THE INFLUENCE OF INFORMATION SERVICES THROUGH ANIMATED FILM MEDIA ON MENTAL HEALTH IN CLASS XI IIS STUDENTS OF SMA NEGERI 1 BINJAI LANGKAT DISTRICT

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Abstract

This research aims to determine the effect of information services through animated film media on the mental health of class XI IIS students at SMA Negeri 1 Binjai, Langkat Regency for the 2022/2023 academic year. This type of research uses quantitative experimental methods, namely one group pretest and posttest design. The subject of this research was class XI IIS 2 with a sample size of 33 students determined using purposive sampling. This research uses a questionnaire instrument as a measuring tool and uses validity tests, reliability tests, and paired T tests. Based on the results of research conducted: 1) there are differences in students' mental health before being given information services through film media with the pretest score results showing that students' mental health is in the low category. 2) there are differences in students' mental health after being given information services through film media with the pretest score results showing that students' mental health has a high category score. 3) there is an effect of increasing information services through film media using the paired T test with a sig (2-tailed) value of $0.000 < 0.05$ and the difference in the average pretest value and the difference in the average pretest value of $89.6667 >$ from the average posttest value of 125.5758 which shows that there is a significant difference between the pretest and posttest, then Ho is rejected and Ha is accepted, which means that there is an influence of information services through film media on the mental health of Class XI IIS students at SMA Negeri 1 Binjai Langkat Regency for the 2022/2023 academic year.

Keywords: Information Services, Animation Film Media, Mental Health.

INTRODUCTION

Education has an important role in improving the quality of life of each individual, both directly and indirectly. As times progress so rapidly, every effort has been made to improve the quality of education so that it is hoped that it will be able to create good quality human resources that are able to face changing times. The fundamental problem in the world of education is how to improve the teaching and learning process so that effective and efficient learning is created with maximum results. Thus, learning at school should be an activity that is enjoyable and meaningful for students.

In Law no. 20 Years chapter II article 3 concerning the National Education System states that the function and objectives of national education are as follows: "National Education functions to develop abilities and shape the character and civilization of a dignified nation in order to make the life of the nation intelligent, aimed at developing the potential of students to become human beings. who have faith and devotion to God Almighty, have noble character, are healthy, knowledgeable, capable, creative, independent and are democratic and responsible citizens."

Humans are the most perfect creatures created by God Almighty. Humans are creatures who have feelings of anxiety that arise from their thoughts. A student, as the nation's next generation, should be able to manage his cognitive, affective and psychomotor aspects well. Adolescents are around 15-18 years old, which is known as a period of storm and stress, a period of turbulent anxiety accompanied by rapid and varied physical growth. The upheaval of anxiety that occurs in teenagers cannot be separated from various influences, such as the environment where they live, family, school and peers as well as activities carried out in daily life. In the throes of anxiety, it can be understood that each student has different abilities to overcome anxiety. In this case, students are expected to be able to maintain mental health in their student activities at school.

According to Darajat (2001:4) Mental health is preventing people from the symptoms of mental disorders (neuroses) and from the symptoms of mental illnesses (psychoses). Mental health is demonstrated by good behavior and a person's awareness of responsibility towards himself, his family, the environment and other people. Students often ignore and don't care about their duties and responsibilities so that students don't feel guilty when they break school rules, don't do the assignments and homework given by the teacher and other things that can interfere with their development process and

effective life. daily. Mental health can also be seen from a person's ability to optimize their existing abilities so that these abilities can be developed further. (Ayuningtyas & Rayhani, 2018) explained that guidance and counseling teachers play a very important role in supporting and shaping students' mental health through several services and guidance provided by guidance and counseling. One of the services that can be used to help students support and develop mental health is information services.

The opinion above also occurred at SMA N 1 Binjai, Langkat Regency. The results of observations and interviews with SMA N 1 Binjai Langkat Regency show that there are still several students who have mental health problems in the school environment, (1) anxiety in facing exams, (2) conflicts with parents or friends, and (3)) adjustment.

