

Reviewer-A - Microsoft Word (Product Activation Failed)

Table 1. Distribution of Melanesian Generation Z respondents (n=169)

| Characteristics | Classification | Frequency | Presentation |
|-----------------|-------------------------------|-----------|--------------|
| Age | Early Teenagers (12-18 years) | 16 | 10.7 |
| | Late Teenagers (19-21 years) | 66 | 39.1 |
| | Early Adult (22-25 years) | 89 | 50.3 |
| Gender | Man | 34 | 20.1 |
| | Woman | 135 | 79.9 |
| Work | Student / Student | 108 | 63.9 |
| | Private Employee | 23 | 13.6 |
| | Self-employed | 14 | 8.3 |
| | ASN (NI Police) | 2 | 1.2 |
| | Doesn't work | 22 | 13 |
| Last education | Elementary school | 2 | 1.2 |
| | Senior High School | 103 | 60.9 |
| | College | 64 | 37.9 |
| Area | East Nusa Tenggara | 37 | 21.9 |
| | Maluku | 55 | 32.5 |
| | Papuan | 77 | 45.6 |
| domicile | City | 98 | 58 |
| | Regency | 41 | 24.3 |
| | Village | 30 | 17.8 |

Frequency distribution of the characteristics of respondents from generation Z of Melanesian race with a total of 160 respondents that respondents were dominated by ages between 22-25. Early adulthood 50.3% while gender was dominated by women namely 79.9%.

Page: 6 of 16 | Words: 3,607 | English (Indonesia)

Comment [W1]: Make sure the translation, use the international words.

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JRCNP Quantitative Research Template

Quantitative Research

Title: **SELF CARE OF MENTAL HEALTH GENERATION Z OF MELANESIA RACE IN INDONESIA**

Abstract

Background: Generation Z is the generation with an average age of 10 to 25 years. This generation is smarter and more active in digitalization than the previous generation. Mental health problems in Generation Z have increased every year. Efforts made by doing mental health self-care. One of the races in Indonesia, mental health problems often occur. The race is the Melanesian Race which is in the eastern part of Indonesia. Cultural factors and warfare have contributed to mental health problems in the region.

Purpose: To describe mental health self-care for Melanesians in Indonesia

Methods: This research uses a quantitative descriptive research design with a survey

Page: 1 of 16 | Words: 0

Comment [W1]: Ok, no comment for the title

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Keywords: Nursing, Mental Health, Melanesian

