

The Relationship between Mental Health and Obedience to Worship in Adolescent Boys

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ABSTRACT

Worship obedience is seen as one of the elements that may have an impact on mental health. The purpose of this study is to ascertain how teenage boys' mental health and worship compliance relate to each other. 104 teenage males from the University of Muhammadiyah Sukabumi's Faculty of Health made up the study's population. 50 male teenagers from the Faculty of Health, ages 12 to 21, made up the study's sample. The study was carried out at Universitas Muhammadiyah Sukabumi's Faculty of Health. In this study, questionnaire research tools were used for data gathering. Both univariate and bivariate analysis were employed as data analysis methods. The Chi Square test yielded a P value of 0.000 for asymptotic significance (2-sided). This number indicates that p is less than 0.05. Thus, it can be said that teenage guys' mental health and their adherence to worship are significantly correlated..

Introduction

Human development begins with the prenatal period, infants, children, adolescents, adults, and the elderly (Angelian et al., 2024). At the stage of human growth, adolescence occurs, which is an important phase in human life. The adolescent years are a time of fast intellectual, psychological, and physical development. Teenagers often have a high level of curiosity, enjoy challenge and adventure, and are willing to take risks without giving their decisions much thought (Kementerian Kesehatan RI, 2022). Adolescents usually feel that they are independent, able to seek self-identity. However, some adolescents experience fear when entering adolescence because, without adequate emotional support from parents, they find it difficult to make decisions or face life challenges independently (Afifah et al., 2024).

The period between childhood and maturity is known as adolescence (Indari et al., 2023). Adolescence is a unique period, with many changes ranging from physical, social, emotional, spiritual, and psychological before becoming an adult (Rahmawaty et al., 2022). The physical and psychological changes that teenagers undergo will have an impact on their own mental health. According to (WHO, 2022) an adolescent is someone aged 10-24 years. Ages 10-24 years and not married are said to be adolescents, while according to Kementerian Kesehatan RI (2022) adolescents are vulnerable ages from 10 years to 18 years.

The current issue that requires more serious attention is about mental health in adolescents. Mental health is defined as a state where a person feels good about himself, seen from himself who is capable and aware of his potential (Savitrie, 2022). According to the Kementerian Kesehatan RI (2018) shows that the prevalence of mental emotional disorders in Indonesia aged 15 years and over reaches 19 million people and depressive disorders in Indonesia in adolescents reaches 11 million people. In line with the Survey Results Indonesia National Adolescent Mental Health Survei (2022) that adolescents in Indonesia experience a significant level of mental health



problems with a ratio of one in three adolescents 34.9%, equivalent to 15.5 million experiencing mental health problems in 1 year.

Obedience in worship is considered as one of the factors that can affect mental health. Worship not only serves a spiritual function, but also as a means to build identity, moral values, and form positive social relationships (Koenig, 2012). According to Nuraenah et al (2023) factors that cause mental health problems in adolescents include psychological factors and social environmental factors. Adolescents who do not get social support from friends or family in carrying out worship feel less motivated to engage in spiritual activities. This is relevant to research, especially for adolescent boys who often face challenges in expressing emotions and seeking support.

Based on a preliminary study conducted on male adolescents at the Faculty of Health, University of Muhammadiyah Sukabumi on 2 October 2024 by interviewing 6 people about mental health on worship observance. 3 of them said that worshipping their god (prayer, dhikr, fasting and others) felt peace of mind because they had a stronger foundation of faith, while the other 2 people said worshipping their god (prayer, dhikr, fasting and others) but did not know mental health on their own, and 1 other person said they rarely worshiped and did not know mental health on their own.

In addition, according to research conducted by Winurini (2019) there is an effect of religiosity on the mental health of pesantren adolescents in Tabanan. Then, according to previous researchers Mahfud et al., (2015) there is an influence of worship observance on the mental health of UIN Walisongo Semarang students. Good environment, religion and personality will be in line with the mental health obtained. According to research by Afifah et al (2024) there is a contribution to adolescent mental health because a person's Islamic religious education is better able to carry out worship solemnly which will bring him to peace of mind that can improve mental health.

