ventilation, damaged house construction and others. This condition not only causes mental health disorders but can also cause anxiety disorders to mental disorders.³ Another factor that affects mental health is socio-economic. The social environment is an environment that cannot be separated from human life, because without the support of the surrounding environment, a person cannot develop normally. Thus, the social environment is society and various normative systems that exist around it. While insufficient economic influence can cause a lack of opportunities for parents to be with their children, because parents are always busy earning a living, and the family income is insufficient so that parents pay less attention to the child's mental health condition.

Generation Mental Health.

The development of globalization has an impact on changes in all aspects of social life, including the younger generation or teenagers who we usually know today as the millennial generation. Of course, this can have positive and negative impacts on teenagers who live in the midst of a limitless world. The positive impact has certainly been felt by millennial teenagers with the ease of technology, communication and information. While the negative impact is one of the developments in ideology and culture. According to Hartono in his research, he explained that the flag ceremony every Monday, including the August 17 ceremony as a form of love for the country and respect for the services of heroes as a form of defending the country, is now just a formality.

The attitude of not respecting is seen in the lack of respect for the Red and White Flag and singing the song Indonesia Raya. In addition, songs about struggle are no longer revived in schools, even this national anthem is increasingly being abused with puns and parodies of the national anthem sung by the younger generation (Hartono, 2020). The millennial generation is now more familiar with songs that are currently popular, rather than national songs. Currently, most millennials do not memorize the songs Indonesia Raya and Pancasila (Welianto, 2020). I

line with that, Dr. Heri Santoso as the Head of PSP UGM confirmed that the concerning condition of the nationalism of the millennial generation, from several high schools in the Special Region of Yogyakarta, 100 students were found unable to write Pancasila in order and correctly. In addition, today's teenagers believe that foreign cultures that are currently popular are higher than native Indonesian culture (Ika, 2016). Moreover, with the current Covid-19 pandemic conditions, where all school and college activities are carried out online so that national songs and regional songs are increasingly not heard before and after teaching and learning activities. Permendikbud Number 23 of 2015 is known that in building character, students are required to sing national songs which are carried out before teaching and learning activities and sing regional songs at the end of teaching and learning activities.

Radicalism

Currently, ideology is developing towards radicalism. According to Sugiarti, millennial teenagers are vulnerable to radicalism and deviant sects through social media networks.

BIN stated that the main target of terrorist groups through the spread of radicalism is the young generation aged 17-24 years, social media is an intermediary for radicalism, especially for millennial teenagers. The results of the BNPT survey explained that around 80 percent of millennial teenagers are vulnerable to radicalism (Sugiarti, 2021). According to the White Paper, radicalism is a real threat that can destroy the integrity and sovereignty of the nation (White Paper, 2015). Therefore, strengthening awareness of defending the country and building an archipelago insight among teenagers is preventive for the integrity of the nation in the future. Basically, defending the country in Indonesia has the meaning of loyalty and love for the beloved country of the Republic of Indonesia. Defending the country means the actions of the people who are inspired by their love for Indonesia based on Pancasila and the 1945 Constitution to ensure the survival of the nation and country as a whole (Siahaan, 2016).

According to Setiono, in implementing a national strategy, awareness of national defense is needed to face threats, challenges, disturbances, and obstacles. The attitude of defending the country does not just grow on its own or is not an inheritance since birth so it must be instilled and grown and developed by fostering awareness of defending the country for all citizens, especially for teenagers or the younger generation (Setiono, 2017). The millennial generation or teenagers are generations who grow up in the midst of the development of science and technology, in the implementation of IT today has shifted from manual to digital, this is marked by an increase in the number of connectivity on the internet and between nets (Suwarno, 2019). Ease of access to knowledge that can be done by anyone, anytime and anywhere. All information that can certainly increase insight and knowledge can be accessed more quickly by millennial youth, this can later influence solving the problems faced, including understanding and awareness in defending the country.

Behaviour Millennial.

These millennial teenagers live in a fast and instant era with various conveniences and face very complex challenges, so this will affect their behavior and attitudes, including in understanding national defense. There is a gap in understanding for millennial teenagers that must be bridged so that as successors and heirs to the survival of the nation, they have a perspective and responsibility related to national defense. Therefore, it is necessary to instill national defense systematically and sustainably, through an approach method according to the millennial generation itself. Instilling and strengthening national defense awareness for millennial teenagers needs to be done because as the next generation and heir to the sustainability of the life of the nation and state, they are able to defend and protect the nation from threats, both military and non-military threats.

The meaning of national defense does not only focus on the military, but efforts can be made with awareness of the rights and obligations as Indonesian citizens (Mukhtadi and Komala, 2018). In Indonesia, national defense is stated in the 1945 Constitution, Article 27 and Article 30 paragraph (1), namely that every citizen needs to be well prepared and needs to be explained regarding their rights and obligations for national security defense and national defense efforts. The same rights and obligations in national defense are owned by every Indonesian citizen. In 2045, Indonesia will be faced with the challenge of realizing

Golden Indonesia exactly at the age of 100 years of our beloved homeland, the Republic of Indonesia. To be able to realize it is a difficult task for us all, at that time it is hoped that Indonesia will experience rapid progress by utilizing the demographic bonus (Asrie, 2020). The demographic bonus is a phenomenon where the number of people with a proportion of productive age is greater than the total population, namely two-thirds. At that time, teenagers or the millennial generation were the largest generation and had a dominant position during the demographic bonus. These millennial teenagers will later determine the wheels and direction of development.

