



Mental Health Issues Among Indonesian Adolescents: Prevalence, Contributing Factors, and Strategies

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This study examined the mental health issues affecting Indonesian adolescents between 2019 and 2025 through a comprehensive literature review. The research aimed to identify the most prevalent mental health problems, analyze contributing factors, and explore proposed solutions to support adolescent well-being. A total of 10 relevant studies published within the last decade were collected and synthesized using thematic content analysis. The findings indicated that anxiety and depression were the most commonly reported mental health challenges among adolescents, with approximately 1 in 3 young people experiencing psychological distress during this period. Contributing factors included academic pressure, family conflict, peer relationships, excessive social media use, and socio-economic disparities, all of which interacted to create significant risks for mental health problems. The review also found that cultural stigma and low mental health literacy limited adolescents' ability to seek help. Several strategies emerged as promising interventions, including school-based mental health programs, peer support initiatives, and community education campaigns aimed at increasing awareness and reducing stigma. Despite these efforts, challenges remained in ensuring equitable access and consistent implementation across regions. The study concluded that integrated approaches combining education, family engagement, and policy support are critical for improving adolescent mental health outcomes. Future research was recommended to evaluate culturally adapted programs and digital solutions to expand access to mental health services.

Keywords: Keywords: Adolescents, Anxiety, Depression, Indonesia, Mental Health

INTRODUCTION

Mental health among adolescents in Indonesia has emerged as a growing concern, particularly in the school setting where academic pressure, social expectations, and lack of support can negatively impact students' psychological well-being. The increasing cases of anxiety, depression, and behavioral disorders among Indonesian students highlight the urgency to explore mental health in the educational context. Mental health is of interest because it not only affects emotional stability and social relationships but also significantly impacts students' capacity to concentrate, engage in learning, and achieve their educational goals. It has previously been observed that poor mental health is strongly associated with reduced academic achievement, higher absenteeism, and greater risk of school dropout (Matingwina, 2018).

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Mental health can broadly be defined as intrinsic and instrumental to the lives of all people (World Health Organization, 2022). It influences how individuals think, feel, and act, underpinning their ability to make decisions, build relationships, and shape their world. Mental health is not only a component of personal well-being but also a basic human right, essential for socio-economic development and community engagement. In addition, the Ministry of Health of has good health that can be seen from within themselves, has the ability to adapt to normal life pressures in various situations, can work productively and produce output, and can contribute to their community. It also emphasizes the close relationship between mental and physical health, suggesting that disturbances in either domain can affect the other. It concludes that mental health is not only about emotions but also about productivity, adaptability, and the capacity to participate actively in society.

Data from the previous survey, the Indonesia-National Adolescent Mental Health Survey (I-NAMHS) (Center of Reproductive Health et al., 2022) was conducted in 2021 by a national and international collaboration. It was the first large-scale, household-based survey of its kind, targeting adolescents aged 10-17 across all 34 provinces at that time. The findings revealed that approximately 34.9% of adolescents experienced at least one mental health problem in the past year, equivalent to over 15 million youth. Anxiety was the common issue, affecting 26.7% followed by attention-related disorders (10.6%), depression (5.3%), behavioral problems (2.4%), and post-traumatic stress (1.8%). The data also showed that older adolescents (14-17) were more likely to report depressive symptoms, while younger adolescents (10-13) showed more symptoms related to attention and hyperactivity.

Despite these alarming numbers, access to mental health services remained extremely limited. Only 2.6% of adolescents with emotional or behavioral problems have accessed any form of mental health support in the previous 12 months. Among those who did seek help, school staff such as teachers or counselors were the most commonly approached figures, accounting for 38.2%, followed by doctors or nurses (24.3%), and religious leaders/traditional leaders (20.5%). Furthermore, a mismatch between perceived need and action was apparent: while 34.9% of adolescents had mental health problems, only 4.3% of parents or caregivers believed their child needed professional help. This reveals a serious gap in mental health literacy, awareness, and access. The COVID-19 pandemic worsened the situation, with 4.6% of adolescents reporting increased anxiety, loneliness, and difficulty concentrating during the crisis (Center of Reproductive Health et al., 2022).

