



ASPECTS THAT INFLUENCE ADOLESCENT MENTAL HEALTH

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Abstract

Mental health is how a person adapts to themselves, others, and the environment. Adjusting to oneself is an effort to understand and accept one's strengths and weaknesses. The transition period from childhood to adulthood is called adolescence. According to the World Health Organization (WHO), adolescents are individuals aged 10 to 19 years, 80% of whom live in developing countries. Teenagers' emotional and mental well-being is related to the type of parenting they receive, whether it is authoritarian, permissive, or democratic. Adolescents who have a poor peer environment are in line with the increase in adolescents who experience mental and emotional problems. This is because teenagers do not get enough emotional support or social support from friends their age. Also, the living environment significantly impacts teenagers' lives, especially in character development. It can also endanger mental health if something terrible happens in the surrounding environment, creating a feeling of insecurity or discomfort about living in a slum area. The high use of social media can also influence adolescent behavior. Apart from that, it also has an indirect negative impact on mental health, such as the emergence of anti-social attitudes or, what is usually called apathy, and various other mental health disorders. So, several aspects can influence teenagers' mental health, one of which is parenting style, social environment, and internet addiction.

Keywords: Adolescent, Aspects, Mental Health

Abstrak

Kesehatan mental merupakan penyesuaian diri seseorang terhadap diri sendiri, orang lain dan lingkungan. Dimana penyesuaian diri dengan diri sendiri merupakan suatu usaha memahami dan menerima kekurangan dan kelebihan diri sendiri. Masa peralihan dari masa kanak-kanak ke masa dewasa disebut masa remaja. Menurut Organisasi Kesehatan Dunia (WHO), remaja adalah individu berusia 10 hingga 19 tahun, 80% diantaranya tinggal di negara berkembang. Kesejahteraan emosional dan mental remaja terkait dengan jenis pola asuh yang mereka terima, apakah itu otoriter, permisif, atau demokratis. Remaja yang mempunyai bentuk lingkungan teman sebaya yang kurang baik sejalan dengan meningkatnya remaja yang mengalami masalah mental emosional. Hal ini disebabkan karena remaja kurang mendapatkan dukungan emosional maupun dukungan sosial dari teman seusianya. Serta, lingkungan tempat tinggal juga memberikan dampak yang cukup besar bagi kehidupan remaja, khususnya dalam perkembangan karakter remaja, dan juga dapat membahayakan kesehatan mental jika terjadi sesuatu yang buruk di lingkungan sekitar, menciptakan rasa ketidakamanan maupun ketidaknyaman untuk ditempati di daerah kumuh. Tingginya penggunaan media sosial juga dapat berpengaruh terhadap perilaku remaja. Selain itu juga berdampak buruk bagi kesehatan mental secara tidak langsung seperti munculnya sikap anti sosial atau biasa disebut dengan sikap apatis, dan berbagai gangguan kesehatan mental lainnya. Jadi, beberapa aspek yang dapat mempengaruhi kesehatan mental remaja, salah satunya pola asuh orang tua, lingkungan social dan kecanduan internet.

Kata Kunci: Aspek, Remaja, Kesehatan Mental



INTRODUCTION

The transition period from childhood to adulthood is called adolescence. This is when many changes occur physically, emotionally, socially, and spiritually. People no longer call them children, and they do not call them adults anymore. According to the World Health Organization (WHO), adolescents are individuals aged 10 to 19 years old, 80% of whom live in developing countries. The population of Indonesian teenagers aged 10-19 years amounted to 46,872.942 billion people, which is around 18.33% of the total population of Indonesia in that year (Central Statistics Agency, 2020). The percentage of mental health problems, according to Riskesdas data (2020), in adolescents aged 15 years and over is 11.6%.¹

Adolescence is when children look for their identity, but their condition is still easily influenced by their environment. The standard of living of teenagers aged 12 - 20 years is still very dependent on the environment. It is easily influenced because this period is a period of searching for self-identity. This situation can cause problems, which can hurt future development and can even be the starting point for mental health problems in adolescents.^{2,3}