By looking at these conditions, it is necessary to provide guidance and counseling services, namely Information Services, as an effort to maintain mental health for students. Information Services According to Hallen, in Zainal Abidin and Alief (2010:40) in quotes (Ernawati, 2019) Information services are guidance and counseling services that enable clients to receive and understand various information (educational, position, career information) that can be used as material. consideration and decision making in the interests of individual clients.

Based on previous research in quotes (Hanurawan, 2012), the phenomenon of mental health in the educational environment includes symptoms such as (1) anxiety about facing exams, (2) frustration related to learning material that is difficult for students to understand, and (3) worry and worry about the future. . In general, the phenomenon of mental unhealthyness can hinder educational and teaching goals in the school environment, especially school counselors or school psychologists help them through prevention methods and counseling and psychological interventions to achieve a state of balanced mental health again.

METHOD

This research uses quantitative methods. According to (Sugiyono, 2018: 150) "Quantitative methods can be interpreted as research methods based on the philosophy of positivism, used to research certain populations or samples, collecting data using research instruments, quantitative/statistical data analysis, with the aim of describing and testing hypothesis that has been established.

The population in this study was all class XI IIS 2. So the sample in this study was class XI IIS 2, totaling 33 students. Binjai Public High School 1, Langkat Regency is located at Jl. Yos Sudarso likes prosperity, Binjai District, Langkat Regency. This research was conducted in June 2023.

RESULTS AND DISCUSSION

Normality Test.

The data normality test in this study used the Kolmogorov Simirnov method. The significance value (Sig) for all data for both the Kolmogorov Smirnov test is 0.200 > 0.05. So it can be concluded that the data is normally distributed.

Table 1. Normality Test

One-Sample Kolmogorov-Smirnov Test		
		Unstandardized Residual
N		33
Normal Parameters[a,b]	Mean	.0000000
	Std. Deviation	13.98990450
Most Extreme Differences	Absolute	.064
	Positive	.064
	Negative	-.062
Test Statistic		.064
Asymp. Sig. (2-tailed)		.200[c,d]
a. Test distribution is Normal.		
b. Calculated from data.		
c. Lilliefors Significance Correction.		
d. This is a lower bound of the true significance.		

Coefficient of Determination Test

The coefficient of determination is used to measure how far the model's ability to explain variations in the dependent variable.

Table 2. Determination Coefficient Test

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.371[a]	.138	.110	15.46403
a. Predictors: (Constant), pretest				

Based on the table, it shows that the result of R square is 0.138 or 13.8%. This means that 13.8%. This means that the ability of the independent variable in this research influences the dependent variable by 13.8%. Meanwhile, the remaining 86.2% is explained by variables other than the independent variables in the research.

Pretest Data Results

The research data obtained was based on instruments that had been given to 33 students before being given treatment (Pretest) and after being given treatment (Posttest). The following are the scores for each student's pretest and posttest mental health as follows:

Table 3. Pretest and Posttest Test Scores

	Pretest			Posttest		
No	Student code	Score	Category	Student code	Score	Category
1	A1	46	Very low	A1	175	Sangat High
2	A2	61	Very low	A2	165	High
3	A3	65	Low	A3	152	High
4	A4	89	Low	A4	152	High
5	A5	76	Low	A5	124	High
6	A6	84	Low	A6	123	Medium
7	A7	78	Low	A7	123	Medium
8	A8	71	Low	A8	106	Medium
9	A9	90	Low	A9	122	Medium
10	A10	93	Medium	A10	113	Medium
11	A11	92	Low	A11	124	High
12	A12	91	Low	A12	128	High
13	A13	88	Low	A13	115	Medium
14	A14	94	Medium	A14	131	High
15	A15	89	Low	A15	135	High
16	A16	94	Medium	A16	122	Medium
17	A17	91	Low	A17	121	Medium
18	A18	94	Medium	A18	121	Medium
19	A19	94	Medium	A19	127	High
20	A20	103	Medium	A20	122	Medium
21	A21	94	Medium	A21	111	Medium
22	A22	105	Medium	A22	138	High
23	A23	105	Medium	A23	131	High
24	A24	91	Low	A24	101	Medium
25	A25	94	Medium	A25	106	Medium
26	A26	98	Medium	A26	120	Medium
27	A27	92	Low	A27	106	Medium
28	A28	104	Medium	A28	124	Medium
29	A29	113	Medium	A29	129	High
30	A30	94	Low	A30	125	High
31	A31	103	Medium	A31	117	Medium
32	A32	91	Low	A32	105	Medium
33	A33	91	Low	A33	130	High
Avarage		**89,63**	**Low**	**Avarage**	**125,57**	**High**

