

Literature Review

The Effect of Social Support on Adolescent Mental Health: Literatur Review

Pengaruh Dukungan Sosial terhadap Kesehatan Mental Remaja: Tinjauan Literatur

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ABSTRACT

Adolescence is a period that experiences many changes in hormonal, physical, psychological, and social aspects. If not controlled properly, these changes can lead to mental disorders in adolescents. This study aims to explore the relationship between social support and adolescent mental health through literature review. The review analyzed articles sourced from Google Scholar, PubMed, and ScienceDirect as a database with a range of publications between 2012-2022 using the keywords mental health, social support, and adolescents. There were 13 articles that met the inclusion criteria. The result showed that adolescents' mental health is largely determined by the social support surrounding them. Adolescents who lack social support from their families, teachers, and peers will result in bad effects of their mental health. The social support of the nuclear family, especially parents, played a very important role in adolescent mental health. In addition, the factor of the history of adolescents also needed to be considered as a risk factor. Therefore, there is a need for interventions in understanding social support to families, teachers, and adolescents, as well as further research in this topic.

Keywords: *Adolescents, family, friends, mental health, social support*

ABSTRAK

Masa remaja merupakan masa yang mengalami banyak perubahan dalam aspek hormonal, fisik, psikologis, maupun sosial. Bila tidak terkontrol dengan baik, perubahan tersebut dapat memicu terjadinya gangguan mental pada remaja. Penelitian ini bertujuan untuk mengeksplorasi hubungan antara dukungan sosial dengan kesehatan mental remaja dengan mengkaji berbagai literatur. Studi ini menganalisis artikel yang bersumber dari Google Scholar, PubMed dan ScienceDirect sebagai database dengan rentang publikasi antara tahun 2012-2022 menggunakan kata kunci kesehatan mental, dukungan sosial dan remaja. Terdapat 13 artikel yang memenuhi kriteria inklusi. Hasil analisis kami menunjukkan bahwa kesehatan jiwa remaja sangat ditentukan oleh dukungan sosial yang berada disekitarnya. Remaja yang kurang mendapatkan dukungan sosial dari keluarga, guru dan teman sebayanya akan berakibat buruk bagi kesehatan jiwanya. Dukungan sosial keluarga inti khususnya orang tua sangat berperan dalam kesehatan jiwa remaja. Selain itu juga faktor riwayat masa lalu remaja juga perlu diperhatikan sebagai faktor risiko. Olehnya itu perlu adanya intervensi pemahaman tentang dukungan sosial kepada keluarga, guru dan remaja, serta penelitian lanjutan di bidang ini.

Kata Kunci: Dukungan sosial, keluarga, kesehatan mental, remaja, teman

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INTRODUCTION

Adolescence is a period that undergoes many changes, both hormonal, physical, psychological, and social changes (1). If these changes are not appropriately managed, adolescent mental illnesses may develop. The ability to grow physically, intellectually, spiritually, and socially so that one is aware of one's own capabilities, able to handle stress, able to work effectively, and able to give back to one's community is known as mental health (2).

Adolescence although is considered a healthy stage of life, it was found that significantly there are deaths, diseases, and injuries in adolescence (3). According to the WHO, suicide is the second largest cause of mortality for people between the ages of 15 and 29 worldwide and affects nearly 20% of children and adolescents. All aspects of life, including school or work performance, relationships with family and friends, and one's capacity to engage in society, can be significantly impacted by mental health issues (4).

Adolescence is usually a stage of life in which mental health disorders tend to become more pronounced. In understanding mental health in adolescents, of course, it is necessary to understand also what factors can harm their mental health, one of which is due to the poor social support obtained from family, teachers, and friends. Research by Keliat discovered that social support, family connections, and self-esteem protective variables had a favorable and significant impact on teenage mental health (5). Poor social support for adolescents is associated with increased psychological distress, anxiety, and depression (6).

Mental health problems in adolescents often go hand in hand with other health and behavioral risks such as an increased risk of drug use, experiencing violence, and higher risk of sexual behaviors (7). Health behaviors and habits formed in adolescence will carry over into adulthood. Therefore, it is very important to help adolescents develop good mental health through social support. Social support can be obtained from other people around them. The presence of sources of social support has an important role in creating, maintaining, and improving an individual's mental health.

Based on this, it is necessary to conduct a literature review that aims to explain sources of social support and mental health in adolescents. This study can be useful as a source of information for the development of adolescent mental health care programs.

