

INFORMASI ARTIKEL

Received: November, 03, 2025

Revised: November, 18, 2025

Available online: November, 19, 2025

at: <https://e-jurnal.iphoor.com/index.php/mhc>

A strategy for improving the motivation and mental health of adolescents, based on Javanese local wisdom

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Abstract

Background: Adolescents are an age group vulnerable to mental health problems. According to the 2022 Indonesia National Adolescent Mental Health Survey (I-NAMHS), 34.9% of Indonesian adolescents experienced mental health problems in the past 12 months, with anxiety being the most common disorder.

Purpose: To examine the relationship between the understanding of the Javanese philosophy Urip Iku Urup and adolescents' motivation and mental health.

Method: A quantitative correlational design with 163 adolescents aged 15–19 years from SMK Negeri 1 Cangkringan, Sleman Regency, Special Region of Yogyakarta, selected using purposive sampling. The instruments used were a motivation scale based on Maslow's theory and a mental health scale based on Viktor Frankl's logotherapy.

Results: Assumption testing showed that the data were normally distributed ($p > 0.05$) and linear ($p < 0.05$). Reliability analysis indicated Cronbach's Alpha of 0.909 for the mental health scale and 0.952 for the motivation scale, both of which are categorized as very high. Hypothesis testing using Pearson Product Moment correlation revealed a very strong and significant positive relationship between the understanding of Urip Iku Urup philosophy and adolescents' motivation and mental health ($r = 0.841$; $p = 0.000$).

Conclusion: These findings demonstrate that local cultural values can serve as preventive and promotive strategies for enhancing adolescents' motivation and mental health.

Keywords: Adolescents; Local Wisdom; Mental Health; Motivation.

INTRODUCTION

Adolescents are an age group vulnerable to mental health problems. The 2022 Indonesia National Adolescent Mental Health Survey (I-NAMHS) reported that one in three adolescents (34.9%), equivalent to 15.5 million Indonesians, experienced mental health problems in the past 12 months. As many as 5.5% of adolescents, or approximately 2.45 million people, reported experiencing mental health problems, with anxiety being one of the most common conditions. This data indicates that mental health issues in adolescents are a serious issue that requires special attention. Adolescence is a period of storm

and stress, meaning a period full of turmoil and pressure (Bari & Hidayat, 2022). Psychological and social conflicts that arise during this phase can trigger depression, anxiety, and stress (Nurmaliza, Jati, & Trisnawati, 2022). Adolescents are also easily influenced by their surrounding culture, including cultures that have a negative impact, increasing the risk of mental disorders (Sucipto & Avezahra, 2023). Therefore, an approach is needed that is not only psychological, but also takes into account socio-cultural aspects that are relevant to the lives of Indonesian adolescents (Firda, 2025).

Maintaining mental health through the values of gratitude and acceptance of fate, which can increase emotional resilience (Afandi, Prabowo, Dewi, Qurrah'Aini, & Janah, 2025). Javanese philosophy can foster emotional stability in individuals (Sari, 2020). One Javanese proverb that remains relevant today is "Urip lku Urup," which means "life is about benefiting others" (Amala, 2022). This philosophy can serve as a guide for adolescents, helping them focus on positive things, build meaningful relationships, and support mental health (Isnaini, Afgani, Haqqi, & Azhari, 2025).

Previous research has linked the Urip lku Urup philosophy to social cohesion in Kediri. However, that research focused on the implementation of values in community life, not on adolescents (Ratu & Dewi, 2022). This study's distinction lies in its focus on examining how the meaning of Urip lku Urup can influence adolescent motivation and mental health (Maknunah & Fauzi, 2022). In other words, this study seeks to examine the role of local wisdom as a strategy to increase the psychological resilience of the younger generation (Latifah & Komarudin, 2024).

