



## Mental Health of Adolescents in Indonesia: Barriers, Risk Factors, and Intervention Strategies: A Literature Review

I Dewa Putu Oka Diatmika<sup>1\*</sup>

<sup>1</sup>Magister Of Public Health, Faculty Of Public Health, Halu Oleo University, Kendari, Indonesia

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### Abstract

WHO (2022) reported a 25% increase in global depression prevalence, with adolescents among the most affected groups. In Indonesia, one in seven adolescents experiences a mental disorder, and suicide ranks as the third leading cause of death among individuals aged 15–29 years. National surveys in 2018 and 2023 confirmed rising depression rates, compounded by stigma and limited access to mental health services. I-NAMHS 2022 reported around 15.5 million adolescents (34.9%) experiencing at least one mental health problem. This study synthesizes risk factors, barriers, and intervention strategies for adolescent mental health in Indonesia. Fifteen peer-reviewed articles (2020–2025) were retrieved from Google Scholar, and Science Direct, following PRISMA 2020 guidelines. Inclusion criteria included quantitative and qualitative studies, open-access full-text availability, publications in English or Indonesian, and focus on adolescent populations. Results identified three main themes: risk factors, including adverse family environments, problematic parenting, bullying, digital overuse, academic stress, and socioeconomic inequality; barriers, such as stigma, rural service gaps, low literacy, and dual effects of digitalization; and effective interventions, including school-based psychoeducation, digital platforms, and integrated community approaches. Evidence underscores the urgent need for multisectoral collaboration to address barriers, expand infrastructure, and reduce stigma through culturally appropriate adolescent mental health strategies.

Correspondence Address:  
Jl. Dr. Sutomo No. 29 Kel.  
Tobuuha Kec. Puuwatu,  
Kendari, Indonesia  
E-mail:  
[dhemyanchesie@gmail.com](mailto:dhemyanchesie@gmail.com)

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## Introduction

Mental health is a state in which a person knows or is aware of his own abilities, is able to cope with the pressures of normal life, can work productively and is able to contribute to his environment (WHO, 2022). Mental health is very important to support productivity and quality of physical health. Mental or psychiatric disorders can be experienced by anyone, including teenagers (Gintari et al., 2023).

World Health Organization (WHO) states that one in seven children aged 10–19 years has a mental disorder, which accounts for 15% of the global burden of disease in this age group. Suicide is the third leading cause of death among those aged 15–29 (WHO, 2024). Based on the analysis Global Burden of Disease Study 2021 in ten ASEAN countries, in 2021 there were around 80.4 million cases of mental disorders or the equivalent of an age-standardized prevalence of 11.9% (95% UI 10.9–12.9), an increase of 70% since 1990. The 10–14 age group experienced the highest proportion of burden (16.3% of the total DALY of that age group), and in adolescents 15–19 years of age the prevalence has increased by 10.8% since 1990 (GBD 2021 ASEAN Mental Disorders Collaborators, 2025).

Adolescent mental health issues in Indonesia are getting more and more serious attention as the reported prevalence increases. Result National Adolescent Mental Health Survey in Indonesia (I-NAMHS) in 2021, it is known that as many as 17 million vulnerable adolescents aged 10–17 years have mental health problems such as social phobia, anxiety disorders, depression, and Post-traumatic stress disorder (PTSD) and Attention deficit/hyperactivity disorder (ADHD) (Erskine et al., 2024). Meanwhile, I-NAMHS in 2022 around 15.5 million adolescents (34.9%) in Indonesia have at least one mental health problem (Goodstats, 2024). Meanwhile, the 2023 Indonesian Health Survey (SKI) shows that the group of adolescents aged 15–24 years is the most vulnerable to mental health disorders with a prevalence of

depression of 2%, higher than the national average (1.4%). About 61% of adolescents who experience depression had thoughts of ending their lives in the past month (Ministry of Health of the Republic of Indonesia, 2023). This figure is quite alarming considering that almost 20% of the total Indonesian population is in the age range of 10-19 years and only 2.6% adolescents with mental health problems who access help and counseling services (I-NAMHS, 2022).