Methods

The research design used is correlational analytic focus with a cross sectional approach is the amount of time spent measuring or viewing data for the independent variable and the dependent variable only once. The purpose of this study was to ascertain how teenage males' mental health and worship compliance relate to each other. The population in this study were 104 adolescent boys from the Faculty of Health, University of Muhammadiyah Sukabumi. The sample in this study was 50 male adolescents aged 12-21 years at the Faculty of Health. The sampling technique uses purposive sampling technique, namely setting certain criteria on the sample (Sugiyono, 2022).

a. Inclusion Criteria

- Adolescent boys aged 12-21 years Faculty of Health.
- Adolescents who are willing to fill out a questionnaire.

b. Exclusion Criteria

- Adolescent boys who refused to fill out the questionnaire.

The research was conducted at the Faculty of Health, University of Muhammadiyah Sukabumi. Data collection techniques in this study using questionnaire research instruments. Bivariate and univariate analysis were the data analysis methods employed. Each research variable's nature was demonstrated using univariate analysis. to display each variable's frequency distribution and proportion of demographic data (Notoatmodjo, 2018). However, bivariate analysis uses the chi-square test to ascertain how the independent and dependent variables relate to one another (Notoatmodjo, 2018).



Results

1. Univariate Analysis

Univariate analysis in this study is to show the results of frequency and percentage distribution data on respondent characteristics data based on gender, age, semester level, and study programme, as well as a description of mental health and a description of worship observance.

a. Gender

Before explaining the results of this study, researchers need to first describe the identity of the respondents based on gender.

Table 1. Distribution of Respondent's Characteristics by Gender (n=50)

Gender	Frequency	Percentage
Female	0	0,0%
Male	50	100%
Total	50	100%

Based on table 1 shows that all respondents are male, namely 50 people (100%).

b. Age

Before explaining the results of this study, researchers need to first describe the identity of the respondents based on age.

Table 2. Distribution of Respondent Characteristics by Age (n=50)

Teenage Age Category	Frequency	Percentage
Early Adolescents 12-15 years old	0	0,0%
Middle Adolescents 16-18 years old	9	18%
Late Adolescents 19-21 years old	41	82%
TOTAL	50	100%

Table 2 shows that 9 respondents (18%) were middle adolescents, and 41 respondents (82%) were late adolescents, aged between 19 and 21 years. According to the research findings, 41 individuals (82%) were late adolescents, with the majority of these individuals being aged between 19 and 21 years.

c. Semester Level

Table 3. Distribution of Respondents Characteristics by Semester Level (n=50)

Level	Frequency	Percentage
Level 1	22	44%
Level 2	9	18%
Level 3	16	32%
Level 4	3	6%
TOTAL	50	100%

Mental Health	Frequency	Percentage
Poor	14	28%



Good	36	72%	Based on table 3 shows that the respondents of Level 1 were 22 people (44%), Level 2 were 9 people (18%), Level 3 were 16 people (32%), and Level 4 were 3 people (6%). The results of this study indicate that the frequency of Semester Level is mostly Level 1, namely 22 people (44%).
TOTAL	50	100%	

d. Study Programme

Table 4. Distribution of Respondent Characteristics based on Study Programme (n=50)

Study Programme	Frequency	Percentage
Bachelor of Nursing	30	60%
D3 Nursing	20	40%
TOTAL	50	100%

Based on table 4 shows that 30 respondents (60%) of S1 Nursing, and 20 people (40%) of D3 Nursing. The results of this study the frequency of the majority of S1 Nursing Study Programmes is 30 people (60%).

e. Mental Health Overview

Before explaining the results of this thesis research, the researcher first describes the distribution of Mental Health.

Table 5. Distribution of Mental Health (n=50)

Based on table 5 shows that mental health is poor as many as 14 people (28%), and good mental health as many as 36 people (72%). The results of this study showed that the frequency of mental health was mostly good as many as 36 people (72%).

f. Overview of Obedience to Worship

Before explaining the results of this thesis research, the researcher first describes the distribution of Obedience to Worship.

