Research Article

The Correlation between Parenting Style, Peer Support, and Social Media Use with Mental Health Status Among Adolescents

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Abstract: **Background:** Mental health among adolescents is one of the most concerning issues. The lack of parental role and peer support can trigger poor mental health. Additionally, the use of social media can also be a factor influencing mental health status. **Objective:** To determine the correlation between parenting styles, peer support, and social media use with mental health status among adolescents at SMA Negeri 1 Ajibarang. **Research Method:** This quantitative study used a descriptive-analytical method with a cross-sectional study design. The research sample consisted of 92 students from grades X and XI, and the sampling technique used was quota sampling. The test used the chi-square test. **Research Results:** There is a correlation between parenting styles (p-value = 0,000), peer support (p-value = 0,000), and social media use (p-value = 0,012) and the mental health status of adolescents. Poor peer support is 0,072 times more likely to result in worse mental health status compared to adolescents with good peer support. **Conclusion:** The study finds a correlation between parenting styles, peer support, and social media use in adolescents.
Keywords: Parenting Styles, Peer Support, Social Media Use, Mental health Status, Adolescents.

INTRODUCTION

Adolescent mental health is a growing concern in contemporary society. According to Law No. 18 of 2014, mental health is defined as a state in which individuals can develop mentally, physically, spiritually, and socially, allowing them to realize their abilities, manage stress, work productively, and contribute to their community. Adolescence, spanning the ages of 10–19 years, is a transitional period marked by significant physical, mental, social, and emotional changes [1]. Stuart [2] emphasizes that individuals with good mental health can face challenges, experience happiness, adapt to others, and interact positively with their environment. This theory highlights the interplay between the biological, psychological, social, and spiritual aspects of human development.

The 2023 Indonesian Health Survey reports that mental health disorders account for 14% of global diseases, with approximately 154 million individuals affected by depression. Globally, Greece has the highest prevalence of depression [3]. In Indonesia, the prevalence of depression among individuals aged ≥15 years is 6.1%, with the 15–24 age group accounting for 6.2%. Among males, the rate is 4.7%, while it is 7.4% for females.

Emotional mental disorders affect 10% of individuals aged 15–24, with rates of 7.6% in males and 12.1% in females (Basic Health Research, 2018). A 2022 survey on adolescent mental health in Indonesia found that 5.5% of individuals aged 10–17 experienced mental health issues, including 1% with depression, 3.7% with anxiety, 0.9% with PTSD, and 0.5% with ADHD [4]. In Central Java Province, the prevalence of depression among individuals aged ≥15 years is 4.4%, while emotional mental disorders affect 7.7% of the population. In Banyumas Regency, the prevalence of emotional mental disorders among individuals aged 15–24 years is 8.07% [5].

Parental parenting styles, peer support, and social media usage are among the factors influencing adolescent mental health [6]. The family environment plays a crucial role, as inadequate parenting can negatively affect the development of character, personality, and behavior in adolescents, potentially leading to poor mental health outcomes. Santrock [7] identifies three primary parenting styles: democratic, authoritarian, and permissive. Beyond family influences, peer correlations significantly impact adolescents' emotional and social development. Adolescents with strong peer support are more likely to have better mental health than those with

insufficient support, who may struggle with socialization and adaptation, ultimately affecting their mental health [8]. Social media usage is another critical factor. Adolescents frequently use social media to express their lifestyles and appearances, often striving to present their best selves [9]. Excessive social media use can lead to Fear of Missing Out (FOMO), a phenomenon where individuals feel compelled to stay updated on others' activities, which may negatively impact mental health [10].

Preliminary research conducted by distributing the SRQ-20 questionnaire to ten students from grades X and XI at SMA Negeri 1 Ajibarang revealed that 60% of respondents exhibited poor mental health. Factors such as low energy, physiological issues, and depressive symptoms—such as difficulty enjoying daily activities and a lack of interest—were observed. Additionally, two students reported occasional suicidal thoughts, alongside cognitive and anxiety-related problems.

As stated in the description above, the aim of this study is to investigate the correlations between peer support, parenting style, and social media use and the mental health status of adolescents at SMA Negeri 1 Ajibarang.

METHODS

This study received ethical approval from Universitas Muhammadiyah Purwokerto under registration number KEPK/UMP/63/II/2024. It employs a quantitative research design using descriptive-analytical methods and a cross-sectional study approach. The study was conducted at SMA Negeri 1 Ajibarang in March 2024. The population for this research comprised 827 students, from which a sample size of 92 students was selected. The sampling technique employed was quota sampling, a non-random sampling method where samples are taken based on predetermined quotas [11].

