
The Relationship Between Family Support And The Mental Health Of Public Health Student At Manado State University

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Abstract

Mental health is an important concern given the various academic pressures faced, especially in the final project completion phase. This study aims to analyze the relationship between family support and mental health level in Public Health Sciences students of Manado State University. This study used a Cross-Sectional design involving 60 respondents. Data were collected using questionnaires, the questionnaires used were the Family Support questionnaire and DASS-24 and analyzed using the Chi-Square test. The results showed that the majority of respondents were female (88.4%) and male (11.7%) with an age range of 21-24 years. As many as 85.0% of respondents received good family support. The results of the calculation of mental health levels showed that 31.7% experienced mild depression, 51.7% experienced very severe anxiety, and 78.3% experienced normal stress. The results of the Chi-square test showed that there was no significant relationship between family support and levels of depression ($p=0.836$), anxiety ($p=0.244$), and stress ($p=0.219$). The conclusion of the study was that there was no relationship between family support and the level of mental health of students of Social Health Sciences, Manado State University. This indicates that students' mental health is affected by other factors such as other social supports.

Keywords: Family Support, Mental Health, Student, Depression, Anxiety, Stress.

INTRODUCTION

Mental health is a condition of overall well-being, both physical, mental, and social. (Aulia, H. S. 2025). According to the World Health Organization (WHO), mental health is a state of mental well-being that allows a person to cope with the pressures of life, realize his abilities, learn and work well, and contribute to his or her community (WHO, 2023).

Teenager are future generation of the nation, but it is not uncommon for the most teenager to neglect their health because just for have fun (Lokas, G. F., et al. 2021). According to the Indonesian National Youth Mental Health Survey (I-NAMHS), one in three Indonesian adolescents experience mental health problems, while one in twenty has mental disorders, which include between 15.5 million and 2.45 million adolescents. (Aulia, H. S. 2025). Mental health problems are characterized by the presence of symptoms that occur in a person. These symptoms are in the form of cognitive symptoms, anxiety, depression, somatic and decreased energy. The 2023 Mental Health Screening Program, which focuses on starting from the age of 15 years and above, the prevalence of mental health problems in the population aged ≥ 15 years is 2.0%. The prevalence of depression of all ages in Indonesia is 1.4%. The prevalence of the population with the highest symptoms of depression is found in the age group of 15-24 years. A mental health survey on adolescents in Indonesia in 2022 found that 5.5% of adolescents aged 10-17 years have mental disorders. As many as 1% experienced depression, 3.7% were anxious, Post Traumatic Syndrome Disorder (PTSD) was 0.9%, and Attention Deficit/Hyperactivity Disorder (ADHD) was 0.5%. The percentage of the population aged ≥ 15 years with a risk of mental health problems in 2024 in North Sulawesi reached 14.27%. (Indonesian Health Profile 2024).

Students often face a variety of challenges, including academic pressure, changes in the social environment, and expectations from themselves and others. Obstacles when compiling final projects are often a burden for students, these obstacles can cause feelings of anxiety to the point that students delay completing the final project. All of these factors can affect students' mental health and well-being. The most common mental health problems experienced by college students are cognitive

symptoms, namely difficulty concentrating (59.6%), anxiety and nervous symptoms (64.6%), depressive symptoms, namely loss of interest in something (28.6%), somatic symptoms, namely impaired or poor digestion (31.1%), symptoms of decreased energy, namely fatigue easily (48.4%). (Asram, A. 2024). Recent studies show that around 37–53% of Indonesian undergraduate students experience symptoms of high stress, with specific studies reporting that the prevalence of academic stress ranges from 51.1% to 90.9% in various Indonesian student populations (Aulia, H. S. 2025). Stress is a person's physical and emotional reaction to change that require adjustment (Saroinsong, G., et al. 2024).

