

Factors that Affect Mental Health in Adolescents: A Literature Review

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Abstract:

Adolescence is a critical period in individual development marked by various physical, emotional, and social changes. Mental health at this age is very important because it can affect development and quality of life in adulthood. This research aims to identify and analyze factors influencing adolescent mental health through a literature review. The method used in this literature review is literature analysis from several international databases such as Scopus, Science Direct, PubMed, and Google Scholar. The results of the literature review show that adolescent mental health is influenced by various factors, including individual, family, school environment, and social factors. Individual factors include genetics, personality, and traumatic experiences. Family factors include family dynamics, parental support, and economic conditions. School environmental factors include academic pressure, peer relationships, and teacher support. Meanwhile, social factors include social media, community environment, and access to mental health services. This literature review found that the interaction between these factors plays an important role in shaping adolescent mental health. Strong social support, a stable family environment, and access to adequate mental health services can contribute positively to adolescent mental health. Conversely, high academic pressure, experiences of bullying, and lack of social support may be significant risk factors.

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INTRODUCTION

Adolescence is a critical period for improving mental health because more than half of mental health problems begin in the adolescent stage, and some of them persist into adulthood (Suswati et al., 2023). Adolescence is important for developing social and emotional habits for mental well-being. Adolescence is a transition period from childhood to adulthood (Alini & Meisyalla, 2022; Kurniyawan et al., 2023). During this time, individuals experience rapid development that can affect various aspects of their lives, including mental health. Good mental health in adolescents is an important basis for optimal personal development and a good quality of life in adulthood. However, teenagers often face challenges that can disrupt their mental well-being (Rahmawaty et al., 2022). This can impact teenagers' stress levels, which are at risk of reducing their immunity (Afandi et al., 2023).

According to the World Health Organization (WHO, 2019), a teenager is 10-19. According to the Regulation of the Minister of Health of the Republic of Indonesia (Permenkes RI), number 25 of 2014, a teenager is a person in the age range of 10-18 years. However, according to the Population and Family Planning Agency (BKKBN), teenagers are aged 10 to 24 years unmarried. According to WHO, in 2020, the global prevalence of mental health problems among people aged

10 to 19 years has increased by 16%. Despite all the other mental health problems of adolescence, mental health disorders in adults begin around age 14, but only a small percentage of cases are detected and properly treated.

Mental health problems are no longer just mental disorders, narcotics abuse, or other addictive substances. Mental health is no longer only experienced by adults; even teenagers are at risk of experiencing mental health disorders. However, many schools still do not understand how to deal with crises (Muller et al., 2021). The ongoing impact of this problem is that it can impact physical health by reducing the body's immunity, which can affect sleep quality (Aliyah et al., 2019).

Data in Indonesia from 2018 Basic Health Research (Riskesdas) shows that the prevalence of emotional mental disorders characterized by symptoms of depression and anxiety at the age of 15 years overreached around 6.1% of Indonesia's population or the equivalent of 11 million people. Adolescents (15-24 years) have a depression percentage of 6.2%. People who are severely depressed have a desire to harm themselves (self-harm) to suicide. 80 – 90% of suicide cases are caused by depression and anxiety. In Indonesia, suicide cases can reach 10,000 or the equivalent of every hour there is a suicide case. According to sociologists, 4.2% of teenagers in Indonesia have thought about suicide. Of the students, 6.9% had the intention to commit suicide, while another 3% were involved in attempting suicide. Depression in teenagers can arise due to several things, such as pressure in the academic field, bullying, family factors, and economic problems. In Bangka Belitung Province in 2013 there were 6.0% of the population aged ≥ 15 years experienced mental-emotional disorders. In contrast, in 2018, the prevalence was 8.901% of the population aged ≥ 15 years who experienced mental-emotional disorders, so there was an increase of 2.901% of the population aged ≥ 15 years who experience mental-emotional disorders (Riskesdas, 2018).

