

(Research/Review) Article

## Mental Health Description and Predisposing Factors in Adolescent Females in Mekarbakti Village, Pamulihan District

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**Abstract:** Adolescents are at greater risk of mental health conditions. Good or bad mental health conditions in adolescents cannot be separated from the factors that influence it. Factors that influence adolescent mental health include religiosity, smartphone addiction, parenting patterns and peer interaction. The aim of this research is to determine the mental health picture and predisposing factors in young women in Mekarbakti Village, Pamulihan District, Sumedang Regency. The type of research is descriptive, the population is 508 young women in Mekarbakti Village, Pamulihan District, Sumedang Regency. The sample was taken using stratified random sampling so that 84 people were obtained. Data collection is done by filling out a questionnaire. Data analysis uses univariate analysis in the form of frequency distribution. The research results showed that more than half had good mental health, 52 people (61.9%), more than half had high religiosity, 49 people (58.3%). more than half of them are not addicted to smartphones as many as 48 people (57.1%), more than half have democratic parenting as many as 59 people (70.2%), more than half of them have high peer interaction as many as 48 people (57.1%). The conclusion was that more than half of young women's mental health was good, their religiosity was high, they were not addicted to smartphones, their parenting was democratic and their peer interaction was high. Suggestions for research sites could be to hold positive activities for young women, such as by encouraging more young people to take part in Karang Taruna activities

**Keywords:** Description; Mental Health; Peer Interaction; Predisposing Factors; Young Women

### 1. Introduction

Adolescents are individuals within the age range of 10 to 18 years (World Health Organization, 2021). According to the Indonesian Ministry of Health Regulation No. 25 of 2014, adolescents are defined as people aged 10–18 years and are grouped into three stages: early adolescence (10–13 years), middle adolescence (14–16 years), and late adolescence (17–18 years) (Kyle & Carman, 2018).

Mental disorders among adolescents worldwide have a prevalence of around 3.6% for anxiety, and 4.4% of the global population suffers from depression (World Health Organization, 2021). Among populations vulnerable to mental disorders, adolescents are considered highly at risk. A relatively high prevalence of emotional mental disorders occurs in individuals aged 15 years and above, with symptoms of depression and anxiety affecting 6.1% of the total population in Indonesia (Riskesdas, 2021).

Adolescents are vulnerable to various problems during their developmental stage. Adolescence is often referred to as a problematic period because it marks a transition from the previous stage to the next. At this age, individuals still require full attention from their parents. However, adolescents tend to prefer making their own decisions even though they may experience difficulties and confusion. This reflects a drastic change from dependence on others toward a stage where they are expected to make independent decisions (Arta & Suriyadi, 2020).

Adolescents undergo physical and biological changes and development, which can lead to problems closely related to feelings, thoughts, and emotional development (Basri, 2019). The transitional period experienced by adolescents leads them to try to solve problems in their own ways. Today, many adolescents learn from the internet and their peers. Not

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infrequently, parents assume that adolescents are capable of taking care of themselves and handling everything on their own. In fact, adolescents still need guidance from adults. Many adolescents behave in ways that do not conform to social norms and are then labeled as delinquent or undisciplined, whereas these issues may be related to their mental health condition (Fatchurahman & Pratikto, 2018).

Mental health in adolescents is related to an individual's ability to adapt to changes, not merely the absence of psychological disorders (Hadjam & Widhiarso, 2020). Mental health greatly influences the fulfillment of developmental tasks during adolescence. It affects how adolescents learn, build friendships, cope with problems, and make decisions, which in turn influences how they evaluate themselves and relate to friends, family, and others. Mental health problems in adolescents can lead to anxiety, stress, depression, alcohol use, illicit drug use, bipolar disorder, disruption of daily activities, and schizophrenia (Santrock, 2020).

Adolescents are at greater risk for mental health conditions due to their life circumstances, discrimination or social exclusion, and lack of access to quality support and services (World Health Organization, 2021). The state of adolescent mental health—whether good or poor—is influenced by several factors, including religiosity, smartphone addiction, parenting style, and peer interaction (Baradero, 2019).

