

ANALYSIS OF FACTORS INFLUENCING MENTAL HEALTH IN ADOLESCENTS: LITERATURE REVIEW

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ABSTRACT

Adolescence is a period of rapid growth and development, both physically, psychologically, and intellectually. Adolescents have great curiosity, like adventure and challenges, and dare to make decisions without careful consideration. If the decision is not correct, it can risk causing various physical and psychosocial health problems. This literature review aims to determine the factors influencing adolescent mental health. The data for this study were taken from four relevant databases, PubMed, Science Direct, EBSCO, and Google Scholar, using the PIOS (Participant, Intervention, Outcomes, and Study Design) method and MeSH terms on the search engine. The keywords "behavior" or "behavior," "mental health," "mental health," and "teenager." The data were from journals published in 2020-2024 in English and Indonesian (open access and full text) and original articles. Of the n = 3,252 articles found, only n = 10 met the inclusion criteria. The results of this literature review explain that several factors are considered to influence mental health, namely gratitude, parenting patterns, knowledge, intensity of social media use, bullying, and family roles. Identifying these factors is very important in formulating more comprehensive nursing interventions.

Keywords: adolescent; behavior; mental health

INTRODUCTION

Adolescence is a period of rapid growth and development both physically, psychologically, and intellectually. A great sense of curiosity, liking adventure and challenges, and daring to make decisions without careful consideration are typical characteristics of adolescents. If the decision is incorrect, it will be at risk of various physical and psychosocial health problems. Over the three decades from 1990 to 2017, the pattern of mental illness has shifted, with depressive disorders consistently remaining the most prevalent. Depressive disorders can affect all age groups. According to the 2018 Riskesdas, depressive disorders begin to appear during adolescence (ages 15-24), with a prevalence rate of 6.2%. The provinces with the highest incidence rates in Indonesia are Central Sulawesi (12.3%), Gorontalo (10.3%), and East Nusa Tenggara (9.7%). There has also been an increase in the prevalence of households with People with Mental Disorders (ODGJ), particularly in Bali (11.1%), DI Yogyakarta (10.4%), and West Nusa Tenggara (9.6%). Several interacting factors influence adolescent mental health. One of the main factors is academic pressure and high expectations from the surrounding environment, including family and school. Adolescents often feel pressured to achieve excellent academic performance, which can lead to prolonged stress, anxiety, and depression. In addition, hormonal changes and brain development during adolescence also increase the risk of mental health problems. These hormonal imbalances and neurological changes can affect mood and behavior, making adolescents more susceptible to mental disorders (Gintari et al., 2023).

Another significant factor is the influence of social media and technology. Adolescents today are growing up in a highly connected era where social media is essential in their daily lives. Excessive exposure to social media can lead to insecurity, low self-esteem, and social isolation because they often compare themselves to others. In addition, cyberbullying and the pressure to always look perfect on social media can also hurt adolescent mental health. These

factors, coupled with the possibility of traumatic experiences or a less supportive family environment, can create challenging conditions for adolescent mental health (Gintari et al., 2023). Knowledge is acquired by recognizing an object after it is sensed. This sensing occurs via the five human senses: sight, hearing, smell, taste, and touch. The majority of human knowledge is gained through sight and hearing. Understanding is a vital aspect of influencing an individual's behavior. This study aims to determine the factors related to adolescent mental health, which aims to understand more deeply about adolescent mental health so that appropriate interventions can be provided to improve adolescent health, not only physically but also psychologically.

METODE

This study is a literature review. A narrative literature review objectively assesses and analyses articles on a particular topic.

Eligibility criteria

Inclusion criteria:

The inclusion criteria in the literature review include:

- 1) articles in English and Indonesian
- 2) published in 2020-2024,
- 3) original research
- 4) The problem formulation discusses factors that influence adolescent mental health
- 5) describe adolescent mental health.

Exclusion criteria:

Articles that are excluded include:

- 1) Do not describe the purpose of writing the literature review
- 2) Articles published are incomplete (abstract only)
- 3) Meta-analysis/review studies
- 4) Discuss mental health in general.

Source:

This literature review starts in January-February using electronic databases: searching for articles published from 2020-2024 in PubMed, Ebsco, ScienceDirect, and Google Scholar.

Search:

Keywords: "behavior," "mental health," and "adolescents" with a combination of letters in the search using MeSH (the Medical Subject Heading). Only articles in English and Indonesian were included in the review. The protocol used in conducting the review was carried out systematically, including an assessment of methodology, theoretical framework, references used (citation), results, and conclusions. The total number of article search results was 3252 articles.

