



ANALYSIS OF BLAST INCIDENCE IN HIGH SCHOOL STUDENTS IN PEKANBARU CITY

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ABSTRACT

Family is the smallest social system which is the main foundation in the growth and development of adolescents. The weak role of the family in the lives of adolescents makes the condition of adolescents fragile and vulnerable to BLAST incidents (Bored, Lonely, Angry-Afraid, Stress, Tired) (Mulya, 2017). This study aims to analyze the incidence of BLAST in high school students in the city of Pekanbaru. This research is a quantitative research with a descriptive design. The population in this study were high school students in the city of Pekanbaru with a sample size of 904 people. The sampling technique is accidental sampling. The data was collected using an instrument in the form of a BLAST questionnaire consisting of related statements (Bored, Lonely, Angry-Afraid, Stress, Tired). The results of research conducted in 2020 on high school students in Pekanbaru City about BLAST were 435 people (48.1%) students experienced BLAST in the severe category and 469 people (51.9%) students experienced BLAST in the mild category. It is hoped that this will become a concern for all parties to anticipate the occurrence of mental emotional problems in adolescents due to Bored, Lonely, Angry-Afraid, Stress, Tired experienced by these students.

Keywords: Bored, Lonely, Angry-Afraid, Stress, Tired

INTRODUCTION

The teenage period is a period of transition from dependence towards independence (Jahja, 2015). BKKBN, 2015 said that adolescents are individuals who are at the age of 10-24 years and are not married. Physical growth in adolescents is internal and external. Internal growth includes changes in size, weight and the more perfect all body systems including the respiratory system, cardiovascular system, urinary system, nervous system, and endocrine system (Curtis, 2015). While external changes include increasing body length and width, the size of the sex organs, and the appearance of secondary sex signs. The physical and biological growth of boys is 2 years later than girls (Santrock, 2012). The development of intelligence will open new cognitive and social horizons (Herlina, 2013). Emotions have an important role in the mindset and behavior of a person, be it children, adolescents to adults. Usually emotions are accompanied by physiological changes and a feeling of wanting to explode (Ali, 2016). The

main characteristics of emotional development in adolescents are having the ability to develop long-term relationships, understand their own feelings, begin to emphasize personality values, and have the ability to manage emotions (Herlina, 2013).

In adolescence, emotional sensitivity usually increases, so that a little stimulation causes a large emotional outburst, for example, becoming irritable or crying easily (Curtis, 2015). The increased emotional sensitivity of adolescents will usually affect their behavior such as preferring to be alone, irritable, restless, breaking things, scribbling, fighting, or even experiencing mental emotional disorders, and consuming drugs. There are several social developments that are most important to consider in adolescents, namely the dominance of peer influence, more challenging social behavior, more selective selection of friends and leaders, and involvement of social support. Most adolescents who have difficulty establishing social relationships are caused by parenting styles at home.



An organization Save the Golden Generation of Indonesia 2045 put forward a new term related to mental problems of children and adolescents known as the BLAST incident (Bored, Lonely, Angry-Afraid, Stress, Tired). This BLAST refers to the vulnerable condition of children and adolescents due to the weakness of the smallest social relationship that is the most important in their life, namely family. Bored is a condition where a child or teenager experiences boredom because of their daily routine both at home and at school (Yeo et al., 2020). Lonely is a reaction to unpleasant subjective experiences, which is a condition in which children and adolescents feel lonely both when they are around peers and around family members and parents (Dewi & Hamidah, 2013; Kristiani, 2007). Usually this happens because they don't have close friends, or their parents are only physically present but not emotionally or thoughtfully there for them. Angry is a state of anger and dissatisfaction with many things, the expression of anger being the most primitive defense mechanism (Alaka Mani et al., 2018). Difference with angry, Afraid is a feeling of being afraid of various things, including being afraid to tell parents, and being afraid of peer pressure. Stress is a feeling of pressure due to various situations. Tired is a tired condition due to the problems they face, such as peer problems or problems with parents due to high academic demands (Mulya, 2017).

