Analysis Of Factors On Adolescent Mental Health In Cikulur District, Lebak Regency, Banten, Indonesia

Vivi Silawati, Lusi Oktaviani, Siti Syamsiah

Universitas Nasional, Jakarta, Indonesia
*Corresponden Author: Vivi Silawati (vivi.sila@civitas.unas.ac.id)

Check for updates

A B S T R A C T

Background: Adolescents generally have good physical and mental health. However, due to various disturbances, they are vulnerable to mental health issues. Mental health has become a global issue, including in Indonesia, affecting nearly 350 million people worldwide (WHO, 2023). Objective: To examine the influence of body weight, psychological resilience, emotional state, self-confidence, academic performance, and social support on adolescent mental health.

Methods: This study used a descriptive approach with an ex post facto design. The sample consisted of 89 respondents. Data were collected using a questionnaire, and multiple linear regression analysis was employed.

Results: Among the adolescents surveyed, 12 (13.5%) had abnormal mental health, 19 (21.3%) were classified as borderline, and 58 (65.2%) had normal mental health. Regarding body weight, 14 (15.7%) were underweight, 59 (66.3%) had normal weight, and 16 (18%) were overweight. Psychological resilience levels were low in 14 respondents (15.7%), moderate in 46 (51.7%), and high in 29 (32.6%). Emotional state analysis showed that 13 respondents (14.6%) had abnormal emotional conditions, 19 (21.3%) were borderline, and 57 (64%) were normal. Self-confidence levels were low in 12 respondents (13.5%), moderate in 72 (80.9%), and high in 5 (5.6%). In terms of academic performance, 74 (83.1%) had adequate grades, 12 (13.5%) had good grades, and 3 (3.4%) had excellent grades. Social support was low for 11 respondents (12.4%), moderate for 69 (77.5%), and high for 9 (10.1%). All variables showed statistically significant results (p-value: 0.000 < 0.05), indicating a relationship between body weight, psychological resilience, emotional state, self-confidence, and social support with adolescent mental health among middle school students in Cikulur District. Among these factors, emotional state exhibited the strongest correlation with mental health, as evidenced by a Pearson correlation value of 0.980.

Conclusion: The study indicates that body weight, psychological resilience, emotional state, selfconfidence, and social support are significantly related to adolescent mental health. Recommendations: Adolescents should enhance their social interactions and engage in positive activities within their environment. Additionally, they should set clear goals for their future aspirations.

INTRODUCTION

Mental health Adolescent mental health has become an increasingly relevant and important topic in our society today. In recent years, we have witnessed an increase in the number of adolescents facing mental problems, such as stress, anxiety, depression and eating disorders, being a serious concern, according to

WHO (2023), about 10-20% of adolescents of adolescents world wide experience mental health conditions that affect their overall well-being.

Adolescents often face pressures from various aspects of their lives, such as academic demands, social problems, and the development of self-identity (Dusselier et al., 2005). High academic demands are often a major cause of stress and anxiety (Meadows et al., 2006). In addition, family conflict, bullying, and lack of emotional support are significant risk factors (Kull et al., 2012).

Mental health is becoming a global problem, affecting around 350 million people in the world, and mental disorders are one of the leading causes of death by suicide with close to 800,000 cases each year (WHO, 2021). Research shows that adolescent suicide rates have tripled in the last six decades (Vastag, 2019). More worryingly, 60% of college students reported experiencing anxiety and depression, mainly caused by academic, social, and financial pressures (Inam et al., 2018). This is often considered a trigger for stress and depression (Meadows et al., 2006). Gender The female gender is consistently reported to be at risk for developing depression, and about two-thirds of adolescents with depressive disorders are female (Kessler et al., 1993; Mazure, 2002). In studies in the United States millions of people suffer from depression each year (Fontaine, 2000; Craft, 2005) and one in five people in the United States experience depression (NIMH, 2015). The research results of another study also conducted in the United States showed that depressive disorders in women were almost twice as large as men (Angold & Rutter, 1992), the figure shows women (21.3%) while men (12.7%) (Noble, 2005). In Indonesia, the prevalence of depressive disorders was recorded at 706,689 people, but only 42,606 people received treatment. In Banten province, cases of depression reached 33,269 people, but only 2,866 people were treated, (Ministry of Health, 2022). This condition indicates an urgent need to improve early detection and mental health intervention efforts, especially among adolescents.