Study selection:

This review uses the PRISMA flow diagram (Figure 1) from the initial number of articles, namely 3252 articles taken from the PubMed database = 1000 articles; Ebsco = 500 articles; ScienceDirect = 1000 articles; and Google Scholar = 722. The next stage is to screen and exclude 3000 articles because they are not relevant to the purpose of the literature review. In the third stage, abstract screening of articles that do not meet the inclusion criteria is carried out, namely 232 articles. In the stage of seeing the feasibility of reading full-text journals of 20 articles, only ten articles were obtained that met the criteria for writing this literature review, which were then reviewed (Azari, 2022).

Data analysis:

The selection and review process uses the PRIMSA flow, as seen in Figure 1. The author analyses literature that focuses on factors that influence adolescent mental health.

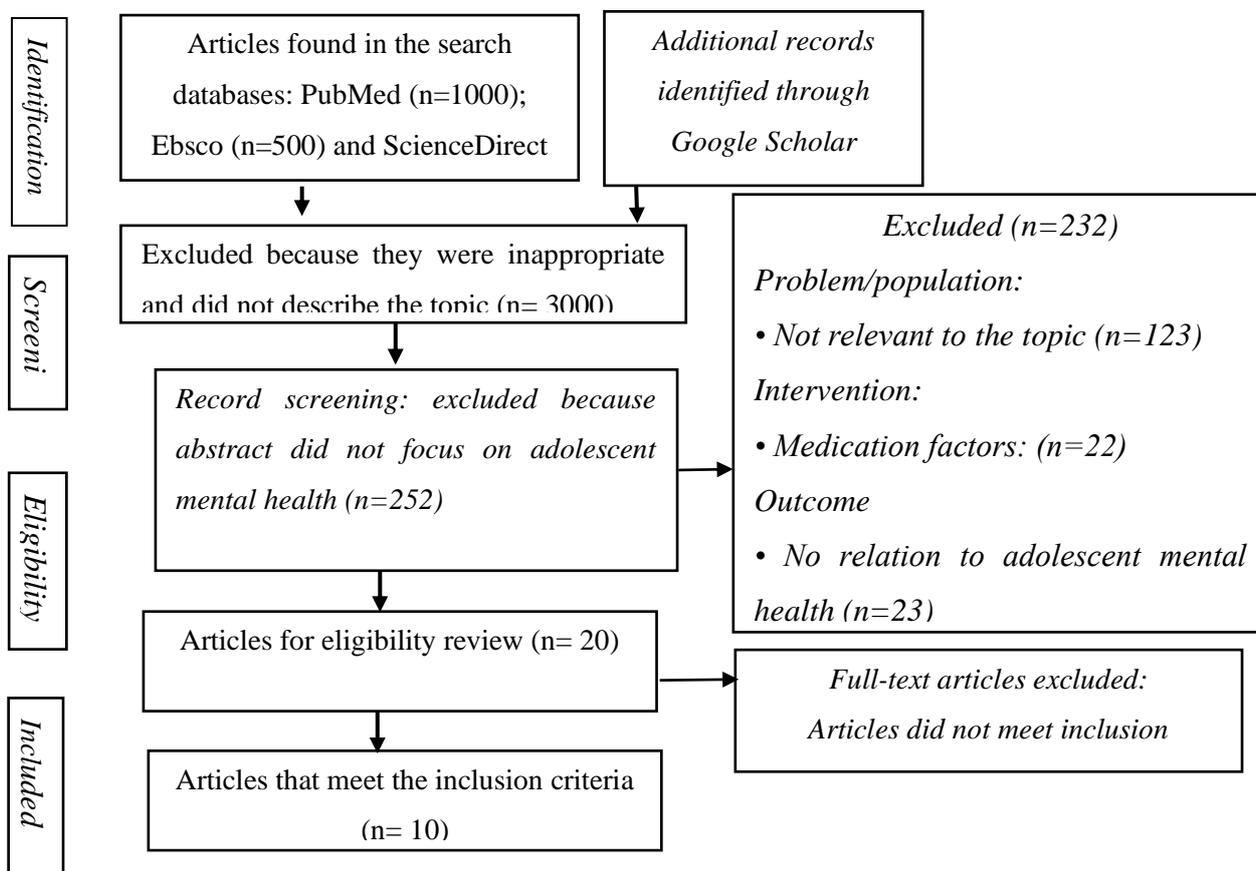


Figure 1: PRISMA flow framework

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Table 1.
 results of 10 reviewed articles

