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Assessment Of The Use Of The SRQ Instrument Method In Early Detection Of Mental Emotional Disorders In The Working Area Of The Limboto Health Center, Gorontalo District

Ismail Hunou¹, Zulkifli B. Pomalango², Siti Hajar Salawali³

^{1,2,3} Department of Nursing, Universitas Negri Gorontalo, Indonesia

Corresponding author:

Zulkifli B. Pomalango, Institution

Department of Nursing, Universitas Negri Gorontalo, Indonesia

Email: zulkifli@ung.ac.id

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Abstract. Early detection of emotional mental disorders is carried out to identify symptoms at the beginning of emotional mental disorders before the symptoms get worse and are challenging to overcome. This research aims to detect early emotional mental disorders by using the SRQ (Self-Reporting Questionnaire) instrument method in the working area of the Limboto Community Health Center, Gorontalo Regency. This research method is descriptive observational research with a quantitative approach. Population In this study, all respondents had their health checked at Limoto Health Center, Gorontalo Regency, numbering 145 people. Furthermore, Accidental Sampling was used with a sample of 106 people. The results of this study show that the prevalence of mental disorders emotions in the Limboto Community Health Center Working Area, Gorontalo Regency, amounting to 22 respondents (20.8%), with domains or aspects of energy behavior 69 people (57.5%), physiological 74 people (58.7%), cognitive 16 people (61.5%), depression 16 people (34.0%), and anxiety 51 people (53.1%). It is hoped that this research can become a referral for the Limboto Community Health Center for early detection of emotional mental disorders to all patients who have their health checked at the Limboto Community Health Center.

Introduction

Emotional mental disorders are one of the most pressing issues faced by global society today because the importance of mental health is often overlooked, especially in the social environment (1). The Ministry of Health of the Republic of Indonesia (Kemenkes) defines emotional mental disorders as a health condition that can affect a person's thoughts, behavior, and mood. This emotional mental disorder can have a significant impact on the sufferer's daily function and quality of life oleh (2). Emotional mental disorders can occur due

to factors such as social stigma, lack of awareness, and limited access to mental health services, making many people reluctant to seek help. Emotional mental disorders such as depression, anxiety, and stress have a significant impact on a person's productivity, social relationships, and quality of life (3). According to a study conducted by (4) emotional mental disorders can cause chronic physical health problems; this can reduce a person's ability to carry out daily activities, as well as increase the risk of destructive actions, including suicidal behavior.

According to data from WHO, more than 450 million people worldwide experiencing mental disorders emotional, like anxiety, experienced a drastic increase in in 2021 from 53.2 million to 76.2 million cases of anxiety, with 51.8 million cases experienced by women and 24.4 million cases experienced by men. Indonesia is also not spared emotional mental disorders, with about 6.1% of the population diagnosed with an disorder emotional mental. Mental disorders emotional in Indonesia, like anxiety, in the year 2022 shows that there are as many as 3.7% or there are as many as 10 million residents in Indonesia who experience anxiety. As for data on mental disorders emotions in Gorontalo are at 18th place, or there are 1.6% disturbed population mental emotional with symptoms of anxiety, stress, and depression (5).

Data initial information was obtained from the Department Gorontalo Province Health from 6 districts. Gorontalo Regency is a district with levels highest of emotional mental disorders from other districts/cities; namely, there are 26.42% of the population experiences mental disorders emotional. Limboto Community Health Center is a primary health care service center in the District of Gorontalo, which is the place for community referrals for health services. However, this Public health Service still faces internal obstacles in the early detection of mental disorders emotional to society.

This shortage has an impact on an increasing number of cases of emotional mental disorders in the Limboto Community Health Center working area. The prevalence rate of emotional mental disorders is increasing, so early detection is needed to determine the level of occurrence of emotional mental disorders. Someone, starting from anxiety, which interferes with daily activities, to depression, takes over hope someone; this indicates that this problem should not be ignored and should be addressed immediately get a solution; one of the solutions to this problem is to build a detection system early emotional mental disorders in public. With its formation, This early detection system is expected to help in doing so early detection and provide information related to mental health emotional in society so can be treated and early treatment (6).