The risk factors that affect adolescent mental health are very diverse, ranging from academic pressure, family conflicts, to exposure to violence. Adolescent girls are reported to have a higher risk of depression than boys, with a prevalence almost double the prevalence (Angold & Rutter, 1992; Noble, 2005). Apart from that, the experience of being a victim of bullying in school or the surrounding environment also contributes to stress, anxiety, depression, and even suicide risk (Kull et al., 2012)

Based on data from the Banten Provincial Health Office Banten Health Office the prevalence of mental disorders of emotional mental disorders shown by symptoms of depression and anxiety for ages 15 years to and over reached about 6.1% of the total population. At the age of adolescents (15-24 years) there is a percentage of depression of 6.2%. Based on data from the Lebak district Health Department Health Lebak Office age 15 years to and over reached about 4.2%. Among the students, 6.9% had the intention to commit suicide while the other 3% had attempted suicide. Depression in adolescents can be caused by several things such as pressure in the academic field, bullying, family factors, and economic problems. Based on the results of a preliminary study at SMP N 1 Cikulur, Cikulur District District, Lebak, as many as 3 out of 5 adolescents interviewed showed low levels of mental health and had mental problems, abnormal emotional mental problems category. They also have low levels of self-confidence, feel inferior, and tend to be less sociable. This condition also affects their learning outcomes, with average report card grades below the Minimum Competency Minimum (KKM).

Given the complexity of this problem, comprehensive interventions are needed to improve adolescent mental health. This study aimed to analyze the influence of various factors, such as body weight, psychological resilience, emotional condition, self-confidence, learning outcomes, and social interaction, on adolescent mental health in Cikulur District, Lebak Regency. This research is expected to contribute to the development of strategies for the prevention and treatment of adolescent mental health problems, especially in Indonesia.

METHODS

This type of research is descriptive and uses an ex post facto approach. Ex post facto means "after the fact," with data collected through a survey. Ex post facto research aims to identify the causes that lead to changes in behavior, symptoms, or phenomena resulting from an event.

The number of samples in this study was 89 respondents, and the sampling technique used was probability sampling. This research was conducted from August to November 2024 in several junior high schools located in Cikulur District.

In this study, observations were conducted and questionnaires were distributed to determine the factor analysis of adolescent mental health among 89 participants who met the inclusion criteria. The data were analyzed using univariate and bivariate analysis methods, including normality tests, linearity tests, multicollinearity tests, multiple linear regression, simultaneous tests, and t-tests.

RESULTS

Table 1
Gender Frequency Distribution

Gender	frequency (f)	percentage (%)
male	20	22.5 , 5
female	69	77.5 , 5
Total	89	100

Based on Table 1, it can be seen that of the 89 respondents, 20 were male (22.5%) and 69 were female (77.5%).

Table 2
Mental Health Frequency Distribution Mental Health Frequency Distribution Mental

Mental Health	Frequency (f)	Percentage (%)
Abnormal	12	13 , 5
Borderline	19	21 , 3
Normal	58	65 , 2
Total	89	100 , 0

Based on Table 2, it can be seen that from 89 adolescent respondents who have abnormal mental health, 12 people (13.5%) are borderline, 19 people (21.3%) are normal, 58 people (65.2%).

Table 3
Distribution Frequency Distribution Of Body Weight

Weight	Frequency (f)	Percentage (%)
Underweight	14	15 , 7
Normal	59	66 , 3
Overweight	16	18 , 0
Total	89	100.0

Based on Table 3, it can be seen that from 89 adolescent respondents who have weight Underweight 14 people (15.7%) normal 59 people (66.3%) Overweight 16 people (18%).

Table 4
Psychological Distribution Frequency Distribution *Of Resiliency*

Psychological resilience	frequency (f)	percentage (%)
low	14	15.7 , 7
medium	46	51.7 , 7
high	29	32.6 , 6
Total	89	100.0 , 0

Based on Table 4, it can be seen that from 89 respondents, adolescents who have low *psychological resilience* are 14 people (15.7%) medium, 46 people (51.7%) high, and 29 people (32.6%).