Efforts to provide mental health services to adolescents must be carried out as early as possible to prevent the continuation of the impact of more severe mental health problems (Nurul Mawaddah, 2023). But in aTudi shows that the stigma of mental disorders is the main obstacle for teenagers to seek help for fear of being negatively labeled by their social environment (Setia Lesmana & Chung, 2024). Meanwhile, a study mentioned that various interventions are effective in reducing adolescent mental health problems but have not been used optimally (Widyatmoko et al., 2025). Including the integration of digitalization currently has not had a maximum impact on access to mental health literacy and has the potential to have a dual role where on the one hand it worsens the risk of mental health disorders due to excessive use of social media, but on the other hand provides opportunities to provide online counseling and broader mental health literacy (Hartini et al., 2023). In addition, limited infrastructure, inadequate health service facilities and inadequate human resources in areas including remote areas are challenges for the non-optimal mental health services in the area (Tjandrarini et al., 2025).

The current challenges underscore the need for a more inclusive, integrated, and local context-based intervention strategy to address the complexity of adolescent mental health problems in Indonesia. Therefore, this literature review aims to identify challenges, risk factors, and handling strategies that can support the improvement of adolescent mental health in Indonesia

## **Methods**

This study uses a Systematic Literature Review (SLR) approach with a descriptive design to collect and analyze articles available on the internet. The literature to be analyzed is obtained from published databases. The articles used are articles published in 2020-2025. Literature searches were conducted on August 1 – 7, 2025 through Google scholar and science direct. The combination of keywords used in the literature search was adolescent mental health disorders, efforts to handle adolescent mental health, adolescent mental health risk factors, and adolescent mental health challenges and using the Boolean operator, namely "mental health AND adolescents AND Indonesia".

Data were analyzed using PRISMA (Preferred Reporting Items for Systematic Review and Meta-Analysis). The criteria set are quantitative and qualitative articles, open access articles, full text articles, English or Indonesian articles. The exclusion criteria consist of: articles that cannot be accessed as full text, systematic reviews, literature reviews and meta analysis.

In the literature search, 22,505 research articles were found. According to the purpose of the research, 15 articles were selected after going through various stages based on the PRISMA scheme. The articles were thematically analyzed to identify and classify risk factors, barriers and strategies for adolescent mental health interventions to provide a comprehensive understanding of Adolescent Mental Health. The selection of articles is governed by the PRISMA guidelines outlined in the following image.

