

# Measuring Adolescent Mental Health and the Effect on Juneville Delinquency Behavior Tendencies. Case Study in Tana Toraja

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## ABSTRACT

**Background:** Adolescence is a transitional phase of development from childhood to adulthood, involving various changes in the biological, cognitive, and socio-emotional aspects of the adolescent. These changes often lead to confusion in establishing their identity, which can result in behaviors that are not in line with their developmental responsibilities. The tendency towards delinquent behavior in adolescents is one of the forms of behavior that emerges during adolescence due to the dysfunction of various aspects within the adolescent. The presence of dysfunction in these aspects of the adolescent indicates that the adolescent is experiencing mental disorders. The aims of this study to analyze how the mental health of adolescents influences their tendency to engage in delinquent behaviors. **Method:** Using a quantitative method with descriptive statistics and testing assumptions using multiple linear regression analysis. **Result:** Based on the characteristics of adolescents aged 14 to 18 years, it was found that the mental health condition of adolescents has an impact on the tendency of delinquent behavior in adolescents, with a value based on the linear regression model of  $0.000 < 0.05$ , indicating a significant level. **Conclusion:** The non-impulsive behavioral aspect is the most significantly influential factor on the tendency of adolescent delinquent behavior with a value of  $p < 0.05$ .

**Keywords:** Mental health, Self-Control, Juneville delinquency tendency, Adolescent.

## INTRODUCTION

Teen delinquency has seen a significant increase in recent years up to the present. Based on data from the Central Statistics Agency (BPS), it is reported that the average crime rate increased by 31.6% by the year 2022. Among the perpetrators of these crimes are teenagers under the age of 18. The Indonesian Commission for Child Protection states that from 2016 to 2022, the total number of cases involving delinquent behavior by teenage offenders was 2,883. Furthermore, the number of teenagers involved in physical violence from 2016 to 2022 was 560.

Teen delinquency is one of the cases that has been quite high from year to year. This issue also poses its own challenges in efforts to address and prevent it. To channel their emotions and seek recognition, acceptance, and attention from others, teenagers may make poor choices in their life's path<sup>1</sup>. Consequently, this situation leads teenagers to engage in risky behaviors such as criminal activities, violence, theft, extortion, fraud, abuse, destruction of property, and substance abuse (drug/alcohol abuse). Teen delinquency encompasses not only criminal offenses but also violations of status, norms, and laws. Skipping school, consuming alcohol, street racing, and running away from home are violations of the law. Violations of norms include premarital sex among teenagers, abortions by teenage girls, and other transgressions that disrupt societal norms.

Teen delinquency is a mental disorder among teenagers due to the dysfunction of various aspects within them. Mental health is considered good

when an individual can adapt well, appears as a morally upright and religious person, possesses social skills, self-control, self-improvement capabilities, enhances self-realization and potential, maintains a healthy self-concept and self-esteem, sustains mental stability, cultivates good habits, exhibits adaptability, can cope with mental conflicts, and attains emotional and intellectual maturity<sup>2</sup>. According to databooks on Indonesian teenagers in 2023, many of them have mental disorders such as generalized anxiety disorder at 3.7% and conduct disorder at 0.9%. Teen delinquency is one of the behavioral disorders that is prevalent in society.<sup>3</sup> define teen delinquency as the dysfunction of various aspects within teenagers, including their self-control.

Based on initial field data collected by the researcher in Tana Toraja, it was found that from 2019 to 2021, the violations committed by adolescents were primarily by those under the age of 18. These violations included assault, theft, sexual abuse/rape, defamation and slander, threats, vandalism, and incidents of baby abandonment (Tana Toraja Resort Police).

Interviews were conducted with several junior high school students, revealing a general perspective on current adolescent delinquent behavior. Some students described rule-breaking behavior at school and at home as something common and not of great concern. Others acknowledged that breaking established rules was wrong but admitted to occasionally engaging in such behavior. Initial data collection was also conducted with Guidance and Counseling teachers, who reported that incidents of truancy, conflicts with teachers, fights, school property damage, and even cases of premarital sex among students were ongoing concerns.<sup>4-6</sup>

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One of the internal factors that leads adolescents to exhibit variability in their response to rules set by schools and society, thereby giving rise to a tendency for delinquent behavior, is the presence of weak self-control. The aspects of self-control as variables that play a role in adolescents include self-discipline, non-impulsive behavior, lifestyle, self-regulation, and self-assessment.<sup>7</sup>

The delinquent behavior exhibited by adolescents represents a failure to develop sufficient self-control in terms of behavior. Some adolescents have learned what behaviors are acceptable and unacceptable, while others may not have a clear understanding of this <sup>8</sup>. Adolescents may fail to determine what is right and wrong or, even if they understand it, may struggle to develop adequate control over their behavior.<sup>5-10</sup>