Based on the explanation emotional mental disorders above, the use of instruments for the assessment of emotional mental disorders the right one is crucial to determine care needs quickly. According to the Americans Psychological Association (2023), There are several standard instruments to assess mental disorders emotional, like the Beck Depression Inventory (BDI), Depression Anxiety Stress Scales (DASS-21), Strengths and Difficulties Questionnaire (SDQ), and Self-Reporting Questionnaire (SRQ-20), Which has advantages and disadvantages each. BDI is effective in measuring depression but is less precise for anxiety or stress; DASS-21 covers depression, anxiety, and stress but requires deeper interpretation; SDQ gives a comprehensive view but is less specific in detecting certain emotional disorders. On the other hand, the SRQ-20 developed by WHO is very suitable for populations in developing countries like Indonesia because it is easy to use in primary health services with non-expert personnel. With only 20 questions short and easy to understand, The SRQ-20 makes initial screening easier without burdening respondents and provides credible results for the early detection of mental disorders emotional (7).

This SRQ instrument is generally filled in by the individual himself, where they respond to questions regarding their experiences and circumstances Alone. This SRQ instrument consists of 20 possible question items grouped into five domains or aspects of behavior measured: energy, cognitive, physiological, depression, and anxiety (8). This instrument contains questions in simple language ones require a "yes or no" answer and will be given a score of "0" or "1", with a score of "1" indicating symptoms this was in the last month and a score of "0" indicates that these symptoms do not exist (9).

The sample indicated experiencing disturbance mentally emotional when answering "yes" to at least six questions. These cutoff values are set according to the previous study by the Health Research and Development Agency (10).

By adapting the SRQ instrument, researchers can get an idea clearer about mental conditions someone's emotional, enabling Health workers to respond in a more focused and effective (11). From the background

description behind the above, researchers are interested in doing research titled "Assessment Use SRQ Instrument Method in Early Detection of Mental Disorders Emotional at the Limboto Community Health Center Gorontalo Regency."

Method

This research is quantitative, and the research design is descriptive and observational. The study was conducted in the Limboto Community Health Center Working Area, Gorontalo Regency, on 16-24 December 2024. The sample in this research used the Accidental Sampling method. The research subjects were 106 respondents.

The instrument in this research is a questionnaire. This questionnaire measures a person's mental health condition. This questionnaire was taken from the website of the Indonesian Ministry of Health, Directorate of Mental Health, regarding early detection of signs of a person's mental and emotional disorders starting to become disturbed (12).

This questionnaire is an adoption of the SRQ (Self Reporting Questionnaire) questionnaire developed by the World Health Organization WHO in 1994. The SRQ questionnaire consists of 20 items and is measured using the Guttman scale. Scale Guttman is a scale with clear answers: yes and no. Early detection of mental disorders emotional based on the interpretation of the SRQ questionnaire will add up the "yes" answers obtained from each filling questionnaire question. If six or more "yes" answers more than the respondent indicated a mental disturbance mentally emotional (13).

The data used in this research is univariate analysis to describe the characteristics of each variable, and it generally just produces frequency distribution and percentage from variables. The data analyzed were demographic data (age, gender, education, address, experience of having undergone mental health examinations or not, knowledge

of having received screening using the SRQ instrument), as well as data on symptoms of emotional mental disorders based on domains or energetic, physiological, cognitive, depression and anxiety.

Results and Discussion

Univariate Analysis

1. Early Detection of Mental Emotional Disorders Using the Self-Reporting Questionnaire (SRQ)

Instrument Based on the data obtained, the frequency distribution of respondents experiencing symptoms of emotional mental disorders based on the characteristics of respondents in the Limboto Public Health Center Working Area, Gorontalo Regency, can be seen in the following table:

Table 4.1 Mental Emotional Disorders

Emotional Mental Disorders			
Indicated		Not Indicated	
Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)
22	20,8	84	79,2

Source: Primary Data (2024)

From Table 4.1 above, data is obtained that the number of respondents who were indicated to be experiencing symptoms of emotional mental disorders was 22 respondents (20.8%), and the number of respondents who were not indicated to be experiencing symptoms of emotional mental disorders was 84 respondents (79.2%).