Family support is a place that can bring positive feelings when students feel anxiety, because students will feel acceptance, loved, and comfort. Based on the results of the research, student family support is included in the good category, namely 19 respondents (22.6%) while family support in the low category is 65 respondents (77.4%). (Augustine, R. 2022). Family support is an important element in student life, where family members provide attention and assistance in many forms, including emotional, physical, financial, and social. With strong support, students can experience better mental health and a stable environment, while a lack of support can result in stress and emotional problems. (Maramis, T. Y. 2019).

RESEARCH METHODS

This research uses the Quantitative method, which is research that aims to identify and analyze the relationship between two or more variables. The research design used was Cross-Sectional to analyze family relationships and Mental Health Levels in one data collection time. The sample in this study is 150 active students who are in the proposal and thesis stage of the Public Health Science Study Program, State University of Manado which meets the inclusion and exclusion criteria. Samples are determined by the slovin formula. The sampling technique in this study is determined by the Purposive Sampling technique, which is the selection of samples based on certain criteria.

The data collection instruments used in this study were the Family Support Questionnaire for the Family Support variable and DASS-24 for the Mental Health Level variable. The data collection technique in this study uses scale. In this study, the data taken are primary and secondary data. Primary Data is data obtained from questionnaires while secondary data is data obtained by taking final semester student data at Manado State University. Bivariate analysis uses the Chi Square Test to determine the relationship between independent variables and dependent variables.

RESULTS AND DISCUSSION

Based on the results of the research on the relationship between family support and mental health level in Public Health Sciences students of the State University of Manado conducted on 60 respondents, it is known that the characteristics of respondents based on gender are the most gender, namely female gender with a total of 53 respondents (88.4%), and male gender as many as 7 respondents (11.7%).

Table 1. Characteristics by Gender

Gender	(n)	(%)
Male	7	11.7
Women	53	88.3
Total	60	100

Age-based characteristics were known to the majority of respondents aged 21 years (43.3%), 22 years 23 people (38.3%), 23 years old 9 people (15.0%), and 24 years old 2 people (3.3%).

Table 2. Characteristics By age

Age	(n)	(%)
21	26	43.3
22	23	38.3
23	9	15.0
24	2	3.3
Total	60	100

The majority of respondents received good support as much as 85.0%, while 15.0% of respondents did not receive adequate family support.

Table 3. Characteristics Based on Family Support Levels

Support Level	(n)	(%)
Not Supported	9	15.0
Support	51	85.0
Total	60	100

The highest levels of depression were mild depression (31.7%), moderate depression 18 people (30.0%), normal depression 17 people (28.3%), severe depression 5 people (8.3%), and very severe depression 1 person (1.7%).

Table 4. Characteristics Based on Depression

Depression Rate	(n)	(%)
Normal	17	28.3
Lightweight	19	31.7
Medium	18	30.0
Severe	5	8.3
Very severe	1	1.7
Total	60	100

The level of anxiety was obtained as a result of very severe anxiety as many as 31 people (51.7%), severe anxiety 12 people (20.0%), normal anxiety 7 people (11.7%), moderate anxiety 5 people (8.3%), and mild anxiety 5 people (8.3%).

Table 5 Characteristics Based on Anxiety Level

Anxiety Level	(n)	(%)
Normal	7	11.7
Lightweight	5	8.3
Medium	5	8.3
Severe	12	20.0
Very severe	31	51.7
Total	60	100

The highest levels of stress were normal stress 47 people (78.3%), mild stress 5 people (8.3%), moderate stress 4 people (6.7%), severe stress 2 people (3.3%), and very severe stress 2 people (3.3%).

Table 6. Characteristics by Level Stress

Stress Level	(n)	(%)
Normal	47	78.3
Lightweight	5	8.3
Medium	4	6.7
Severe	2	3.3
Very severe	2	3.3
Total	60	100

Based on the results of the research test using *the Chi-Square test*, the results of the study showed that there was no statistically significant relationship between family support and the level of mental health of public health science students at Manado State University.