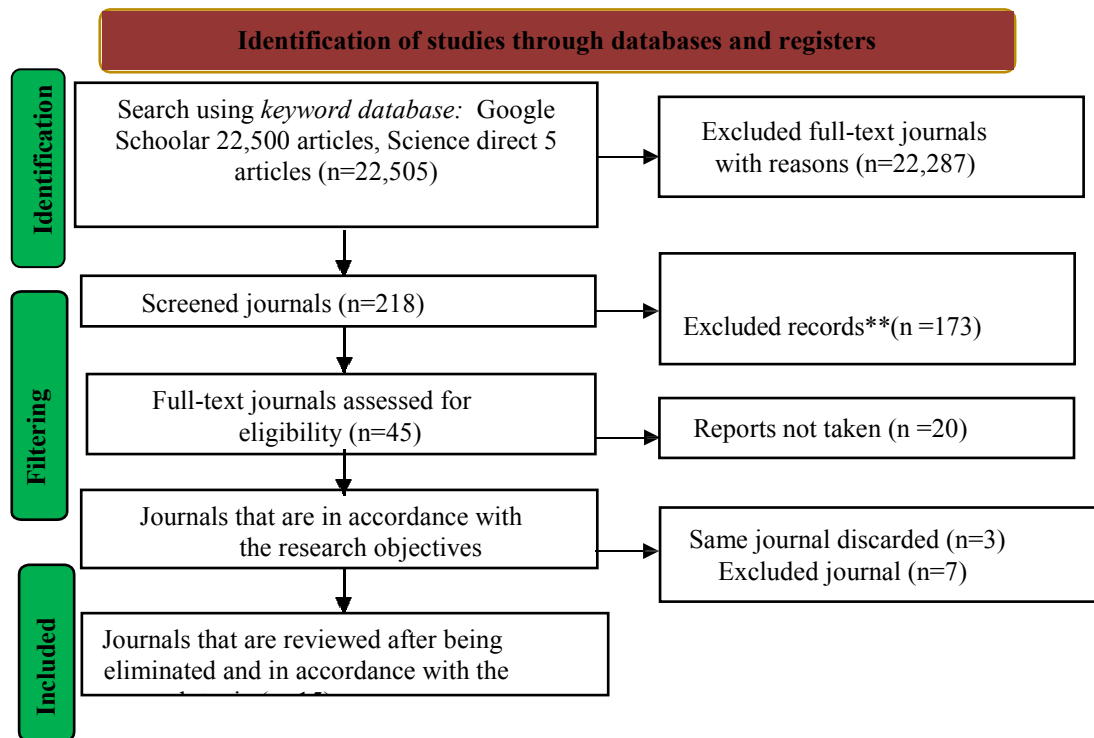


Figure 1. Systematic review flowchart: PRISMA

## Results

The results of the systematic review process showed that there were 15 journal articles that met the inclusion and relevance criteria, with a primary focus on mental health disorders in adolescents. These journals were chosen because they were considered to be able to meet the research objectives. The selected literature comes from reliable databases and has gone through a strict selection stage based on topic relevance, methodological feasibility, and completeness of data, as well as the year of publication that is still in the last 5 years. To support the transparency and traceability of the selection process, the search results data are presented in the form of a table that summarizes the characteristics and core findings of each journal.

Table 1. Systematic Review

No	Title, Author and Year	Research Variables	Methods	Population and Sample	Research Results
1	Determinants of Mental Health in Adolescents Aged 11-18 Years in Padang City (Yulia et al., 2024)	Independent: History of bullying, parenting, smartphone addiction, peer interaction, socioeconomic status. Dependent: Adolescent mental health	Quantitative, <i>cross-sectional study design</i> . Instrument: Questionnaire with Google Form containing Strengths & Difficulties Questionnaire (SDQ). Analysis: Univariate, bivariate (chi-square), multivariate (logistic regression).	Population: Adolescents aged 11–18 years in the working area of Puskesmas X Padang City. The sample totaled 180 respondents, random <i>sampling technique</i> .	As many as 43.9% of adolescents have poor mental health. Significant determinants: history of bullying (PR=2.84; CI 95%: 1.46–5.52), parental parenting (PR=2.62; 95% CI: 1.38–4.97), smartphone addiction (PR=2.03; 95% CI: 1.02–4.02). The most dominant factor: history of bullying.
2	Factors That Affect Mental Emotional Disorders in	Independent: Family environment, school	Analytical survey with a <i>cross-sectional study approach</i> . The	A sample of 88 teenagers of SMA N 1 Gedeg was taken using	As many as 70.5% of adolescents have indications of mental emotional

No	Title, Author and Year	Research Variables	Methods	Population and Sample	Research Results
	High School Teenagers (Nur Diana et al., 2024)	environment, peer environment. Dependent: Adolescent emotional mental disorder	Questionnaire Instrument contains the Strengths and Difficulties Questionnaire (SDQ) from the Ministry of Health 2021 and & the factors that affect mental emotional disorders in adolescents adopted from previous research. Analysis: Univariate & bivariate (chi-square).	<i>purposive sampling technique.</i>	disorders. Significant influencing factors: family environment (p=0.005; PR=1.668) & peer environment (p=0.026; PR=1,404). There was no significant influence of the school environment (p=0.250).
3	Factors Affecting Adolescent Mental Health in Batam City (Reza et al., 2022)	Independent: Parental parenting, environmental health conditions, socio-economy. Dependent: Adolescent mental health	Quantitative. Inclusion criteria: age 10–19 years, living with parents, residing in Batam City, Riau Islands Province. Multiple linear regression analysis. Questionnaire instruments. Analysis: T test (partial), F test (simultaneous). R <sup>2</sup>	Population: Teenagers in Batam City (number unknown). Sample : 200 respondents, <i>purposive sampling technique</i>	All independent variables had a significant effect on adolescent mental health, namely parental upbringing (B=0.242; p<0.000), Environmental health conditions (B=0.480; p<0.000), and socioeconomic (B=0.137; p<0.000). Simultaneously, the three factors had a significant effect (p<0.000). Adjusted R <sup>2</sup> =0.611 which shows the model explains 61.1% of the variation in adolescent mental health.
4	Factors Affecting Mental Health in Adolescents (Supini et al., 2024)	The surrounding environment (school, peers), the role of parents, <i>overthinking tendencies</i> , circumstantial factors (economic, social, academic	Qualitative method. Survey and interview techniques using (Google Form) and literature studies.search for reference sources	Population: a sample of adolescents with mental disorders. The sample (based on the results of the study) was 13 adolescents.	The surrounding environment plays a crucial role in influencing mental health adolescents, remembering that it is a place where they interact and go about their daily lives (school,