Research conducted by (Marta, 2021) on factors related to adolescent mental health at SMAS Adabiah Padang found that 52.9% of respondents had poor mental health, 51.4% had high religiosity, 63.0% experienced smartphone addiction, 53.4% had high peer interaction, and 55.8% experienced democratic parenting styles. Chi-square test results showed relationships between religiosity, smartphone addiction, and parenting style with mental health.

This study is limited to the mental health of adolescent girls because they are more at risk of experiencing mental disorders compared to boys. This is in line with (Arifia, 2021), who stated that 47 percent of females are at high risk of experiencing mental disorders compared to males. Adolescent girls are almost twice as likely to be diagnosed with anxiety, stress, and depression compared to adolescent boys because they are more vulnerable to sexual harassment, tend to think more about family problems, and face stricter social boundaries (Arifia, 2021).

A preliminary study conducted by the researcher in Pamulihan Subdistrict, Sumedang Regency, based on an interview with the Head of the Public Order and Security Section, stated that there is one adolescent girl in Mekarbakti Village experiencing a mental disorder and currently under continuous monitoring by the village authorities. Furthermore, an interview with the Secretary of Mekarbakti Village confirmed that there is a 16-year-old adolescent girl with a mental disorder in the form of schizophrenia who is monitored regularly every month by the village authorities. It was also stated that in Mekarbakti Village there are several male and female adolescents, in an unknown number, who often gather to use smartphones, and some adolescents have been found gathering while consuming alcohol.

Based on several examples of adolescent problems mentioned above, these issues require attention from various parties, including academics and health professionals. Therefore, the researcher is interested in conducting a study entitled: "Mental Health Description And Predisposing Factors In Adolescent Females In Mekarbakti Village, Pamulihan District"

## 2. Proposed Method

The type of research used in this study is descriptive research. The variables examined in this study are the factors that influence the mental health of adolescent girls in Mekarbakti Village, Pamulihan Subdistrict, Sumedang Regency, which include religiosity, smartphone addiction, parenting style, and peer interaction.

The population in this study consisted of all adolescent girls in Mekarbakti Village, Pamulihan Subdistrict, Sumedang Regency, recorded in June 2024, totaling 508 individuals. The sample was taken using stratified random sampling so that 84 people were obtained

## 3. Results and Discussion

### A. Results

The results of this study are intended to determine the overview of mental health and predisposing factors among adolescent girls in Mekarbakti Village, Pamulihan Subdistrict, with a total sample of 84 respondents.

**a. Description of Mental Health among Adolescent Girls in Mekarbakti Village, Pamulihan Subdistrict**

**Table 1.** Description of Mental Health among Adolescent Girls

Mental Health	Frequency	Percentage (%)
Good	52	61,9
Not Good	32	38,1
Total	84	100

Based on the data above, the overview of mental health among adolescent girls shows that more than half have good mental health, totaling 52 individuals (61.9%)

**b. Description of the Religiosity Factor among Adolescent Girls in Mekarbakti Village, Pamulihan Subdistrict**

**Table 2.** Description of the Religiosity Factor among Adolescent Girls

Religiosity Factor	Frequency	Percentage (%)
High	49	58,3
Low	35	41,7
Total	84	100

Based on Table 2, the adolescent girls show a high level of religiosity, totaling 49 individuals (58.3%).

**c. Description of the Smartphone Addiction Factor among Adolescent Girls in Mekarbakti Village, Pamulihan Subdistrict**

**Table 3.** Description of the Smartphone Addiction Factor

Smartphone Addiction Factor	Frequency	Percentage (%)
Not Addicted	48	57,1
Addicted	36	42,9
Total	84	100

Based on the data above regarding smartphone addiction among adolescent girls, more than half are not addicted to smartphones, totaling 48 individuals (57.1%).

**d. Description of Parental Parenting Style Factor among Adolescent Girls in Mekarbakti Village, Pamulihan Subdistrict**

**Table 4.** Description of Parental Parenting Style Factor

Pola Asuh Orangtua	Frequency	Percentage (%)
Authoritarian	20	23,8
Democratic	59	70,2
Permissive	5	6,0
<b>Total</b>	<b>84</b>	<b>100</b>

Based on the table, more than half of the adolescent girls experience a democratic parenting style, totaling 59 individuals (70.2%).