Writer	Year, Volume, Number	Research purposes	Research Methods (Design, Sample, Variables, Instruments, Analysis)	Results
Rani Hardianti, Erika, Fathara Annis Nauli	Vol.11 No.2, Maret 2021	The purpose of this study was to determine the relationship between gratitude and mental health of adolescents at SMAN 8 Pekanbaru.	D: Cross Sectional S: 81 samples V: Gratitude, mental health. I: Questionnaire A: Chi-Square Test.	The results of the study showed that there was a significant positive relationship between gratitude and mental health of adolescents at State Senior High School 8 Pekanbaru (0.011<0.05) (Hardianti et al., 2021).
Fatimah Malini Lubis, Devin Mahendika.	Vol. 1, No. 02, Maret 2023	The purpose of this study was to determine the relationship between parenting patterns, peer pressure, self-esteem, and mental health in Indonesian students in West Java.	D: Cross Sectional S: 500 students aged 18-25 years. V: Parenting Style, Peer Pressure, Self-Esteem, and Mental Health. I: Questionnaire A: SPSS version 2	This study suggests that interventions aimed at promoting authoritative parenting styles, healthy peer relationships, and self-esteem may be useful in improving mental health outcomes among college students (Lubis & Mahendika, 2023).
Kholifah Ganda Putri	Vol. 1, No. 02, September 2022	This study aims to see whether there is a relationship between Toxic parents and the mental health conditions of adolescents at Fatmawati State Islamic University, Bengkulu City.	D: Cross sectional S: 155 people V: Toxic parents, Mental health. I: Questionnaire A: Likert scale	The results of the study showed that there was a correlation of 0.655, indicating that there was a significant positive relationship between mental health and the behavior of Toxic parents which was quite strong with an R square value of 0.429 or 42.9%. Mental health can contribute to increasing the behavior of Toxic parents (Putri, 2024).
Arni Febrianti, Veny Elita, Wan Nishfa Dewi.	Vol.1 No.1, Oktober, 2022	This study aims to determine the relationship between knowledge about mental health and demographic characteristics with the mental status of adolescents.	D: Cross sectional S: 75 respondents V: Mental health knowledge, mental status. I: Questionnaire A: Chi-Square test.	The majority of respondents were female (60%), most respondents were middle children (33.3%), most respondents' family income was high (62.7%) and the majority of respondents were from Malay ethnicity (41.3%).

					Most of the adolescents' knowledge was in the poor category (38.7%), and the description of the adolescents' mental status was mostly in the abnormal category (40%). There was a significant relationship between knowledge about mental health and the mental status of adolescents with a p-value of $0.000 < \alpha (0.05)$ (Febrianti et al., 2022).
Maemunah Sa'diyah, Naskiyah, Abdu Rahmat Rosyadi	VOL: 11/NO: 03 Oktober 2022	This study seeks to examine the relationship between the intensity of social media use and the mental health of PAI students at Ibn Khaldun University in Bogor.	D: correlational research S: 87 Students V: Intensity, Social Media, Mental Health, Islamic Religious Education I: Questionnaire A: Pearson Product Moment Correlation.		The findings of this study reveal a significant negative correlation between the intensity of social media use and the mental health of PAI students. The correlation coefficient is $r = -0.220$ with a significance level of $p = 0.041 (<0.05)$. This means that the higher the intensity of students in using social media, the lower their mental health (Sa'diyah et al., 2022).
Farah Nauroh Haniyah, Astrid Novita, Syarifah Nur Ruliani	Vol. 01, No. 07, July2022	This study aims to examine the relationship between parenting styles and adolescent mental health, the relationship between peer relationships and adolescent mental health, the impact of the residential environment on adolescent mental health, and the connection between socioeconomic status and adolescent mental health.	D: Cross-sectional S: 121 students of SMKN 62 South Jakarta V: Adolescents, residential environment, mental health, parenting patterns, peers, socio-economic. I: Questionnaire A: Self Reporting Questionnaire (SRQ)		The p-value between parenting patterns and adolescent mental health is $0.029 < 0.05$. The p-value results of peers with adolescent mental health are $0.006 < 0.05$. The p-value results between the environment and adolescent mental health are $0.042 < 0.05$. And the p-value results between socioeconomics and adolescent mental health are $0.044 < 0.05$ (Haniyah et al., 2022).
Nonong Hanis, Marthoenis, Maidar, Asnawi Abdullah, Irwan Saputra	Vol: 14, No: 2, Nopember 2021	This study aims to determine how strongly bullying will be related to the mental health of adolescents when the adolescents have	D: Cross-sectional S: All boarding high school students in Banda Aceh City totaling 835		From the multivariate analysis, it was found that the factor with the greatest relationship to mental health was bullying behavior with $OR = 5.776$.