Table 5
Emotional Frequency Distribution

Emotional	Frequency (f)	Percentage (%)
Abnormal	13	14 , 6
Borderline	19	21 , 3
Normal	57	6 , 0
Total	89	100 , 0

Based on Table 5, it can be seen that from 89 adolescent respondents who have emotional abnormal emotions 13 people (14.6%) borderline 19 people (21.3%) normal 57 people (64%).

Table 6
Frequency Distribution of Self-Confidence

Confidence	frequency (f)	percentage (%)
low	12	13.5 , 5
medium	72	80.9 , 9
High	5	5.6 , 6
Total	89	100.0 , 0

Based on Table 6, it can be seen that from 89 adolescent respondents who have low self-confidence as many as 12 people (13.5%) are 72 people (80.9%) High 5 people (5.6%).

Table 7
Frequency Distribution Of Learning Outcomes

Learning outcomes	frequency (f)	percentage (%)
sufficient	3	3.4
good	74	83.1
excellent	12	13.5
Total	89	100.0

Based on Table 7, it can be seen that from 89 adolescent respondents who had sufficient learning outcomes as many as 3 people (3.4%) good, 74 people (83.1%) very good, 12 people (13.5%).

Table 8
Frequency Distribution of Social Support

Social support	frequency (f)	percentage (%)
Enough	3	3.4
good	74	83.1
very good	12	13.5
Total	89	100.0

Based on Table 8, it can be seen that from 89 adolescent respondents who have social support low social support as many as 11 people (12.4%) are 69 people (77.5%) high 9 people (10.1%).

Table 9
Frequency Distribution of Normality Test

Variables	Kolmogorov-Smirnov [a]		
	Statistics	df	P *Value*
Adolescent Mental Health	399	89	0.200
Weight	454	89	0.260
Psychological Resilience	495	89	0.805

Emotional	393	89	0.310
Confidence	437	89	0.431
Learning outcomes	465	89	0.630
Social Support	517	89	0.884

Based on Table 9, the normality test results show that all variables have a significance value greater than 0.05. This indicates that the data distributed is normally distributed and worthy of subsequent analysis

Table 10

Correlation Test Results of the Effect of Body Weight, *Psychological Resilience* , Emotional Self-Confidence, and Social Support on Mental Health

	Mean	*Std. Deviation*	*Range*	*Person Correlation*	*P Value*
Weight	21.55	1.88	291	0.540	0,000
Psychological Resilience	72.92	10,403	694	0.833	0,000
Emotional	5.49	0.740	959	0.980	0,000
Confidence	4.92	0.432	506	0.711	0,000
Learning outcomes	2.10	0.400	029	0.170	0,000
Social Support	73.64	9,311	558	0.747	0,000

Based on table 10 the results of bivariate analysis with correlation obtained value

1. Body weight in research this study has *a mean result* is 21.55 kg with *std. deviation* of 1,588 kg indicates a variation of body beat among respondents with *Range* a body weight Range is 291 kg.
2. Psychological in research this study has *a mean result* is 72.92 with *std.deviation* 10.403 with *Range Psychological resilience* is 694. *Pearson correlation test results* showed a correlation coefficient of 0.833 which indicates a fairly strong and positive influence between mental health *and psychological resilience.*
3. Emotional in research this study had *a mean result* was 5.49 with *std. deviation* 0.740 with *Range* emotional Range is 959. *Pearson correlation test results* showed a correlation coefficient of 0.980 which indicates a strong and positive influence between mental health and emotional health.
4. Confidence in research this study has resulted in *a mean result* is 4.92 with *std. deviation* 0.432 with *Range* confidence Range is 506. *Pearson correlation test results* showed a correlation coefficient of 0.711 which indicates a fairly strong and positive influence between mental health and trust and self-confidence
5. The results of the learning outcomes in this research study have *a mean result* is 2.10 with *std. deviation* 0.400 with *Range* of learning outcomes Range is 029. *Pearson correlation test results* showed a correlation coefficient of 0.170 which indicates a strong and positive influence between mental health and learning outcomes
6. Social support in this study has *a mean result* of 73.64 with *a std. deviation of* 9.311 with *a range of* social support is 558. *Pearson correlation test results* showed a correlation coefficient of 0.747 which indicates a fairly strong and positive influence between mental health and social support.