**e. Description of Peer Interaction Factor among Adolescent Girls in Mekarbakti Village, Pamulihan Subdistrict**

**Table 5.** Description of Peer Interaction Factor

Peer Interaction Factor	Frequency	Percentage (%)
High	48	57,1
Low	36	42,9
<b>Total</b>	<b>84</b>	<b>100</b>

Based on the table above, the overview of peer interaction among adolescent girls shows that more than half have high peer interaction, totaling 48 individuals (57.1%).

**B. Discussion**

**a. Description of Mental Health among Adolescent Girls in Mekarbakti Village, Pamulihan Subdistrict**

Based on Table 1, the mental health status of adolescent girls shows that more than half have good mental health, totaling 52 individuals (61.9%). Mental health is a condition in which a person's personality, emotional, intellectual, and physical aspects function optimally. It includes the ability to adapt to environmental demands and stressors, carry out one's capacities in harmony with the environment, manage surroundings effectively, feel comfortable with oneself, achieve good adjustment to social and cultural demands, continue to grow and mature throughout life, accept personal limitations and weaknesses, cope with life problems, experience satisfaction in social life, and maintain a sense of happiness (Fakhriyani, 2019).

Research by (Florensa et al., 2023) on the overview of adolescent emotional mental health found that the majority of adolescents had normal behavioral problems (62.1%), normal emotional problems (92.9%), normal peer-related problems (54.4%), and normal prosocial abilities (83.5%).

The study results show that more than half of the respondents have good mental health (61.9%). Based on the theory and previous research findings, good mental health may be attributed to adolescent girls being able to function in harmony with their environment, feel comfortable with themselves, adjust well to social and cultural demands, continue to grow and mature, accept their limitations, cope with life challenges, achieve satisfaction in their social lives, and maintain happiness.

Furthermore, the findings show that 38.1% of adolescent girls have poor mental health. This may be due to difficulties in adjusting to social life in the community, with many tending to stay at home and having limited communication with people around them.

### **b. Description of the Religiosity Factor among Adolescent Girls in Mekarbakti Village, Pamulihan Subdistrict**

Based on Table 2, more than half of the adolescent girls have a high level of religiosity, totaling 49 individuals (58.3%). Strong religiosity is part of an individual factor that can influence adolescent mental health (Baradero, 2019). Religiosity is a comprehensive unity of elements that not only reflects a person's acknowledgment of having a religion, but also indicates that a person lives as a religious individual, including religious beliefs, religious knowledge, and religious practices (Fitriani, 2019).

Individuals with strong religious commitment are less likely to lose hope when experiencing disappointment and are better able to face difficulties or hardships of any magnitude, because they internalize religious values such as surrender, patience, and the belief that every hardship is a test given by God to the faithful (Affandi, 2020).

(Dianah & Santoso, 2021), found a significant and positive relationship between religiosity and adolescent mental health at SMAN 15 Tangerang City. Adolescents with high religiosity tend to have better mental health, while those with low religiosity tend to have lower mental health. Based on the theory and research findings above, religiosity can be a factor influencing the mental health of adolescent girls. Adolescents with high religiosity such as being diligent in worship, reading religious texts, and using religion as a life guide are better able to cope with difficulties and hardships because they hold internalized values such as surrender, patience, and the belief that life challenges are part of a test.

The findings also show that 41.7% of adolescent girls have low religiosity. This may be due to limited engagement in religious learning. Low religiosity may increase vulnerability to peer pressure because of the lack of inner spiritual support when facing problems.

### **c. Description of the Smartphone Addiction Factor among Adolescent Girls in Mekarbakti Village, Pamulihan Subdistrict**

According to Table 3, more than half of the adolescent girls are not addicted to smartphones, totaling 48 individuals (57.1%). Smartphones are one form of social and cultural change, emerging from advances in science and technology that develop alongside human culture and continuously influence the social and cultural aspects of society (Baradero, 2019). Smartphone addiction is a form of dependency or attachment to smartphones that can lead to social problems, such as social withdrawal, difficulty performing daily activities, and disengagement from the surrounding environment (Mulyana, 2019).