These findings align with broader research indicating that mental health issues during adolescence have profound consequences beyond emotional well-being. (Matingwina, 2018) argues that mental health problems, including chronic stress, depression, anxiety, and attention disorders, can disrupt concentration, impair motivation, and undermine self-perceived competence, all of which are critical to learning success. Moreover, evidence suggests that the relationship between health and academic performance is complex and multidimensional, shaped by individual, family, and environmental factors.

Potential techniques to solve contemporary problems in the mental health domain of special education include a range of systemic and practical strategies (Lin, 2021). One important approach is increasing and enhancing facilities in special schools by establishing dedicated mental health consulting rooms, where students can access confidential support and assessment services. In addition, expanding professional mental health courses within teacher education programs can help equip educators with the necessary knowledge and skills to identify, understand, and address students' psychological needs effectively. Providing ongoing professional training and support to special education teachers is also crucial, as it fosters confidence and competence in delivering mental health interventions tailored to diverse learners. Finally, building up an effective and integrated database of student mental health records and intervention outcomes can improve coordination among school staff, mental health professionals, and policymakers, ensuring that support is timely, evidence-based, and responsive to individual needs.

The specific objective of this study is to summarize, analyze, and synthesize recent literature on the topic of students' mental health. By reviewing studies published between 2015 and 2025, this literature review aims to identify the types of mental health challenges most commonly faced by adolescents, the underlying causes, and the proposed solutions for their support. By systematically analyzing studies published over the last decade, this paper contributes a consolidated evidence base to inform policy decisions, educational interventions, and future research priorities. Thus, this study set out this research question:

- 1) What are the most prevalent mental health issues affecting adolescents in Indonesia between 2019-2025?
- 2) What are the factors contributing to these mental health challenges?
- 3) What are the proposed solutions to support students' mental health between?

METHOD

Research Design

The research methodology aimed to identify, analyze, and synthesize existing studies on students' mental health in Indonesia. A literature review is appropriate for identifying research trends, recurring issues, and knowledge gaps without conducting direct field research. A literature review is a survey of scholarly articles, books, and other sources relevant to a particular issue, area of research, or theory, and by so doing, provides a description, summary, and critical evaluation of these works. The focus of a literature review, however, is to summarize and synthesize the arguments and ideas of others without adding new contributions (Ramdhani et al., 2014). This design aligns with the objective of the study: to understand the challenges faced by Indonesian school-aged students or adolescents in relation to mental health from various scholarly perspectives published between 2015-2025.

Research Procedure

The literature review followed a structured process consisting of searching, selecting, reviewing, and synthesizing relevant literature. Data sources were drawn from several reputable academic databases from Google Scholar. The search was conducted using combinations of keywords such as "students' mental health in Indonesia" or "adolescent mental health in Indonesia". To ensure the relevance and quality of the selected literature, a set of inclusion criteria was established, and 10 articles were included in the review. These criteria are summarized in Table 1 below.

TABLE 1. Inclusion Criteria for Literature Selection

CRITERIA	DESCRIPTION
Publication Year	Articles published between 2015 and 2025
Language	Written in English or Indonesian
Type of Source	Journal Articles related to school-aged students or adolescent mental health in Indonesia
Geographic Focus	Focused on Indonesia or relevant to the Indonesian educational context
Target Population	School-aged students or adolescents (10-17 years)
Topical Relevance	Related to at least one of the following: <ul style="list-style-type: none"> • Mental health issues • Contributing factors • Intervention strategies

Technique of Data Analysis

This study employed inductive thematic content analysis to identify recurring patterns across selected literature. The analytical process followed a systematic guide adapted from (Popenoe et al.,

2021), designed for general literature reviews in health and education. The analysis consisted of three key stages:

1. Identification of Relevant Findings

Each article was reviewed in full, with key results that addressed the research questions manually highlighted. These findings were extracted from the results and discussion sections and, when necessary, supported by the abstract and figures/tables.

2. Development of an Article Matrix

A synthesis matrix (see Table 2) was constructed to document key information from each study, including author, year, title, methodology, sample, and key findings. This helped ensure data traceability and comparability across studies.

3. Thematic Coding and Synthesis

Highlighted findings were categorized using an open coding process. Emerging codes were then grouped into broader thematic categories aligned with the three research questions:

- a) What are the most prevalent mental health issues affecting adolescents in Indonesia between 2019-2025?
- b) What are the factors contributing to these mental health challenges between 2019-2025?
- c) What are the proposed solutions to support students' mental health between 2019-2025?