RESEARCH METHOD

A Non-Experimental Quantitative method with a correlational approach (Statistical Correlation), namely the measurement of variables and the interrelationships between these variables that can be carried out simultaneously under realistic conditions, aiming to test hypotheses and determine the significance of the relationship between variables. The research population was adolescents aged 15–19 years who lived in the Special Region of Yogyakarta, with a population of 274,253 people based on Central Bureau of Statistics (CBS) Yogyakarta data in 2025. The research sample consisted of 163 adolescents selected using a purposive sampling technique, with the following criteria: (1) aged 15–19 years, (2) domiciled in Yogyakarta, and (3) willing to fill out the research questionnaire. This research used a purposive sampling technique, namely a sample determination technique based on certain considerations or criteria that have been determined by the researcher. This technique was chosen because the research focuses on groups of adolescents with special characteristics

that are relevant to the research objectives, so that not all populations can be respondents. Data collection was carried out in a hybrid manner using Google Form <https://forms.gle/tp27jEvHxKMx7Z4h8> and questionnaires distributed via social media.

The purposive sampling technique was chosen based on the consideration that this study specifically aims to measure the influence of understanding the Javanese philosophy of Urip lku Urup on the motivation and mental health of adolescents. Therefore, only respondents of a certain age and residing in the research area are relevant to be selected as subjects. The type of scaling used is a Likert scale with four alternative answers: Very Relevant (VR), Relevant (R), Not Relevant (TR), and Very Irrelevant (STR). Scoring for favorable items is given a value of SS = 5, S = 4, N = 3, TS = 2, STS = 1. Meanwhile, for unfavorable items, the scoring is reversed: VR = 1, R = 2, N = 3, TR = 4, STR = 5. Validity aims to determine the extent to which the items in the instrument are able to measure the intended construct. The content validity test was conducted using the expert judgment method using the Aiken's V formula. An item is declared valid if the Aiken's V value is ≥ 0.80 . In this study, the motivation scale and mental health scale were assessed by experts to ensure the suitability of the indicators with the theoretical construct.

The results of the content validity test showed that all items had Aiken's V values ≥ 0.80 with the highest value of 1.33 and the lowest of 0.80. This indicates that all items were declared valid in terms of content, so they can be used in further research. The discrimination test was conducted to determine the ability of the items to differentiate respondents with high and low attribute levels. The analysis was carried out using the Corrected Item-Total Correlation (rit) technique. An item is declared valid if it has a rit value ≥ 0.30 . Scale reliability indicates the internal consistency of the items in measuring the same construct. This study used the Cronbach's Alpha coefficient, in accordance with standard research practices in Indonesia. A Cronbach's Alpha value ≥ 0.70 is considered to indicate adequate consistency, while a value ≥ 0.80 indicates high reliability. An instrument with an Alpha value ≥ 0.70 is suitable for use in psychology and education research in Indonesia. Data analysis was conducted using an

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inferential statistical approach using SPSS for Windows software. The first stage was a validity and reliability test for the instrument. Content validity testing using the Aiken's V method showed that all items on the motivation scale and mental health scale had values ≥ 0.80 , thus being declared valid. A

reliability test using Cronbach's Alpha produced an α value of 0.909 for the mental health scale and 0.952 for the motivation scale. Both of these values are in the very high category ($\alpha > 0.90$), so the instrument has good internal consistency and is suitable for use

RESEARCH RESULTS

Table 1. Frequency Distribution of Respondents (N= 163)

Variable	Results
Age (Mean$\pm$SD)(Range)(Years) (n/%)	(16.4$\pm$0.7)(15-19)
15	3/1.8
16	94/57.6
17	59/36.2
18	4/2.4
19	3/1.8

Based on the results of descriptive analysis, the average age of respondents was 16.4 years with a standard deviation value of 0.7, the age range of respondents was 15 to 19 years, the majority of respondents in this study were aged 16 years with a percentage of 57.67%, followed by respondents aged 17 years at 36.20%. Meanwhile, respondents aged 15, 18, and 19 years only had a small percentage, each below 3%. This shows that the characteristics of the respondents were mostly teenagers in middle age. In terms of status, respondents were teenagers who were currently attending high school.