METHOD

The method used in this data analysis is a descriptive qualitative method whose data sources are obtained from relevant journals. This method examines by describing the data sources that have been obtained through notes in documents or journals that refer to the influence of bullying on adolescent mental health.

The data collection technique that we use is the reading and note-taking technique. After we collect the appropriate journals, we then read and note down several important things and sentences from the relevant journal excerpts. The technique used for sampling is the purposive sampling technique, which is a sample determination technique based on inclusion and exclusion criteria. The inclusion and exclusion criteria for this study include:

1. Inclusion criteria:
 - a. Teenagers aged 10-19 years
 - b. Teenagers who live in the Batam City area, Riau Islands Province
 - c. Still living with parents
 - d. Willing to be respondents
2. Exclusion criteria:
 - a. Have physical limitations or mental disorders
 - b. Already married
 - c. Respondents withdraw from the research process

The sample used as the object of the study was teenagers in several Cities Indonesia with an unknown population. Therefore, the number of samples determined from the number of teenagers using the method, namely:

$$n = Z^2 \frac{pq}{d^2} = Z^2 \frac{p(1-p)}{d^2}$$

Description:

n: number of samples

p: proportion of subjects from previous studies.

The proportion of adolescents in City Indonesia previously in 2020 was known to be 12.7%. If you do not find it from previous research, use

$$0.5 \cdot q: 1 - p \quad (1 - 0.127 = 0.873)$$

d: precession rate / error limit (0.05)

Z: 95% confidence level

$$\text{So that the results obtained } n = 1.962 \times 0.127 \times 0.873 / 0.05^2 = 170.36$$

So, the number of samples used in this study was 170.36 samples rounded up to 200 samples.

The hypotheses tested in this study are:

- H1: There is a significant influence of parenting patterns on adolescent mental health.
H2: There is a significant influence of environmental health conditions on adolescent mental health.
H3: There is a significant influence of socio-economic factors on adolescent mental health.
H4: There is a significant influence of parenting patterns, environmental health conditions and socio-economic factors simultaneously on adolescent mental health.

RESULT

Result Mental Health Conditions.

The results of multiple linear regression analysis in this study can be seen in Table 1.

Table 1. Regression Coefficients

<i>Variables</i>	B	<i>t</i>	Sig.
(<i>Constant</i>)	0.355	2.022	0.045
Parenting patterns (1)	0.242	5,491	0.000
Environmental health conditions (2)	0.480	13,565	0.000
Socio-economic (3)	0.137	3,566	0.000

Based on Table 1, the multiple linear regression analysis model is:

$$Y = 0.355 + 0.242X_1 + 0.480X_2 + 0.137X_3$$

To answer the partial test hypothesis in this study, it can be seen based on the test value. *t* or significance value in Table 1. A significance value smaller than 0.05 indicates that the independent variable significantly influences the dependent variable. Based on Table 1, it can be seen that each independent variable (Parental parenting, Environmental health conditions and Socioeconomic) has a significant influence on the dependent variable (mental health of adolescents).). Based on these results, it can be said that the research hypothesis H1, H2 and H3 acceptable. Hypothesis testing results for simultaneous tests (H4) can be seen in Table 2.

Table 2. Simultaneous Test Results

ANOVA ^a						
Model		<i>Sum of Squares</i>	<i>df</i>	<i>Mean Square</i>	<i>F</i>	<i>Sig.</i>
1	Regression	26.809	3	8.936	105.350	0.000
	Residual	16.626	196	0.085		
	Total	43.435	199			

Based on Table 2, a significance value of 0.000 is obtained, which is smaller than 0.05. This means that the simultaneous test hypothesis (H4) is acceptable. So it can be said that all independent variables (Parental parenting patterns, Environmental health conditions and Socioeconomic) simultaneously provide a significant influence on the dependent variable (adolescent mental health).

To see how big the contribution of all independent variables is in explaining the dependent variable, this can be seen based on the value *Adjusted R-Square* in Table 3.

Table 3. Results *R Square*

Model Summary				
Model	R	<i>R Square</i>	<i>Adjusted R Square</i>	<i>Std. Error of the Estimate</i>
1	0.786	0.617	0.611	0.29125

From Table 3 we can see the magnitude of the value *Adjusted R Square* is 0.611. This value means that the proportion of variance in the dependent variable that can be explained by the independent variable is 61.1%. In other words, the variables of parenting patterns, environmental health conditions and socio-economics can explain the variables of adolescent mental health by 61.1%. the remaining 38.9% is explained by variables outside this model.