Research conducted by (Kamaruddin, 2023) found that gadget use has an impact on students' mental health and learning motivation at school. The results showed that gadget use affects students' mental health, including anxiety, stress, and gadget addiction. It also affects learning motivation, such as decreased interest in studying and reduced concentration. To overcome these negative impacts, a holistic approach is needed, including limiting gadget use time, applying creative and innovative learning methods, and providing social support from family and peers. Based on the theory and previous research findings, and in relation to the results of this study, smartphone use can lead to addiction, which may contribute to mental health problems such as anxiety, stress, and decreased learning interest.

The study results also show that 42.9% of adolescent girls experience smartphone addiction. This addiction occurs because daily activities are rarely separated from smartphone use, and many social interactions with friends are conducted through smartphones, which increases the risk of dependency.

### **d. Description of Parental Parenting Style Factor among Adolescent Girls in Mekarbakti Village, Pamulihan Subdistrict**

Based on Table 4 regarding the overview of parenting styles among adolescent girls, more than half experience a democratic parenting style, totaling 59 individuals (70.2%). Parenting style is a pattern of interaction between parents and children that includes not only how parents show affection, but also how they educate, guide, protect, and discipline their children to achieve maturity (Febriani et al., 2018). This type of parenting encourages children to be more independent while parents still set limits, control their actions, and monitor their condition. Communication is two-way, and parents tend to be nurturing and supportive, with a warm approach toward their children. Children raised with this parenting style tend to be independent, able to control themselves, and capable of coping with stress effectively (Arsyam, 2019).

Research by (Devita, 2020) on the relationship between parenting style and adolescent emotional mental problems found that parenting style is associated with adolescent emotional mental problems. Positive outcomes are linked to democratic parenting, while authoritarian and permissive parenting styles are more associated with emotional mental problems in adolescents. Based on the theory and research findings, parenting style can influence the mental health of adolescent girls. The democratic parenting style encourages independence while still providing boundaries and supervision. Communication is reciprocal, and parents are generally caring, supportive, and warm in their approach. Children raised in this way tend to be more independent, self-controlled, and better able to manage stress.

The findings also show that 23.8% of parents apply an authoritarian parenting style. This style is characterized by strict rules and limited opportunity for adolescents to make their own decisions. Authoritarian parenting tends to remove opportunities for independent decision-making. As a result, adolescent girls may experience difficulties in making decisions and may have lower confidence in choosing important steps in their lives.

#### **e. Description of Peer Interaction Factor among Adolescent Girls in Mekarbakti Village, Pamulihan Subdistrict**

According to Table 5 regarding the overview of peer interaction among adolescent girls, it was found that more than half have high peer interaction, totaling 48 individuals (57.1%). Peers play an important role in adolescents' mental and social development. Peer interaction is a primary means for identity formation, and adolescents may experience both positive and negative influences through their peer groups; therefore, peers have a very significant role in adolescent development (Santrock, 2020).

Peer interaction includes cooperation, openness, and the frequency of relationships among individuals and their group members. It plays an important role in learning how to interact with others, exchange feelings, and understand feelings of worth, happiness, and self-concept. Peer acceptance is especially important in adolescence because it enables adolescents to develop their identity (Muna, 2018).

(Rufaida et al., 2021) found that peer social support is associated with mental health problems among adolescents, indicating a relationship between peer support and adolescent mental health outcomes. Based on the theory and previous research findings, peer interaction can have both positive and negative influences on adolescents. The need for peer acceptance and the desire to belong to a group may lead adolescents to conform to group norms and values, including risky behaviors that can negatively affect their mental health.

The findings also show that 42.9% have low peer interaction. Limited social interaction can increase the risk of mental health problems such as anxiety, depression, loneliness, and social withdrawal from the community and school. In contrast, peers can function as a source of emotional support and friendship, which can help adolescents cope with anxiety.

## **5. Conclusions**

Based on the results and discussion regarding the overview of mental health and predisposing factors among adolescent girls in Mekarbakti Village, Pamulihan Subdistrict, Sumedang Regency, the following conclusions can be drawn: more than half of the adolescents have good mental health, totaling 52 individuals (61.9%). More than half of the adolescent girls have high religiosity, totaling 49 individuals (58.3%). More than half of the adolescent girls are not addicted to smartphones, totaling 48 individuals (57.1%). The parenting style most commonly experienced is democratic, reported by 59 individuals (70.2%). In addition, the majority of adolescents have high levels of peer interaction, totaling 48 individuals (57.1%).

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