

ABSTRAK

Gambaran Kesehatan Mental Anak Usia Prasekolah di Wilayah Rob Puskesmas Tirto II

Aina Rokarla¹, Eka Budiarto²

Latar Belakang: Dampak banjir tidak hanya dapat merusak fisik lingkungan, tetapi juga mengancam kesehatan mental anak prasekolah yang berada pada masa emas perkembangan, yaitu aktivitas bermain anak akan dibatasi, kegiatan belajar mengajar terganggu, interaksi sosial, serta menimbulkan ketakutan, kecemasan, dan perilaku menarik diri. Penelitian ini bertujuan mengetahui gambaran kesehatan mental anak usia prasekolah di wilayah rob Puskesmas Tirto II.

Metode: Penelitian deskriptif kuantitatif dengan teknik *Accidental Sampling* sebanyak 210 anak prasekolah (3–6 tahun) di wilayah Puskesmas Tirto II. Menggunakan kuesioner *Strengths and Difficulties Questionnaire* (SDQ). Analisis data dilakukan secara univariat untuk menunjukkan distribusi frekuensi dan persentase terkait karakteristik responden serta lima domain utama kesehatan mental anak, yaitu gejala emosional, masalah perilaku, hiperaktivitas, masalah teman sebaya dan perilaku prososial.

Hasil: Hasil penelitian ini karakteristik anak usia prasekolah di wilayah Puskesmas Tirto II menunjukkan bahwa mayoritas rata-rata usia 4,43 tahun, dengan jenis kelamin perempuan (52,9%), berasal dari keluarga dengan tingkat ekonomi kurang dari UMR (81,4%), serta sebagian besar merupakan anak bungsu (55,2%). Secara umum, anak memiliki kesehatan mental normal dan perilaku prososial baik (94,3%). Namun, terdapat 14,3% anak dengan tingkat kesulitan abnormal, terutama pada aspek emosional (19,5%) dan interaksi teman sebaya (17,6%), sehingga diperlukan rujukan kepada tenaga kesehatan seperti psikolog atau psikiater.

Simpulan: Kesehatan mental anak prasekolah di wilayah Puskesmas Tirto II dalam kategori yang normal. Namun, ada terdapat hasil borderline yang memerlukan bimbingan dan pengawasan, serta abnormal yang perlu dirujuk ke fasilitas kesehatan untuk perawatan lebih lanjut.

Kata Kunci: Kesehatan Mental, Anak Prasekolah, Banjir Rob, *Strengths and Difficulties Questionnaire* (SDQ).

Daftar pustaka: 54 (2016-2025)

ABSTRACT

Identification of Mental Health Among Preschool Children in Tidal Flood Areas at Community Health Center II

Aina Rokarla¹, Eka Budiarto²

Background: Tidal flooding not only damages the environment but also affects the mental health of preschool children who are still in their golden stage of development. These conditions may limit playtime, disrupt learning activities and social interactions, and lead to fear, anxiety, and social withdrawal. This study aimed to identify the mental health conditions of preschool children living in tidal flood areas served by Community Health Center II.

Method: This study used an accidental sampling technique involving 210 preschool children aged 3–6 years. The Strengths and Difficulties Questionnaire (SDQ) was used as the research instrument. Data were analyzed descriptively using frequencies and percentages, covering emotional symptoms, behavioral problems, hyperactivity, peer relationship problems, and prosocial behavior.

Result: The findings showed that the mean age of participants was 4.43 years. Most participants were female (52.9%), the youngest child in the family (55.2%), and came from low- to middle-income families (81.4%). Overall, 94.3% of the children had normal mental health status. However, 14.3% showed abnormal difficulty scores, particularly in emotional symptoms (19.5%) and peer relationship problems (17.6%). Therefore, psychological counseling and referral services involving psychologists or psychiatrists are recommended.

Conclusion: The mental health status of preschool children in the tidal flood area of Tirta Community Health Center was generally in the normal category. However, several children showed borderline or abnormal results that require counseling and possible referral to mental health services.

Keywords: *Mental Health, Preschool children, Tidal Flood, Strengths and Difficulties Questionnaire (SDQ)*

Bibliography: 54 (2016-2025)