		good mental health literacy.	students. V: Bullying, health, mental, literacy, health. I: Questionnaire A: Multivariate	Furthermore, the factors that significantly had the greatest relationship to children's mental health were mental health literacy with a p-value of 0.001, and personality with a p-value of 0.001 (Hanis et al., 2021).
Stefanicia, Ivana Devitasari.	Vol: 8 No: 2 Agustus 2022	This study aims to determine the level of knowledge, age, gender, and mental health with risky behavior for sexually transmitted infections in adolescents in the Menteng Palangka Raya Health Center work area.	D: cross-sectional S: 74 adolescents in the working area of Puskesmas Menteng Palangka Raya. V: Adolescents, Risky Behavior of Transmitted Infections, Sexual, Mental Health. I: Questionnaire A: Analytical observational	The results of the bivariate analysis of this study showed that the level of knowledge with risky behavior for contracting STIs (P=0.000), age (p=0.000), gender (p=0.607), and mental health (p=0.013) (Stefanicia Stefanicia & Ivana Devitasari, 2022).
Moh. Rizki Fauzan, Ake Royke Calvin Langingi, Fernando M. Mongkau, Hairil Akbar.	Vol. 4, No. 1, Februari 2021	This study aims to determine the role of families in avoiding the negative impacts of gadgets on the mental health of school-age children.	D: cross-sectional S: 51 families with children aged 10-12 years. V: Family role, gadget use, mental health I: questionnaire A: Chi-Square test	Research results: based on the Chi-Square test, it shows a relationship between two variables with a p value of 0.000 less than 0.05 (Fauzan, 2021).
Widya Reza, Serly Tri Ananda, Tiara Ivanca, Alya Fadilah, Steven Jonathan.	Volume 1, No.1, September 2022	The purpose of this study was to determine the influence of parenting patterns, environmental health conditions and socio-economic variables on the mental health of adolescents in Batam City using multiple linear regression analysis.	D: Purposive Sampling. S: 200 respondents V: Mental Health; Parenting Pattern; Environmental Health; Socio-Economic I: Questionnaire A: Linear Regression	The results of this study indicate that there is a significant influence of parenting patterns, environmental health and socio-economics on the mental health of adolescents in Batam City (Reza et al., 2022).

The results of the journal review show that the author obtained ten journals that met the inclusion criteria, and 8,333 journals were excluded for the majority of publication years, research variables, research design, and research objectives summarised in the flowchart chart 2.1. The study results reviewed in Table 1 show that all research designs used are cross-sectional (10 journals). There are several factors resulting from the reviewed articles that influence adolescent mental health, namely gratitude, parenting, knowledge, intensity of social media use, bullying, and family roles. One journal written by Hardianti et al., 2021; mentions the relationship between gratitude and adolescent mental health. Four journals are written by Malini et al., 2023 Putri et al., 2022; Haniyah et al., 2022; and Reza et al., 2022.

mention the relationship between parenting patterns and adolescent mental health. Two journals written by Febrianti et al., 2021 and Stefania et al. 2022 mention the relationship between knowledge about mental health and demographic characteristics with the mental status of adolescents. One journal by Sa'diyah et al., 2022 mentions the relationship between the intensity of social media use and students' mental health. One journal written by Hanis et al., 2021 mentions how intense bullying will be related to the mental health of adolescents when the adolescents have good mental health literacy. One journal written by Fauzan et al., 2021 mentions the role of the family in avoiding the negative impact of a gadget partner on the mental health of school-age children. The number of samples varies, namely the smallest number of 51 samples in the article written by Fauan et al., 2021 and the most significant number of samples of 835 samples in the article written by Hanis et al., 2021.

DISCUSSION

This literature review describes various factors that influence mental health in adolescents, such as gratitude, parenting, knowledge, intensity of social media use, bullying, and family roles. Gratitude is one factor that has quite an influence on mental health in adolescents. The same conclusion from the research results of Hardianti et al., 2021; strongly correlates with mental health in adolescents. Gratitude can foster optimism, improve quality of life, and form better friendships with other people around them, whereas relationships with other people can affect behavior, thoughts, and moods (Diniz et al., 2023). High gratitude will cause someone to have good coping skills when dealing with problems in life. Gratitude encourages someone to seek social support from others and understand experiences from different perspectives, thus helping adolescents develop plans to solve problems (Kerry et al., 2023). Adolescents with high gratitude tend to have higher self-control over their social environment, personal development, and life goals, and good self-acceptance impacts their mental health (Komase et al., 2021).

