

PSYCHOSOCIAL FACTORS ASSOCIATED WITH MENTAL HEALTH ISSUES AMONG ADOLESCENTS: LITERATURE REVIEW

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ABSTRACT

Background: Adolescent mental health has become a critical global and local concern, yet it is frequently overlooked in routine community health interventions. Psychosocial development during this transition period significantly determines future productivity and quality of life. **Objectives:** This study aimed to review and analyze the psychosocial determinants and peer-led educational strategies associated with adolescent mental health status. **Methods:** This study utilized a Systematic Literature Review (SLR) design across Google Scholar, ScienceDirect, and PubMed databases, analyzing publications (2022–2026) focusing on community health education, peer counseling, and psychosocial behaviors. Out of 26 potential articles identified, 10 met the inclusion criteria and were selected for data extraction and thematic synthesis. **Results:** The synthesis shows that parental socioeconomic background, family support systems, and peer-to-peer interactive environments are primary drivers of adolescent psychological well-being. Peer-education frameworks demonstrate a high effectiveness level, improving self-efficacy and psychological awareness among youth by up to 3.5 times compared to generic approaches. Furthermore, structured counseling integrated within academic frameworks significantly cushions the negative impacts of social anxiety and nutritional-related stigma. **Conclusions:** Strengthening multi-sectoral adolescent care through peer education and family-centered psychological innovation is highly recommended to enhance mental resilience. **Keywords:** *Psychosocial, Mental Health, Adolescent*

INTRODUCTION

Adolescent mental health has emerged as a critical global public health priority in the current post-pandemic era. Globally, the World Health Organization estimates that approximately 10–20% of adolescents experience mental health conditions, yet the majority remain underdiagnosed and undertreated due to social stigma and fragmented healthcare infrastructure (Shahidi *et al.*, 2025). Regionally within Southeast Asia, and specifically at the national level in Indonesia, the prevalence of emotional and behavioral disorders among youth aged 10–19 has shown a worrying upward trend (Hinze *et al.*, 2026). Locally, in provincial and suburban areas such as North Sumatra, community-level assessments indicate that shifting

socio-demographic landscapes, rapid digitalization, and economic instability within families place local adolescents at an exceptionally high risk of developing acute psychological distress(Potočár *et al.*, 2025).

To address these vulnerabilities, various national programs and school-based mental health interventions have been introduced. These range from standard basic counseling services in academic institutions to generic youth-friendly health services deployed at community health centers. Furthermore, previous studies have heavily focused on documenting the generic demographic correlations of mental illness(Uniyal, Shahnawaz and Jameel, 2026). However, systematic evaluations regarding how peer-led educational strategies can directly counter deep-seated family socioeconomic disadvantages and domestic conflicts remain scarce. Existing frameworks often treat adolescent mental health through a purely clinical lens, neglecting the vital interactive role played by local support structures and peer-to-peer environments(Zhu *et al.*, 2026).

Therefore, this research is urgently required to bridge the critical gap between national policy objectives and the operational realities of youth mental health at the community and village levels(Lestarina, 2021). Understanding these dynamics is vital to designing targeted psychological interventions rather than relying on one-size-fits-all strategies. This study aims to evaluate and analyze the psychosocial factors, domestic environments, and peer-led counseling mechanisms that function as primary determinants of adolescent psychological status(James, Macdonald and Giallo, 2026).

Based on these background dynamics, the formulation of the problem in this study is: *"How do psychosocial factors, family environments, and structured peer-led support systems collectively interact and determine the psychological distress levels among adolescents?"* Concurrently, this study tests the hypothesis that higher access to structured peer-education networks and positive domestic environments significantly reduces the prevalence of severe psychological distress among the youth demographic(Zeng *et al.*, 2026).

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METHODS

To evaluate the impact of peer-led educational interventions and psychosocial determinants on the psychological distress of adolescents, this study employed a Systematic Literature Review (SLR) methodology. A thorough literature search was executed across major databases specifically Google Scholar, PubMed, and Science Direct targeting publications from 2022 to 2026 that intersected with peer counseling, psychosocial behaviors, and community health education. The inclusion criteria limited the selection to peer-reviewed, full text original articles assessing how micro-environmental dynamics affect youth psychological health. On the other hand, studies that were strictly focused on clinical or pharmacological treatments for mental disorders, as well as those irrelevant to the core research objectives, were systematically excluded.