Based on the data above, it can be defined that the results of the pretest scores from 33 respondents, the results obtained from the pretest which have mental health scores can be categorized, namely 2 people in the very low category, 17 people in the low category, and 14 people in the medium category. Meanwhile, for the posttest with mental health, there was 1 person in the very high category, 14 people in the high category, and 18 people in the medium category.

Furthermore, based on the table above, it can be understood that the average pretest score is 89.63, which is in the low category. Meanwhile, the average posttest score for students' mental health was 125.57, which is in the high category. There is a difference in pretest and posttest scores which indicate an increase in students' mental health after being provided with information services through film media.

Hypothesis Test

Paired T Test

Table 4. Paired T Test Scores

Paired Samples Test								
		Paired Differences							
					95% Confidence Interval of the Difference				Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper	t	df	
Pair 1	Pretest Posttest	-35.90909	26.15622	4.55321	-45.18368	-26.63450	-7.887	31	.000

The sig (2-tailed) value of 0.000 < 0.05 indicates that there is a significant difference between the pre-test and post-test, this shows that there is a significant influence on the difference in treatment given during the pre-test and post-test. So it can be concluded that there has been an increase in the implementation of information services for students' mental health.

Table 5. Average Difference in Student Mental Health between Pretest and Posttest

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pretest	89.6667	33	13.52929	2.35515
	Posttest	125.5758	33	16.39365	2.85377

The average pre-test value is 89.6667 > the average post-test value is 125.5758 which is greater than the pre-test, so descriptively there is a difference in average mental health between the pre-test and post-test.

Discussion and Results of Research Discussion

Based on tests carried out by researchers, this research aims to determine the influence of information services through animated film media on the mental health of students in class XI IIS 2 SMA N 1 Binjai, Langkat Regency.

In this case it is clear that information services aim to enable individuals (students) to know and master further information. used for daily living needs and personal development. Information services using film media play a very important role, because students need a variety of information or information regarding understanding mental health, especially using films with the aim of avoiding student boredom when receiving information on understanding mental health, so that they can make appropriate decisions.

From data analysis using the paired T test, it has been proven that there is a significant influence between information services and film media on the mental health of students in class pretest and posttest, then Ho is rejected and Ha is accepted and the average pretest value is 89.6667 > the average posttest value is 125.5758. So it can be concluded that there is an influence between the average pretest and posttest differences. This means that the use of information services using film as an influence in improving students' mental health can be said to be successful.

CONCLUSION

Based on the results of the research that has been carried out, it can be concluded how the influence of information services through animated film media on mental health in class XI IIS 2 students at SMA N 1 Binjai, Langkat Regency is as follows:

1. There was an increase in scores through a questionnaire distributed to 33 students by conducting a pretest and posttest on class XI IIS 2 students.

2. There is an effect of improving students' mental health through Information Services via Animation Film Media by conducting a paired T test with a sig (2-tailed) value of 0.000 < 0.05, and the difference in the average pretest value is 89.6667 > from the average posttest value of 125.5758 which shows that there is a significant difference between the pretest and posttest, then Ho is rejected and Ha is accepted, which means that there is an influence of information services through film media on the mental health of class XI IIS 2 students.

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