Balitbangkes Kemenkes RI Conducting a survey published in 2015 from three regions, namely Sumatra, Java and Bali, outside Java and Bali, the results showed that students experienced loneliness as much as 46.01%, students experience anxiety or excessive worry as much as 42.18%, and adolescents who experience emotional disturbances, namely loneliness, excessive worry and even as much desire to commit suicide as much as 62.38%. In the SEMAI 2045 video, the data presented is that about 93 out of 100 elementary school children have accessed pornography, 21 out of 100 adolescents have abortions, 135

children are victims of violence each month, and 5 out of 100 teenagers are infected with sexual diseases, and 63 out of 100 teenagers have had sex outside. get married. This is very concerning. If teenagers like this also experience BLAST, it will have a very bad impact on themselves, their peer groups, and other people around them. In actual fact, adolescents who experience BLAST are teenagers who do not have a place to share their complaints and problems, they tend to experience confusion when they have problems because their parents are unable to provide protection and a sense of security and comfort (Mulya, 2017).

The explanation above is the background for researchers conducting research related to the analysis of BLAST incidence in high school students in the city of Pekanbaru. The purpose of this study was to determine the incidence of BLAST among adolescents in Pekanbaru and to analyze the BLAST incidents experienced by students in Pekanbaru city.

MATERIAL AND METHODS

This research is a quantitative research with a descriptive design. This research was conducted in the city of Pekanbaru in 2020 with a population of high school students in Pekanbaru city. The sample in this study amounted to 904 adolescents. The sample technique used was accidental sampling. To collect research data used an instrument in the form of a BLAST questionnaire which contains related statements (Bored, Lonely, Angry-Afraid, Stress, Tired) (Mulya, 2017). This research instrument was prepared based on existing references and literature. After the data was collected, data processing was carried out using SPSS and data analysis and discussion were carried out.



RESULTS

The results obtained from the research can be seen in the table below:

Table 1.

Characteristics of Respondents Based on Gender

No.	Gender	Frequency (Person)	Presentation (%)
1.	Men	430	47,6
2.	Women	474	52,4
Total		904	100

Based on table 1 above, we can see that from 904 respondents, the difference between men and women is not too significant. 474 women (52.4%) and men 430 people (47.6%).

Table 2.

Characteristics of Respondents by Age

No.	Age	Frequency (Person)	Presentation (%)
1.	16 years	262	29
2.	17 years	400	44,2
3.	18 years	195	21,6
4.	19 years	47	5,2
Total		904	100

Based on table 2 above, we can see that the most dominant adolescent age is 17 years old. At this age adolescents are classified as being in the middle adolescence stage. At this stage, peers have a very dominant influence.

Table 3.

BLAST incident in high school students in Pekanbaru City

No.	BLAST category	Frequency (Person)	Presentation (%)
1.	Mild	469	51,9
2.	Severe	435	48,1
Total		904	100

Based on table 4 we can see that from 904 high school students / I 469 people (51.9%) experienced BLAST in the mild category and 435 people (48.1%) experienced BLAST in the severe category.

DISCUSSION

Based on research conducted on high school students in Pekanbaru city in 2020, we get the results that the average teenager experiencing BLAS in the mild category is 51.9%. However, there were also very many adolescents who experienced BLAST with a heavy category, namely 48.1%. This figure is large enough that it should be a concern for

all parties, including parents, schools and other health workers. From the results of the study we can see that the difference in the number of men and women who experience BLAST is not significant. This happens because basically bad emotional experiences have a significant effect on mental health and mental well-being for both girls and boys (Hagborg et al., 2017).

Adolescents at the age of 15-18 are at the middle adolescence stage, where adolescents at this stage are very concerned about their appearance, like to play with peers who have the same characteristics and attitudes, in the process of searching for their



identity where confusion is often felt by adolescents (Sarwono, 2013). At this stage, peer influence is very dominant, so that assistance and guidance from parents is expected so that children will receive protection and a place to complain when they face problems. If the role of parents and family members is very lacking at this stage, it is likely that adolescents will experience a BLAST incident.

In recent years, boredom (bored) has become a problem that is increasingly being experienced by teenagers. Berdasarkan penelitian (Weybright et al., 2020) the increase in boredom was greater for young girls. The increase in boredom experienced resulted in an increase in mental health difficulties or disorders as evidenced by the less than optimal psychosocial conditions of adolescents. This is in line with research conducted on high school students in Pekanbaru city, from the results of the study that 9.4% of adolescents said they often felt bored facing their daily routine at school and at home. 12.6% of students often feel bored with their surroundings, be it their home environment or school environment. Estika, 2017 in his research states that one of the new habits of teenagers in Pekanbaru city is to gather with peers in cafes. Many factors make this happen, one of which is because adolescents are often faced with boredom and boredom in carrying out their day, besides that teenagers often feel lonely because their parents are busy with work until late in the evening or late at night.