METHOD

The assessment of collected articles employed a comprehensive methodology, starting with gathering research publications from respected databases in November 2022, including Google Scholar, PubMed, and ScienceDirect. The search strategy incorporated focused keywords ("(social support OR (mental health)) and (adolescent) and (family support)") and adhered to specific inclusion criteria: articles published from 2012 to 2022 in English, centered on genuine research about children, and covering both qualitative and quantitative studies. A preliminary plagiarism check was conducted to validate authenticity, followed by the examination of 2865 articles after eliminating duplicates. Among these, 93 articles lacking a direct assessment of social support's impact and those from 1986 not mentioning social

support's effect on mental health were excluded. A meticulous review of 37 articles followed, evaluating their complete content and resulting in the exclusion of 13 articles that didn't meet the inclusion criteria. Lastly, the 13 remaining articles underwent a thorough analysis for the extraction of relevant statistical data. This systematic review approach encompassing search strategy, inclusion criteria, plagiarism check, multi-phase screening, and data extraction assures the credibility, relevance, and quality of the collected articles and the ensuing exploration of the interaction between social support and mental health outcomes among adolescents (Figure 1).

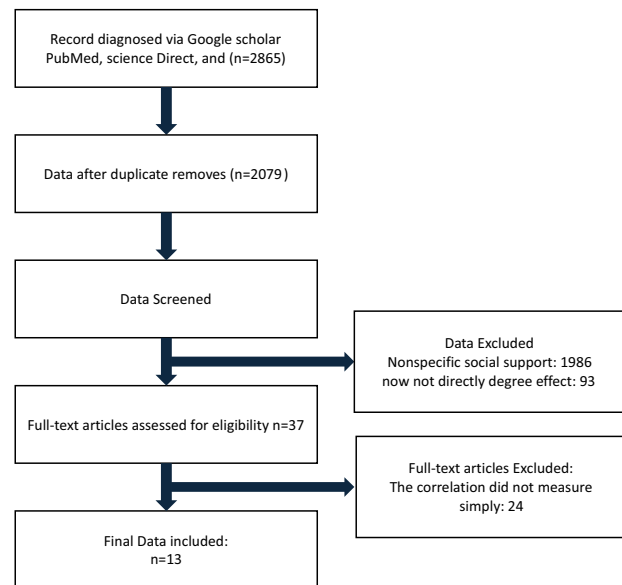


Figure 1. Data selection process in the literature review on the correlation between social support and mental health outcomes among adolescents

RESULTS

In order to accomplish its goals, this literature study groups similar extracts based on their measuring results using storytelling methodologies. Research journals that satisfy the requirements are then gathered and created in a journal summary that includes the researcher's name, the year the journal was published, the title of the study, the methodology, some sample data, and a summary of the findings. The table includes an overview of the research publication, and the contents of the study goals and findings are then examined. Analyze the content of the journal, parse and encode the content of the reviewed journal based on the outline or core of the study and then discuss it to draw conclusions.

The results of this journal search obtained as many as 13 journals on social support, mental health, and adolescents, consisting of 3 data based, namely Google Scholar, PubMed, and ScienceDirect. Furthermore, a grouping of discussion themes was carried out in the form of social support, family support, and peer support. Journal searches taken for the last 10 years, from 2012 to 2022. The collected research sites were in China, Africa, Vietnam, France, Norway, Iran, California, England, Asia, America, Sweden, and Brazil. The types of research used in journals are longitudinal study, cross-sectional, case control,

and experiential methods. The age of adolescents in this study was 10-24 years old, by taking sampling spots in

schools, universities, or in adolescent groups. Journal summary results can be seen in table 1 as follows.