No	Title, Author and Year	Research Variables	Methods	Population and Sample	Research Results
		pressure), relationships with lovers.			peers) . The role of parents as the emotional support of their children builds the foundation of confidence and a sense of security that is fundamental to good mental health (emotional support & supervision Overthinking in adolescents can serve as a trigger or contributor to more serious mental disorders, triggering anxiety, depression, sleep disorders. Condition factors such as Unstable economic conditions can be a major source of impactful stress serious on a person's mental health. The constant stress of financial problems can trigger a number of physical and mental health problems. The environment and social interactions can also be triggers for mental health disorders. To Relationships with lovers can be a significant emotional stressor
5	Parenting Style, Motivation & Discipline in Improving the Mental Health of Papuan Adolescents (Mustamu et al., 2020)	Independent: Parenting style, learning motivation, discipline. Dependent: Adolescent mental health	Observational analytics, <i>cross-sectional</i> design. Instruments: Parental Authority Questionnaire-Revision (PAQ-R) Reitman et al., 2002), disciplinary and	Population: Teenagers of SMK Negeri 1 Sorong. Sample: as many as 80 to 80 teenagers aged 12-17 years at SMK Negeri 1 Sorong were taken by <i>consecutive</i>	The results of the simple logistic regression analysis test showed that parenting style, motivation and discipline simultaneously affected adolescent mental health with a significance value

No	Title, Author and Year	Research Variables	Methods	Population and Sample	Research Results
			motivational questionnaires (Suranto, 2009) and General Mental Health (Dwairy & Menshar, 2006). Research Analysis: Simple logistic regression.	<i>sampling.</i>	(0.000 < 0.005). Discipline and learning motivation had an effect on adolescents' mental health with a significance value (0.000 < 0.005) but parenting did not affect adolescents' mental health with a significance value (0.382 > 0.005).
6	Analysis of the Impact of Stigma on Mental Illness and Efforts to Reduce It in Society Prima (Kusumawati et al., 2025)	Barriers to Access to Health Services, Social Exclusion: Stigma and Its Impact on Patient Engagement in Social Activities, Psychological Well-Being	Qualitative Interviews, FGDs, Documentation Analysis uses a thematic approach, which involves a process systematic in identifying, analyzing, and reporting patterns or themes that emerge from data.	Participants included 15 individuals living with mental disorders, 10 family members who had experience caring for individuals with mental disorders, and 5 mental health practitioners who were active in dealing with related cases	The results of the study showed that stigma negatively impacted health service access, social integration, and patients' psychological well-being. Stigma reduction efforts include public education, training for health workers, and media campaigns. This study provides important insights to support inclusive social change for individuals with mental illness
7	Overview of Awareness, Access to Information, and Experience related to Mental Health Services in the Community in Indonesia (Putri et al., 2023)	Mental health awareness, access to information, mental health service experience	Cross-sectional, quantitative, Surveys are conducted online	406 participants, the majority aged 18-25 years	1) awareness of mental health issues is relatively high, 2) access to information on mental health is available and can be improved, 3) stigma, financial difficulties, and unavailability of professionals are barriers to receiving mental health assistance, and 4) there are many ways to increase the satisfaction of counseling sessions, including