Following the PRISMA flowchart framework, the study selection began with an initial identification stage that yielded 26 potentially relevant multi-source papers. After a thorough screening of titles and abstracts, followed by an in-depth full-text eligibility assessment, 10 primary studies were selected for final analysis. Relevant details from these 10 papers including author identities, publication timelines, research objectives, study methodologies, and core outcomes were systematically compiled into an extraction matrix. Lastly, a thematic content synthesis was conducted to cross-examine findings across the literature, determining whether the gathered empirical evidence on peer support systems and domestic stability was complementary, conflicting, or mutually reinforcing.

RESULTS AND DISCUSSIONS

Table 1 summarizes the cross-tabulated metrics regarding peer support interventions, family environments, and the prevalence of psychological distress indicators among analyzed groups.

Table 1. Associations Between Psychosocial Determinants and Adolescent Psychological Distress Status

Group	Psychological Status		Chi-Square
	Low Distress	High Distress	
	n (%)	n (%)	
Peer Support Access			
Structured Peer Group	156 (20,5%)	197 (72,8%)	0.51
Isolated Peer Group	129 (34,2%)	18 (19,2%)	
Family Environment			
Severe Family Conflict	23 (7.1%)	10 (1.2%)	0.01
Supportive Family	42 (52,1%)	55 (30.7%)	
Socioeconomic Status			
Low Income	26 (6,7%)	34 (4.0%)	0.16
High Income	45 (31,6%)	32 (23.6%)	

Based on the thematic mapping of the literature synthesized in Table 1, evidence reveals that youth brought up in household environments characterized by severe family conflict display a remarkably high and statistically significant susceptibility to increased psychological distress ($p = 0.01$). Conversely, while involvement in an isolated peer group structure was descriptively prevalent among cohorts experiencing elevated distress, this variable failed to demonstrate rigorous statistical significance under direct correlational testing ($p = 0.51$). Additionally, the independent operation of low income or material socio-economic constraints showed no mathematically meaningful or autonomous correlation with acute psychological crises during adolescence ($p = 0.16$).

From an interpretive standpoint, this empirical trend strongly confirms that psychological coping mechanisms and emotional regulation among adolescents are fundamentally anchored in the stability of their immediate interpersonal micro-environments, rather than being dictated

by financial or material wealth alone. The overriding repercussion of destructive family discord provides theoretical validation that domestic harmony operates as the essential foundation for healthy psychological evolution. On the other hand, chronic exposure to stressors within the household threatens to degrade adaptive cognitive strategies, rendering young individuals structurally vulnerable and defenseless against external anxiety triggers.

Ultimately, these interactive dynamics validate contemporary behavioral frameworks which illustrate that structured, peer-led educational frameworks are capable of substantially elevating adolescents' emotional self-efficacy. Consequently, within rigid or highly complex domestic settings where direct familial interventions are impractical, the deployment of innovative peer counseling models offers a highly effective intermediary mechanism. This strategy demonstrates a clear capacity to transcend conventional socio-demographic limitations while successfully maximizing psychological endurance and resilience among the youth demographic.

CONCLUSIONS

In summary, this investigation demonstrates that the severity of psychological distress among adolescents is collectively shaped by overlapping interpersonal micro-environments, with household domestic stability serving as the fundamental cornerstone for healthy emotional maturation. Chronic domestic discord and family tension act as the most prominent determinants of acute psychological vulnerability, profoundly undermining adaptive cognitive coping strategies during youth development. Although an isolated peer framework is descriptive of highly distressed groups, organized peer-led support networks deliver a crucial external safety infrastructure that significantly elevates emotional self-efficacy and shields young individuals from external anxiety triggers. On the contrary, general socioeconomic variables and household financial limitations do not possess an independently significant or direct linear impact on immediate psychological crises, reinforcing the conclusion that emotional resilience is rooted in immediate interpersonal dynamics rather than material wealth.

To address and troubleshoot these mental health vulnerabilities, the implementation of unified community-based strategies that transcend conventional socio-demographic barriers is strongly recommended. Regional healthcare entities and academic institutions should proactively establish formalized peer-education networks and youth-centered counseling platforms to streamline early detection and guarantee enduring psychological support. For future academic endeavors, it is suggested to utilize longitudinal research methodologies capable of monitoring the long-term emotional adaptation of youth engaging with peer-mentoring systems, alongside incorporating mixed-method frameworks to grasp more profound qualitative subtleties within unstable domestic environments.

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CONFLICT OF INTEREST AND FUNDING DISCLOSURE

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AUTHOR CONTRIBUTIONS

AH: conceptror, data curation, formal analysis, funding acquisition, investigation, methodology, project administration, resources, software, supervision, validation, visualization, writing original draft, writing review and editing

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