**The Relationship between Early Detection of Mental Health and Academic Burnout Syndrome in Adolescents**

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**ABSTRAK**

Mental health among adolescents has a crucial issue, especially amidst the increasing prevalence of mental disorders such as depression and anxiety at a young age that cause ABS problems. Early detection is an important key in preventing academic burnout syndrome. This type of research is quantitative descriptive with a cross-sectional approach method. The purpose of the study was to determine the relationship between early detection of mental health and ABS. The determination of the sample of this study was 220 male and female students of SMA Negeri 8 Denpasar who were taken through purposive sampling techniques based on inclusion and exclusion criteria. Data collection using mental health questionnaires and ABS with google from then analyzed using the Spearman Rho Rank correlation test. The results of the study showed that there was a significant relationship between early detection of mental health and ABS in adolescents, the p-value <,001 (p0.005) namely Ho rejected Ha accepted which means there is a significant relationship between early detection of mental health and academic burnout syndrome in adolescents, with a correlation value of ,267 with a weak relationship level. Mental health shows that 80.5% indicated mental health problems were caused by often feeling tired due to intensive study which triggered stress which affected mental health in adolescents, while ABS results showed that 59.5% experienced low ABS which was caused by low motivation and high academic demands.

**Keywords: Academic, Burnout Syndrome, Early Detection, Mental Health, Adolescents**