Table 11

Simultaneous Significance Test (F-Test) Results

Model	f Squares	df	ı Square	F	Sig.
Regression	4,745	6	7.45	13.14	000 [b]
Residual	,480	82	).18		
Total	**5,225**	**88**			

Based on Table 11 obtained coefficient F count 413.141 and significance value 0.000 < 0.05, then ha accepted and rejected H0. So it can be concluded that there is an influence and is a significant influence and between body weight, *psychological resilience* , emotional, self-confidence, learning outcomes and social support on health for adolescent mental health of adolescent students of Junior High School students in Cikulur District.

Table 12
Coefficient of Determination (R2) Coefficient of Determination (R2 Test)

Model	R	R Square	Adjusted R Square	See
1	0.984 [a]	0.968	0.966	0.134

Based on Table 12 of the R2 test results value, the adjusted value of R2 of 0.966 is 0.966 or 96.6%. This shows that mental health of adolescent mental health can be explained by 96.6% by independent variables, namely, namely, weight, *psychological resilience* , emotional, self-confidence and social support while the rest (100% - 96.6% = 3.4%) described by variables other variables

Table 13
Analysis of T-test (partial) effect of body weight, *psychological resilience* , emotional, self-confidence and social support on Mental Health

Model		T	equation of the line	Sig.
	(Constant)	1,145	283	000
	Weight Weight	0.016	134 + .098	000
	psychological resilience	3,139	009 + 122,002	.002
1	emotional	22,348	864 + 882,000	.000
	Self-confidence	-2,150	128 + 077	000
	Learning outcomes results	1,141	046 + 026	000
	social support	1,919	005 + 069	000

Based on Table 13 shows the value of t count for each variable. The meaning of the regression equation above is as follows:
1) Hypothesis 1 states that the body variable the weight variable affects the mental health of adolescents. Based on the statistical results of statistical tests tcount is 0.016 and the value of the significance value of body weight is equal to 0.000 < 0.05 so it can be concluded that H1 is accepted, which means the variable weight effect on adolescent mental health.
2) Hypothesis 2 states that the psychological variable *psychological resilience* effects on adolescent mental health. Based on the statistical results of statistical tests t count of 3.139 and the significant value of body weight is equal to 0.002 < 0.05 so it can be concluded that H2 is accepted, which means the variable weight effect on adolescent mental health.
3) Hypothesis 3 states that emotional variables affect the mental health of adolescents. Based on the statistical results of statistical tests tcount of 22.348 and the significant value of body weight is equal to 0.000 < 0.05 so it can be concluded that H3 is accepted, which means the emotional variables affect the mental health of adolescents and the emotional variables that most influence other variables ang due to the largest value of t count.
4) Hypothesis 4 states that the self-confidence variable affects the mental health of adolescents. Based on the statistical results of statistical tests tcount of -2.150 and the value of the significance of self-confidence is equal to 0.000 < 0.05 so it can be concluded that H4 is accepted, which means the variable self-confidence has an effect on adolescent mental health.

5) Hypothesis 5 states that learning outcome variables influence adolescent mental health. Based on the statistical results of statistical tests tcount of -1.141 and the value of the significance of the results of the study is equal to 0.000 < 0.05 so it can be concluded that H5 is accepted, which means the variable has an effect on adolescent mental health.

6) Hypothesis 6 states that social support variables influence adolescent mental health. Based on the statistical results of the statistical test count of 1.919 and the significant value of support of social support is equal to 0.000 < 0.05 so it can be concluded that H6 is accepted, which means that social support variables influence adolescent mental health.

DISCUSSION

Mental Health

Based on the results of the study, the mental health level of adolescent mental health was categorized as follows: abnormal 12 people (13.5%), borderline 19 people (21.3%), and normal 58 people (65.2%). Mental health is characterized as a response to physical stress and mental stresses that can reach or exceed the capacity of the individual.

Based on the results of the coefficient F count 413.141 and the significance value of 0.000 < 0.05, then ha accepted and rejected H0. So it can be concluded that there is an influence and is a significant influence between body weight, psychological resilience , emotional, self-confidence, learning outcomes and social support on adolescent mental health.