Apart from boredom, today's teenagers also experience a lot of loneliness. From the results of the study, 17.8% of high school students said they always felt lonely because their parents and siblings were too busy with their own affairs 17.2% of students said they often live alone at home, don't have many friends, and their friends are limited by their parents. Loneliness is one of the causes of various negative behaviors carried out by adolescents. Loneliness occurs because there is a gap between what you want and what you

get. The level of loneliness experienced by a person is influenced by social networks such as the quality of relationships between family and peers, relationship standards, and personal characteristics such as social skills, self-esteem, and anxiety (Dewi & Hamidah, 2013). Lack of harmony between parents and peers and adolescents is one of the causes of loneliness (Kristiani, 2007). If the loneliness felt by adolescents is accompanied by helplessness, depression, stress, or other pathological conditions, this situation can increase the risk of suicidal ideation in adolescents (Dewi & Hamidah, 2013). Pires et al., 2020 in his research revealed that non-suicidal self-injury trials that many adolescents aged 12-17 years old occur to relieve feelings of lonely and indifference from the environment and to stop feeling anxious or unpleasant feelings. Therefore, parents are expected to be able to create a conducive situation so that adolescents are able to establish effective communication with their parents.

The loneliness experienced by adolescents has a significant relationship with anger and emotional regulation. The extent to which anger arises depends on the emotional regulation possessed by adolescents (Karababa, 2020). Based on the research conducted, 46.9% of adolescents sometimes feel angry and dissatisfied with many things. Adinda, 2017 said there were several delinquencies that were often committed by Pekanbaru teenagers, namely fighting, smoking, skipping school and consuming alcohol. While (Rahmawati & Asyanti, 2017) said that there were several aggressive behaviors that were often displayed by teenagers, namely fighting, provoking, kicking, and intimidating. Factors that influence adolescents to engage in aggressive behavior are the way of thinking of adolescents who tend to be impulsive, low levels of education, lack of parental supervision, and low emotional regulation of these adolescents.



Unlike angry, Afraid is a feeling of being afraid of various things, including being afraid to tell stories to parents, and fear of peer pressure. Based on research conducted 16.3% of students always feel afraid to tell the problems they face to their parents. 32.2% of students often feel afraid of peer pressure. Stress is a feeling of pressure due to various situations (Mulya, 2017). In this study, 42% of students sometimes feel depressed because of various situations either because of problems at school or problems with their parents.

The last BLAST problem is tired. Tired is a tired condition due to the problems they face, such as peer problems or problems with parents due to high academic demands (Mulya, 2017). The results showed 12.2% of students always felt tired facing the problems that occurred in their lives. And 15% of adolescents always feel tired of pursuing the academic standards set by their parents. Yeo et al., 2020 revealed that depression scores were higher in adolescents who spent hours studying on weekends. High duration of study on weekends increases symptoms of depression and lack of sleep. Teens who spend 5 hours or more doing homework or studying on the weekends have greater symptoms of anhedonia and anxiety. In a competitive academic environment, teens who spend more time on homework or studying spend less time sleeping, media use, and social activities. The effects of sleep deprivation and long hours of work on weekends can be risk factors for depression. Therefore, reducing the workload of adolescents outside the classroom can improve the quality of their sleep, create a balance in school life, and the mental well-being of students.

To prevent adolescents from experiencing BLAST or to prevent mild BLAST from becoming severe BLAST, it is hoped that the cooperation of all parties, especially parents. Fathers or mothers are expected to be present to assist teenagers in dealing with problems during their growth and development stages.

Conducive family conditions, mutual care, mutual support will motivate adolescents to create effective communication. This will make teenagers avoid the BLAST incident and change BLAST (Bored, Lonely, Angry-Afraid, Stress, Tired) to BEST (Brave, Empathy, Strong, and Top).

CONCLUSION

Based on research conducted on high school students in Pekanbaru city in 2020, the average result of adolescents experiencing BLAST in the mild category is 51.9%. However, there were also very many adolescents who experienced BLAST with a heavy category, namely 48.1%. So it needs the cooperation of all parents, schools, and adolescents themselves to prevent BLAST and maintain physical and mental health during the self-search phase.

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