

PENGARUH MENONTON FILM DESTINATION TERHADAP MENTAL HEALTH SISWA-SISWI SMKN 3 YOGYAKARTA

ABSTRAK

Film Final Destination, dengan genre horror thriller, menggambarkan alur pembunuhan tragis yang disebabkan oleh bencana atau faktor alam, bukan hasrat manusia. Meskipun diakui sebagai salah satu film horor thriller terbaik, jumlah kematian mengerikan dalam film ini dapat berpotensi memengaruhi kesehatan mental, terutama pada remaja yang sedang dalam masa pengembangan. Penelitian ini menggunakan metode kuantitatif dengan sumber data primer dan sekunder yang melibatkan 95 responden siswa SMKN 3 Yogyakarta yang dipilih dengan purposive sampling. Teori yang digunakan adalah teori menonton film dan mental health. Hasil penelitian dengan bantuan SPSS 25 menunjukkan bahwa menonton film Final Destination berpengaruh pada mental health siswa-siswi SMKN 3 Yogyakarta. Hasil ini mendukung hipotesis penelitian, bahwa menonton film Final Destination mempengaruhi mental health siswa dan siswi SMKN 3 Yogyakarta. Intensitas menonton merupakan indikator yang memiliki pengaruh paling besar terhadap mental health, sementara variabel mental health diukur melalui indikator positive relation with others dan autonomy yang berada di kategori tinggi, serta environmental mastery dan purpose in life di kategori sangat tinggi.

Kata kunci : Pengaruh, Final Destination, Mental Health

Abstract

The film Final Destination, with the horror thriller genre, depicts a tragic murder plot caused by disaster or natural factors, not human desires. Even though it is recognized as one of the best horror thriller films, the number of gruesome deaths in this film can potentially affect mental health, especially in developing teenagers. This research uses quantitative methods with primary and secondary data sources involving 95 respondents from SMKN 3 Yogyakarta students who were selected using purposive sampling. The theory used is the theory of watching films and mental health. The results of research with the help of SPSS 25 show that watching the film Final Destination has an effect on the mental health of students at SMKN 3 Yogyakarta. These results support the research hypothesis, that watching the Final Destination film affects the mental health of students at SMKN 3 Yogyakarta. Watching intensity is the indicator that has the greatest influence on mental health, while the mental health variable is measured through indicators of positive relations with others and autonomy which are in the high category, as well as environmental mastery and purpose in life in the very high category.

Key word : Influence, Final Destination, Mental Health