From the results of the R2 test, the value of adjusted R2 of 0.966 is 0.966 or 96.6%. This shows that mental health of adolescent mental health can be explained by 96.6% by independent variables namely body weight, psychological resilience , emotional, self-confidence and social support while the rest (100% - 96.6% = 3.4%) is described by another variable.

In Rezeki research, 2021 where social anxiety that occurs in adolescents at school is estimated at 10% to 20%, Indonesia conducted a study obtained data of 15.8% of individuals experiencing social anxiety. There was an increase of about 9.6% in anxiety symptoms of social anxiety at the beginning of age of 10 years of age. Data on social anxiety on adolescent social anxiety is obtained about 70-95% of adolescents who experience anxiety social anxiety who only speak in certain situations.

Various factors affect mental health. The more risk factors faced by adolescents, the greater the potential impact on their mental health. Factors that can contribute to stress during adolescence include exposure to adversity, pressure to fit in with peers, and identity exploration (Lissak, 2018).

Based on the theories from Lisaak's explanation (Lisaak, 2018) and Islam (2020), researchers assume that mental health is very important for the well-being of adolescents. By understanding the importance of mental health for adolescents and taking appropriate steps to maintain balance, adolescents can better cope with challenges in their growing up and build a strong foundation for a better future.

Effect Of Body Weight On Mental Health Adolescent Mental Health

Based on the results of the study, the weight distribution of adolescent weight is: underweight 14 people (15.7%), normal 59 people (66.3%), and overweight 16 people (18%). Regression Multiple linear regression tests showed that weight variables state the effect on adolescent mental health. Based on the statistical results of statistical tests tcount is 0.016 and the value of the significance of body weight is equal to 0.000 < 0.05 so it can be concluded that H1 is accepted, which means the variable body weight effect on adolescent mental health.

Factors causing overweight or underweight include external factors, such as food consumption, nutritional knowledge, education level, sociocultural environment, and physical activity, as well as internal factors, such as age, gender, physical condition, and infectious diseases. Siska Damaiyanti's study showed that obesity has a significant relationship with social anxiety (p-value = 0.000; r = -0.669). Obesity can affect self-confidence, thus adversely affecting social interaction (Dewi &, 2017).

Factors - The factors that cause obesity in adolescent obesity include both external and internal factors. External factors include food consumption, nutritional knowledge, level of education, socio-cultural environment, and physical activity. Internal factors include age, gender, physical condition, and

infectious diseases. The factors that contribute to the change in balance lead to the incidence of obesity, resulting in the act of criticizing. (Sabatini Setiawati et al., 2019).

This is in line with Siska Peaceyanti's research, where the results showed that 89.1% of respondents were adolescents with Grade I obesity and 56.5% of adolescents with moderate levels of social anxiety were in the moderate category. The results of the analysis showed the value of $p = 0.000$ and $r = -0.669$, so it was concluded that there is a relationship between the level of obesity with anxiety and social anxiety in high school students in the city of Bukit Tinggi.

Based on the theory of explanation Kumalasari (2013) and Moha (2018), the researchers assume that due to less attractive forms, often cause problems in the relationship and a person can become inferior and the worst impact is despair. Women who are obese will usually experience anxiety about their body.

Effect of Psychological Resilience on Adolescent Mental Health

The results showed the level of psychological resilience of adolescents as follows: low 14 people (15.7%), medium 46 people (51.7%), and high 29 people (32.6%). Multiple regression multiple linear regression tests showed that the psychological variable resilience effect on adolescent mental health based on the statistical results of statistical tests totaled 3.139 and the significant value of body weight was $0.002 < 0.05$ so it can be concluded that H2 is accepted, which means the variable weight effect on adolescent mental health.

Resilience is a person's capacity to handle various demands and difficulties of life. High resilience is related to optimistic attitudes and mental well-being 5 , which reflects a good state of mental health. While low resilience is related to self-blame, and allows the onset of symptoms of somatization, anxiety and depression (Liuyi Ran, 2020).

Similarly, the results of Rudwan and Alhashimia's (2018) research prove that resilience is positively correlated with student mental health. This means that the higher the level of student resilience, the higher the level of student mental health. Conversely, the lower the student's resilience level, the lower the student's mental health level. Other findings from this study suggest that women are more resilient and have higher levels of mental health than men.