RESULT AND DISCUSSION

Result

To address the research questions formulated in this study, a number of relevant studies published between 2015 and 2025 were critically examined. The purpose of this section is to synthesize the key findings from the existing literature in order to explore (1) the most prevalent mental health issues affecting adolescents in Indonesia, (2) the main contributing factors behind these challenges, and (3) the strategies or solutions proposed to support students' mental well-being. Table 2 show an overview of a synthesis matrix of the selected studies, summarizing their titles, methodologies, participant characteristics, and major findings. his matrix serves as the foundation for the thematic analysis that follows, offering insights into the broader landscape of student mental health research in the Indonesian context.

TABLE 2. A synthesis matrix organized by the key studies

Author	Title	Method	Sample	Finding
Monique Theberath, David Bauer, Weizhi Chen, Manisha Salinas, Arya B Mohabbat, Juan Yang, Tony Y Chon, Brent A Bauer and Dietlind L Wahner-Roedler (2022)	Effects of COVID-19 Pandemic on Mental Health of Children and Adolescents: A Systematic Review of Survey Studies	This research is a systematic review focused on survey studies that examined the mental health effects of the COVID-19 pandemic. The authors followed the PRISMA guidelines and conducted a comprehensive electronic database search.	In total, 35 survey studies with 65,508 participants, ranging from 4 to 19 years of age from December 2019 to December 2020.	In total, 35 survey studies with 65,508 participants, ranging from 4 to 19 years of age, are included in this review. Anxiety (28%), depression (23%), loneliness (5%), stress (5%), fear (5%), tension (3%), anger (3%), fatigue (3%), confusion (3%), and worry (3%) were the most common mental health issues reported.
Riastuti Kusuma Wardani, Seung Chun Paek, Sauwakon Ratanawijitrasin, and	Exploring the Implementation of the School-Based Mental	Mixed methods and using a purposive sampling method	12 public junior high schools (6 from East	Schools that received the Health School Award had more trained

Darunee Phukhao (2023)	Health Program for Adolescents in Indonesia: A Mixed-Methods Study	from May 6 to August 30, 2021.	Jakarta and 6 from West Jakarta)	teachers to facilitate the SBMH program compared to schools without the award.
Santi Gusti Handonoa, Kasetchai Laeheema, Ruthaychonnee Sittichai (2019)	Factors Related with Cyberbullying Among the Youth of Jakarta, Indonesia	This study used a questionnaire as the data collecting instrument.	A total of 210 young people participated in this study.	Social support from friends was found to have the strongest relationship with cyberbullying behaviour. Self-esteem, social support from family, attitude toward cyberbullying, and problematic Internet use were also found to be related to cyberbullying behaviour.
Windu Astutik, Ni Luh Made Asri Dewi (2022)	Mental Health Problems Among Adolescents Students	This quantitative descriptive study was intended to describe and analyze a study outcome	Consisted 435 students from four junior high schools (Grades 7, 8, and 9) aged 12–15 years who were selected with a multistage sampling technique.	The results showed that 14.5% of adolescent students experienced mental health problems, and 6.7% had a risk of suicide. Screening for adolescent mental health, especially in school, is important to ensure normal development and detect mental health problems as early as possible.
Minh D. Pham, Ph.D., Nisaa R. Wulan, M.P.H., et al. (2024)	Mental Health Problems Among Indonesian Adolescents: Findings of a Cross-Sectional Study Utilizing Validated Scales and Innovative Sampling Methods	An innovative sampling approach. Sequential mixed-methods study.	School- and community-based adolescents aged 16-18 years old from Jakarta (urban megacity) and South Sulawesi (remote province).	The study found that psychological distress affected 24.3% of in-school adolescents and 23.7% of out-of-school adolescents. Meanwhile, depression was reported by 12.6% of in-school students and 23.5% of out-of-school youth. Among those who completed psychiatric interviews, the most common conditions were social anxiety, depression, and suicidality.
Desy Indra Yani, Joelle Yan Xin Chua, John Chee Meng Wong, Minna Pikkarainen, Yong Shian Shawn Goh,	Perception of Mental Health Challenges and Needs of Indonesian	This study utilised a descriptive qualitative design and is part of a larger ongoing	A total of 615 adolescents were recruited from four public schools	This study found that adolescents faced specific challenges related to emotional