Data collection instruments included questionnaires consisting of a respondent characteristics sheet (age, favorite social media), a parenting style questionnaire based on the Parental Authority Questionnaire (PAQ), a peer support and social media use questionnaire modified by the researcher, and a mental health status questionnaire using the Self-Reporting Questionnaire (SRQ-20), a standardized tool developed by WHO. The statistical analysis was performed using the Chi-Square test.

RESEARCH RESULTS

A. Respondents' Characteristics

Table-1: Characteristics of Respondents Based on Age and Favorite Social Media Platforms

Characteristics	n	%
Age		
15 years old	20	21,7
16 years old	41	44,6
17 years old	29	31,5
18 years old	2	2,2
Total	**92**	**100**
Favorite Social Media		
Facebook		
Twitter	1	1,1
Whatsapp	6	6,5
Instagram	9	9,8
Tiktok	44	47,8
	32	34,8
Total	**92**	**100**

According to Table 1, the majority of respondents (44.6%) are 16 years old, and Instagram is the most popular social media network among teenagers (47.8%).

Table-2: Overview of Parenting Styles, Peer Support, Social Media Use, and Mental Health Status Among Adolescents at SMA Negeri 1 Ajibarang.

Variable	Category	n	%
Parenting Style	Authoritarian	18	19,6
	Democratic	55	59,8
	Permissive	19	20,7
	Total	**92**	**100**
Peer Support	Poor	28	30,4
	Good	64	69,6
	Total	**92**	**100**
Social Media Use	Low	6	6,5
	Moderate	40	43,5
	High	46	50
	Total	**92**	**100**
Mental Health Status	Normal	43	46,7
	Poor	49	53,3
	Total	**92**	**100**

Table 2 highlights that the majority of respondents reported a democratic parenting style (59.8%), good peer support (69.6%), and high social media use (50%).

Additionally, 53.3% of respondents were identified as having poor mental health status.

Table-3: Correlation between Parenting Styles, Peer Support, and Social Media Use with Mental Health Status Among Adolescents at SMA Negeri 1 Ajibarang

Variable	Mental Health Status				P-Value	OR
	Normal		Bad identification			
	N	%	N	%		
Parenting Style						
Authoritarian	3	16,7	15	83,3		
Democratic	39	70,9	16	29,1	0,000	
Permissive	1	5,3	18	94,7		
Peer support						
Poor	3	10,7	25	89,3	0,000	0,072
Good	40	62,5	24	37,5		
Variable	**Mental Health Status**				*P-Value*	**OR**
	Normal		Bad identification			
	N	%	N	%		
Social Media Use						
Low	5	83,3	1	16,7	0,012	
Moderate	23	57,7	17	42,5		
High	15	32,6	31	67,6		

a.   Analysis of the Correlation Between Parenting Styles and Mental Health Status Among Adolescents at SMA Negeri 1 Ajibarang

Based on Table 3, the results indicate that the majority of adolescents with a democratic parenting style have normal mental health status (70.9%), while those with a permissive parenting style predominantly exhibit poor mental health status (94.7%). The chi-square analysis yielded a p-value of 0.000 (p < 0.05), indicating a significant correlation between parenting style and the mental health status of adolescents at SMA Negeri 1 Ajibarang. Therefore, it can be concluded that adolescents raised with a democratic parenting style are more likely to have normal mental health.

b.   Analysis of the Correlation Between Social Media Use and Mental Health Status Among Adolescents at SMA Negeri 1 Ajibarang

Based on Table 3, the results indicate that the majority of adolescents with good peer support exhibit normal mental health status (62.5%). Conversely, adolescents with poor peer support are predominantly identified as having poor mental health status (89.3%). The chi-square analysis yielded a p-value of 0.000 (p < 0.05), confirming a significant correlation between peer support and mental health status among adolescents at SMA Negeri 1 Ajibarang.

The analysis also revealed an odds ratio (OR) of 0.072, suggesting that adolescents with poor peer support are

0.072 times more likely to have poor mental health compared to those with good peer support. This highlights the critical role of peer support in fostering emotional well-being and underscores the risks associated with inadequate peer support.

c.   Analysis of the Correlation Between Social Media Use and Mental Health Status Among Adolescents at SMA Negeri 1 Ajibarang

Based on Table 3, the results show that adolescents with moderate social media use are more likely to have normal mental health status (57.7%). In contrast, high-intensity social media use is associated with a higher prevalence of poor mental health status (67.4%). The chi-square analysis yielded a p-value of 0.012 (p < 0.05), indicating a significant correlation between social media use and mental health status among adolescents at SMA Negeri 1 Ajibarang. These findings suggest that moderate social media use is linked to better mental health outcomes, whereas excessive social media use is associated with a higher likelihood of poor mental health.