Based on the explanatory theory of Asude (2015) Fakhriyani (2021), researchers assume that resilience can have a negative impact on student psychological distress. Distress Psychological distress is described as a mental health condition that is a negative mental health condition. This means that the higher the individual's resilience, the lower the psychological distress.

The Influence of Emotional Influence on Adolescent Mental Health

The results showed the following categories of adolescent emotions: abnormal 13 people (14.6%), borderline 19 people (21.3%), and normal 57 people (64%). Multiple regression multiple linear regression tests showed that emotional variables affect the mental health of adolescents. Based on the statistical results of statistical tests t count of 22.348 and the value of the significance of body weight is equal to $0.000 < 0.05$ so it can be concluded that h3 is accepted, which means the emotional variables affect the mental health of adolescents and the emotional variables that most influence other variables due to the greatest value of t count.

Changes The emotional changes that occur in adolescence have a great influence on the lives of adolescents. Adolescent emotions that tend to explode making it difficult for adolescents themselves and the environment around adolescents, especially parents, teachers and friends in understanding adolescent self (Sarwono, 2013). Keliat (2011) argues that adolescent psychosocial development psychosocial development is the ability of adolescents to achieve their identity. If it cannot achieve these abilities, it will experience role confusion which has an impact on behavioral deviations in adolescents.

According to Goleman (2017) emotional intelligence is a person's ability to manage their emotional life with intelligence (to manage our emotional lift with intelligence); maintain the harmony of emotions and its expression (the appropriateness of emotion and its expression) through self-awareness skills, self, self-control, self-intelligence, spiritual intelligence, empathy and social skills or in other words Goleman also equating emotional intelligence is the ability of a person's ability to recognize emotions self-emotions, manage emotions, motivate yourself, recognize the emotions of others (empathy) and the

ability to foster relationships (cooperation) with others. Mental Health Mental health is defined as the successful execution of mental functions, so that productive activities are achieved that are productive, fulfilled, relationships with others are fulfilled, and the presence of the ability to change and overcome difficulties (Knopf, D., Park, MJ, & Mulye, TP, 2018).

Research This study is in line with research by Durotun the Durotun nafisah (2021) with a study using a correlation test, showing the results of a significant level of ③ value (0.018 < 0.05), it can be concluded that there is an influence between emotions on the level of mental health of Adolescent mental Health. The results of R count = -0.305 which shows the relationship between emotion regulation to the level of mental health of adolescents in the low relationship category. That is, the higher the regulation of emotions, the better their mental health.

Based on the theory of explanation Sarwono (2013) and Keliat (2011), the researchers assume that the emotional changes that occur in adolescence have a great influence in the lives of adolescents, the higher the regulation of emotions, the lower the level of mental health of Adolescent mental Health.

The Effect of Self-Confidence on Adolescent Mental Health

The results showed the distribution of adolescent self-confidence levels as follows: low 12 people (13.5%), medium 72 people (80.9%), and high 5 people (5.6%). Regression Multiple linear regression test showed variable self-confidence effect on adolescent mental health. Based on the statistical results of statistical tests tcount of -2.150 and the value of the significance of self-confidence is equal to 0.000 < 0.05 so it can be concluded that H4 is accepted, which means the variable self-confidence has an effect on adolescent mental health.

Based on the theory put forward (Konaszewski, 2019) Self-efficacy plays an important role for someone in responding to difficult situations, as well as encouraging someone's habit of getting used to certain situations, self-efficacy affects a person in determining a good way to manage existing pressure.

People who have high self-confidence are able to do great things because they always think positively and believe in their talents, while people who have low self-confidence tend to be pessimistic and lack self-confidence (Amri 2018). Students with good self-confidence will have no trouble starting conversations and sharing thoughts.

This is in line with research (Sari, 2018), with the results of self-efficacy related to the level of stress experienced by a person, the study mentions that the low stress experienced by the research subjects means that the self-efficacy they have is in the high category, the high, level of self-efficacy is related to the trust that someone has who can overcome the pressure that is there.

Based on the explanatory theory of Konaszewski (2019) and Sari (2018), the researchers assume that the strong positive current of self -efficacy has had a good impact on mental health and adolescents are also able to grow their potential in dealing with everyday life.