No	Title, Author and Year	Research Variables	Methods	Population and Sample	Research Results
					community-based interventions, improving the quality of mental health digital platforms, as well as the quality and quantity of professionals throughout Indonesia.
8	Mental Health in Adolescents in Senior High School Environments in Urban and Rural Areas of Jember Regency (Suswati et al., 2023)	Mental health, adolescents, urban and rural environments	Quantitative descriptive	250 teenagers in Jember Regency	65.6% of respondents had poor mental health; 34.4% have good mental health. Adolescent girls experience more mental health problems than boys. Family and school environment play an important role in adolescent mental health.
9	Adolescent Health Services in Remote Areas: A Holistic Strategy to Improve Mental Health and Sexual Education (Juniar et al., 2024)	Mental health, sex education, adolescents	Descriptive	Teenagers in remote areas	Adolescents face obstacles to access health services and sexual education due to geographical, economic, and stigma factors. Holistic strategies such as telemedicine, local health worker training, anti-stigma campaigns, and the establishment of integrated youth service centers are needed to improve mental health and sexual education.
10	School-Based Mental Health Program (PKJ-BS) to Prevent the Risk of Emotional Problems in Adolescents (W. Daulay et al., 2023)	Mental health, emotional status, adolescents	Descriptive, One-group pretest-posttest design	1067 students of SMPN 1 Tanjung Morawa, total sample	91.2% of students were emotionally healthy, 5.4% were at risk, and 3.4% experienced disorders. The PKJ-BS program significantly improves students' emotional status

No	Title, Author and Year	Research Variables	Methods	Population and Sample	Research Results
					with a p-value of 0.000.
11	Socialization of Improving Mental Health Understanding in Adolescents (Tyas et al., 2023)	No quantitative variables (community service activities). Focus: Adolescents' level of knowledge about mental health (pre-test vs post-test).	Participatory methods: lectures, discussions, psychoeducation. Instruments: pre-test & post-test questionnaire. Analysis: descriptive percentage.	Population: Students of SMP N 1 Juwiring, Klaten. Sample: 48 students (representatives of each class).	Pre-test: knowledge is good 22.9%, sufficient 39.5%, less than 33.3%. Post-test: knowledge is good 52.1%, adequate 29.1%, less 14.5%.- There is a significant increase in adolescents' knowledge after psychoeducation.- Psychoeducation is effective in increasing adolescents' awareness of mental health, prevention, and how to seek help.
12	Increasing Mental Health Awareness in Adolescents Through Mental Health Promotion (Fitriani & Syaifullah, 2024)	There are no formal quantitative variables. Focus: increasing adolescents' awareness and understanding of mental health through promotion.	Mental health promotion programs. Methods: campaign & socialization (lectures, discussions, education). Instruments: pre-test & post-test.	Population: adolescents in Makassar. Sample: 120 adolescent respondents.	Results: 109 out of 120 adolescents (90.3%) were aware of the importance of mental health after activities. Increased understanding of mental health benefits: lifestyle control, happiness, positive thoughts, physical health, self-confidence.
13	Building the Welfare of Healthy Indonesian People: A Comprehensive Strategy in Disease Prevention, Health System Reform, and Raising Awareness of Mental Health Issues (Christella Silalahi et al., 2024)	There are no quantitative variables. Focus: the role of mental health in building the welfare of the Indonesian people.	Literature study ( <i>library research</i> ). Sources: books, journals, official reports related to mental health & well-being.	No population & sample (literature review).	Mental health is an important aspect of human development and community well-being. Mental disorders have an impact on productivity, education, and social relationships. Efforts to promote the welfare of a healthy community need promotive, preventive, curative, and rehabilitative