2. Early Detection of Mental Emotional Disorders

Based on Respondent Characteristics Based on the data obtained, the frequency distribution of respondents experiencing symptoms of emotional mental disorders based on the characteristics of respondents in the Limboto Community Health Center Working Area, Gorontalo Regency can be seen in the following table:

Table 4.2 Frequency distribution of respondents who experience symptoms of emotional mental disorders based on respondent characteristics

Respondent Characteristics	Indicated		Not Indicated	
	(n)	(%)	(n)	(%)
Gender				
Man	5	4,7	41	38,7
Woman	17	16,0	43	40,6
Age (Years)	15	14,2	30	28,3
Late Teenagers-Early Adults (18-25)	0	0,0	11	10,4
Early Adulthood (26-32)	1	0,9	20	18,9
Middle Age (40-46)	1	0,9	10	9,4
Advanced Middle Ages (47-53)	2	1,9	7	6,6
Pre-Seniors (54-60)	3	2,8	6	5,7
Education				
Elementary	2	1,9	14	13,2
Yunior High	3	2,8	19	17,9
Senior High	15	14,2	46	43,4
Bachelor	2	1,9	5	4,7
Ever been screened using SRQ				
Never	20	17,9	86	71,6
Once	3	2,8	6	5,6
Have you ever had a mental health examination?				
Never	20	17,9	86	71,6
Once	4	3,7	7	6,6

From Table 4.2 above, data is obtained that the majority of respondents who were identified as experiencing symptoms of emotional mental disorders were women, namely 17 respondents (16.0%), the majority of respondents who were identified as experiencing symptoms of emotional mental disorders were Late Teenagers and early Adults (18-25.) namely 15 respondents (14.2%), the majority of respondents who were identified as having symptoms of emotional mental disorders were SMA/SMK, namely 15 respondents (14.2%), and the majority of respondents had been screened using the SRQ

instrument and mental health examination. Identified 20 respondents (17.9%) experienced symptoms of emotional mental disorders.

3. Early Detection of Mental Emotional Disorders Based on Domains or Aspects of Energy

Behavior-Based on the data obtained, the frequency distribution of respondents who experienced symptoms of emotional mental disorders based on domains or aspects of energy behavior in the Limboto Community Health Center Working Area, Gorontalo Regency can be seen in the following table:

Table 4.2 Frequency distribution of respondents who experience symptoms of emotional mental disorders based on domains or aspects of energy behavior.

Question No	Self-Reporting Questionnaire (SRQ)		Emotional Mental Disorders		
	Domains Or Aspects Of Energy Behavior	Frequency (n)	Percentage (%)	Indicated	Percentage (%)
11	Cannot enjoy daily activities	5	4,2	5	4,2
13	Daily activities/tasks are neglected	6	5,0	3	2,5
18	Feeling tired all the time	40	33,3	11	9,2
20	Feeling tired all the time	69	57,5	15	11,7

Source: Primary Data (2024)

From Table 4.2, we get the frequency distribution of respondents who experience symptoms of emotional mental disorders based on domains or aspects of energy behavior using the Self-Reporting Questionnaire (SRQ) instrument. It is known that the element of energy behavior most frequently experienced by respondents is fatigue, with a frequency of 69 people (57.5%). Of this number, 14 people (11.7%) were indicated to have emotional mental disorders. The aspect with the lowest frequency was not being able to enjoy daily activities, which was experienced by 5 people

(4.2%) with indications of emotional mental disorders.

4. Early Detection of Emotional Mental Disorders Based on Domains or Physiological

Behavioral Aspects Based on the data obtained, the frequency distribution of respondents who experienced symptoms of emotional mental disorders based on domains or aspects of physiological behavior in the Limboto Community Health Center Working Area, Gorontalo Regency can be seen in the following table:

Table 4.3 Frequency distribution of respondents who experience symptoms of emotional mental disorders based on domains or aspects of physiological behavior

Question No	<i>Self-Reporting Questionnaire (SRQ)</i>		Emotional Mental Disorders		
	Domains Or Aspects Of Physiological Behavior	Frequency (n)	Percentage (%)	Indicated	Percentage (%)
1	Often have headaches	74	58,7	18	14,3
2	Loss of appetite	30	23,8	13	10,3
7	Experiencing digestive disorders	8	6,3	6	4,8
19	Feeling uneasy in the stomach	14	11,1	11	8,7

