



The Influence of Parental Support on Adolescent Mental Health

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Abstract

During this stage adolescents face many challenges due to rapid physical changes followed by other changes. If adolescents are unable to adjust, they may experience stress. Social support is a factor that has the potential to cause stress disorders in adolescents, on the other hand social support for adolescent mental health is social support from family members, and peers can affect adolescent mental health. Family support helps adolescents develop a greater sense of balance, support during moments of helplessness and assist in the achievement of developmental tasks. Family support can be in the form of informational support, appraisal support, instrumental support and emotional support This type of research is The type of research used is analytic research. The method used is a survey method using a cross sectional approach. The samples used for research 153 people The results of the research that most parents were supportive with 99.3% and unsupportive with 0.7%. The conclusion is The conclusion of this study is that there is an influence between family support and adolescent mental health at Pondok Pesantren KH. Sahlan Rosdiji Semarang.

Keywords

parental; adolescent; mental health

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Introduction

Adolescence is a transition period from childhood to adulthood, which lasts from 12 years to 20 years. Many changes occur during adolescence, one of which is emotional change. Therefore, the teenager must be able to adapt to the changes that occur. It is different when the teenager is not successful in adapting to the changes that occur, the teenager will have difficulty in making choices so that when the teenager experiences a problem, the teenager will be able to adapt to the changes that occur (Mandasari & Tobiing, 2020)

During this stage adolescents face many challenges due to rapid physical changes followed by other changes. If adolescents are unable to adjust, they may experience stress. Social support is a factor that has the potential to cause stress disorders in adolescents, on the other hand social support for adolescent mental health is social support from family members, and peers can affect adolescent mental health (Kurniawati et al., 2023). Mental health is the state of an individual's well-being that appears from him being able to realize his own potential, and being able to cope with normal life pressures in various situations in life (Akas Yekti Pulih Asih et al., 2023)

Mental health disorders or depression is a psychiatric problem that is prone to occur in adolescents. Data in Indonesia shows that as many as 6.1% of the Indonesian population aged 15 years and over experience mental health disorders (KEMENKES, 2023). From the data up to October 10, 2023, 935 mental health cases were recorded. Mental health cases were dominated by depressive disorders with 445 cases. The Health Office also recorded two suicide attempts (Jawa Pos, 2023)

Mental health is about the existence and maintenance of mental health. Because the health situation in each individual is different, because individuals are a different entity. This condition makes the urgency of

discussing mental health that leads to how to empower individuals, families, and communities to be able to find, maintain, and optimize their mentally healthy conditions in dealing with everyday life. Family support is the attitude, action and acceptance of the family towards adolescents. (Amhar et al., 2023)

Islamic boarding schools are private educational institutions that are very independent and educate students to become the next generation with Islamic character and noble character. The number of Islamic boarding school developments in Indonesia in recent years has increased with 36,000 Islamic boarding schools and 3.4 million active students in 2022. The development of Islamic boarding schools, however, is not matched by an increase in the level of health of the Islamic boarding school, especially the students (Akas Yekti Pulih Asih et al., 2023). Adolescents who live in boarding schools have more depression than adolescents who live at home (Yuniasih et al., 2023). Adolescents living in institutional care often suffer from developmental and behavior problems due to a lack of nurturing and family support (Kaur et al., 2018).

The decision for Islamic boarding school is not a simple matter if it results in a lack of desire on the part of the teenager to visit the Islamic boarding school, and this will affect the results of the teenager's self-qualities when participating in the activities there. (Setiamy & Deliani, 2019)

Family support helps adolescents develop a greater sense of balance, support during moments of helplessness and assist in the achievement of developmental tasks. Family support can be in the form of informational support, appraisal support, instrumental support and emotional support (Aryanti et al., 2021).

Method

The type of research used is analytic research. The method used is a survey met-

hod using a cross sectional approach. This research instrument uses a questionnaire instrument. The questionnaire used a measurement of the level of depression based on the Self-Reported Questionnaire (SRQ-20) rating scale This research was conducted at Ponpes Kh. Sahlan Rosjidi Semarang. The population of this study is students who live in boarding schools totaling 248 people. Determination of the sample using random sampling technique and calculated by the slovin formula at a significance level of 5% so that the number of samples used for research 153 people.