No	Title, Author and Year	Research Variables	Methods	Population and Sample	Research Results
					integration. Mental health literacy is important to reduce stigma and improve access to services.
14	Optimizing the Role of Information Services in Preventing and Overcoming Mental Illness in SMP Negeri 1 Brand (N. Daulay et al., 2025)	There are no formal quantitative variables. Focus: the role of counseling guidance information services in preventing & overcoming mental illness.	Qualitative, case study approach. Techniques: observation, documentation, and focus group discussions. Descriptive analysis.	Population: students of SMP Negeri 1 Mebrand, Karo Regency. Sample: 25 students of grade IX.	Increasing students' awareness of the definition, causes, and prevention of mental illness. Information services have proven to be effective in increasing students' understanding and fostering curiosity regarding mental health issues.
15	Counseling on Complementary Therapies to Maintain Mental Health in Adolescents at UPT SMAN 13 Bone (Malka & Mutmainnah, 2025)	Complementary, mental health	Counseling and demonstrations	29 students of grade XI A1 at SMAN 13 Bone	Significant increase in knowledge of complementary therapies; 79.3% of students have very good knowledge after counseling.

The researcher then grouped the articles according to the themes analyzed in this study. The results of the analysis of selected articles grouped based on the theme of risk factors for adolescent mental health disorders can be seen in the following table.

**Table 2.** Groups of articles based on the theme of risk factors for mental health disorders

Yes	Title, Author's Name, Year	Risk factors for Mental Health Disorders
1	Determinants of Mental Health in Adolescents Aged 11-18 Years in Padang City (Yulia et al., 2024)	History of bullying, Parenting Style Smartphone addiction
2	Factors That Affect Mental Emotional Disorders in High School Teenagers (Nur Diana et al., 2024)	Family environment Peer Environment
3	Factors Affecting Adolescent Mental Health in Batam City (Reza et al., 2022)	Parenting Environmental health conditions Socio-economic
4	Factors Affecting Mental Health in Adolescents (Supini et al., 2024)	Environment, Role of parents Overthinking, Circumstance, Environment and social relations Relationship with a lover
5	Parenting Style, Motivation & Discipline in Improving the Mental Health of Papuan Adolescents (Mustamu et al., 2020)	Discipline, motivation to learn

The grouping of articles based on the theme of adolescent mental health management challenges can be seen in the following table.

**Table 3.** Grouping articles by theme of mental health challenges

Yes	Title, Author's Name, Year	Mental Health Treatment Challenges
1	Analysis of the Impact of Stigma on Mental Illness and Efforts to Reduce It in Society Prima (Kusumawati et al., 2025)	Stigma negatively impacts healthcare access, social integration, and patients' psychological well-being
2	Overview of Awareness, Access to Information, and Experience related to Mental Health Services in the Community in Indonesia (Putri et al., 2023)	Stigma, financial difficulties, and unavailability of professionals are barriers to receiving mental health help
3	Mental Health in Adolescents in Senior High School Environments in Urban and Rural Areas of Jember Regency (Suswati et al., 2023)	Most respondents have less mental health and adolescent girls experience more mental health problems than boys
4	Adolescent Health Services in Remote Areas: A Holistic Strategy to Improve Mental Health and Sexual Education (Juniar et al., 2024)	Barriers to access to health services and sexual education due to geographical, economic, and stigma factors

Grouping articles based on the theme of mental health handling efforts can be seen in the following table.

**Table 4.** Grouping articles by theme of mental health challenges

Yes	Title, Author's Name, Year	Mental Health Treatment Efforts
1	School-Based Mental Health Program (PKJ-BS) to Prevent the Risk of Emotional Problems in Adolescents (W. Daulay et al., 2023)	School-Based Mental Health Program (PKJ-BS) to Prevent the Risk of Emotional Problems in Adolescents
2	Socialization of Improving Mental Health Understanding in Adolescents (Tyas et al., 2023)	Psychoeducation effectively increases adolescents' awareness of mental health, prevention, and how to seek help
3	Increasing Mental Health Awareness in Adolescents Through Mental Health Promotion (Fitriani & Syaifullah, 2024)	Increased understanding of mental health benefits: lifestyle control, happiness, positive thoughts, physical health, self-confidence.
4	Building the Welfare of Healthy Indonesian People: A Comprehensive Strategy in Disease Prevention, Health System Reform, and Raising Awareness of Mental Health Issues (Christella Silalahi et al., 2024)	Mental health literacy is important to reduce stigma and improve access to services.
5	Optimizing the Role of Information Services in Preventing and Overcoming Mental Illness in SMP Negeri 1 Brand (N. Daulay et al., 2025)	Information services have proven to be effective in increasing students' understanding and fostering curiosity regarding mental health issues.
6	Counseling on Complementary Therapies to Maintain Mental Health in Adolescents at UPT SMAN 13 Bone (Malka & Mutmainnah, 2025)	Significant increase in knowledge about complementary therapies

