

***Overview of Mental Health in Adolescent Members of
Pencak Silat Persaudaraan Setia Hati Terate
(PSHT) in Karanganyar***

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ABSTRACT

Background Adolescent mental health (aged 10-19 years) is very important as it is a period with a high risk of mental disorders, often emerging by the age of 14 years. In Indonesia, 34.9% of adolescents experience mental health problems, with 5.5% meeting the criteria for mental disorders. Pencak silat, particularly Persaudaraan Setia Hati Terate (PSHT), is known to develop physical, mental, and spiritual health, as well as character building and self-management skills. **Objective** this study was to identify the characteristics and mental health of adolescent PSHT members. **Method** uses descriptive quantitative methods. The study population was 266 members with a total of 73 respondents. The sampling technique used was Cluster Random Sampling. Data were collected using the Strengths and Difficulties Questionnaire (SDQ). Data analysis was carried out descriptively univariate. The results research shows that the characteristics of PSHT members in Karanganyar are mostly middle-aged teenagers, amounting to 48 respondents. Male gender as many as 69 respondents. The majority of education levels are SMK / SMA 56 respondents. Biological factors as many as 71 respondents had normal conditions and psychological factors as many as 21 respondents experienced grief. The picture of mental health in adolescent members of PSHT martial arts in Karanganyar is normal. **Conclusion** This study concludes that the majority of adolescent PSHT members in Karanganyar have normal mental health.

Keywords: Adolescent Characteristics, Adolescents, Mental Health