A person's mental health is the ability to cope with life's stresses, usually working effectively and making a real contribution. Mild mental disorders certainly do not cause death, but they cause a negative perception of oneself due to stigmatization from the surrounding environment; this is what tends to lead to serious mental disorders which result in changes in the quality of life (Daulay, 2021; Kurniawan et al., 2022). Mental health is influenced by various factors such as biological, psychological, social, economic, religious, and even environmental factors. In addition, demographic factors such as age, gender, and ethnicity are determining factors that influence exposure to these risks. According to Aloysius & Salvia (2021), mental health is influenced by two main factors, namely internal and external factors. Internal factors include biological and psychological factors, while external factors include social and cultural factors.

The problems of mild mental disorders that occur today are most often experienced by individuals who are students, such as depression, stress, and phobias, which lead to increasingly changing life demands. Often, individuals who experience mild mental disorders without realizing it receive negative stigma from the surrounding environment, which creates limitations on education, employment, housing, and health care. Taking Goffman's theory, which defines stigma as a sign of shame associated with a condition or characteristic, this shame can make individuals do negative things towards themselves and others. Stigma usually leads to discrimination, oppression, social inequality, and reduced feelings of affection (Wade, 2022; Nur et al., 2024; Kurniawan et al., 2021).

Stigma or negative labeling given by society can influence someone who ends up with emotional and mental disorders. The results prove that the depiction of stigma from people with emotional, and mental disorders from 50 responses was partly experienced by 47.6%. Based on this, the researcher intends to discuss the importance of understanding the impact of "mild" mental

disorders in everyday life and the importance of reducing stigma because there is still stigma and even discrimination against people with mental disorders (Widiyanto & Anisah, 2021).

Mental health significantly influences student learning outcomes. Based on research conducted in Chile on grade 1 and grade 3 students showed that 13% of grade 1 students experienced mental health risks, but 65% no longer experienced mental health problems when they reached grade 3, and 10% of grade 3 students experienced risks of health problems. Mental health, even though 90% of them never experienced mental health disorders when they were in grade 1 (Murphy et al., 2015). This research aims to identify and analyze factors influencing adolescent mental health through a literature review.

METHOD

Search for articles via e-databases, namely PubMed, Science Direct, Scopus, and Google, with the keywords "literature review; behavioral disorders" and "mental health adolescent". This systematic review was conducted and reported following Preferred Reporting Items for Systematic Review and Meta-Analysis. This process took place from January 2017 to June 2024. The search was based on relevant articles relevant to the research objectives. Articles have been read comprehensively and sorted based on evaluation of inclusion, exclusion and quality assessment criteria. Journal articles and proceedings were also included as units of analysis for this research. The strategy used is to combine all publications from identified sources. The exploration process for this study uses automatic searches from search engines. The initial literature search found 20 articles: 10 articles that had been published, 5 were community service journals, and 5 articles were issued without full text, and the articles were not in published form.

RESULT

Table 1. Literature Mapping

Researcher Name and Year	Article Title	Methods and Sampling	Interpretation	Relevant variables
(Purnamasari et al., 2023)	Factors Influencing Mental Emotional Disorders in High School Adolescents	Cross sectional Sample: 88 respondents	The research results show that there is a significant influence between family environmental factors on emotional mental disorders and peer environmental factors on emotional mental disorders.	Family factors and peer factors
(Purnomosidi et al., 2023)	Mental Health in Health Workers Who Treat Covid-19 Patients: A Systematic Review	Systematic Review	Teenagers are still confused about how to manage their mental health so that it remains in good condition. Moreover, teenagers in this generation are very vulnerable to mental health disorders.	Source of information and support for the surrounding environment.
(Sholihah Erdah Suswati et al., 2023)	Mental Health in Adolescents in High School Environments in Urban and Rural Areas of Jember Regency	Quantitative descriptive Sample: 250 respondents	The research results showed that 65.6% of respondents had poor mental health and 34.4% of respondents had good mental health. The results of this research explain that adolescence is a time to have a healthy start in life. Therefore, school teachers, friends	Parental support and peer themes.