Shefaly Shorey (2025)	Adolescents: A Descriptive Qualitative Study	mixed- methods research project. While the quantitative component focuses on factors influencing adolescents' mental health literacy and overall psychological well- being.	in West Java Province, Indonesia, for the quantitative study and 14 participated in this qualitative study.	regulation, body image and self-esteem, academic pressure and the influence of social media.
Meilva Farrah Dilla, M Khalid Al Aziz, Nazhifa Yasmin Amri, Nabira Mutiara4, Miftahul Jannah (2024)	The Influence of Mental Health Conditions of Indonesian Teenagers to Realize a Golden Indonesia 2045	The method used in this data analysis is a descriptive qualitative method whose data sources are obtained from relevant journals.	-	Mental health problems have affected children and adolescents, including depression, anxiety, and behavioral disorders. Many factors affect adolescent mental health, including the pressure of studying at school, bullying, life at home with family, to relationships with peers.
Komang Wahyu Gintari, Desak Made Dwi Jayanti, I Gusti Ayu Putu Satya Laksmi, Silvia Ni Nyoman Sintari (2022)	The Overview of Mental Health in Adolescents	The research uses quantitative descriptive methods with research survey planning.	Stratified random sampling technique, sample size 265 people.	Most of participants were aged 19-24 (44.2%) years and mostly were female (52.1%). The majority has good relationship with peers (92.5%) and experienced mild stress levels (74%). About 41.5% reported neutral experiences with bullying. 47% were found to have general mental health disorders (GME). None of the participants used psychoactive substances, while a small percentage showed signs of psychotic symptoms (4.9%) and PTSD symptoms (7.5%).
Monika Raniti, Divyangana Rakesh, George C. Patton and Susan M. Sawyer (2022)	The Role of School Connectedness in the Prevention of Youth Depression and Anxiety: A	This study is a systematic review and the author followed PRISMA guidelines and	Participants were 14–24 years old when depression and anxiety	Most studies showed a significant protective effect of school connectedness against the

	Systematic Review with Youth Consultation	registered their review on PROSPERO.	outcomes were assessed in any education setting in any country	development of depression and/or anxiety symptoms. And A few studies reported non-significant results, but none found school connectedness to be harmful.
Noveri Aisyaroh, Isna Hudaya, Ratna Supradewi (2022)	<i>Trend Penelitian Kesehatan Mental Remaja di Indonesia dan Faktor yang Mempengaruhi:</i> Literature Review	Using literature review from Indonesian national journals.	-	The result found that the factors affecting adolescent mental health in Indonesia can be grouped into 3 categories: 1) lifestyle factors, 2) social and community networks, 3) socioeconomic, cultural, and environmental factors.

The data presented in Table 2 provides an overview of the key studies included in this literature review, illustrating the diversity of research designs, sample populations, and main findings related to adolescent mental health in Indonesia. By organizing the studies in a synthesis matrix, this table enables easier comparison of the methodologies and evidence across different contexts and regions. To deepen the analysis and highlight specific patterns relevant to the research questions, a thematic coding process was conducted. The results of this thematic analysis are summarized in Table 3, which shows how the extracted data were categorized into codes, subcategories, and main themes.

TABLE 3. Thematic Analysis of Extracted Data

Data Unit/Finding	Condensed Summary	Code	Subcategory	Main Theme
“Adolescents felt overwhelmed due to school tasks and exams” (Dilla et al., 2024)	Overwhelmed by school tasks	Academic pressure	School-related stressors	Contributing factors
“Social media worsened body image and self-esteem” (Yani et al., 2025)	Negative body image from social media	Media influence	Psychosocial risk	Contributing factors
“Students preferred to talk to peers rather than teachers” (Wardani et al., 2023)	Preferred peer support	Peer support	Coping mechanism	Proposed solutions
“Only 2.6% accessed professional mental health services” (Center of Reproductive Health et al., 2022)	Low service access	Limited access	Barriers to treatment	Contributing factors
"Anxiety (28%), depression (23%), loneliness (5%), stress	High prevalence of various mental health issues during COVID-19	Common mental health issues	Prevalence of mental health issues	Prevalent mental health issues