The phenomenon of adolescent delinquent behavior is related to the problematic aspects within adolescents that play a role in their development. This behavioral disorder is one of the health issues encountered in society<sup>6</sup>. Health not only involves physical, social, and mental well-being but also the ability to participate in daily activities within the family, community, and work. One is considered healthy when they have self-mastery and the ability to adapt to changing circumstances in their surroundings<sup>11,12</sup>

The issues among adolescents should be taken seriously as they have a negative impact on the community<sup>13</sup>. Considering that adolescents are the hope of the nation, problems related to adolescent delinquency need to be further explored from the perspective of the mental self-control aspects of adolescents to provide answers regarding the issue of adolescent delinquent behavior.<sup>14</sup>

## METHODOLOGY

The data used in this study are primary data, which are responses from participants who are subjects in this research. These primary data are derived from high school students in Tana Toraja. The total number of respondents in this study is 398, aged between 14 and 18 years.

Research variables are attributes in measurement determined by the researcher to understand the role of these variables in drawing a conclusion. This study employs two variables: Mental Health as the independent variable and Tendency of Adolescent Delinquent Behavior as the dependent variable.

The analysis process used in this study begins with calculating descriptive statistics for the variable of adolescent delinquent behavior and its predictors, including finding the minimum, maximum, mean, variance, and standard deviation. The next step involves conducting multiple linear regression assumption tests, including tests for normality, autocorrelation, and multicollinearity.

## RESULT AND DISCUSSION

### Descriptive Statistics

In this research, we refer to the minimum value, maximum value, standard deviation, and variance as indicated in Table 1.

Based on the table above, it is known that N or the number of respondents for each variable is 398 high school students in Tana Toraja.

### Assumption Testing

#### Normality Test

In this multiple linear regression test, the data under investigation is considered to be normally distributed. The results of the normality test can be seen in Figure 1 below.

From the figure, it can be observed that when the distribution of points approaches the diagonal line, the residuals are normally distributed.

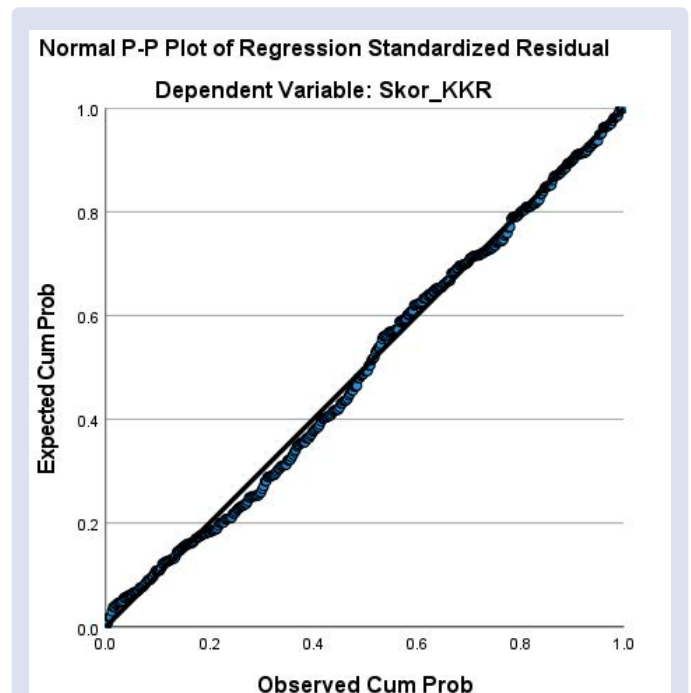


Figure 1. Distribution of points approaches the diagonal line, the residuals are normally distributed.

Tabel 1. Descriptive variable.

Variable	n	Min	Max	Mean ± SD
Juvenile delinquency	389	40	114	70.41 ± 11.99
Self Dicipline	389	11	25	17.55 ± 2.48
Non-Impulsive behavior	389	6	15	9.81 ± 1.78
Lifestyle	389	2	10	5.55 ± 1.45
Self Regulation	389	2	10	5.25 ± 1.37
Self Assessment	389	1	5	3.53 ± 0.95

Tabel 2. Result of Auto correlation test.

Durbin Watson Test	Value (DW count)
	1.969

Tabel 3. Result of multicollinearity test.

Variable	Tolerance	VIF
Self Dicipline	0.911	1.098
Non-Impulsive Behavior	0.762	1.312
Lifestyle	0.649	1.541
Self regulation	0.886	1.129
Self assessment	0.645	1.550

#### Auto correlation Test

Here, what is meant in this research regarding the auto correlation test can be seen in the following table.