Influence of learning outcomes on Adolescent Mental Health

The results showed the distribution of learning outcomes of adolescent learning outcomes as follows: quite 74 people (83.1%), good 12 people (13.5%), and very good 3 people (3.4%). Multiple regression multiple linear regression tests showed that the learning outcomes variables had an effect on adolescent mental health. Based on the statistical results of statistical tests tcount of -1.141 and the value of the significance of the results of the study is equal to 0.000 < 0.05 so it can be concluded that H5 is accepted, which means the variable has an effect on adolescent mental health.

Academic achievement can be seen from two factors, namely factors from within and from outside. Achievement Learning achievement is influenced by factors in which consist of physiological (physical) and mental (spiritual) factors. Factors The mental factor consists of the first, the degree of knowledge/knowledge is capacity, the psychological capacity during which time is spent thinking objectively. Second, the student's activity to answer in a way that is generally fixed to the item. Third, the ability is a gift of Innate since he was conceived, which is then known by the owner when he faces life. Fourth, interest is a desire that arises from the process of sensory activity. Fifth, inspiration is the motivation from within students to follow up with something (Dian & Arini, 2017).

This is in line with research conducted by Bariyyah et al., (2018), about the relationship between mental health and learning achievement in students of SMPN 17 Pontianak which shows the results that there is a positive relationship between mental health and achievement and learning achievement. Poor health can cause problems in everyday life, not only impair interaction or relationships with others, but can also reduce school achievement at school.

According to research conducted by Andiarna and Kusumawati (2020), students who have high learning achievement are supported by a good interest in learning. Both of these variables state that if students have good mental health, the learning achievement is good, and vice versa if students have low mental health, the learning achievement is low.

Based on the theory Based on the explanatory theory of Andiarna & Kusumawati (2020), the researchers assume that mental health possessed by each student is a very important thing in conducting the educational process, in other words health, mental health has a big influence on student academic achievement. If the student's health level is good, then the academic performance is good, the performance is also good, because students can adjust to individuals and their environment to achieve a happy and meaningful life. Conversely, if the student's mental health is not good, then the student's academic achievement is also not good or decreasing.

The Influence of Social Support on Adolescent Mental Health

Based on the results of research adolescents who had low social support as many as 11 people (12.4%) were 69 people (77.5%) high 9 people (10.1%). The regression results of multiple linear regression test showed variable social support effect on adolescent mental health. Based on the statistical results of the statistical test count of 1.919 and the significant value of support of social support is equal to $0.000 < 0.05$ so it can be concluded that H6 is accepted, which means that social support variables influence adolescent mental health.

One of the positive effects of social support on adolescent mental health is its ability to reduce stress levels. Social support can provide teens with understanding, emotional support, and practical solutions when they face stressful situations. The presence of a strong social network also helps to increase adolescents' self-confidence and independence, helping them cope more effectively with life's challenges (Raufida et al., 2021).

Bennett (2010) found that social support is a key factor in determining who becomes resilient. Social support Perceived social support can affect the way people perceive pressing issues (Thoits, 2011). The presence of social support from a warm, supportive environment and the presence of close relationships with others help individuals cultivate positive emotions that are useful for overcoming stress (Stewart and Yuen, 2011). However, when the individual does not face stress, social support can make a person acquire mental health (Adamczyk and Segrin, 2015). In line with this, Donnellan, Bennett, and Soulsby (2014) found that social support from friends is a key factor in determining a caregiver in dementia sufferers to be resilient.

This is in line with a study conducted by (Yeni Fitria, 2018), entitled "The relationship between family social support and mental health and Adolescent Mental Health in SMPN Kota Malang". Based on the results of research shows, there is a relationship. significant between family social support and mental health, adolescent mental health, with relationship strength (p= 0.021; r=0.237). Which means having the strength of a fairly close relationship.

Based on explanatory theory on the explanatory theory of Raufida (2021) and Bennett (2010), the researchers assume that, poor social support can affect the mental health of adolescents, especially early adolescents, namely times where they really need social support, especially family support.