In conclusion, adolescents with moderate social media usage tend to maintain normal mental health, while those with high-intensity usage are more likely to experience mental health challenges. This underscores the importance of balanced social media use to mitigate its potential negative impact on adolescent mental health.

DISCUSSION

1. Respondents' Characteristics

Based on the research conducted at SMA Negeri 1 Ajibarang involving 92 qualified respondents, the findings revealed that the most dominant age group among the respondents was 16 years. Adolescents at this age represent the mid-adolescent phase, during which they develop psychosocial capacities to establish principles, norms, and morality, as well as the ability to think independently about their problems. At this stage, adolescents tend to detach from parental control and spend more time with their peers [12]. Psychological development during adolescence undergoes complex changes, and the conflicts or transitions experienced by individuals can lead to emotional imbalances that may impact their mental health [13].

In terms of favorite social media platforms, Instagram emerged as the most popular among respondents. Social media simplifies various activities in today's digital era, serving as a platform that showcases the lives and activities of users to a broad audience connected through online social networks. Instagram is one of the most widely used social media platforms, ranking fourth in Indonesia [14]. This platform allows users to upload and view photos and videos on their feeds or stories, as well as engage through likes and comments. However, the influence of Instagram posts on its users is often significant. Adolescents in this phase are frequently associated with FOMO (Fear of Missing Out), which refers to the fear of missing moments, experiences, or activities that are popular on social media. This phenomenon can adversely affect their mental health [15].

2. Overview of Parenting Styles, Peer Support, Social Media Use, and Mental Health Status among Adolescents at SMA Negeri 1 ajibarang

a. Parenting Styles of Adolescents at SMA Negeri 1 Ajibarang

The research conducted on 92 respondents revealed that the most dominant parenting style was the democratic style (59.8%). Parenting style refers to the way parents and children interact to encourage the child to behave in a manner consistent with societal norms as they mature. Parenting plays a crucial role in the moral development of adolescents, as the foundation for moral growth is derived from their parents [16].

The analysis of the questionnaire indicated that the dominant democratic parenting style was reflected in the highest-rated question, where respondents agreed that their parents always taught them to act kindly and respect others. This finding aligns with research by Kholifah and Sodikin [17], which examined the correlation between parental styles, peer environments, and emotional-mental issues in adolescents at SMPN 2 Sokaraja. Their study found significant associations between parenting styles and peer environments with emotional-mental issues, with p-values of 0.000 (<0.05)

for parenting and 0.002 (<0.05) for peer environments. Parenting styles vary, each with its strengths and weaknesses, and they can influence the mental health status of adolescents [12]. Every parenting style uniquely shapes a child's personality, depending on the approach used [13]. This is consistent with Devita's [13] research on the correlation between parenting styles and adolescent emotional-mental problems, which found that democratic parenting helps avoid emotional-mental issues and promotes good mental health. In contrast, permissive parenting poses a risk for mental health problems, while authoritarian parenting may be useful in addressing negative behaviors that could affect adolescent mental health.

b. Peer Support among Adolescents at SMA Negeri 1 Ajibarang

The study revealed that the majority of peer support at SMA Negeri 1 Ajibarang was classified as good (69.6%). Peer support encompasses empathy, affection, and moral guidance. An individual's mental health is influenced by the support they receive from peers, as adolescents in this phase require attention and encouragement from their peers [18]. Peers are groups of children of similar age who interact and offer emotional and social support (Haniyah et al., 2022). This study contradicts Kholifah's [17] research on the correlation between parenting styles, peer environments, and emotional-mental issues, which found that more than 50% of respondents experienced poor peer environments (61.7%). According to the researcher's assumptions, the poor peer support in Kholifah's study resulted from a lack of emotional, esteem, instrumental, and informational support, which can prevent adolescents from managing their emotions and resolving problems effectively [18].

c. Social Media Use among Adolescents at SMA Negeri 1 Ajibarang

The research indicated that the majority of social media use among adolescents at SMA Negeri 1 Ajibarang was categorized as high (50%). Adolescents are the largest group of social media users in Indonesia [9]. Hidayah [19] highlights that adolescence is a transitional phase involving biological, cognitive, and socio-emotional changes. Social media can enhance social interaction and personal branding but can have negative consequences if not used with time management and self-control [20].