Table 2. Content Validity Ratio Results

Item	Item Results	Category
Mental Health Scale		
1	1	Valid
2	0.857142857	Valid
3	1	Valid
4	1	Valid
5	1.333333333	Valid
6	1.2	Valid
7	1.090909091	Valid
8	1.090909091	Valid
9	0.857142857	Valid
10	0.923076923	Valid
11	0.8	Valid
12	0.923076923	Valid
13	0.857142857	Valid
14	1	Valid

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15	1.090909091	Valid
16	0.923076923	Valid
17	0.923076923	Valid
18	0.857142857	Valid
19	0.857142857	Valid
20	1	Valid
21	1	Valid
22	0.857142857	Valid
23	0.923076923	Valid
24	0.857142857	Valid
25	0.857142857	Valid
26	0.923076923	Valid
27	0.857142857	Valid
28	0.923076923	Valid
29	1.2	Valid
30	0.923076923	Valid
31	0.857142857	Valid
32	0.857142857	Valid

Motivation Scale

1	0.857142857	Valid
2	0.857142857	Valid
3	0.857142857	Valid
4	0.8	Valid
5	1.090909091	Valid
6	0.857142857	Valid
7	1.090909091	Valid
8	0.923076923	Valid
9	0.857142857	Valid
10	0.8	Valid
11	0.857142857	Valid
12	0.923076923	Valid
13	0.857142857	Valid
14	0.857142857	Valid
15	1.090909091	Valid
16	1	Valid
17	0.8	Valid
18	0.857142857	Valid
19	0.857142857	Valid
20	0.923076923	Valid

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21	0.923076923	Valid
22	0.857142857	Valid
23	0.857142857	Valid
24	0.923076923	Valid
25	0.8	Valid
26	0.857142857	Valid
27	0.857142857	Valid
28	0.857142857	Valid
29	0.923076923	Valid
30	0.857142857	Valid
31	0.857142857	Valid
32	0.857142857	Valid
33	0.857142857	Valid
34	0.857142857	Valid
35	0.857142857	Valid
36	0.857142857	Valid
37	1.333333333	Valid
38	1.090909091	Valid
39	0.923076923	Valid
40	0.857142857	Valid

Based on the table of results of the Content Validity Ratio of the Mental Health scale, it shows that all items obtained an Aiken's V value ≥ 0.80 , so they can be declared valid. The highest value is 1.30, while the lowest value is 0.80. Thus, all items are worthy of being retained for the next stage of analysis. This content validity strengthens that the scale statement is in accordance with the motivational construct being measured, so it is able to provide representative results for the research phenomenon. Based on the table of results of the Content Validity Ratio of the Mental Health scale, it shows that all items obtained an Aiken's V value ≥ 0.80 , so they can be declared valid. The highest value is 1.30, while the lowest value is 0.80. Thus, all items are worthy of being retained for the next stage of analysis. This content validity strengthens that the scale statement is in accordance with the motivational construct being measured, so it is able to provide representative results for the research phenomenon.

Table 3. Results of Discrimination Power

Item	Correlated Item- Total Correlation	Cronbach Alpha if Item Deleted
Mental Health Scale		
1	.524	.906
2	.518	.906
3	.540	.906
4	.442	.907
6	.375	.908
7	.385	.908

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8	.368	.908
9	.493	.906
10	.471	.907
11	.494	.906
12	.609	.904
13	.334	.909
15	.364	.908
17	.573	.905
18	.586	.904
19	.522	.906
20	.582	.905
21	.497	.906
22	.312	.909
23	.629	.904
24	.619	.904
25	.412	.908
26	.419	.908
28	.638	.903
29	.632	.904
30	.387	.908
31	.592	.905
32	.563	.905

Motivation Scale

1	.694	.950
2	.539	.951
3	.655	.950
4	.786	.949
5	.556	.951
6	.437	.952
7	.413	.952
8	.542	.951
9	.533	.951
10	.478	.951
11	.597	.951
12	.659	.950
13	.713	.950
14	.655	.950
15	.646	.950
16	.553	.951

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17	.449	.951
18	.394	.952
19	.573	.951
20	.470	.951
21	.614	.950
22	.678	.950
23	.704	.950
24	.717	.950
25	.624	.950
26	.293	.953
27	.421	.952
28	.737	.950
29	.528	.951
30	.710	.950
31	.661	.950
32	.562	.951
33	.394	.952
34	.562	.951
35	.394	.952
36	.615	.950
37	.591	.951
38	.751	.949
39	.421	.952
40	.543	.951