CONCLUSION

Based on the results of research that has been done, it can be concluded that there is an influence of body weight, psychological resilience, emotional, self-confidence, learning outcomes and social support on adolescent mental health with a significant value of $0.000 < 0.05$.

ACKNOWLEDGMENTS:
We thank all participate in the research activities.

CONFLICTS OF INTEREST
No conflicts of interest were disclosed by the writers of this work

REFERENCES
Al-Zawaadi, A., Hesso, I., & Kayyali, R. (2021). Mental Health Among School-Going Adolescents in Greater London: A Cross-Sectional Study. Frontiers in Psychiatry, 12(March), 1–11. https://doi.org/10.3389/fpsyt.2021.592624

Akdon, & Riduwon. (2013). Formulas and data in statistical applications. Bandung: Alfabeta.

InOther Words, E., Yunike., Mariani., Susanto, WH, Halijah., Sari, IN, Handian, F. Elviani, Y., Suriya, M., Iswati, N., & Yulianti, NR (2022). Child Development. Padang: PT. Global Eksekutif Technology Executive.

Ayu, FD, Nur, OH, & Ai, M. (2017). Picture of resilience in adolescents. Journal of Nursing 'Aisyiyah. 4(1), 13-21. https://journal.unisabandung.ac.id/index.php/jka accessed on June 26, 2023

Changes in children's self-competence and values: Gender and domain differences across grades one through twelve. *Child Development* , *73* (2), 509–527.

Devita, Y. (2019). Prevalence of mental problems of adolescent mental emotional problems in Pekanbaru City. Priority Nursing Journal, 2 (1), 33-43. http://jurnal.unprimdn.ac.id/index.php /jukep/article/view/385/262 accessed on February 18, 2023

Desmita. (2015). Developmental Psychology. Bandung: PT Remaja Rosdakarya. Retrieved from the 9th edition

Dewi, PL and Kartini, 2017 'Relationship of Nutrition Knowledge, Physical Activity, Energy Intake and Fat Intake with the Incidence of Obesity in Junior High School Adolescents', Journal of Nutrition College, 6(3), pp. 257– 261.

Florensa., Nurul, H., Star, S. Lintang, Dawn, Y., Wulida, L. (2023). Overview of adolescent emotional mental health. Journal of Health, 12 (1), 112-117. https://jurnalkesehatanstikesnw.ac.id/index.php/stikesnw/article/87 accessed on July 12, 2023

Hagell A, Coleman J, BF (2015). Key Data on Adolescence 2015. Association for Young People's Health

Islam, M.I., Khanam, R., & Kabir, E. (2020). Bullying victimization, mental disorders, suicidality and self-harm among Australian high school children: Evidence from nationwide data. Psychiatry Research, 292(August), 113364. https://doi.org/10.1016/j.psychres.2020.113364

Jacobs, J.E., Lanza, S., Osgood, D.W., Eccles, J.S., & Wigfield, A. (2002).

Jalesatrio, etc. (2022). The relationship between physical fitness and learning motivation towards Junior High School Learning Outcomes: *Literature Review* . Sports Science and Health.

Klomsten, A. T., Skaalvik, E. M., & Espnes, G. A. (2004). Physical self-concept and sports: Do gender differences still exist? *Sex Roles* , *50* (1), 119-127.

Knopf, D., Park, M. J., & Mulye, T. P., (2018). The Mental Health of Adolescents: A National Profile, 2008. Available from: http://nahic.ucsf.edu/download s/MentalHealthBrief.pdf [Accessed 3 May 2020]

Kristanti, LA, & Sebtalesy, CY (2019). Relationship of Nutritional Status with Student Achievement of Purworejo State Elementary School Purworejo3, Madiun Regency. *Journal of Health Communication* , *10* (1).

Kumalasari. Reproductive Health for Midwifery and Nursing Students, Jakarta: Salemba Medika; 2013

Leila Rabiei, etc. (2013). Understanding the Relationship Between Nutritional Knowledge, Self-Efficacy and Self-Concept of High-School Students Suffering from Overweight . *Journal of Education and Health Promotion* . Volume 2.

Lissak, G. (2018). Adverse physiological and psychological effects of screen time on children and adolescents: Literature review and case study. Environmental Research, 164(October 2017), 149–157. https://doi.org/10.1016/j.envres.2018.01.015