

HUBUNGAN TINGKAH LAKU SEKSUAL BERISIKO DAN PENYALAHGUNAAN BAHAN DENGAN MASALAH KESIHATAN MENTAL DALAM KALANGAN PELAJAR SEKOLAH MENENGAH: SATU KAJIAN PELBAGAI ETNIK DI SABAH

Abstract

The purpose of this study is to find the relationship between sex behavior and substance abuse with mental health problems among multi-ethnic secondary school students in Sabah. About 500 high school students, mean age 16.06 from Sabah, Malaysia participated in completing the questionnaire. A survey design using questionnaires that have been confirmed include the Symptom Checklist-90, Sexual Behavior Questionnaire used by Kite (1990) to measure sexual behavior and questionnaires. Adolescent Alcohol and Drug Involvement Scale was used to measure substance abuse. The results showed that there was a significant positive relationship between sexual behavior and mental health problems. Results also showed that alcohol addiction as no significant relationship with mental health problems and there are significant differences among ethnic groups in Sabah. Interventions and the importance of mental health issues are also discussed.