Based on the analysis results, all items had rIT values ≥ 0.30 , thus declared discriminatively valid. The highest value was found in item 28 (rIT = 0.638) and the lowest value was in item 22 (rIT = 0.312). These results indicate that the items in the scale are able to differentiate individuals with high and low levels of mental health. Thus, the scale used has met good psychometric standards in terms of discriminatory power. Based on the results of the motivation scale discrimination power table, most items had rIT values ≥ 0.30 , thus declared discriminatively valid. The highest value was found in item 4 with rIT = 0.786, while the lowest value was found in item 28 with rIT = 0.293. Although item 28 was slightly below the criterion limit, the item was still able to be retained because it was still substantially relevant to the motivation construct and did not significantly reduce the scale's reliability. Overall, these results indicate that the motivation scale has good psychometric quality. The majority of items were able to consistently differentiate respondents with high and low levels of motivation. This can strengthen the instrument can be used to measure adolescent motivation with a high level of reliability.

Table 4. Reliability Test

Cronbach's Alpha	Number of Items
Mental Health Scale	

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Cronbach alpha value	Valid Item Count
.909	28

Motivational Health Scale	
Cronbach alpha value	Valid Item Count
.952	38

Based on the reliability test results, the mental health scale achieved a Cronbach's alpha of 0.909, while the motivation scale achieved 0.952. Both are above the threshold of 0.70 and even fall into the very high category ($\alpha > 0.90$). This indicates that both scales have excellent internal consistency, making the instruments suitable for further research.

DISCUSSION

The findings of this study indicate that all respondents demonstrated high levels of both motivation and mental health. This suggests that the participants possess good psychological adaptability and strong internal drive in carrying out their daily activities. The high scores on both variables imply that philosophical values internalized by individuals, including the interpretation of the Javanese proverb "Urip lku Urup," contribute to the development of a positive outlook on life and psychological resilience (Azwar, 2017).

The results of the classical assumption tests, which included normality and linearity assessments, confirmed that the data met the analytical requirements. The residual significance values for both variables were above 0.05—0.338 for motivation and 0.73 for mental health—indicating that the data were normally distributed (Rahmadania & Aly, 2023). Furthermore, the linearity test showed that both variables had a significant linear relationship with the interpretation of the proverb "Urip lku Urup," evidenced by a significance value of $0.000 < 0.05$. This suggests that the higher the understanding of the proverb, the more linear the increase in motivation and mental health (Bagas, 2020).

The hypothesis testing using the product-moment correlation revealed a significant positive relationship between the proverb "Urip lku Urup" and both motivation and mental health ($p = 0.000$). These findings indicate that the values embedded in the proverb are not merely philosophical reflections but also function as sources of inner strength, life

enthusiasm, and psychological regulation (Siburian & Ricky, 2024). The proverb, which emphasizes that life should bring benefit to oneself and others, can serve as a motivational foundation that fosters a sense of purpose, empathy, and a drive to contribute positively—ultimately enhancing mental well-being (Muhibbin, 2020).

The effective contribution analysis further demonstrated that the integration of the proverb "Urip lku Urup" into the motivation variable had a substantial impact on mental health, contributing as much as 84.1%. This high percentage reinforces the argument that internalizing local cultural wisdom can serve as a significant psychological protective factor (Sidabutar & Mulyadi, 2023). Individuals who understand and apply the values contained in the proverb tend to have a more positive life orientation, better stress management, and stable intrinsic motivation when dealing with daily challenges (Sudiro, 2021).

Overall, the results of this study highlight the importance of local wisdom as a form of psychological capital. The proverb "Urip lku Urup" functions not only as a cultural heritage but also as a life principle that has a measurable impact on motivation and mental health (Pratama & Mirza, 2021). In the context of psychological interventions and character development, such cultural values can be utilized as a foundation for programs aimed at strengthening motivation, building resilience, and promoting mental well-being within communities (Sumarno, 2022).

CONCLUSION

The greater adolescents' understanding of local

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cultural values, the greater their motivation and mental health. Therefore, this study demonstrates that the greater adolescents' understanding of the Urip Iku Urup philosophy, the greater their motivation and mental health. This demonstrates that local cultural values not only strengthen self-identity but can also serve as an effective strategy for preventing and promoting adolescent mental health. Therefore, integrating Javanese local wisdom into youth empowerment and education programs is crucial to increase resilience, motivation, and psychological balance among the younger generation.

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