Based on Table 2, it can be stated that there are no auto correlation issues.

#### Multi col-linearity Test

For this test, it can be seen from the values of VIF (Variance Inflation Factor). If the VIF value is less than 10, it is considered that there are no multicollinearity issues.

Based on the table above, it can be concluded that there are no cases of multicollinearity.

### F Test

This test is conducted to assess how the combined influence of predictor variables affects the dependent variable. If the probability value of the calculated F is smaller than the level of significance ( $\alpha$ ) with a value of 0.05 (5%), then the estimated regression model is deemed suitable for explaining the relationship between predictor variables and the dependent variable, or in other words, predictor variables simultaneously influence the dependent variable.

Based on the table above, it can be observed that the F value is 7.017 with a p-value of 0.000. The significance value is smaller than the significance level of 0.05. Therefore, it can be stated that the linear regression model is suitable for explaining the influence of self-discipline, non-impulsive behavior, lifestyle, self-regulation, and self-assessment on the tendency of adolescent delinquent behavior (the dependent variable).

### T Test

This test is conducted to determine how each predictor variable influences the dependent variable. The p-value for the Non-Impulsive Behavior variable is 0.000 ( $p < 0.05$ ), so it can be concluded that the Non-Impulsive Behavior variable is the most significantly influential factor on the Tendency of Adolescent Delinquent Behavior. Meanwhile, for the other factors, the p-value is greater than 0.05, indicating that the other variables do not significantly influence the tendency of adolescent delinquent behavior.

If the constant value is 93.738 with a positive sign, it indicates that when the variables Self-discipline, Non-Impulsive Behavior, Lifestyle, Self-regulation, and Self-assessment are considered constant, the value of Tendency of Adolescent Delinquent Behavior is 93.738. The regression coefficient for Self-discipline (DR) is negative, meaning that when Self-discipline (DR) decreases, Tendency of Adolescent Delinquent Behavior (TADB) increases. For each unit decrease in Self-discipline, assuming the other variables remain constant, there is a decrease in Tendency of Adolescent Delinquent Behavior by 0.405. The regression coefficient for Non-Impulsive Behavior (NIB) is negative, meaning that when Non-Impulsive Behavior (NIB) decreases, Tendency of Adolescent Delinquent Behavior (TADB) increases. For each unit increase in Non-Impulsive Behavior, assuming the other variables remain constant, there is a decrease in Tendency of Adolescent Delinquent Behavior by 1.746.

The regression coefficient for Lifestyle (GH) is positive, meaning that when Lifestyle (GH) increases, Tendency of Adolescent Delinquent Behavior (TADB) also increases. For each unit increase in Lifestyle, assuming the other variables remain constant, there is an increase in Tendency of Adolescent Delinquent Behavior by 0.762. The regression coefficient for Self-regulation (RD) is negative, indicating that when Self-regulation (RD) decreases, Tendency of Adolescent Delinquent Behavior (TADB) increases. For each unit decrease in Self-regulation, assuming the other variables remain constant, there is a decrease in Tendency of Adolescent Delinquent Behavior by 0.276. The regression coefficient for Self-assessment (PD) is negative, meaning that when Self-assessment (PD) decreases, Tendency of Adolescent Delinquent Behavior (TADB) increases. For each unit decrease in Self-assessment, assuming the other variables remain constant, there is a decrease in Tendency of Adolescent Delinquent Behavior by 0.524. If there is an increase in all independent variables simultaneously by one unit, there is a decrease in Tendency of Adolescent Delinquent Behavior by 2.189.

The coefficient of determination explains the variation in the impact of independent variables on its dependent variable. It can also be stated as the proportion of the influence of all independent variables on the dependent variable, and the R-Square value of 0.072 indicates that the proportion of the combined influence of independent variables (Self-discipline, Non-Impulsive Behavior, Lifestyle, Self-regulation, and

Self-assessment) on the Tendency of Adolescent Delinquent Behavior is 7.2%. The remaining 92.8% (100% - 7.2%) is influenced by other variables that are not included in the linear regression model.

## CONCLUSION

The conclusions of this study are as follows:

1. The characteristic of adolescent mental health in the aspect of self-control that has the highest level of influence is the Non-Impulsive Behavior variable with a value of -0.263.
2. The variable that significantly influences the tendency of adolescent delinquent behavior is Non-Impulsive Behavior.

## RECOMMENDATIONS

The recommendations that can be provided for this research are as follows:

1. Stakeholders need to prioritize activities related to adolescent mental health issues that affect adolescent behavior and review whether the activities implemented are truly understood by each student in school.
2. For future research, it is necessary to deeply examine other internal and external factors by adding face-to-face methods with students to obtain detailed information from students to answer the research process.

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