<p>(5%), fear (5%), tension (3%), anger (3%), fatigue (3%), confusion (3%), and worry (3%) were the most common mental health issues reported."(Theberath et al., 2022)</p>				
<p>"Social support from friends was found to have the strongest relationship with cyberbullying behaviour." (Handono et al., 2019)</p>	<p>Strong relationships were found between cyberbullying and social support, self-esteem, attitude towards cyberbullying, and problematic internet use</p>	<p>Factors of cyberbullying</p>	<p>Individual and social factors</p>	<p>Contributing factors</p>
<p>"The results showed that 14.5% of adolescent students experienced mental health problems, and 6.7% had a risk of suicide."</p>	<p>Prevalence of mental health problems and suicide risk among junior high school students in Bali</p>	<p>Prevalence of mental health issues, suicide risk</p>	<p>Emotional and behavioural problems</p>	<p>Prevalent mental health issues</p>
<p>"The estimated population prevalence of psychological distress and depression were 24.3% (95% CI=21.5-27.2) and 12.6% (10.5-14.4) for in-school and 23.7% (20.7-26.7) and 23.5% (20.4-26.5) for out-of-school adolescents, respectively."(Pham et al., 2024)</p>	<p>Significant prevalence of psychological distress and depression in both in-school and out-of-school adolescents</p>	<p>Prevalence of mental health issues</p>	<p>Emotional and behavioural problems</p>	<p>Prevalent mental health issues</p>
<p><i>"Remaja yang memiliki Gangguan Mental Emosional (GME) sebanyak 124(46,8%), tidak ada penggunaan zat psikoaktif pada remaja, remaja yang memiliki gejala psikotik/psikosis sebanyak 13(4,9%), dan remaja yang memiliki indikasi gejala Post-Traumatic Stress Disorder (PTSD) sebanyak 20(7,5%)."</i>(Gintari et al., 2023)</p>	<p>46.8% of adolescents had Emotional Mental Disorders (GME), 4.9% had psychotic/psychosis symptoms, and 7.5% had PTSD symptoms. No psychoactive substance use was reported</p>	<p>Prevalence of specific mental health conditions</p>	<p>Emotional and behavioural problems, psychotic symptoms, PTSD</p>	<p>Prevalent mental health issues</p>
<p>"Most studies found a significant protective relationship between higher levels of school connectedness and depressive and/or anxiety symptoms;</p>	<p>Higher school connectedness is largely protective against depressive and anxiety symptoms</p>	<p>Protective effect of school connectedness</p>	<p>School environment</p>	<p>Proposed solutions</p>

more measured depression than anxiety." (Raniti et al., 2022)

<p>"The results of the analysis of 14 articles... obtained 3 main factors related to mental health, namely 1) lifestyle factors (bullying, etc.) 2) social and community networks (support from friends, social media, etc.), and 3) socio-economic, cultural and environmental conditions (religiosity)." (Aisyaroh et al., 2022)</p>	<p>Mental health is influenced by lifestyle, social/community networks, and socio-economic/cultural/environmental conditions</p>	<p>Influencing factors</p>	<p>Broad categories of factors</p>	<p>Contributing factors</p>
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Discussion

Prevalent Mental Health Issues Among Indonesian Adolescents (2019-2025)

Adolescent mental health issues in Indonesia have escalated significantly from 2019 to 2025, with anxiety and depression emerging as the most dominant concerns. A cross-sectional study revealed that psychological distress affected 24.3% of in-school adolescents and 23.7% of out-of-school adolescents. Depression was reported in 12.6% of those in school and 23.5% of those out of school. Gender differences were also observed: among in-school adolescents, females had higher rates of psychological distress (30.4%) and depression (14.6%) compared to males (16.9% and 10.1%, respectively). However, among out-of-school adolescents, males had higher rates of psychological distress (25.2%) and depression (26.3%) than females (20.2% and 16.9%). Notably, students who felt they needed help but did not seek healthcare were more likely to report mental health issues (Pham et al., 2024). These findings highlight the widespread and uneven burden of mental health issues among Indonesian adolescents, underscoring the urgent need for targeted support based on school status and gender.