## Discussion

### Risk Factors for Mental Health Disorders

The results of the literature review obtained that factors that contribute to mental health disorders in adolescents in Indonesia are Bullying, parenting, and addiction Smartphone (Yulia et al., 2024). Research by Nur Diana et al. (2024) revealed that the family and peer environment had a significant influence on mental and emotional disorders, while the school environment did not show a significant influence.

Reza et al. (2022) added that parental parenting, environmental health conditions, and socioeconomic status in Indonesia have a significant impact on adolescent mental health with a model that

is able to explain 61.1% of the variation in these conditions. Supini et al. (2024) complement the data with environmental factors (school, peers), the role of parents, as well as overthinking tendencies, economic and social pressure, and romantic relationships as factors that cause mental disorders. Mustamu et al. (2020) focused on parental parenting, learning motivation, and discipline and found that discipline and motivation had a positive effect while parenting was not significant in that context. Overall, internal (parenting, overthinking, motivation) and external (bullying, family environment, peers, socioeconomic conditions) factors are crucial in influencing adolescent mental health.

If you look at the Global Burden of Disease (GBD) 2025 report, it shows that mental health disorders continue to be a major health problem in the ASEAN region. While there are similarities in the increasing trend of mental disorders in the region, there are significant differences between ASEAN countries in terms of prevalence and causative factors such as anxiety disorders and depression being the most common in many ASEAN countries. However, its prevalence and impact can vary depending on each country's social, economic, and cultural factors.

Mental health disorders among adolescents in Indonesia are influenced by various factors that interact with each other. Environmental factors such as poor ventilation and housing density can increase the risk of mental health problems. Research by Gintari et al. (2023) shows that low socioeconomic conditions can lead to stress and anxiety, which contribute to mental disorders. In addition, biological factors such as young age and malnutrition status also play an important role in the development of mental health problems. Adolescents who are malnourished are more prone to mental-emotional disorders, such as depression and anxiety. Socio-economic factors, including low levels of education and knowledge about mental health, also contribute to mental health problems. WHO (2021) emphasizes that social and environmental conditions affect an individual's mental well-being. Lack of knowledge about mental health can lead to stigma and discrimination, which further exacerbates the situation.

The results of this literature review are summarized from various studies conducted in Indonesia, thus providing an overview of adolescent mental health conditions in a local context. It is important to note that these factors that affect mental health can differ if researched in other countries due to differences in culture, environment, and social systems. Additionally, these findings may contain bias because researchers only limited sources to articles published between 2020 and 2025. Thus, these results need to be interpreted taking into account the limitations of the scope and context of the study.

### **Mental Health Treatment Challenges**

Handling adolescent mental health faces various challenges, especially in access to services and social stigma. Research by Kusumawati et al (2025) states that stigma has a negative impact on access to health services, social integration, and patient psychological well-being. Putri et al. (2023) found that although mental health awareness in the community is already high (95.3%), access to mental health services is constrained by stigma and financial barriers. However, Suswati et al (2023) mentioned that adolescent girls experience more mental health problems than boys. Juniar et al. (2024) point out geographical, economic, and negative views in remote areas that hinder adolescents from obtaining adequate mental health services and sexual education. The challenges that arise are inequality in access to services, the role of negative stigma, and the lack of local resources to support optimal mental health prevention and treatment.

Handling mental health problems in Indonesia still faces many challenges. One of the main challenges is the persistent social stigma, which makes many individuals reluctant to seek help. Rifkikah (2025) reviews the impact of digitalization which is dualistic: on the one hand, digitalization increases mental disorders such as anxiety and depression due to excessive use of social media, but also opens up opportunities to access mental health services online and increases digital literacy. Kamiliya et al. (2023) found that stigma towards mental health issues severely hinders adolescents from accessing the services they need. This shows the need for effective campaigns to change public perceptions and reduce people's negative views of mental health issues in adolescents.