The results of the analysis showed that out of 60 respondents, 51 people (85%) showed family support, while 9 people (15%) showed a lack of family support obtained. In the group that received family support, the distribution of depression levels was fairly evenly distributed, with 29.4% experiencing normal depression, 33.3% mild, 27.5% moderate depression, 7.8% severe depression, and 2% severe depression. Meanwhile, in the group with a lack of family support, moderate depression was higher (44.4%) followed by normal depression at 22.2% and mild depression at 22.2%, severe depression at 11.1%.

Table 7. The Relationship of Family Support Level to Depression Rates

Family support	Depression										Total	p
	Normal		Lightweigh t		Medium		Severe		Severe Swelling			
	(n)	(%)	(n)	(%)	(n)	(%)	(n)	(%)	(n)	(%)		
Not Supported	2	22.2	2	22.2	4	44.4	1	11.1	0	0.0	9	0.836
Support	15	29.4	17	33.3	14	27.5	4	7.8	1	2.0	51	
Total	17	28.3	19	31.7	18	30.0	5	8.3	1	1.7	60	

The results of data analysis of 60 respondents, the distribution of anxiety levels showed different patterns between the supported and unsupported groups. In the group that did not receive family support, the majority experienced very severe anxiety (66.7%), moderate anxiety (22.2%), and severe anxiety (11.1%). In contrast, in the group that received family support although many experienced severe anxiety (49%), there was a more diverse distribution with 13.7% normal anxiety, 9.8% mild anxiety, 5.9% moderate anxiety, and 21.6% severe anxiety.

Table 8. The relationship between family support levels and anxiety levels

Family support	Anxiety										Total	p
	Normal		Lightweigh t		Medium		Severe		Severe Swelling			
	(n)	(%)	(n)	(%)	(n)	(%)	(n)	(%)	(n)	(%)		
Not Supported	0	0.0	0	0.0	2	22.2	1	11.1	6	66.7	9	0.244
Support	7	13.7	5	9.8	3	5.9	11	21.6	25	49.0	51	
Total	7	11.1	5	8.3	5	8.3	12	20.0	31	51.7	50	

Analysis of the relationship between family support and stress levels in 60 respondents showed that the majority of the group that received family support experienced normal stress (82.4%), a small percentage experienced mild stress (5.9%), moderate stress (5.9%), severe stress (2%), and severe stress (3.9%). While the group with lack of family support was 55.6% experiencing normal stress, this proportion was lower than that of the support group, with the remaining distributions of 22.2% mild stress, 11.1% moderate stress, and 11.1% severe stress.

Table 9. The Relationship of Family Support Levels to Stress Levels

Family support	Stress										Total	p
	Normal		Lightweigh t		Medium		Severe		Severe Swelling			
	(n)	(%)	(n)	(%)	(n)	(%)	(n)	(%)	(n)	(%)		
Not Supported	5	55.6	2	22.2	1	11.1	1	11.1	0	0.0	9	0.219
Support	42	82.4	3	5.9	3	5.9	1	2.0	2	3.9	51	
Total	47	78.3	5	8.3	4	6.7	2	3.3	2	3.3	60	

The results of the Chi-square test showed that there was no significant relationship between family support and levels of depression ($p=0.836$), anxiety ($p=0.244$), and stress ($p=0.219$). With a significant level of $p > 0.05$, it means that there is no relationship between family support and the level of mental health of Public Health Sciences students of Manado State University Class of 2021.

CONCLUSION

Based on the results of the research and discussion, it can be concluded that there is no relationship between Family Support and the Level of Mental Health of Public Health Students, State University of Manado due to the adequate family support factor based on the results of data collection using questionnaires which were found that the majority of respondents received good support as much as 85.0%. The results of the Chi-square test showed that there was no significant relationship between family support and levels of depression ($p=0.836$), anxiety ($p=0.244$), and stress ($p=0.219$). With a significant level of $p > 0.05$, it means that there is no relationship between family support and the level of mental health of Manado State University Public Health Sciences Students Class of 2021.

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