Source: Primary Data (2024)

From Table 4.3, we get the frequency distribution of respondents who experience symptoms of emotional mental disorders based on physiological domains/aspects using the Self-Reporting Questionnaire (SRQ) instrument. It is known that the physiological, behavioral aspect most frequently experienced by respondents is frequent headaches, with a frequency of 74 people (58.7%). Of this number, 18 people (14.3%) were indicated to have emotional mental disorders. The aspect with the lowest frequency was experiencing digestive disorders, which was experienced by

eight people (6.3%), with indications of emotional mental disorders in 6 people (4.8%).

5. Early Detection of Mental Emotional Disorders Based on Cognitive Behavioral Domains or Aspects

Based on the data obtained, the frequency distribution of respondents experiencing symptoms of emotional mental disorders based on domains or aspects of cognitive behavior in the Limboto Community Health Center Working Area, Gorontalo Regency can be seen in the following table:

Table 4.4 Frequency distribution of respondents who experience symptoms of emotional mental disorders based on cognitive behavioral domains or aspects

Question No	<i>Self-Reporting Questionnaire (SRQ)</i>		Emotional Mental Disorders		
	Cognitive Behavioral Domains or Aspects	Frequency (n)	Percentage (%)	Indicated	Percentage (%)
8.	Find it difficult to think clearly	10	38,5	5	19,2
12	Having difficulty making decisions	16	61,5	10	38,5

Source: Primary Data (2024)

From Table 4.4, we get the frequency distribution of respondents who experience symptoms of emotional mental disorders based on domains or cognitive aspects using the Self-Reporting Questionnaire (SRQ) instrument. It is known that the element of cognitive behavior most frequently experienced by respondents is having difficulty making decisions, with a frequency of 16 people. (61.5%), and of this number, 10 people (38.5%) were indicated to have emotional mental disorders. The aspect with the lowest frequency was feeling difficulty thinking clearly, which was experienced by 10 people (38.5%), with indications of emotional

mental disorders in as many as five people (19.2%).

6. Early Detection of Mental Emotional Disorders Based on Domains or Behavioral Aspects of Depression

Based on the data obtained, the frequency distribution of respondents experiencing symptoms of emotional mental disorders based on domains or aspects of depressive behavior in the Limboto Community Health Center Working Area, Gorontalo Regency can be seen in the following table:

Table 4.5 Frequency distribution of respondents who experience symptoms of emotional mental disorders based on domains or behavioral aspects of depression

Question No	Self-Reporting Questionnaire (SRQ)			Emotional Mental Disorders	
	Domains Or Behavioral Aspects Of Depression	Frequency (n)	Percentage (%)	Indicated	Percentage (%)
6	Hands shaking	5	10,6	2	4,3
9	Feeling unhappy	5	10,6	2	4,3
10	Cry more often	11	23,4	7	14,9
14	Feeling unable to play a role in life	6	12,8	4	8,5
15	Lost interest	16	34,0	6	12,8
16	Feeling worthless	2	4,3	2	4,3
17	Having thoughts of ending life	2	4,3	2	4,3

Source: Primary Data (2024)

Table 4.5 Frequency distribution of respondents who experience symptoms of emotional mental disorders based on domains or behavioral aspects using the Self-Reporting Questionnaire (SRQ) instrument. It is known that the behavioral aspect of depression most frequently experienced by respondents is loss of interest in many things, with a frequency of 16 people (34.0%). Of this number, six people (12.8%) were indicated to have emotional mental disorders. The aspect with the lowest frequency was feeling worthless and feeling like committing suicide, which was

experienced by two people (4.3%) with indications of emotional mental disorders.