Esti, Sari, and Ramadhan [9] found a significant correlation between social media use and adolescent mental health at SMK N 1 Sintoga, with a p-value of 0.000 (p < 0.05). The high frequency of social media use among adolescents is attributed to their preference for spending time on social media to connect with friends, access information, manage schoolwork, and create personal branding. If used indiscriminately, social media can negatively affect mental health [9].

3. Correlation between Parenting Styles, Peer Support, Social Media Use, and Mental Health Status among Adolescents at SMA Negeri 1 Ajibarang

a. Correlation between Parenting Styles and Mental Health Status among Adolescents at SMA Negeri 1 Ajibarang

The analysis revealed a p-value of 0.000 (p < 0.05), indicating a significant correlation between parenting styles and the mental health status of adolescents. Stuart [2] explains that parenting styles influence mental health, with the parenting style affecting adolescents' ability to manage stress and mental health. During adolescence, individuals explore various identities, which can lead to mental health challenges. Family support, particularly from parents, is crucial in helping adolescents navigate these challenges [12]. Santrock [7] identifies three main parenting styles: democratic, authoritarian, and permissive.

Research aligns with the finding that adolescents with permissive parenting styles (94.7%) tend to have poor mental health, while those with authoritarian parenting (19.6%) show better mental health, with 83.3% exhibiting poor mental health. According to Haniyah, Novita, and Ruliani [21], adolescents raised with authoritarian parenting are often anxious, withdrawn, and lack initiative. However, Devita [13] suggests that authoritarian parenting can be beneficial when addressing negative behaviors in adolescents at risk for mental health issues.

b. Correlation between Peer Support and Mental Health Status among Adolescents at SMA Negeri 1 Ajibarang

The analysis revealed a p-value of 0.000 (p < 0.05), indicating a significant correlation between peer support and the mental health status of adolescents. Peer support, as reflected in positive interactions with friends, is essential for adolescents' mental health [2]. Adolescents benefit from emotional and social support from peers, which helps them adapt and manage their mental health. Studies by Haniyah, Novita, and Ruliani [21] also confirm the positive impact of peer support on mental health.

Peer support can be detrimental if emotional, esteem, instrumental, or informational support is lacking, which can adversely affect adolescents' mental health [18].

c. Correlation between Social Media Use and Mental Health Status among Adolescents at SMA Negeri 1 Ajibarang

The research findings indicate that the analysis yielded a p-value of 0.012 (p < 0.05) for social media use, leading to the rejection of the null hypothesis (H0). This result suggests a significant relationship between social media use and the mental health status of adolescents.

During adolescence, social media serves as a primary tool for virtual communication and interaction, as well as a means to access a wide range of information, which often increases the intensity of social media use among adolescents [10]. Stuart's theory [2] explains that social media has both positive and negative impacts. However, individuals with healthy coping mechanisms are better equipped to manage the negative effects of social media that could harm their mental health.

Based on the questionnaire analysis, it was found that, among various social media platforms (Facebook, Twitter, WhatsApp, Instagram, TikTok), Instagram emerged as the most favored platform among adolescents. This aligns with Lim's [14] study, which highlights that Indonesia's highest social media usage, occurs among individuals aged 15–24 years. In particular, adolescents frequently use Instagram as a platform for self-expression through photo and video posts [14]. Consequently, the high usage of social media among adolescents can be attributed to their desire to access more information and showcase their best appearances in terms of lifestyle and abilities. However, if adolescents use social media indiscriminately, it can lead to negative consequences, such as feelings of insecurity when comparing themselves to others' achievements, reduced self-confidence, and deteriorated mental health [9].

The questionnaire analysis also revealed that adolescents at SMA Negeri 1 Ajibarang exhibit high social media usage intensity, with the majority (52.2%) reporting prolonged usage durations. This finding aligns with a study by Esti, Sari, and Ramadhan [9], which explored the relationship between social media use and adolescents' mental health. The study demonstrated a significant relationship, with a p-value of 0.000 (p < 0.05), concluding that higher social media usage intensity among adolescents is correlated with greater mental health issues.

CONCLUSION
Based on the results of the study conducted at SMA Negeri 1 Ajibarang, it can be concluded that the most common age group among adolescents was 16 years old, with an equal distribution of gender. The dominant parenting style was democratic, peer support was generally good, social media use was high, and the mental health status was poor. There is a significant correlation between parenting styles, peer support, social media use, and mental health status among adolescents at SMA Negeri 1 Ajibarang.

RECOMMENDATION
Future researchers should explore this topic in greater depth by incorporating psychological screenings, such as TTV assessments, and considering additional factors influencing mental health, such as community environment and economic conditions.

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