

Depression Among Young People in Indonesia

ANALYSIS OF THE SITUATION AND ISSUES

Mental health is a state of well-being that allows an individual to cope with life's pressures, learn effectively, work well, and contribute to their community. Mental health is an integral component of health because an individual is considered healthy when they are in good physical, mental, and social condition, and not merely free from illness to enable living productively.

It is estimated that 450 million people worldwide suffer from mental, neurological, and substance use disorders; this figure contributes to 14% of the global disease burden. About 154 million of them suffer from depression. Nationally, the prevalence of depression in Indonesia in 2023 was 1.4%. The highest prevalence of depression is found in the young adult group (15-24 years old), which is 2%.

DEPRESSION IN YOUNG PEOPLE

Depression is a leading cause of disability in adolescents. It can lead to suicide, which is the 4th leading cause of death among teenagers worldwide. Most of these psychological disorders go unnoticed and do not receive proper treatment.

A survey on mental health among adolescents in Indonesia in 2022 found that 5.5% of adolescents aged 10-17 years old experience mental disorders. Of these, 1% experience depression, 3.7% experience anxiety, 0.9% experience post-traumatic stress disorder (PTSD), and 0.5% experience attention-deficit/hyperactivity disorder (ADHD).

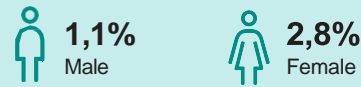
The Basic Health Research (Riskesdas) in 2018 stated that 6.2% of the population aged 15-24 years old experienced depression.

The Indonesia Health Survey (SKI) in 2023 assessed depression disorders using the Mini International Neuropsychiatric Interview (MINI) instrument for the past 2 weeks. Previously, in the Riskesdas 2018 survey, assessment was also conducted using the same instrument and method.

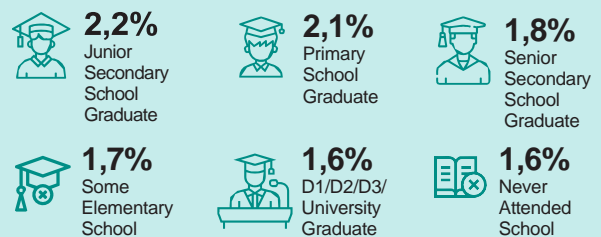
THE PREVALENCE OF DEPRESSION DISORDERS AMONG YOUNG PEOPLE IN THE INDONESIA HEALTH SURVEY 2023

The high proportion of depression among young people, specifically individuals aged 15-24 years old, during the Indonesia Health Survey 2023 (SKI 2023), also known as Generation Z or the Strawberry Generation, requires attention. Several determinants associated with depression include gender, educational status, employment status, economic status, and place of residence.

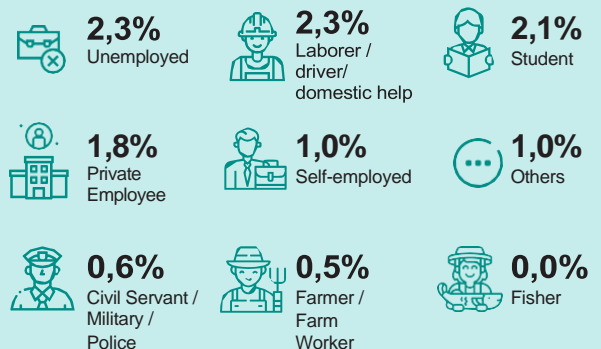
PROPORTION OF DEPRESSION IN YOUNG PEOPLE BY GENDER



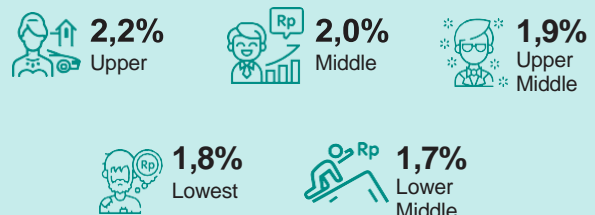
PROPORTION OF DEPRESSION IN YOUNG PEOPLE BY EDUCATION



