

## PEMODELAN PREDIKTIF DETERMINAN KESEHATAN JIWA SEBAGAI DASAR KEBIJAKAN INTERVENSI LAYANAN KESEHATAN MENTAL BERBASIS SKI 2023

<sup>1</sup>Hardian Bimanto

<sup>1</sup>Jurusan Kebidanan, Politeknik Kesehatan Kementerian Kesehatan Kupang, Indonesia

Article Info	ABSTRAK
<p><b>Article History:</b> Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p><b>Keywords:</b> Adequate housing Depression Health service access Mental health Predictive modeling</p>	<p>Latar Belakang: Kesehatan jiwa merupakan indikator penting kualitas hidup dan produktivitas masyarakat. Data nasional menunjukkan prevalensi depresi tahun 2023 sebesar 1,4%, sementara Riskesdas 2018 melaporkan 6,2%, mengindikasikan masih tingginya beban masalah kesehatan jiwa di Indonesia. Pemantauan berbasis survei berskala besar memerlukan waktu dan biaya besar, sehingga diperlukan pendekatan pemodelan prediktif untuk memperkirakan prevalensi dan mendukung perencanaan intervensi berbasis bukti. Tujuan: Menganalisis determinan kesehatan jiwa dan menyusun model prediksi sebagai dasar perencanaan intervensi layanan kesehatan mental. Metode: Penelitian menggunakan desain analisis data sekunder Survei Kesehatan Indonesia (SKI) 2023. Variabel terikat adalah prevalensi masalah kesehatan jiwa, sedangkan variabel bebas meliputi prevalensi depresi, persentase rumah layak huni, dan persentase akses fasilitas pelayanan kesehatan yang sulit. Analisis dilakukan dengan pemodelan regresi untuk mengidentifikasi faktor prediktor signifikan. Hasil: Ketiga variabel berpengaruh signifikan terhadap kesehatan jiwa: prevalensi depresi (<math>p=0,000</math>), rumah layak huni (<math>p=0,002</math>), dan akses fasyankes sulit (<math>p=0,001</math>). Model prediksi diperoleh: <math>Y = 1,334(\text{depresi}) - 0,01(\text{rumah layak huni}) + 0,019(\text{akses fasyankes sulit})</math> dengan koefisien determinasi 89,2%. Faktor dominan adalah prevalensi depresi. Kesimpulan: Determinan sosial dan akses layanan berperan penting dalam masalah kesehatan jiwa. Implikasi: Model prediktif berbasis SKI 2023 memberikan dasar kuantitatif untuk perencanaan intervensi promotif–preventif kesehatan mental yang lebih terarah dan terukur.</p> <p><b>ABSTRACT</b> <i>Background: Mental health is an important indicator of quality of life and community productivity. National data showed a depression prevalence of 1.4% in 2023, while the 2018 Basic Health Research reported 6.2%, indicating a substantial burden of mental health problems in Indonesia. Large-scale survey-based monitoring requires considerable time and cost; therefore, a predictive modeling approach is needed to estimate prevalence and support evidence-based intervention planning. Objective: To analyze the determinants of mental health and develop a predictive model as a basis for planning mental health service interventions. Methods: This study employed a secondary data analysis design using the 2023 Indonesian Health Survey (SKI). The dependent variable was the prevalence of mental health problems, while the independent variables included depression prevalence, percentage of adequate housing, and percentage of difficult access</i></p>

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*to health facilities. Regression modeling was conducted to identify significant predictor factors. Results: All variables significantly influenced mental health: depression prevalence ( $p=0.000$ ), adequate housing ( $p=0.002$ ), and difficult access to health facilities ( $p=0.001$ ). The predictive model obtained was:  $Y = 1.334(\text{depression}) - 0.01(\text{adequate housing}) + 0.019(\text{difficult access to health facilities})$  with a coefficient of determination of 89.2%. Depression prevalence was the dominant factor. Conclusion: Social determinants and access to health services play important roles in mental health problems. Implication: The SKI-2023-based predictive model provides a quantitative foundation for more targeted and measurable promotive-preventive mental health intervention planning.*

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*\*Corresponding Author: [hbimanto93@gmail.com](mailto:hbimanto93@gmail.com)*

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