Result and Discussion

Family Support

Table 1. Family Support

No	Family Support	Distribusion	
		F	%
1	Supportive	152	99,3
2	Unsupportive	1	0,7
Total		153	100.0

Table 1 shows that most parents were supportive with 99.3% and unsupportive with 0.7%. The family is the most important place for the development of children, both physically, emotionally, spiritually, and socially. Because the family is a source of love, protection, and identity for its members. Strength in the family is the quality of relationships within the family that work as a support for emotional health and well-being in the family (Amhar et al., 2023)

The function and role of the family is as a support system that provides help and assistance for family members when experiencing problems and family members view that people who are supportive, are always ready to provide help with assistance if needed. The family is not just a structural unit consisting of parents and children, but also an active role in maintaining the wel-

fare of its members where members can feel safe, loved, and supported, especially in overcoming emotional problems (Aryanti et al., 2021) The family is the environment that has the most influence on children’s learning and development. The family is the main source for children to provide the basis for children’s resilience in society, husband and wife depend on each other in terms of companionship, and children because they need love and attention from parents (Noveri Aisyaroh, 2023)

Family support is the best primary education of adolescents and supports the development of a more mature personality. At this stage adolescents will experience the stage of puberty, where adolescents like to socialize and form groups with peers and begin to show interest in the opposite sex, therefore one of the developmental tasks that adolescents must achieve at this stage must maintain new and better relationships with peers of the same sex or different sex (Kurniawati et al., 2023)

Family is the most important place for children’s development, both physically, emotionally, spiritually and socially. Because family is a source of various affection, protection and identity for its members. From cross-cultural studies, two main functions of the family were found, namely providing psychosocial protection for its members and externally - spreading cultural values to the next generation.(Amhar et al., 2023)

Mental Health Adolescent

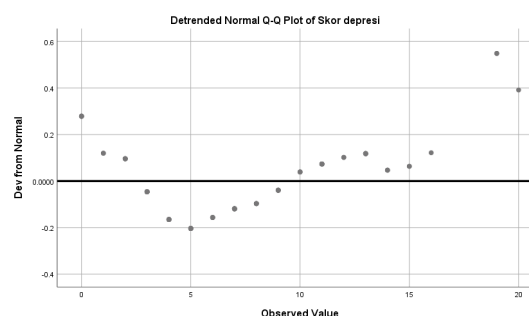


Figure 1. Mental Health Adolescent

Table 2. Distribusi Frekuensi SRQ

Question	Ya		Tidak	
	F	%	F	%
Do you often have headaches?	120	87,4	33	12,6
Is yours appetite	71	46,4	82	53,6
Do you sleep badly?	127	83	25	17
Are you easily frightened?	65	42,5	88	57,5
Do your hands shake?	53	36,4	100	63,6
Do you feel nervous, tense or worried?	73	47,7	80	52,3
Is your digestion poor?	51	33,3	102	66,7
Do you have trouble thinking clearly?	68	44,4	85	55,6
Do you feel unhappy?	61	39,7	92	60,3
Do you cry more than usual?	61	39,7	92	60,3
Do you find it difficult to enjoy your daily activities?	68	44,4	85	55,6
Do you find it difficult to make decisions?	89	58,2	64	41,8
Is your daily work suffering?	30	19,6	120	80,4
Are you unable to play a useful part in life?	37	24,2	116	75,8
Have you lost interest in things?	62	40,5	91	59,5
Do you feel that you are a worthless person?	61	39,7	92	60,3
Has the thought of ending your life been on your mind?	60	39,2	93	60,8
Do you feel tired all the time?	76	49,7	77	50,3
Do you have uncomfortable feelings in your stomach?	74	48,4	79	51,6
Are you easily tired?	117	76,5	35	23,5

Table 2 shows that the highest answer was yes to the question Do you sleep less at 83% and the lowest answer was yes to the question Does your work interfere with your day? 19.6%. Mental health can be influenced by various factors, such as healthy food consumption, adequate rest and sleep, physical activity, socioeconomic factors and family influence (Adhyka et al., 2023). Mental health is a state of well-being in which an individual

is able to realize his or her own potential, has the ability to cope with normal life stresses in various situations in life, is able to work productively and fruitfully, and is able to contribute to his or her community (Sopian et al., 2021)