Table 1 Characteristics of denotified articles

No	Article Title (Year and Name of Researcher)	Purpose	Methods and Samples	Findings
1	Gender differences in mental health problems among adolescents and the role of social support: results from the Belgian health interview surveys 2008 and 2013 (6)	Assessing changes in mental health issues between 2008 and 2013 and investigating gender differences	The data are based on two successive cross-sectional waves (2008 and 2013) of the Belgian Health Interview Survey. Psychological distress measured by the General Health, anxiety and depression Questionnaire by Symptom-90-Revision Checklist. Multivariate analysis of variance was used to investigate (1) psychological distress, (2) anxiety and (3) depression among 713 boys and 720 girls.	Gender differences were found for psychological distress, anxiety and depression to be significantly higher for girls than boys. A multivariate analysis of variance (MANOVA) revealed that adolescents who were dissatisfied with their social contacts and experienced poor social support reported experiencing more psychological distress, anxiety and depression.
2	Parenting styles, perceived social support and emotion regulation in adolescents with internet addiction (8)	The purpose of the study was to investigate parental attitudes, perceived social support, emotional regulation and accompanying psychiatric disorders seen in adolescents who have been diagnosed with internet addiction, referred to outpatient pediatric and adolescent psychiatric clinics.	The research method uses case-control. Of the 176 adolescents aged 12-17 years, 40 people were included in the study group and 40 who matched them in terms of age, sex, and socioeconomic level were included in the control group.	Lower parental assertiveness/supervision, higher alexithymia and the presence of anxiety disorders were found to be significant predictors of Internet addiction. Internet-addicted adolescents with comorbid major depressive disorder have higher rates of alexithymia and lower levels of emotional availability in their parents.
3	Cyberbullying and Psychological Well-being in Young Adolescence: The Potential Protective Mediation Effects of Social Support from Family, Friends, and Teachers (9)	Testing the relationship between the role of cyberbullying and some other roles with psychological well-being conditions, as well as the potential mediating effects of perceived social support from family, friends, and teachers at school.	This was investigated in a cross-sectional study with a sample of 1,707 young adolescents (47.5% of girls, aged 10–13, self-reported via a web questionnaire) attending community and private schools in the middle of a city in Sweden.	Perceived social support from the family and from the teacher reduces the likelihood of symptoms of depression and anxiety, and a higher level of social support from the family increases the likelihood of a higher level of subjective well-being among adolescents becoming victims of cyberbullying and being both perpetrators and victims of cyber bullying.
4	School, Peer and Family Relationships and Adolescent Substance Use, Subjective Wellbeing and Mental Health Symptoms in Wales: a Cross Sectional Study (10)	Testing the independent role and interaction of family, peer and school relationships in predicting substance use (Drugs, alcohol, cannabis and cigarettes), subjective well-being and mental health symptoms between the ages of 11-16 in Wales	It presents a cross-sectional analysis of 2013 health behaviors on the School-Age Children survey, filled by 9055 young people aged 11–16 years. Tiered logistic regression analysis was used to test family communication associations, family support, relationships with school staff, schoolmate connectedness, and support from friends, with tobacco use, marijuana use, alcohol use, subjective well-being and mental health symptoms.	There was a significant interaction between family support and teacher support for subjective well-being (OR = 0.93) and mental health symptoms (OR = 1.06), however it was inconsistent for the substance use hypothesis that the association of teacher support with well-being and mental health was stronger for students with low family support.
5	Associations of adverse childhood experiences and social support with self-injurious behaviour and suicidality in adolescents (11)	To test the effects of individual and adverse childhood experience interactions (ACEs) and social support on non-suicidal self-injury (NSSI), suicidal ideation and suicide attempts in adolescents, and explore gender differences	School-based health surveys were conducted in three provinces in China between 2013–2014. A total of 14,820 students aged 10–20 completed a standard questionnaire, to record details of ACEs, social support, NSSI, suicidal ideation, and suicide attempts.	Girls had significantly greater exposure to emotional abuse, suicidal ideation and suicide attempt ($P < 0.001$). The effects of high ACEs score and low or moderate social support on suicide attempt were significantly stronger in girls than in boys

Table 1. Characteristics of denotified articles (Cont.)