For teenagers with all their problems, mental health is almost a problem in all countries. What is worrying is that death is always the benchmark; depression, use of illegal drugs, bipolar disorder, eating disorders, and bipolar disorder are often ignored. Mental health is how a person adapts to themselves, others, and the environment. Adjusting to oneself is an effort to understand and accept one's strengths and weaknesses alone. Adjustment to other people is looking at someone objectively and accepting other people's weaknesses and strengths. Then, adapting oneself to the environment is where a person knows and obeys the things found in his environment, namely in the form of applicable regulations, rules, and customs. So that someone can act in harmony and be aware of their obligations. With this self-adjustment, a person can achieve enjoyment and happiness in life, which avoids feelings of anxiety, restlessness, and dissatisfaction.²⁻⁶

Mental health problems are as significant as physical health problems. Psychological changes during adolescence include emotional changes and intellectual development. These cognitive changes often trigger problems. Mental health problems are as significant as physical health problems. Psychological changes during adolescence include emotional changes and intellectual development. These psychological changes often trigger problems. Considering that the consequences of emotional and mental disorders that are not handled properly will have dire consequences, it is necessary to pay attention to the problems of mental development and mental health in adolescents.^{2,3,5,6}

ASPECTS THAT INFLUENCE ADOLESCENT MENTAL HEALTH

The first environment, when a child is born is their family. This includes their mother, father, and brothers or sisters. The way a child acts and behaves is influenced by how their family interacts with each other. If a family is highly emotional, it can affect how a child learns to handle their feelings as they grow up.^{5,7}

Adolescents who have a poor peer environment are in line with the increase in adolescents who experience mental and emotional problems. This is because teenagers do not get enough emotional support or social support from friends their

age. This can impact teenagers' low ability to control their feelings so that when a problem occurs, teenagers cannot solve these problems in a good way. Issues that cannot be adequately resolved can have an impact on a teenager's psychological condition, such as restlessness, anger, worry, sadness, and disappointment.^{8,9}

Internet addiction is defined as excessive Internet use that causes problems with academics, relationships, finances, work, and physical and mental health. Internet addiction among adolescents affects their development toward adulthood. Adolescents with internet addiction show more comorbid psychiatric disorders, less perceived social support, more difficulty in identification and verbal expression of feelings, and regulation of their emotions.^{10,11}

RESULTS AND DISCUSSION

A. Parents

1. Types of Parenting Patterns

Mental health condition varies and is influenced by several factors, one of which is parental parenting. Where parents are the first environment in which children develop. Parenting is an interaction between children and parents that occurs in nurturing, educating, guiding, and disciplining children so that a personality is formed by the norms that apply in society. Four widely accepted research-based approaches comprehensively explain parental behavior and its impact on children, including their mental health.^{5,12,13}

There are types of authoritarian parenting, democratic parenting, and wise parenting. The four official parenting styles are: 1) Authoritative (Authoritative); 2) Authoritarian (Authoritarian); 3) Permissive (Permissive); 4) Not involved/ignoring (Uninvolved/neglecting).^{5,12-14}

Authoritative parenting is child-centered or parent-centered. This can be described as nurturing or controlling. Some parenting styles help children become mentally healthy as they grow and develop, while others can lead to stress and mental health problems. The authoritative parenting style is accepted as the healthiest and most joyous of all styles. It is child-centered and responsive. Parents are openly affectionate and treat children respectfully, talking to them and listening attentively. These parents create clear expectations, and they make them explicit.^{5,14-16}

Authoritarian parenting is a method of raising children in which parents exercise complete control over all aspects of the child's life. They are often characterized by a lack of warmth and affection, with parents being harsh and often discriminatory towards their children. Children are expected to obey all orders and wishes of their parents, who impose strict control over their behavior. Trust is often lacking between parents and children, and children may experience abuse. Despite this, children are rarely praised or rewarded when they achieve something. Authoritarian parenting is a form of strict parenting, with children forced to behave like their parents and not given the freedom to act on their own. Communication between parent and child is limited, with little opportunity to exchange ideas or stories.^{5,6,12,17}

Permissive parenting is a parenting approach in which parents give their children considerable freedom to act without questioning the reasons behind their decisions or actions. This type of parenting needs more strict rules and guidance, resulting in minimal parental control over their child's behavior. Parents do not

impose any demands on their children; they let them make their own decisions without interference. This gives children the freedom to behave as they please without any restrictions from their parents. As a result, permissive parenting is a style in which parents give full responsibility and choice to their children while failing to provide adequate guidance regarding essential aspects of life, such as religious and social norms. This can lead children to live their lives without a clear understanding of right and wrong.^{6,7}