Physical, emotional and social changes, including poverty, abuse or violence, can make adolescents vulnerable to mental health problems. Protecting adolescents from adversity, promoting socio-emotional learning and psychological well-being, and ensuring access to mental health care are critical to their health and well-being throughout adolescence and adulthood (Suswati et al., 2023)

Adolescence is a transitional period from childhood to adulthood, during which time adolescents begin to experience many changes. Adolescents must be able to try to adapt to changes, but not all adolescents are able to adapt to the changes that occur. If the teenager does not succeed in adapting to the changes that occur, so that the teenager raises self-confidence, feels disappointed, feels a failure or feels depressed because he is unable to overcome a problem that occurs to him. If this happens continuously and adolescents continue to blame themselves, it can lead to depression. Depression is influenced by gender and age (Mandasari & Tobing, 2020)

Emotional changes, social influence, peer pressure, and interests of the opposite sex are some conditions that cause self-esteem to decline, which can lead to depression. Santri, who are typically teenagers, are viewed as a new social environment and are expected to adapt to it. Discipline and strict rules might lead to psychological problems. (Nazaruddin, 2017) Children's overall development is hampered by mental and behavioral issues, which may have a detrimental effect on their academic and social outcomes at the time. (Mahanta et al., 2022) predesigned schedule. A total of 83 children (aged 5 to 19 years

The Influence of Parental Support on Adolescent Mental Health

Table 3. The Influence of Parental Support on Adolescent Mental Health

	Family Support	N	Mean Rank	Sum of Ranks
Depression Score	Unsupportive	1	75.50	75.50
	Supportive	152	46.18	4202.50
	Total	153		

Table 4. Test Statistics^a

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Mann-Whitney U	16.500
Wilcoxon W	4202.500
Z	-1.095
Asymp. Sig. (2-tailed)	.273
Exact Sig. [2*(1-tailed Sig.)]	.370 ^b

Adolescents tend to be more sensitive to their surroundings, things that can affect teenagers' emotions vary, one of which is family and environment. This will affect the attitudes and actions of adolescents on events or things around them (Noveri Aisyaroh, 2023). Adolescents really need the presence of adults who are able to understand and treat them wisely and according to their needs in everyday life. Adolescents need help and guidance and direction from parents or other adults to deal with all the problems faced related to the development process, so that adolescents can go through and face the changes that occur naturally. This assistance is in the form of social support (Lontoh Ester, Ariska, 2024).

The family is the most influential environment in children's learning and development. The family is the main source for: children to provide the basis for children's resilience in society, husband and wife depend on each other in terms of companionship, and children because they need love and care from parents. The basic functions of the family are reproduction, socialization,

education, social role assignment, economic support, and social support (Noveri Aisyaroh, 2023)

Teenagers' mental health is frequently linked to the behavior of the people around them. The role of parents, family, teachers, and friends' support is crucial in encouraging teenagers to develop self-love ideas or even self-love actions. Aside from this, factors like family ties are very important in order to create the sense of self-worth that is needed when dealing with teenagers. In addition to the group's support, it is crucial to have the support of others, such as a teacher, in helping teenagers deal with mental health issues. (Adhyka et al., 2023)

The difference between boarding schools and schools in general is the place of residence, students are required to be independent and live in dormitories. In adolescence, separating from parents and abandoning the habit of not holding communication devices requires a lot of adaptation. (Jihad & Pratiwi, 2020). The life of students in boarding schools who are far from their families makes students feel less cared for, so they need support. Social support for students is very important, this is in line with their nature as social beings. Humans as social beings, their existence always needs and is needed by others. The presence of other people in one's personal life is indispensable. Support can be obtained from caregivers and other students, in the form of providing information and advice to each other. Mental health has an important meaning in one's life (Ningsih & Salamah, 2023).

Mental health is an emotionally, psychologically, and socially healthy state that is indicated by satisfying interpersonal relationships, effective coping behaviors, a positive self-concept, and stability. Health can also be defined as a state of well-being when a person is able to realize their potential, is able to cope well with stress, is productive, and can make a positive contribution to society (Safitri & Widodo, 2024)

Conclusion

The conclusion of this study is that there is an influence between family support and adolescent mental health at Pondok Pesantren KH. Sahlan Rosdiji Semarang.

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