

JUVENILE DELINQUENCY THAT LEADS TO DECLINING MENTAL HEALTH

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Abstract

In today's Alpha era, teenagers often forget their role as the next generation of the Indonesian nation. Adolescence is a transition period from child to adult. This time the cause of Indonesian juvenile delinquency greatly increased. One of the attitudes that adolescents should have is knowledge of the ethical values passed down by their ancestors. Social changes and value shifts have affected the development of adolescents, causing the old culture to be left behind due to the emergence of a new culture in the Alpha era. Bullying is everywhere, physical violence against society is carried out by teenagers, bullying, and so on. One of the consequences of social change that causes juvenile delinquency to increase is the shift, the fall of adolescents into deviant behavior that is not by normal values and rules of society. Conditions like this are likely to spread generation as Juvenile Delinquency degrades mental health. One of the factors of juvenile delinquency that causes mental health to decline when bullying is considered right by some adolescents, is weakened moral degradation and reduced family functions and the role of family, and society in fostering adolescents. When the function of these related parties is weakened, there will be disability of adolescents in acting. The purpose of this research is to examine Juvenile Delinquency or juvenile delinquency which causes a decrease in mental health. The method in this research is a literature study (study research), namely collecting various sources and information that can examine juvenile delinquency that causes a decrease in mental health.

Keywords: Juvenile delinquency, Mental health.

1. Introduction

Adolescence is a period of transition from childhood to adulthood an adolescent is no longer said to be a child but he is still not quite said to be an adult. He is looking for a lifestyle that suits him and this is often done through trial and error. Mistakes made often cause concern and unpleasant feelings for their environment and parents. Mistakes made by teenagers only please their peers, mistakes that cause resentment in this environment are often referred to as juvenile delinquency.

Juvenile delinquency is very disturbing to the environment in the community and juvenile delinquency is one of the factors in the disruption of mental health experienced by adolescents. Mental health is a condition where individuals are free from all forms of symptoms of mental disorders. Health is an important thing that must be considered like physical health, knowing that the stability of mental and physical health affects each other. Mental health disorders are not a complaint that is only obtained from heredity, life demands, which have an impact on excessive stress will have an impact on worse mental health disorders.

Mental health refers to all aspects of a person's development, both physical and psychological. Mental health also includes efforts to cope with stress, inability to adjust, how to relate to others, and is related to decision-making. According to Daradjat, mental health is harmony in life that is realized between the functions of the soul, facing the problems faced, and being able to feel happiness and his ability positively (Daradjat)

According to WHO (The World Health Organization), Mental health is a condition of the well-being of individuals who realize their potential, can cope with normal life pressures, and can work productively and produce, and participate in their communities. Health refers to how individuals can adjust and interact well with the surrounding environment so that individuals avoid mental disorders

2. Method

The method used in the article on Juvenile Delinquency is to use a literature study approach where collecting data by conducting a study of books, literature, notes, and reports that have a relationship with the problem being solved.

3. Results and Discussion

Juvenile Delinquency

Juvenile delinquency is important to get special attention because it has a broad impact on adolescents, families, communities, nations, and countries. Failure to overcome delinquent adolescents can lead to the destruction of the nation because adolescents are the nation's assets. Handling Juvenile Delinquency must be comprehensive through various risk factors and focus on prevention efforts by involving multi-disciplines from various practitioners including community mental nursing, educational practitioners, psychology, religious leaders, family and community leaders, and government, even pro-active community. (Tri Anjaswarni, et al 2019)

Juvenile delinquency is a disintegration of the integrity of society. This is because the actions they take disturb the community. Therefore, juvenile delinquency is referred to as a social problem. The emergence of juvenile delinquency is a symptom of life caused by social changes in society, such as a shift in family functions because both parents work so that the role of family education is reduced. (Bagja Waluya, 2007)

Juvenile delinquency is the act of teenagers who violate social values and norms and disturb public order. This behavior can cause harm to the perpetrator himself and society. Juvenile delinquency is generally characterized by two characteristics, namely the desire to fight and the existence of apathy (indifferent or ignorant) due to a sense of disappointment with the situations and conditions that occur in the community. (Mulat Wigati Abdullah, 2008)