Table 6. Distribution of Obedience to Worship (n=50)

Obedience to worship	Frequency	Percentage
Poor	19	38%
Good	31	62%
TOTAL	50	100%

Based on table 6, it shows that poor worship obedience is 19 people (38%), and good worship obedience is 31 people (62%) The results of this study indicate that the frequency of worship obedience is mostly good as many as 31 people (62%).

2. Bivariate Analysis

Bivariate analysis was used in this study to see if teenage males' mental health and worship obedience were related. The hypothesis test in this study is the Chi Square test .

Table 7. Relationship between Mental Health and Obedience to Worship in Adolescent Boys

Mental Health	Obedience to worship				Total		P Value
	Poor		Good		F	%	
	F	%	F	%			
Poor	12	24%	3	6%	15	30%	0,000
Good	8	16%	27	54%	35	70%	
Total	20	40%	30	60%	50	100%	



Based on the results of data tabulation table 7, it is known that those who have poor mental health with poor worship observance are 12 people (24%), those who have poor mental health with good worship observance are 3 people (6%), those who have good mental health with poor worship observance are 8 people (16%), and those who have good mental health with good worship observance are 30 people (60%).

The Chi Square test for asymp sig. (2-sided) yielded a P value of 0.000. This number indicates that H_a is accepted and H_0 is rejected since the p-value is less than 0.05. Thus, it can be said that teenage guys' mental health and their adherence to worship are significantly correlated.

Discussion

Mental Health Overview

The results showed that the respondents who had good mental health in adolescents were 36 people (72%) and poor mental health in adolescents were 14 people (28%). These results show that most adolescent boys at the Faculty of Health, Universitas Muhammadiyah Sukabumi have good mental health. According to research (Sunggung & Jonatan, 2024) mental health is someone who avoids the symptoms of mental disorders and mental illness. Every child towards adolescence needs a good mental health condition in order to develop healthily, can build strong social relationships, adapt to changes in self and environment, and can survive in facing life's challenges. Adolescents who have good mental health conditions create spiritual well-being.

Mental health also has factors that can affect mental health in adolescents, namely internal factors (coming from within) and external factors (environment, family, social, cultural and religious). Most some adolescents are easily influenced by external factors, however, if the external factors are bad, it can lead to unhealthy mentality (Khodijah et al., 2024).

In line with research by Nahar et al., (2024) Factors that affect mental health in adolescents are external factors (family, environment, and religion) the family is the closest environment to individuals who play a major role in shaping character and influencing their development. If adolescents lack support from the family and peer environment, it will create a less supportive and unsafe environment for adolescents in motivating and carrying out worship activities (mandatory prayers, sunnah prayers, fasting in the month of Ramadan, dhikr, and other worship activities). The results of this study are in accordance with the conditions of adolescents who have poor mental health, male adolescents lack support from peers and some lack of support from families because they migrate and are far from family monitoring.

According to the researchers, this study showed that mental health in adolescent male students of the Faculty of Health, University of Muhammadiyah Sukabumi, most of the 36 (72%) respondents had good mental health. Good mental health affects the character they have, being able to adapt to the environment and change themselves and realise spiritual well-being. Whereas adolescents who have poor mental health can be influenced by many factors that create an unsafe environment and lack of support in activities, especially worship activities. It is important for adolescents if they feel uneasy in living life, and feel that there are perceived problems to seek support from family, peers, or mental health professionals to improve their quality of life for the better.

Overview of Obedience to Worship

The results showed that respondents who had good religious observance in adolescents were 31 (62%) and poor religious observance in adolescents were 19 (38%). These results show that most adolescent boys at the Faculty of Health, University of Muhammadiyah Sukabumi have good religious observance. Obedience to worship is an act related to God's rights and human



rights to carry out his commands and stay away from his prohibitions because of Allah SWT (Untari et al., 2022).

In the research of Hardian et al., (2024) Obedience in worship such as performing compulsory prayers, sunnah prayers, fasting in the month of Ramadan, reading dhikr, reading the Koran, and other worship can affect emotions in the ability to think rationally and make wise decisions. The results of this study are in line with the condition that most male adolescents who have a good condition of obedience to worship are able to carry out what they are told and stay away from their prohibitions.