Parenting is one factor that has quite an influence on mental health in adolescents. The same conclusion from the study by Malini et al., 2023; strongly correlates with mental health in adolescents. Parenting style is an essential factor that can affect the mental health and well-being of adolescents. Parenting styles can differ regarding levels of warmth and support, expectations, and discipline (Heuckendorff et al., 2021). Previous research has shown that authoritative parenting, characterized by high warmth and support, clear expectations, and reasonable discipline, has been associated with positive adolescent outcomes, including better mental health and higher self-esteem (Martin et al., 2023). Conversely, authoritarian parenting, characterized by high levels of control and discipline but low levels of warmth and support, has been associated with adverse outcomes, including lower self-esteem and higher levels of anxiety and depression (Makwana et al., 2023).

Knowledge is one factor that significantly influences mental health in adolescents. The same conclusion from the study by Febrianti et al., 2021; strongly correlates with mental health in adolescents. Lack of knowledge about mental health in adolescents can make it difficult for adolescents to maintain their mental health, such as being unable to maintain their quality of life in the future due to lack of information, not being able to think calmly, not being able to make the right decisions, not appreciating all their abilities, lacking motivation to have a better life, not wanting to work hard and quickly giving up when facing their lives (Azari, Lestari, et al., 2024). Lack of adolescent knowledge about mental health can influence adolescents' negative attitudes toward mental health disorders. Education affects a person's learning process in receiving information (Sampaio et al., 2022). The higher the education a

person has, the easier it is for them to receive information, which can affect their knowledge level (Cheng et al., 2021). Knowledge about adolescent mental health can be influenced by information obtained by adolescents from family, community environment, and mass media such as radio, television, internet, newspapers, and magazines (Azari, 2022).

The intensity of social media use is one factor that has quite an influence on mental health in adolescents. The same conclusion from the study by Sa'diyah et al., 2022; strongly correlates with mental health in adolescents. Recent research shows that there are fundamental factors that play a role in mental health problems in students, namely the use of smartphones and social media (Khalaf et al., 2023). Indonesia ranks 4th in the world in social media usage, with an average usage duration of 8 hours and 51 minutes daily. The high use of social media among students will impact their mental health. The results of research on the use of social media hurt the younger generation because mental health problems that develop during youth can act as an epidemic for each individual throughout life (Ulvi et al., 2022). Another study found that students with higher levels of social media addiction were more likely to experience mild depression and anxiety (Azari, Balaputra, et al., 2024).

Bullying is one factor that has quite an influence on mental health in adolescents. The same conclusion from the research results of Hanis et al., 2021; strongly correlates with mental health in adolescents. WHO explains that a new phenomenon that affects adolescent mental health at this time is the rampant cases of bullying both in schools and outside the school environment, which has resulted in several incidents of severe emotional and mental stress and several instances of bullying in Indonesia have recently had fatal consequences for their suffering. Bullying can interfere with students' mental health (Ye et al., 2023). The involvement of adolescents as perpetrators of bullying is related to mental health problems, where a negative and significant relationship was found between bullying and mental health (Kim et al., 2022).

The role of the family is one factor that has quite an influence on mental health in adolescents. The same conclusion from the research results of Fauzan et al., 2021; strongly correlates with mental health in adolescents. Family disharmony is a family relationship in which a conflict arises, usually seen as a hostile dispute so that the relationship in the family does not function properly. Disharmony in a family can affect children's character and mental health because the family is the closest circle to the child (Azari, 2023). What children see and hear is more in the family environment, so it is natural that the role of the family in children's character, behavior, and mental health is more influenced by what they see and hear from their parents (Fakhrou et al., 2023). The family also has a role in raising children, namely knowing the stages of child development to raise them according to the child's talents and desires (Mabunda et al., 2022). However, the parenting patterns of fathers and mothers are different, and this does not make it difficult for parents to raise children; instead, it becomes something to complement each other's shortcomings in raising children to be more flexible and effective (Stracke et al., 2023). So, the role of the family is vital because it can influence and shape the personality and character of adolescents (Dehbozorgi et al., 2022).

CONCLUSION

From the literature review study on ten journals, the LR study concluded that factors influencing adolescents' mental health are gratitude, parenting, knowledge, intensity of social media use, bullying, and family roles. The dominant factor is the parenting factor. The ability to identify these factors is essential for the continuation of nursing interventions

based on bio, psycho, socio, and spiritual, which will directly improve the quality of physical, psychological, and social health in individuals with mental health in adolescence.

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