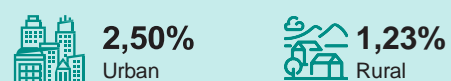
PROPORTION OF DEPRESSION IN YOUNG PEOPLE BY EMPLOYMENT STATUS



PROPORTION OF DEPRESSION IN YOUNG PEOPLE BY ECONOMIC STATUS



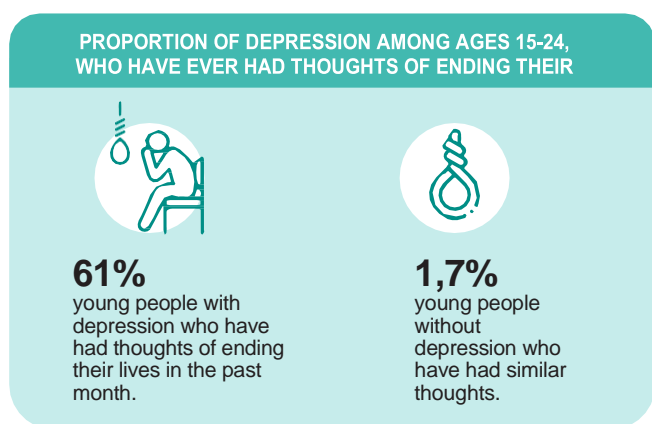
PROPORTION OF DEPRESSION IN YOUNG PEOPLE BY PLACE OF RESIDENCE



In addition to characteristics, the proportion of young people who have had thoughts of ending their lives in the past month and the history of young people with depression seeking treatment is also assessed.

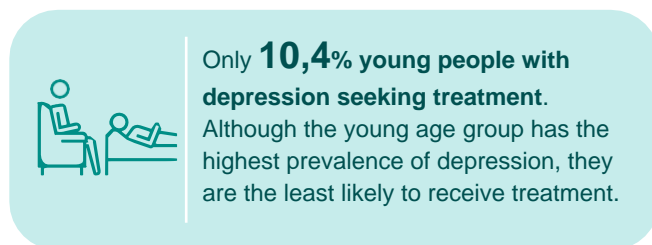
YOUNG PEOPLE WHO HAVE HAD THOUGHTS OF ENDING THEIR LIVES

Depression is a significant cause of suicide. The likelihood of suicidal ideation among individuals with depression is almost 5 times higher compared to those without depression. The proportion of young people with depression who have had thoughts of ending their lives in the past month, as found in the Indonesia Health Survey 2023 (SKI 2023), is very high, being 36 times greater compared to those without depression who have had such thoughts.



YOUNG PEOPLE WITH DEPRESSION WHO RECEIVE TREATMENT

Although the prevalence of depression is highest among Generation Z, this group is the least likely to access treatment. Generation Z individuals who do not receive proper treatment will lead to high social problems including worsening illnesses, suicide, substance abuse, and so on. Therefore, interventions are needed to ensure that Generation Z individuals with depression receive appropriate and prompt management.



The low number of Generation Z individuals with depression seeking treatment may be because they seek treatment not only from healthcare facilities. According to the results of the Indonesia - National Adolescent Mental Health Survey (I-NAMHS), only a small proportion of adolescents seek treatment from healthcare facilities such as doctors and nurses (24.3%), Community Health Center (Puskesmas) officers (3.7%), and specialists/psychiatrists (2.9%). Most adolescents with mental health issues also seek help from school staff (38.2%), religious leaders/community leaders (20.5%), and others (2.6%).

OPPORTUNITIES FOR EARLY DETECTION OF MENTAL HEALTH IN YOUNG PEOPLE

Depression is a significant mental health issue that can lead to suicide among young people. Currently, mental health screening is conducted in communities such as workplaces, schools, the general public, and other community groups in Indonesia. If individuals with mental health issues are identified during screening, they can consult with teachers at school, human resources departments at workplaces, or healthcare cadres. If further treatment is needed, they can be referred to the nearest healthcare facility. It is hoped that this program can reduce mental health problems, including depression, in the community.

CONCLUSION



The highest prevalence of depression is among young people (2%), yet the least number access treatment (10.4%)



The proportion of young people experiencing depression is higher among females (2.8%), those with secondary education (2.2%), those who are unemployed, work as laborers, drivers, maids, or are still in school (>2%). A higher proportion is also seen among those living in urban areas (2.5%) and with the highest economic status (2.2%)



Untreated depression has the potential to lead to suicide.

*Materials can be viewed at www.badankebijakan.kemkes.go.id