

## **Analysis of student health at the Bengkalis State Polytechnic**

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### **Abstract**

*Health is one of the factors that can increase their productivity. In the current era, a lot is happening in students that triggers mental health. Many students now experience depression, anxiety disorders, eating disorders and others. This research was conducted in the form of qualitative research. The purpose of this study was to analyze the health of students at the Bengkalis State Polytechnic. The results showed that the Bengkalis State Polytechnic students had a decrease in their health, where they experienced severe depression due to the many tasks, lack of work, and irregular eating patterns.*

*Keywords : Health, Students,*

### **1. INTRODUCTION**

Health is a state of the body, where the body we have must be comfortable and healthy without any disturbance and relative to our body. According to Hafiy & Salmayanti (2020) mental health in students can be influenced by several factors, including genetic factors, family, friendship, lifestyle, social, and various other factors. These factors can affect students positively or negatively. However, there are still many students who do not realize the positive and negative impacts of these factors so that they forget about their mental health. They forget to focus on their mental health because they only focus on assignments, organization, class schedules, and the demands they receive from the people around them. Self-regulation in good learning will help students to meet the demands they face. Self-regulation is a person's ability to exercise control over his emotions and behavior in any situation independently.

According to the World Health Organization (WHO), mental health is a state of well-being in which each individual can realize their own potential. This means that they can cope with the normal stresses of life, can function productively and fruitfully, and are able to make a contribution to their community. But in fact, events often occur which then have an impact on a sense of trauma due to violence, excessive pressure, or stress in the long term.

Clausen argued that a mentally healthy person is one who can prevent various mental disorders as a result of various kinds of stressors, as well as being influenced by large and the magnitude of the stressor, intensity, meaning, culture, belief, religion, etc. (Sulistiowati et al., 2018). There is also the Healthy Concept according to Law no. 23 of 1992 health is a state of well-being of body, soul, and social that allows everyone to live socially and economically productive.

According to Maulina (2018), students who experience extreme stress or are indicated by depression need serious attention and treatment because it can have an adverse effect on their daily activities. There is also a statement that supports Lahey (2003) some of the main sources of individual stress, namely events in life, frustration, conflict and pressure, which in fact are often felt by students who have a lot of activities on campus.

## **2. LITERATURE REVIEW**

- a. According to Hafiy & Salmayanti (2020) mental health in students can be influenced by several factors, including genetic factors, family, friendship, lifestyle, social, and various other factors. These factors can affect students positively or negatively. However, there are still many students who do not realize the positive and negative impacts of these factors so that they forget about their mental health. They forget to focus on their mental health because they only focus on assignments, organization, class schedules, and the demands they receive from the people around them. Self-regulation in good learning will help students to meet the demands they face. Self-regulation is a person's ability to exercise control over his emotions and behavior in any situation independently.
- b. According to the World Health Organization (WHO), mental health is a state of well-being in which each individual can realize their own potential. This means that they can cope with the normal stresses of life, can function productively and fruitfully, and are able to make a contribution to their community.
- c. Clausen argued that a mentally healthy person is one who can prevent various mental disorders as a result of various kinds of stressors, as well as being influenced by large and the magnitude of the stressor, intensity, meaning, culture, belief, religion, etc. (Sulistiowati et al., 2018).
- d. Healthy Concept according to Law no. 23 of 1992 health is a state of well-being of body, soul, and social that allows everyone to live socially and economically productive.
- e. According to Maulina (2018), students who experience extreme stress or are indicated by depression need serious attention and treatment because it can have an adverse effect on their daily activities.
- f. Lahey (2003) some of the main sources of individual stress, namely events in life, frustration, conflict and pressure, which in fact are often felt by students who have a lot of activities on campus.

## **3. METHOD**

This study uses qualitative. Qualitative analysis can be an analysis that might make the case for realistic and therefore informative human expertise. The origin of this qualitative strategy analysis of exploitation is that qualitative is simpler after dealing with various realities; second, this methodology presents directly the character of the relationship between the researcher and the respondent; and thirdly, this technique requires reason and adapts a lot to various sharpening of their mutual influence and value pattern of life.

## **4. RESULT AND DISCUSSION**

Based on the results of the data collection, we can say that only about 30% of their health is reduced, and the other 70% is normal as usual. We can say that 30%, 12% is severe, 15% is very heavy and 3% is very very heavy so that they feel very high depression, it can be said in the dangerous category. We know learning is an important part for them but we also have to pay a little attention so that they are not in danger. Some of them can withstand but there is a limit. There are many things that can restore them, such as reducing the assignment so that they are not too burdened because there are many tasks, and making a health seminar so that they know about real health.

## **5. CONCLUSION**

Based on the analysis above, we can conclude that health is not only in terms of mental and physical health, it includes all aspects of our body. If your health is polluted, it can lead to depression, mental downturn, lack of confidence, sleepiness, etc.

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