Another report by UNICEF noted that the prevalence of depression and anxiety in adolescents aged 10-19 years increased nearly fourfold, from 9.2% in 2018 to 43% in 2021 (Wardani et al., 2023). This surge highlights the growing mental health crisis, especially exacerbated during the COVID-19 pandemic. This finding is consistent with (Theberath et al., 2022) found that during the COVID-19 pandemic, anxiety affected 28% and depression affected 23% of adolescents globally, with symptoms such as loneliness, stress, fear, and fatigue also frequently reported. This alarming trend is further supported by a study conducted in Bali, which reported that 14.5% of junior high school students experienced mental health problems, and 6.7% were at risk of suicide (Agustina et al., 2022). Similarly, a survey in Ubung Kaja Village found that 46.8% of adolescents showed signs of emotional and mental disorders, while 7.5% displayed symptoms of post-traumatic stress disorder (PTSD) (Gintari et al., 2023). These consistent findings across regions and studies reflect a nationwide escalation of adolescent mental health concerns in recent years.

These findings are in line with the Indonesian National Adolescent Mental Health Survey (I-NAMHS), which provides a comprehensive national estimate of adolescent mental health issues. According to (Center of Reproductive Health et al., 2022), approximately one in three Indonesian adolescents or equivalent to 15.5 million Indonesian teenagers, has experienced a mental health condition, with anxiety and depression accounting for 32% of all diagnosed cases (Yani et al., 2025).

The survey further emphasizes significant gaps in access to mental health care, with many adolescents not seeking or receiving the support they need due to stigma, low mental health literacy, and lack of services. When viewed collectively, the I-NAMHS data and regional studies illustrate a consistent and troubling pattern of deteriorating adolescent mental health across Indonesia, highlighting the urgent need for systemic, inclusive, and youth-centered interventions at both national and local levels.

Factors Contributing to Mental Health Challenges

Multiple socio-environmental and psychological factors contribute to the deterioration of adolescent mental health in Indonesia. One primary trigger is academic pressure, where expectations from families and schools create overwhelming stress (Dilla et al., 2024). Multiple socio-environmental and psychological factors contribute to the deterioration of adolescent mental health in Indonesia. One primary trigger is academic pressure, where expectations from families and schools create overwhelming stress (Yani et al., 2025).

Other notable contributors include conflict with parents and peers, spiritual struggles, and internalized cultural expectations. Poor family attachment and low mental health literacy exacerbate emotional distress, as adolescents often lack both support and knowledge to address their condition (Yani et al., 2025). Moreover, stigma and traditional beliefs around mental health where it is often associated with supernatural forces discourage help-seeking behavior (Yani et al., 2025).

Additionally, socio-economic and geographic disparities are influential. Adolescents in urban areas face more media exposure and performance expectations, while those out of school report higher depression rates (23.5%) compared to their in-school peers (12.6%) (Pham et al., 2024). This discrepancy reveals how school enrolment itself is a protective factor against mental health decline. These findings underscore the critical role of school environments not only in providing education but also in serving as protective spaces that can help buffer adolescents against the worsening mental health crisis in Indonesia.

A comprehensive analysis of the literature reveals that adolescent mental health challenges in Indonesia between 2019 and 2025 are shaped by four broad and interconnected categories of contributing factors. First, individual and psychological factors such as emotional dysregulation, low self-esteem, poor coping skills, and gender differences play a significant role in the onset of depression, anxiety, and suicidal ideation (Agustina et al., 2022; Pham et al., 2024; Yani et al., 2025). Second, family and social relationship are critical, with studies consistently highlighting the impact of parent-child conflict, lack of emotional support at home, peer bullying, and low school connectedness, factors that either exacerbate or buffer against mental health symptoms (Dilla et al., 2024; Raniti et al., 2022; Wardani et al., 2023). Third, adolescents are increasingly vulnerable to digital and academic pressure, including cyberbullying, problematic internet use, excessive social media exposure affecting body image and self-worth, and overwhelming academic expectations, all of which contribute to psychological distress (Dilla et al., 2024; Handono et al., 2019; Yani et al., 2025). Lastly, structural, cultural, and environmental barriers such as widespread stigma, low mental health literacy, and uneven access to mental health services limit adolescents' ability to seek and receive timely care (Aisyaroh et al., 2022; Wardani et al., 2023). Together, these four illustrate that adolescent mental health in Indonesia is influenced not only by internal struggles but also by relational, societal, and institutional dynamics. Addressing these issues effectively requires an integrated approach, one that combines individual support with strengthened family engagement, school-based programs, digital literacy, and broader mental health policy reform to create a more supportive environment for Indonesia's youth.