No	Article Title (Year and Name of Researcher)	Purpose	Methods and Samples	Findings
6	A randomized controlled trial to examine the effectiveness of the Dutch version of the Program for the Education and Enrichment of Relational Skills (12)	The study tested the effectiveness of the culturally adapted Dutch version of The Program for the Education and Enrichment of Relational Skills (PEERS®), using randomized control trials (RCTs) with active treatment control conditions	The method Experimental with a sample of 106 adolescents with ASD, aged 12-18 years, randomly assigned to one of two group interventions	There is an increased positive influence on adolescents' social skills. Parent reports show an overall decrease in social skills disorder (SRS) as well as an increase in social communication (SSIS subscale), with more significant progress in the PEERS group
7	Effects of family intervention on psychosocial functioning and mood symptoms of youth at high risk for bipolar disorder (13)	Knowing the relationship of family-focused therapy (FFT) with decreased levels of mood episodes among young people at high risk for bipolar disorder (BD)	The method Experimental. 119 adolescents with symptoms of active mood and family history of BD were randomized to FFT or EC 4 months ages 15-24	Improvement in family function partially mediated improvement of participants in depressive symptoms, $B = -0.22$, $p < 0.01$; 95% CI: 0.55, 0.02. The effect of FFT versus EC on family functioning is stronger among adolescents
8	The effect of peer education based on adolescent health education on the resilience of children and adolescents: A cluster randomized controlled trial (14)	Knowing the effect of peer education based on adolescent health education on adolescent resilience	The method Experimental. The randomized controlled trial cluster of 1,613 students was divided into an intervention group (19 classes, 732 participants) and a control group (24 classes, 881 participants) ages 10-15.	Peer education on adolescent health education-based had a significant effect on emotional adjustment ($\beta = 1.766$, $P < 0.001$), total mental endurance ($\beta = 5.391$, $P < 0.001$).
9	Gender and Family Disparities in Suicide Attempt and Role of Socioeconomic, School, and Health-Related Difficulties in Early Adolescence (15)	Exploring gender and family differences and these covariate roles	The method Cross-sectional. The study population comprised all 1,666 students attending three middle schools, two public and one private, chosen as it may reflect a social gradient. Sample of children less than 16 years old.	Teens will have a 3-fold chance of experiencing mental health problems if they don't get family support
10	Promoting positive social classroom environments to enhance students' mental health? Effectiveness of a school-based programme in Norway (16)	Examined whether the effectiveness of VIP partnerships on student happiness, depressive/joint anxiety symptoms, and loneliness was moderated by basic levels of social anxiety (no, low, and high).	The method is Experimental. Participants were upper secondary school students from 10 exam schools ($n = 1101$) and seven control schools ($n = 734$) in Norway Ages 14-16	VIP partnerships (norwegian youth mental health programs) can help prevent mental health problems and loneliness by reducing risk factors such as social exclusion in the classroom
11	Examining the relationship between social support and tendency to substance use among Iranian earthquake (17)	This study was conducted to investigate the role of positive mental health mediation between social support and substance use tendencies among survivors of the Kermanshah earthquake in Iran.	The method Cross-sectional. Participants numbered 450 survivors over 18 years old experiencing the 2017 Kermanshah Earthquake and were selected using the multistage sampling method.	The relationship between social support and substance use tendencies is not statistically significant
12	Father absence and trajectories of offspring mental health across adolescence and young adulthood: Findings from a UK-birth cohort (18)	seeing relationships vary by gender and time of exposure to paternal absence (early or middle childhood).	Longitudinal study This research is based on 8409 children measured from the age of 10 years- 24 years	The absence of a father in early childhood but not middle is strongly associated with an increased likelihood of hereditary depression and greater depressive symptoms at age 24
13	The role of sources of social support on depression and quality of life for university students (19)	Measuring the level of depression in adolescents	The study was a cross-sectional design for an online survey using Qualtrics software. The sample was 461 students (82% female, median age 20.62 years)	The quality of life (psychological) is significantly predicted by the social support of family and friends. The quality of life (social relationships) is predicted by the social support of significant others and friends.

DISCUSSION

This literature reviews with 4 methods is longitudinal study, cross-sectional, case control, and experiential methods. Family support, teacher support, and peer support are examples of social support in adolescents in the study. Family support, especially the nuclear family, namely parents. Mental health ISSUE in adolescents is more likely to be experienced by female, due to more psychological pressure, as reported by Filip in Belgium (1). Teenagers who have weak social support and unsatisfactory social connections report having increased psychological distress, anxiety, and sadness (6). Girls with moderate or low social support also have a higher risk of suicide attempts than boys (11). The violence experienced by women in schools has an impact on this as well (20). The existence of a history of poor mental health in childhood is more common in low social support (11,18). Especially in parenting with a history of single parents (18).

Social support from family and teacher reduce the likelihood of depression and anxiety to occur. The interaction between them has been shown to be significantly important (9,10). Depression in adolescents can have devastating effects later in life, including suicide, problems in social functioning, and poor physical and mental health (2). Improvement of family function as mediation in solving adolescent mental health problems (13). Teens will have a 3-fold chance of experiencing mental health problems if they don't get family support. Low family support will trigger adolescent health

problems (15). On the contrary, high social support can improve mental well-being in adolescents. Family support in this case is the parents of adolescents, if the assertiveness/supervision of parents is lower then it can significantly cause depression in adolescents (8). In addition, peer support can also help overcome adolescent mental health problems. Parent reports indicate that there has been a decrease in adolescent mental health problems in the group of adolescents who were given intervention with peer mentoring (12). Peer education based on adolescent health education has effect on emotional adjustment (14). Provision of counseling about reproductive health is proven to increase adolescent knowledge (21). Peers can also reduce risk factors such as social exclusion (16).

The study's findings demonstrate that adolescents' mental health by the social support they receive from others around them. Lack of social support for adolescents will be detrimental to their mental health. Family, teacher, and peer support are all examples of social support. Family support, especially the nuclear family, namely parents, plays a very important role in adolescent mental health. In addition, the factor of the past history of adolescents also needs to be considered as a risk factor. So that the next researcher can study the previous mental health history.

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