The shortage of health workers in remote areas is also a significant obstacle. O'Reilly et al. (2021) noted that limited access to mental health services in these areas makes it difficult for adolescents to get the treatment they need. Minimal infrastructure and lack of health facilities in remote areas exacerbate this situation. Of course, this social condition is known based on literature studies based on articles from Indonesia and is local so that there can be differences if reviewed in other regions due to the socio-cultural differences that occur.

### **Mental Health Treatment Efforts**

Various studies also provide an overview of efforts and interventions that have succeeded in improving adolescent mental health. The PKJ-BS program (Daulay et al., 2023) has succeeded in

significantly improving students' emotional status with a school-based approach. Socialization and psychoeducation conducted by Tyas et al. (2023) and Fitriani & Syaifullah (2024) showed an increase in adolescents' knowledge and awareness about mental health, the importance of prevention, and how to seek help. Daulay et al. (2025) highlight the role of information services and counseling guidance that effectively raises students' understanding and awareness of mental health issues. Malka & Mutmainnah (2025) demonstrate a significant increase in knowledge about complementary therapy as part of maintaining mental health through counseling.

In addition, Christella Silalahi et al. (2024) emphasized the importance of integrating promotive, preventive, curative, and rehabilitative efforts in building healthy community welfare, with mental health literacy as the key to reducing stigma and improving access to services. Efforts to address mental health in Indonesia require a holistic and integrated approach. One of the important strategies is the training of local health workers. Baker and Ray (2018) show that increasing the capacity of health workers can improve the handling of mental health problems. This training should include appropriate early detection, counseling, and referral skills.

For the implementation of adolescent mental health treatment to be more structured, WHO HAT (Helping Adolescents Thrive) can be implemented which is a joint effort of WHO and UNICEF to strengthen adolescent mental health policies and programs. The first component of the HAT toolkit is the Guidelines for Promotive and Preventive Mental Health Interventions for Adolescents and a Toolkit to support adolescents and their caregivers and to improve the environment in which they live so as to minimize mental health problems in adolescents.

Improving literacy Mental health is also very necessary to encourage adolescents to seek help. This strategy should involve community leaders and use local media to disseminate information about mental health. By changing public perception, it is hoped that the stigma against mental health can be minimized. The integration of mental health education in the school curriculum is also an important step. It aims to improve teens' understanding of mental health and give them the tools to manage their emotions. With this approach, it is hoped that adolescents can achieve better mental health and reduce the risk of future disorders. This effort to handle mental health is very important to be carried out in all regions of the world, including Indonesia, but the priorities of handling it must be different due to socio-cultural differences, norms, rules and customs in each region, both in Indonesia and other countries.

## Conclusion

Adolescent mental health in Indonesia is influenced by various things that are intricately interrelated. Factors from within adolescents such as the experience of being ostracized, using smartphones too much, excessive thinking habits, and low motivation and discipline. Meanwhile, external factors are related to the way parents educate their children, the atmosphere in the family, relationships with peers, family economic conditions, pressure in learning, and love relationships. Environmental factors also influence, such as uncomfortable housing, crowded housing, and difficulty accessing mental health services, especially in remote areas.

The main challenges in dealing with this issue are the existence of strong social stigma, financial difficulties, unequal services, and the double impact of digitalization which can worsen psychological problems but also open up opportunities for online services. To deal with this effectively, a comprehensive approach is needed, for example through programs in schools in the form of annual training on mhGAP (Mental Health Gap Action Programme), mental health activities, socialization, and psychological education so that adolescents are more understanding and vigilant. In addition, a holistic approach by combining aspects of prevention, promotion, treatment, and recovery is an important step. This includes strengthening the capacity of health workers and campaigning against stigma. The use of digital technology is also considered an important alternative in improving understanding of mental health and access to services, especially for adolescents living in areas with limited health facilities. The author suggests the need for regular monitoring by involving health workers to map adolescent mental health problems and studies related to adolescent mental health can be carried out, including providing digital counseling efforts.

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