According to research Nafiah & Miftahuddin (2022) obedience in worship can be implemented through religious values in the minds of adolescents such as familiarising the attitude of takzim (polite and courteous) and getting used to praying before learning begins. The results of this study are in line with the conditions in the field that adolescents of the Faculty of Health, University of Muhammadiyah Sukabumi have implemented praying before learning begins by reading cultums (seven-minute lectures) and reading the holy verses of the Qur'an according to the theme of the lecture to be discussed, this activity is able to apply religious attitudes and reflect the behaviour of obedient adolescents to worship Allah SWT.

According to the researchers, this study shows that mental health in adolescent male students of the Faculty of Health, Muhammadiyah University of Sukabumi, most of the 31 (62%) respondents have good worship observance. Good obedience to worship is supported by the habits of adolescents where Muhammadiyah University Sukabumi has a good environment by implementing a religious curriculum with religious activities in the lecture process so that adolescents can motivate obedient behaviour in carrying out worship.

Relationship between Mental Health and Obedience to Worship among Male Adolescents

A p-value of $0.00 < 0.05$ indicated a substantial association between the two variables, namely mental health and worship adherence, according to study conducted at the University of Muhammadiyah Sukabumi's Faculty of Health. Table 4.7, the tabulation table, contains, it can be seen that most adolescents have good mental health followed by good worship observance as many as 27 (54%). According to research by Bahar et al., (2023) revealed that good mental health conditions and good worship observance will feel peace of mind, optimistic in facing life's challenges, and enthusiasm in performing other worship and feeling happy. The results of this study are in line with the conditions in the field that adolescents who are able to maintain their obedience such as carrying out prayer activities, dhikr, fasting worship have an influence on mental health.

According to research Khodijah et al., (2024) early adolescents in a supportive environment create personal growth and mental well-being, where adolescents who can feel togetherness and support by implementing worship practices through Islamic religious education. The results of this study are in line with the conditions in the Muhammadiyah Sukabumi University lecture environment, which has implemented a religious curriculum in muamalah worship courses in semesters 1 to 3 and carried out baitul arqam activities, and when entering prayer time all lecture activities are temporarily suspended, which can help adolescents develop awareness of their spirituality for the better.

According to the researcher, this survey demonstrates that the majority of teenagers have good mental health, which is followed by worship observation, which is good for up to 27 respondents (54%) of the sample. Numerous things can impact teenagers' mental health. There are external factors and internal factors. Adolescents who have good mental health will affect their spiritual well-being such as performing compulsory prayers, sunnah prayers, dhikr, reading the Koran, fasting and being polite. So that mental health there is a relationship with obedience



to worship in adolescents, good mental health then good obedience to worship in adolescents. Vice versa, bad mental health of adolescents is also bad obedience to worship in adolescents. However, there are some adolescents who have good mental health but poor worship obedience and vice versa as well as some adolescents who have poor mental health but good worship obedience, which may be influenced by other factors.

Research Limitations

Based on the researchers' firsthand experiences during the study process, a number of constraints were encountered, and they should be taken into account by future researchers. Some of the limitations in the study, among others:

- a. Data collection that cannot be done in one day. Due to data collection through distributing questionnaires through whatsapp media, it is not effective because respondents do not fill in all with the obstacle of drowned or illegible information and when collecting data in a meeting there is no simultaneous lecture schedule between semester levels, so data collection is carried out over several days to collect data.
- b. The object of research only focused on male adolescents in the Faculty of Health, while at Universitas Muhammadiyah Sukabumi there are several other faculties.

Conclusion

Based on the characteristics of respondents, all respondents were male and the majority of respondents were late adolescents aged 19-21 years as many as 41 people (82%), the majority of level 1 respondents as many as 22 people (44%), the majority of respondents of S1 Nursing study programme as many as 30 (60%).

Poor mental health as many as 14 people (28%), and good mental health as many as 36 people (72%). According to the study's findings, the prevalence of mental health issues is generally favourable, with 36 (72%).

The results of this study showed that the frequency of worship observance was mostly good as many as 31 (62%).

For asymp sig. (2-sided), the P Value value derived from the Chi Square test is 0.000. This number indicates that p is less than 0.05. Thus, it can be said that teenage guys' mental health and their adherence to worship are significantly correlated.

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