Juvenile delinquency is behavior that deviates from the rules or violates the law to disturb the order and tranquility of life in society. As for what teenagers do, which is considered to disturb public peace and order, it can be categorized as juvenile delinquency. A wide variety of actions and habits can be seen as delinquent acts, both those commonly practiced in family life itself, for example running away from home, lying, stealing, etc. In community life, for example: removing the knob, removing the knob, etc. In community life, for example: removing vehicle exhaust so that the sound is very disturbing, guitar accompanied by singing together at night,

hanging out on the side of the road and disturbing the opposite sex passing by, speeding, and others. (Nurul Comaria, 2008).

According to Salito Wirawan Sarwono, the factors of juvenile delinquency are as follows:

- a. Malnutrition (malnutrition)
- b. Poverty in big cities
- c. Environmental disturbances
- d. Migration
- e. School factors (miseducation, curriculum factors, etc.)
- f. Family divorce
- g. Disruption in family care
- h. Difficulty in fulfillment due to unemployment

Mental Health

In general, it can be understood that mental health in Indonesia is still very high in prevalence, especially among those aged 15 years and above. According to Basic Health Research (Riskesdas) data from the Ministry of Health of the Republic of Indonesia, the incidence of mental health (emotional) disorders shown through symptoms such as depression and panic or anxiety is 6% among those aged 15 years and above (around 14 million people).

From the current condition of society, it appears that the mental health of each individual cannot be generalized. This condition makes the urgency of discussing mental health that leads to how to empower individuals, families, and communities to be able to find, maintain, and optimize their mental health conditions in dealing with daily life (Dewi, 2012). Good mental health allows people to realize their potential, cope with normal life pressures, work productively, and contribute to their communities. (WHO 2013)

According to Prof. Drs. Subandi, M.A, Ph.D. a psychiatric expert said that the problem of mental health disorders has quite complex dimensions. Mental health is not only related to medical or psychological problems but has a socio-cultural dimension to the spiritual and religious dimensions (Matta, 2016). According to Firmansyah (2017), three things become indicators of whether or not the mentality of mankind is healthy, namely faith, knowledge, and good deeds or productive deeds. This explains that a person can maintain his mental health by using and exploiting his energy (intellectual or cognitive, emotional and motivational) as well as possible to the realization of his humanity (productivity) which is not in conflict with the rules or morals/morals regulated in Islam.

The goals of the Mental Health Movement itself include:

- a. Interpreting the meaning of mental health and the factors that influence it
- b. Understand the approaches used in handling mental health
- c. Have basic skills in efforts to improve and prevent mental health
- d. Have a proactive attitude and be able to utilize various resources in mental health handling efforts to improve mental health and reduce the incidence of mental disorders

4. Conclusion

Juvenile delinquents are those who are in the transition from children to adults, adolescence is a dynamic phase of development, and experiences many changes and problems in adolescent life. These changes include physical, mental, social, and emotional changes. Emotional

development during adolescence usually has great energy and emotions whereas adolescents usually have great energy and raging emotions, while self-control is not perfect. Juvenile delinquency is no stranger to us to hear it because many teenagers are so deviant from what they should be living as a child and students. Because this juvenile delinquency will affect the mindset and health patterns that exist in each of these individuals, they are so quick to know things that blend negatively for themselves.

Juvenile delinquency is also inseparable from the mental health of an individual because mental health is also a major factor for the individual to see how to develop and think well, and also see how he acts and behaves as a human being. For this reason, it is necessary to know that mental health is Good mental health allows people to realize their potential, cope with normal life pressures, work productively, and contribute to their community. Mental health refers to all aspects of a person, both physical and psychological. The consequences of mental health arising from juvenile delinquency will have an impact on the individual himself, his family, the environment, and the surrounding community. Health is very important to be considered and maintained both physical, psychological, and mental health and social to achieve a harmonious condition.

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