Researcher Name and Year	Article Title	Methods and Sampling	Interpretation	Relevant variables
			and parents are in the best position to recognize and support young people suffering from mental health problems.	
(Florensa et al., 2023)	Overview of Adolescents' Emotional Mental Health	Descriptive analysis Sample: 478 respondents	The research results show that the majority of teenagers have normal behavioral problems (62.1%), normal emotional problems (92.9%), normal peer problems (54.4%), and prosocial abilities normal (83.5%). The results of this research can be a basis for developing improvement activity efforts and prevention of adolescent mental health problems.	Peer influence.
(Ana Fitriani, 2024)	Increasing Mental Health Awareness in Adolescents Through Mental Health Promotion	Cross sectional Sample: 120 respondents	Optimal level of mental health for every individual, family and community through promotive, preventive, curative and rehabilitative services implemented in an integrated, sustainable and comprehensive manner. The results obtained were that 109 out of 120 teenagers who were respondents or around 90.3% understood and were aware of the importance of mental health.	Source of information and support for the surrounding environment
(Dyah Vierdiana, 2024)	Analysis of Factors that Influence Mental Health Among Higher Education Students	Study of literature	The research results show that academic pressure, the quality of social relationships, and student lifestyle play an important role in shaping psychological well-being. A competitive academic environment can be a stressor, while positive social relationships can protect against mental health disorders. A balanced lifestyle has also been proven to play a significant role in maintaining students' mental health.	Social Relations, academic environment and balanced lifestyle
(Sadira Reiko Jayuputri, 2024)	Dominant Factors Affecting Adolescent Mental Health at SMAN 2 Tuban	Cross sectional Sample: 287 respondents	The living environment is one of them, the factors that influence it are family, school and peers, the environment, because of the relationship between humans and nature. The environment can be a driving force in life that can be used to improve health and daily activities.	Surrounding environment: Family, school, peers

Researcher Name and Year	Article Title	Methods and Sampling	Interpretation	Relevant variables
(Melina & Herbawani, 2022)	Factors Influencing Adolescent Mental Health During the Covid-19 Pandemic: Literature Review	Study of literature	As a result of the review, it was found that various factors influenced teenagers' mental health during the pandemic. These factors include the online learning process, eating patterns, time spent looking at screens, consumption of news from the media, gender, communication with parents, family structure, use of social media, social isolation, individual vulnerability, and level of education.	Learning process, diet, media, gender.

DISCUSSION

From the results of this literature review, it is clear that various interrelated factors influence adolescent mental health. Individual factors, such as genetics and personality, interact with environmental factors, such as family support and academic pressure, to shape adolescent mental health. Social support, whether from family, peers, or teachers, is very important in maintaining the mental well-being of teenagers.

This research also highlights the need for a holistic approach to dealing with mental health problems in adolescents. Effective interventions must include efforts at multiple levels, from the family to the school environment and community. Additionally, better access to mental health services is urgently needed to ensure that young people get the support they need.

To overcome this challenge, policies that support families, school programs that emphasize mental health, and increasing access to mental health services must be a priority. With a comprehensive and collaborative approach, we can create an environment that supports healthy mental development for teenagers.

CONCLUSION

This research presents the results of a systematic literature review on adolescent mental health. Three research questions investigate key components of mental health in adolescents, including descriptions, factors, and analysis of articles published in 2017-2024. This systematic literature review describes mental health in adolescence as varying according to wetting. Applying this theory provides positive things for society and researchers and helps progress in mental health in adolescents. This study contributes to the literature as the first to systematically review adolescent mental health. It also adds to the literature by exploring articles published in 2017-2024 about mental health in adolescents with three research questions. Because there is a relationship between mental health and adolescent age, this research contributes to the behavioral science literature as a source of literature and recommendations.

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