Democratic parenting style, parents give their children the opportunity to determine and manage their abilities without parental interference. This is what the child is given. Freedom to choose and determine the best choice for oneself. Parents with this parenting style aim to provide opportunities for internal control so that children become responsible for themselves.^{7,12}

2. The Influence of Parenting Patterns on Mental Health

Children's mental health problems can arise as a result of parents' attitudes and treatment. Parents who are not sensitive and care about their children's emotional and social development hurt their children's mental health. Apart from that, parents with mental health problems also affect the mental health of their children. Parents who allow their teenage children to say nice things rarely and do not pay attention to them or force their children to do what they are told tend to have children who experience adjustment problems, so they experience symptoms of depression.^{12,18}

Teenagers' emotional and mental well-being is related to the type of parenting they receive, whether it is authoritarian, permissive, or democratic. The authoritarian parenting hurts teenage behavior. This significantly influences their mental development, influencing how they think, behave, and make judgments, especially regarding negative actions.⁶

In contrast to authoritarian parenting, the authoritative parenting style is the healthiest and most positive because it is child-centered and responsive. Parents are openly affectionate and treat children with respect, talking to them and listening attentively to guarantee their mental health.^{6,7}

Permissive parenting allows children to act freely and does not require them to follow rules or norms, which can confuse what is right or wrong. On the other hand, other parenting styles, such as authoritarian and democratic, also have an impact on children's mental development and behavior during adolescence. With a democratic parenting style applied to children, it is hoped that the child will gain a feeling of security, avoid loneliness, not be afraid, and not harbor lasting inner stress. This will create a warm climate of friendship between children and their parents. Meanwhile, authoritarian parenting can lead to risky behavior such as sexual activity and smoking.^{6,7}

Parents should treat teenagers as friends and recognize them as individuals who have reached adulthood, respect differences of opinion, and invite open discussions. Parents are also expected to be able to implement appropriate parenting styles for their sons and daughters so that teenagers can feel comfortable, safe, and full of love from the people closest to them. Implementing parenting styles can give children the freedom to choose whatever they want but still provide the proper guidance. Thus, parenting styles play an essential role in a child's attitude and behavior in adapting to the surrounding environment and dealing with stressors that can arise due to tensions that occur in everyday life so

that it can reduce the risk factors for depression in adolescents.^{7,12,18}

B. Social Environment

Peers have a vital role in adolescents' emotional and social development; in fact, the influence of the peer group is more dominant than the influence of the family environment. Peer influence can also trigger increasingly severe mental-emotional problems experienced by teenagers. It is not uncommon that the power of peer groups or groups of playmates can potentially replace the positive influence of the family, resulting in deviant behavior or juvenile delinquency.^{3,19}

The peer environment can be seen in how teenagers socialize and interact with or relate to other teenagers their age. It is not only obtained from interaction. Friends in the school environment can also be obtained from interacting with other teenagers in the home environment. A teenager's friendship will be created well if one teenager and another teenager provide each other with moral, emotional, and social support.^{8,16}

As children enter adolescence, peers play an important role in social support. Peers are a source of support through affection, sympathy, understanding, and moral guidance. Social support is a form of support that comes from other people. This support can positively and negatively impact an individual's mental health and well-being. In addition, social support is a protective factor that can help someone when faced with stressful life experiences and help them deal with them effectively.⁸

The environment and mental health will always be related. A good living environment will likely impact teenagers, while a lousy environment will have a negative impact. The living environment has a significant impact on teenagers' lives, especially in the development of their character. It can also endanger mental health if something terrible happens in the surrounding environment, creating a feeling of insecurity or discomfort about living in a slum area. Teenagers become anxious, afraid, and sad because of their experiences.⁸

C. Internet Addiction

Social media allows users to present themselves and interact, collaborate, share, communicate with other users, and form virtual social bonds. Social media can allow one or many people to interact using technology (social applications). This interaction includes sending messages, information, ideas, images, and videos to each other. Social media is an integral part of teenagers' lives.^{20,21}

Social media also seems to be a place for users to express themselves and show off their daily activities. This certainly creates feelings of envy among other users. This feeling of envy can cause mental disorders in the form of depression in its users. Many users feel depressed, depressed, and even decide to commit suicide because they are humiliated by other users on social media.¹¹