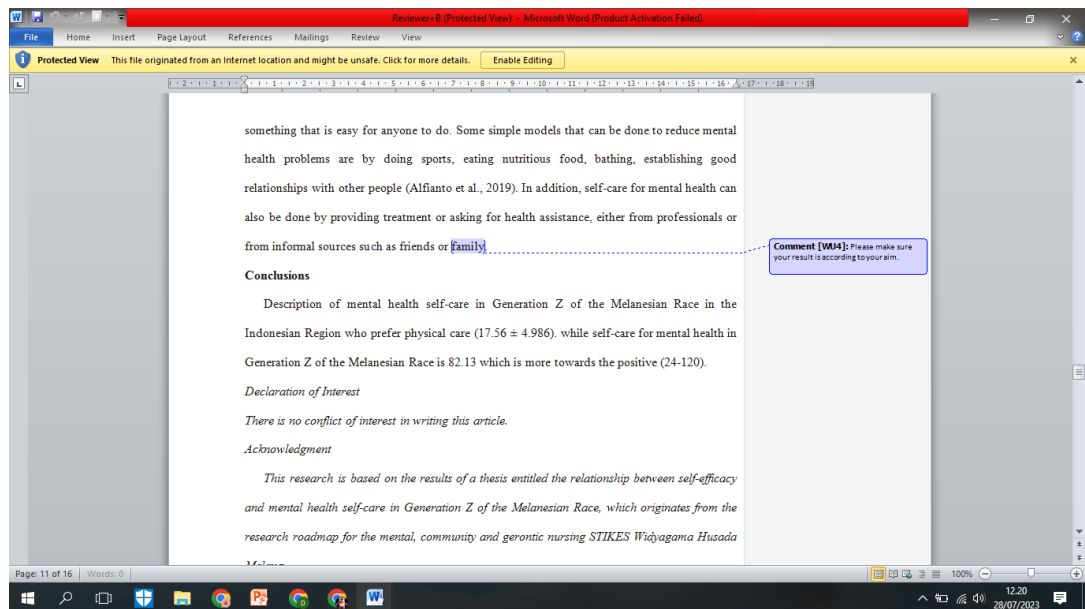
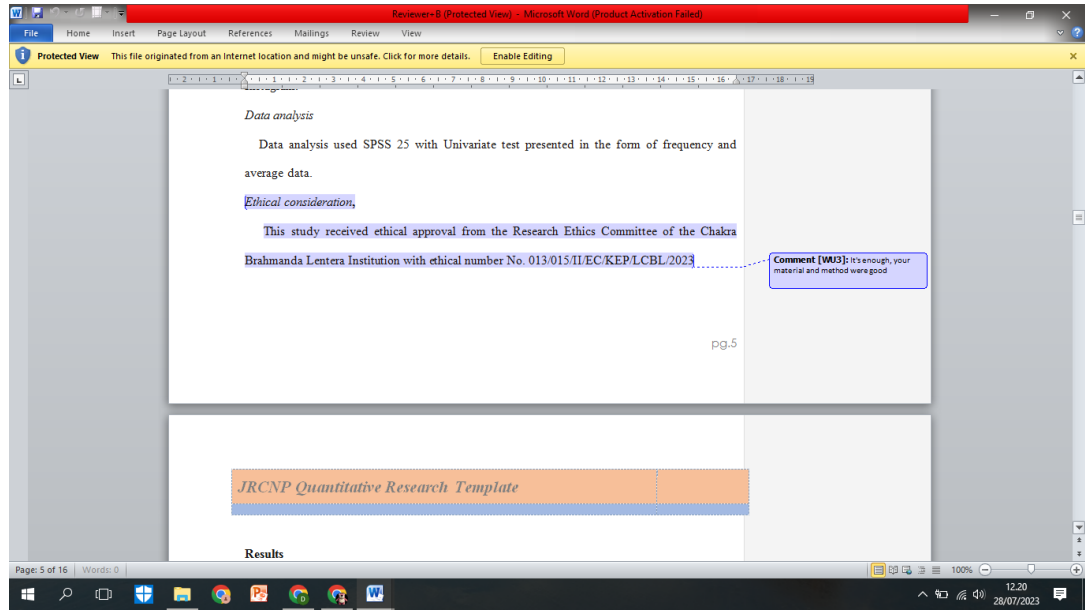
Introduction

Indonesia is currently more dominated by generation Z (Kumalasari et al., 2021). This proportion is based on the 2022 population census showing that 27.94% of the total population in Indonesia is generation Z (Nursanti et al., 2022). Generation Z is currently also in the age range of 10-25 years. The age range of Generation Z is divided into two groups, namely those who are in school and those who are already working. The Z generation group also influences activity patterns such as mental health problems (Enos, 2020).

Mental health problems in Indonesia are currently more dominated by psychosocial problems in adolescents such as anxiety, depression, withdrawal, stigma about mental disorders to problems of youth violence or bullying (Nursanti et al., 2022). The results of basic health research in 2018 stated that more than 19 million people over the age of 15 experienced mental emotional disorders, while more than 12 million experienced depression (Kementerian Kesehatan Republik Indonesia, 2018). In the Covid 19 pandemic situation over the last 2 years there has also been an increase in mental health problems. at the age of more than 20 years from a total of more than 10 thousand respondents have psychological problems. Mental health

Page: 2 of 16 | Words: 0

Comment [W2]: Write in your introduction about how important your research is. Tell us about the novelty of your research.



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Reviewer's Attachments

No Files

Revisions

JRCNP+Freodisa_English (2).docx March 29, 2023 Article Text

Review Discussions

| Name | From | Last Reply | Replies | Closed |
|--|---------------------|---------------------|---------|--------------------------|
| Decision 2: (revision) | fahruddinkurdi | freodisalisza | 1 | <input type="checkbox"/> |
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