Discussion

Indonesia is the country with the fourth highest number of mental health disorders and the fifth highest number of anxiety disorders in the world. This problem needs to be watched out for because the chances of mental health disorders getting worse if the cause is not immediately addressed properly.

In this study, parenting patterns have a significant influence on adolescent mental health. Hoskins stated that researchers found the fact that parents who democracies show high levels of monitoring during childhood and decrease slightly as their children enter adolescence.

The results of this study are in line with research that there is a significant influence of democratic parenting patterns on adolescent mental health. The lower the democratic parenting pattern, the higher the mental health problems of adolescents. Apart from parenting patterns, the percentage of the population experiencing mental disorders in unhealthy and less healthy environments is still quite high.

This is because they feel the environment is unsafe, uncomfortable and unfit to live in because it is in a slum area, causing someone to become stressed, anxious, panicked and depressed. Thus, it can be said that environmental conditions can affect a person's mental health. The results of the analysis in this study indicate that environmental health conditions have a significant influence on the mental health of adolescents in City Indonesia.

This is in line with several studies that have been conducted in Malaysia and England by Zainal et al., Barners et al., and Liddell & Guiney, stating that environmental health conditions have an impact on mental health related to a person's anxiety and depression. If this condition continues, it may cause mental disorders which will later result in job loss, difficulty in financing living expenses, and treatment to the point of losing a home. In the end, it can be a double loss, namely mental health disorders, poor housing conditions, and job loss.

Environmental health conditions are related to the socio-economic conditions of the community. People with low socio-economic status generally live in slums and unhealthy

settlements. The description of slums is closely related to the condition of settlements that are not suitable for habitation, high density levels, building quality with facilities and infrastructure that do not meet requirements.

The results of this study indicate that socio-economic conditions have a significant influence on the mental health of adolescents in City Indonesia. This result is in line with research conducted by Andina and Evans, that community groups at risk of experiencing mental health disorders, one of which is the poor community group

This result is also in line with research that a person's involvement in a social group can start from the level of education, and this social group can play a role in a person's mental health. The counseling provided received a positive response from the participants. During the delivery of the counseling material, the participants seemed to pay close attention. The students were also active in asking questions, because the theme presented about mental health was very close to their life experiences. At the end of the counseling session, a game was held that was able to apply the way of handling mental health that students were experiencing. Mental health problems have affected children and adolescents including depression, anxiety and behavioral disorders, which are often a direct response to what happens in their lives. Mental health care for adolescents is very important, but is often overlooked by society. While more and more people are paying attention to the destructive power of untreated or late-treated mental illness, there is still a very long way to go to address mental health problems for adolescents as a whole.

Results Mental Health

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Mental health problems have affected children and adolescents including depression, anxiety and behavioral disorders, which are often a direct response to what happens in their lives. Mental health care for adolescents is very important, but is often overlooked by society. While more and more people are paying attention to the destructive power of untreated or late-treated mental illness, a very long way still needs to be taken to overcome mental health problems for adolescents as a whole.

Many factors affect adolescent mental health. including the pressure of studying at school, bullying, life at home with family, to relationships with peers (Dewi, 2012). It should be noted that mental growth in adolescence can determine their mental condition in the future. (Praptiani, 2013) prevalence of adolescents experiencing conflict with peers. Peer problems can lead to physical violence and can be a source of stress or pressure for adolescents. When faced with pressure, a person tries to overcome the problem cognitively and behaviorally to manage internal and external demands that are considered to exceed the resources they have or what is called a coping strategy. According to (Prasetyo, 2016) Coping strategies consist of problem focus coping, namely by directly facing the source of

the problem and emotion focus coping, namely efforts to overcome emotional pressures or stress caused by several problems.

CONCLUSION

Most of the young generation feels changes in mental disorders in adolescents and a small part feels less knowledgeable and less understanding of how to deal with mental health problems in adolescents. In general, adolescents feel stressed or anxious (anxiety) about the changes that occur, because the lack of understanding and anxiety about the condition causes adolescents to feel changes in daily activity patterns. Regarding mental health cases in adolescents, it is carried out to strengthen the implementation of health protocols and increase adolescent awareness to continuously adapt to new habits. Counseling and counseling need to be carried out for adolescents to increase understanding of the benefits of consuming balanced nutrition for the immune system. Counseling about mental health in adolescents needs to be carried out by peers so that it can be more accepted by adolescents. The mental health of Indonesian adolescents plays an important role in determining the success of the "Golden Indonesia 2045" vision. Adolescents are important assets that will drive various development sectors in the future. However, the various pressures faced by adolescents, both in terms of academics, social, and the digital environment, have the potential to negatively affect their mental condition. If not managed properly, mental health disorders can hinder the productivity, creativity, and participation of adolescents in national development. Therefore, strategic and collaborative steps are needed between the government, educational institutions, families, and communities to create an environment that supports adolescent mental health. Providing easily accessible mental health services, increasing mental health literacy, and strengthening social support are important keys to maintaining the psychological well-being of the younger generation. With these steps, Indonesian adolescents can develop into superior, healthy human resources, and are ready to realize Indonesia Golden 2045.

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