7. Early Detection of Mental Emotional Disorders Based on Domains or Behavioral Aspects of Anxiety

Based on the data obtained, the frequency distribution of respondents experiencing symptoms of emotional mental disorders based on domains or aspects of anxiety behavior in the Limboto Health Center Working Area, Gorontalo Regency can be seen in the following table:

Table 4.5 Frequency distribution of respondents who experience symptoms of emotional mental disorders based on domains or aspects of anxiety behavior

Question No	Self-Reporting Questionnaire (SRQ)		Emotional Mental Disorders		
	Domains Or Aspects Of Anxiety Behavior	Frequency (n)	Percentage (%)	Indicated	Percentage (%)
3	Not sleeping well	51	53,1	13	13,5
4	It's easy to feel afraid	25	26,0	13	13,5
5	Feeling anxious, tense, or worried	20	20,8	12	12,5

From Table 4.5, we get the frequency distribution of respondents who experience symptoms of emotional mental disorders based on domains or aspects of depression using the Self-Reporting Questionnaire (SRQ) instrument. It is known that the element of anxiety behavior most frequently experienced by respondents is not sleeping soundly, with a frequency of 51 people (53.1%). Of this number, 13 people (13.5%) were indicated to have emotional mental disorders. The aspect with the lowest frequency was feeling tense, anxious or worried, which was experienced by 20 people (20.8%) with indications of emotional mental disorders as many as 12 people (12.5%).

Conclusion

1. Description Of Respondent Characteristics

The results of this research are in accordance with studies in Indonesia and various other countries. In Indonesia, studies conducted by Riskesdas in 2013 and 2018 found that women tend to experience emotional mental disorders with an odds ratio of 1.4. Studies conducted in Canada also show that men have a lower risk of experiencing affective or mood disorders (OR=0.62) and anxiety disorders (OR=0.39) (2).

Women are more susceptible to mental emotional disorders than men due to various biological, psychological, and social factors. Biologically, hormonal changes during menstruation, pregnancy, postpartum and menopause can affect their emotional balance, as explained in research (14).

According to research by the Ministry of Health (15), the young age

group is an age group that is considered productive for work. Global Burden of Disease (GBD) shows that globally, there is a significant increase in the incidence of mental disorders in this population. This is because an unhealthy lifestyle is one of the main factors causing emotional mental disorders in young age groups. According to research by Pusporani (16), insufficient sleep can disrupt brain function and emotions. At the same time, poor eating patterns, such as fast food or low nutrition, can affect the chemical balance in the body, impacting mental health.

In line with research conducted by Yasa Widayati (17), teenagers at the high school level are vulnerable to mental emotional disorders because they are in a transition phase of complex psychological development, where they face academic pressure, social influences, and hormonal changes. In the research of Rizkiah (18), pressure from the environment, such as peer expectations, social media, and preparation for the future, often triggers high stress and anxiety.

Previous research conducted by Sudjarmiko et. al (19) explains that social stigma, lack of awareness of the importance of mental health, as well as limited access to information related to screening for emotional mental disorders can be barriers for individuals to seek help. As a result, even though they have not been identified through formal screening or examination, emotional mental disorders can still be detected.

Emotional mental disorders were also found in respondents who had never had a mental health examination, because often the symptoms of this disorder develop

slowly and are not immediately recognized as a mental health problem.

2. Early Detection of Mental Emotional Disorders Based on Domains or Aspects of Energy Behavior

According to Do et al. (20), chronic fatigue is an early manifestation of emotional stress, which is often found in individuals with mental disorders, such as depression or anxiety. This research also emphasizes that a combination of lack of rest time, high workload and lack of social support often triggers symptoms of fatigue. This shows that the social environment and working conditions can significantly affect a person's energy levels.

In research, Goalbertus (21) added that symptoms of fatigue are often associated with an inactive lifestyle (lack of physical activity) and poor sleep patterns. This condition is further exacerbated by psychological stress, which creates a vicious cycle of fatigue, lack of sleep, and overall decline in mental health. In addition, Jacobson's research also notes that fatigue can be caused by a lack of good time management and prioritization in daily activities, which contributes to a decrease in quality of life.

3. Early Detection of Emotional Mental Disorders Based on Domains or Physiological Behavioral Aspects

According to Mariyati and Wulandari (22), headaches often appear as the body's response to prolonged psychological stress. This stress affects the autonomic nervous system and releases stress hormones such as cortisol, which can increase pain sensitivity, including in the head area. Stress headaches are generally categorized as tension-type headaches, which are one of the most common types of headaches in individuals with high levels of stress.