The use of social media has harmful effects on teenagers related to mental health problems from the amount of time they spend on social media sites, the way they engage, and how they interact online. Teens use social media as a place to be the "best"; teenagers try to show their best appearance in terms of lifestyle and abilities. This makes teenagers who cannot do the same thing feel pessimistic and causes low self-esteem.^{11,21}

The high use of social media can also influence adolescent behavior. Apart from that, it also hurts mental health indirectly, such as the emergence of anti-social attitudes or what is usually called apathy. When teenagers have a high level

of social media use, their social interactions are indirect, their sociability tends to be low, their social sensitivity tends to be low.^{11,21}

The various mental disorders caused by social media are:^{5,11}

1. Narcissistic Personality Disorder: People who suffer from this disorder admire themselves excessively, are selfish, have no empathy, and do not want to listen to other people.
2. Body Dysmorphic Disorder (BDD): BDD disorder is a condition where sufferers feel insecure, afraid, or have no confidence in their bodies.
3. Addiction: Addiction to uploading things or checking social media all the time, watching YouTube, playing online games, making statuses on social media all the time, etc.
4. Social Media Anxiety Disorder: I will feel disturbed if the number of followers or people commenting and liking the post does not match what I expect, so it is more like being obsessed with social media.
5. Borderline Personality Disorder (BPD): experienced because a person feels left out and worried every time he sees an event on his friends' social media that takes place without involving or inviting him.
6. Munchausen Syndrome: This mental disorder caused by social media describes sufferers as people whose hobby is making up tragic stories about their own lives to get the attention of other people.
7. Compulsive Shopping: The habit of online shopping begins with a feeling of satisfaction at being able to find whatever you need just through a smartphone screen, so it develops into an impulsive habit of buying other things that are not required.
8. Obsessive-Compulsive Disorder (OCD): People do not want to look ugly in the eyes of other social media users, so they create an obsession with self-perfection and are willing to spend much time looking perfect on social media.
9. Internet Asperger Syndrome: This disorder causes a person to change their attitude in cyberspace.
10. Low Forum Frustration Tolerance: He feels thirsty for self-recognition from other social media users, so he will be willing to do anything on social media for that recognition.²¹

There are several steps in preventing social media addiction, as follows:

1. Limit social media use
In overcoming social media addiction, users must limit the amount of time. Who is used to playing social media daily by using an alarm or stopwatch to control social media use? When social media users are used to limiting their use of social media, users can control themselves so as not to become addicted to social media. Then, switch to direct interaction with others, such as family or friends.¹⁸ The quality of parental care can also protect teenagers from psychological and mental health disorders and internet addictive behavior.^{2,21}
2. Look for other information apart from social media. Social media is also used to find information. If social media is used for that, switch from seeking information from social media to reading newspapers or watching news on television.²
3. Look for positive activities.
In limiting the use of social media, users need to look for positive activities. The busier someone is, the less someone will use social media. Increase

activities that comfort the body and mind, such as meditation, exercise, venturing outside to get fresh air, or doing activities outside the home.²¹

4. Use social media wisely. Limiting the use of social media does not mean reducing activities using social media or making social media a negative thing. Using social media certainly has benefits if someone uses social media wisely.²¹
5. Remove and delete.

This choice is made if someone wants to avoid using social media. Delete the application from your cellphone, then do not buy a data package or connect it to the wifi network so that the intensity of social media use will change.²¹

CONCLUSION

Several aspects can influence teenagers' mental health, one of which is parenting style, social environment, and internet addiction. A person with the wrong parenting style can increase the risk of developing mental health disorders. Examples include authoritarian parenting, democratic parenting, and wise parenting. This parenting style impacts mental health, where authoritative parenting is the healthiest and most positive parenting pattern because it is child-centered and responsive. The social environment also plays a vital role in influencing teenagers' mental health through peers and the living environment, impacting their lives, especially their character development. It endangers mental health if something terrible happens in the surrounding environment, creating a sense of insecurity or discomfort in living in a slum area. Social media has a dangerous effect on teenagers regarding mental health problems that influence teenage behavior. Apart from that, it also has an indirect negative impact on mental health, such as the emergence of pessimistic and selfish attitudes.

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