Proposed Solutions to Support Students' Mental Health

In response to the rising prevalence of mental health challenges, several promising solutions have been proposed and implemented. A major government initiative is the school-based Mental Health (SBMH) program, launched in 2017 and deployed in all public junior high schools in Jakarta. This program

consists of three core components: mental health education, screening, and counseling (Wardani et al., 2023). Consistent with the literature, this research found that in Jakarta consist of 86.67% of public schools conduct mental health education, 53.3% carry out screening, and 80% offer counseling (Yani et al., 2025). These efforts indicate a growing institutional commitment to adolescent mental health; however, consistent implementation and equitable access across regions remain critical to ensuring the program's long-term effectiveness and national impact.

Despite these efforts, challenges remain in implementation, particularly in schools without the Health School Award. These institutions often lack trained counselors, sufficient funding, and mental health-trained teachers. Additionally, students report a stronger preference for in-person, empathetic support over online options, suggesting that human connection is vital for effective mental health care (Yani et al., 2025). Thus, these preferences reported how adolescents would like mental health literacy programs such as school-based, face-to-face programs delivered by local mental health experts, and a mixture of one-on-one or group sessions, depending on the topic covered.

Beyond institutional responses, peer support and group-based interventions have shown promise. Adolescents prefer support from friends or peer counselors, with evidence suggesting that these methods improve psychological adjustment, emotional validation, and self-esteem (Yani et al., 2025). Similarly, interventions promoting school connectedness, the sense of being valued and supported in school, have been proven to reduce depression and anxiety across various contexts (Raniti et al., 2022).

Further research is needed to focus on mental health literacy, career guidance, and parental involvement. By addressing the root causes of stress and offering concrete life planning support, such programs can empower adolescents to manage their futures with confidence. Integrated efforts between schools, families, healthcare providers, and policymakers are essential to creating a sustainable support system for adolescent mental health.

SUGESSTION AND CONCLUSION

This study has identified the most prevalent mental health issues affecting Indonesian adolescents between 2019-2025. This revies clearly found that anxiety and depression were consistently reported as the most dominant mental health challenges across multiple studies. National surveys and regional studies revealed that approximately one in three adolescents experienced some form of mental health problem during this period. In particular, psychological distress, depression, and social anxiety were prevalent both among in-school and out-of-school youth, with the COVID-19 pandemic contributing to a sharp rise in reported symptoms. These findings confirm that anxiety and depression have become widespread and urgent issues affecting adolescent well-being in Indonesia.

The second major finding examined the factors contributing to these mental health challenges. The analysis indicated that multiple interconnected factors were responsible, including academic pressure, family conflict, peer relationships, excessive social media use, and socio-economic disparities. Cultural stigma around mental health and low mental health literacy further prevented adolescents from seeking help. Gender differences also influenced vulnerability, with girls reporting higher anxiety and body image concerns, while boys showed higher rates of depression in some contexts. Together, these findings highlight the complex interplay of personal, social, and structural factors that shape adolescents' mental health outcomes.

The last finding examined the proposed solutions to support adolescent mental health. Various strategies were identified across the literature, with school-based mental health programs emerging as a central approach. These programs typically included mental health education, early screening, and counseling services, which were shown to improve awareness and provide accessible support within school environments. Additionally, peer support initiatives and efforts to strengthen school connectedness were highlighted as effective in reducing symptoms of anxiety and depression, as adolescents often preferred to seek help from trusted friends rather than professionals. Beyond schools, broader interventions such as community education campaigns, digital literacy training to mitigate the

negative impacts of social media, and capacity building for teachers and parents were recommended. However, challenges remain in ensuring consistent implementation, equitable access, and long-term sustainability of these interventions across different regions of Indonesia.

These findings provide the following insights for future research: first, there is a need for longitudinal and regionally diverse studies to capture changing patterns and the long-term impact of interventions on adolescent mental health across Indonesia. Second, future research should explore the effectiveness of culturally adapted school-based mental health programs and peer support models in different educational and community settings. Third, investigations into innovative digital tools, such as mobile apps and online counseling platforms, could offer scalable solutions to improve access to mental health support, especially in underserved areas. Finally, studies examining strategies to reduce stigma and enhance mental health literacy among parents, teachers, and community leaders will be essential for building a comprehensive support system that empowers adolescents to seek help without fear or hesitation.

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