A study by Sugiono (23) added that chronic headaches are often found in individuals with anxiety or depression disorders. This research also highlights the importance of understanding the relationship between emotional mental disorders and physical symptoms, as this can help in early diagnosis and appropriate

intervention. This research explains that individuals with chronic headaches are more vulnerable to environmental stressors and tend to experience difficulty in managing psychological stress.

Based on the description above, researchers assume various factors can influence fatigue, ranging from an unbalanced lifestyle working pressure, to psychological challenges due to life transitions. This condition needs to be explored further, especially in the relationship between lifestyle, emotional burden, and social support, to provide relevant recommendations for preventive and curative interventions.

4. Early Detection of Emotional Mental Disorders Based on Domains or Cognitive Behavioral Aspects

According to Sambudi's research (24), decision-making difficulties are often related to dysfunction of the prefrontal cortex, which is the area of the brain responsible for emotional regulation, cognitive processing, and decision-making. Tilong notes that in individuals with chronic stress or mental disorders, activity in the prefrontal cortex can be disrupted by increases in the stress hormone (cortisol), resulting in an impairment in their ability to think clearly and make informed decisions.

The study by Ekaningrum (25) found that individuals with depression or anxiety disorders often experience doubt or confusion in situations that require quick decisions. They also noted that this condition is influenced by hyperactivation of the limbic system, such as the amygdala, which regulates emotional responses. As a result, respondents tend to rely more on emotional reactions than rational thinking, so the decision-making process becomes hampered.

Based on this description, researchers assume that most respondents with symptoms of decision-making difficulties come from the high school education group. This level of education may influence their ability to access information or use adaptive strategies to manage psychological distress. Therefore, education and training-based approaches

are needed to improve decision-making skills, including interventions focusing on strengthening executive functions and stress management, especially for high-risk groups.

Based on this description, researchers assume that the headaches reported by respondents are an early symptom of emotional stress, which is often not realized. This emphasizes the importance of a holistic approach in identifying and treating physical symptoms associated with emotional mental disorders.

5. Early Detection of Emotional Mental Disorders Based on Domains or Behavioral Aspects of Depression

A longitudinal study by Siswanto (26) shows that loss of interest is often an early indicator of more severe psychological disorders, such as anxiety disorders and major depression. This research emphasizes that these symptoms contribute to a decline in the quality of social relationships and individual performance in society. When someone loses interest, they tend to withdraw from social and work activities, worsening social isolation and feelings of worthlessness.

According to Rachmad (27), negative thought patterns and low self-esteem are significant factors in the emergence of symptoms of loss of interest. Individuals with pessimistic thinking tend to see the world from a less optimistic perspective and feel there is no hope for change. This condition creates a repeating cycle in which feelings of hopelessness reinforce symptoms of loss of interest, which in turn worsens the individual's mental condition.

Based on the description above, researchers assume that negative mindsets or pessimistic thinking tendencies play a significant role in causing individuals to lose hope and interest in daily activities. This shows the importance of interventions that focus on physiological aspects and

5. Early Detection of Emotional Mental Disorders Based on Domains or Behavioral Aspects of Anxiety

Mindriati et al. study revealed (28) insomnia has a two-way relationship with

anxiety. Anxiety can cause sleep disturbances due to lingering thoughts and an inability to relax. On the other hand, chronic sleep disorders can also worsen anxiety by disrupting the body and brain's ability to recover during sleep. This condition creates a negative cycle where anxiety and sleep disorders exacerbate each other.

Setiagilsm (29) added that disturbed mental conditions increase the production of stress hormones such as cortisol. Elevated cortisol can inhibit the body's ability to relax and prepare for quality sleep. In addition, feelings of stress and excessive anxiety can cause individuals to wake up frequently at night, have difficulty falling asleep, or experience restless sleep.

Based on the description above, researchers assume that protracted thoughts, excessive anxiety, and feelings of depression are the main factors that disrupt sleep patterns. This condition causes individuals to have difficulty falling asleep, frequently waking up at night, or not sleeping soundly.

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