



THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND DEPRESSION ON ADOLESCENT ANXIETY

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ABSTRACT

Adolescents are particularly vulnerable to mental health problems, including depression and anxiety. Depression and anxiety are emotional states that have physiological characteristics such as tension, discomfort, and negative feelings. Social support is essential for the prevention of depression and anxiety. This study aims to determine the relationship between social support and depression factors on anxiety in adolescents at SMK Muhammadiyah Kartasura. This type of research uses quantitative research with a cross sectional approach. Data collection methods in this study used social support questionnaires and DASS-21 (Depression Anxiety Stress Scale). Validity and reliability tests on the DASS-21 instrument alpha 0.912. The research sample used total sampling of 101 adolescents in class XI aged 15-18 years at SMK Muhammadiyah Kartasura. Data analysis of this study used univariate and bivariate analysis and statistical tests using the spearman test. The results showed no significant relationship between social support factors and depression on anxiety in adolescents with moderate depression and normal anxiety (p value > 0.05). In conclusion, if the social support received by adolescents is not good, then the level of depression and anxiety in adolescents tends to be low.

Keywords: adolescents; anxiety; depression; social support

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INTRODUCTION

Adolescence starts from childhood and grows into adulthood along with development and growth (Sulfemi & Yasita, 2020). Adolescence is a transitional period from childhood to adulthood, adolescents will also experience changes such as physical changes accompanied by mental, psychological development, as well as the process of reproductive changes (Azzahro & Sari, 2021). Adolescence is a stage where psychosocial maturity and physical growth begin to develop (Oktaviana & Aprilliana, 2024). Adolescence is a very important phase in a person's life because it is a period of self-discovery and character building. Therefore, they often face challenges that can affect their mental health.

Adolescents are vulnerable to mental health problems such as depression and anxiety. Depression is a mental health disorder that can be interpreted as an emotional state that is often characterized by moodiness, hopelessness, deep disappointment, and feeling useless berguna (Ajeng Febrianti Rahayu et al., 2021). Depression will cause someone to feel sad, tired, angry, lose interest in doing daily activities and tend to commit suicide (Muslimahayati & Rahmy, 2021). Depression is a major mental health problem. This is important, because people who experience depression will reduce their productivity and have a negative impact on society or developing countries (Jamil, 2019) who experience depression will tend to choose to be alone or not want to actively participate in social interactions in the surrounding environment. Symptoms of depression will cause feelings of hopelessness, low self-esteem, social withdrawal and negative thinking (Muslimahayati & Rahmy, 2021). Depression is an

emotional condition that can usually be characterized by symptoms such as loss of interest in daily activities, feelings of guilt or low self-esteem, loss of concentration, distancing from the environment, and sleeplessness (Bintang & Mandagi, 2021).

Depression and anxiety are common mental disorders with the highest incidence rates. More than 200 million people worldwide, 3.6% of the population suffer from anxiety. The province with the highest prevalence is Yogyakarta at 8.1% and East Nusa Tenggara province with a prevalence of depression at 7.8% (Kedang et al., 2020) In 2018, there was data that the incidence of anxiety in Central Java in adolescents was 7.71% (Riskasdas, 2018). So it can be concluded that the prevalence rate of anxiety and depression is very relatively high in adolescents. Anxiety is a feeling of uneasiness associated with anticipation of potential danger, a signal that can help adolescents prepare to take action to meet their needs in the face of threats, competition, and disasters that can occur physically in life and in mental health problems. Anxiety and depression are the most common mental health disorders, especially in adolescents (Sukesi et al., 2023). Anxiety is a normal feeling that can arise in humans, when feelings of anxiety indicate that someone is receiving information about a threatening danger (Muslimahayati & Rahmy, 2021). Anxiety is a normal thing often experienced by all humans which can interfere with self-confidence if anxiety is excessive.

The impact of excessive anxiety inhibits the learning process due to feelings of fear and worry about something. Anxiety that occurs in adolescents can cause insomnia, difficulty concentrating, injury, and a tendency to feel frustrated and irritable (Muslimahayati & Rahmy, 2021). One form of non-pharmacological therapy to reduce anxiety and depression is deep breath relaxation and guided imagery. Deep breathing is effective as a form of nursing care with a strategy of inhaling deeply and slowly then exhaling relaxedly so that it limits and can increase lung ventilation (Triwahyuni et al., 2021). Meanwhile, guided imagery is a therapy that imagines happy things in life to increase feelings of happiness and reduce the mental burden experienced (Andriyani et al., 2019). When feeling anxious, it can be overcome by doing nonpharmacological techniques, besides that anxiety can also be prevented by good social support.

Social support is the extent to which a person believes and can feel that there is support from social relationships, this support can take all forms including emotional, informational, or real support provided by family members, parents, friends, and others sebagainya (Effendi et al., 2019). Social support is how much kindness, friendship, and attention has been given to family members, friends and also other people (Maharani, 2021). Social support can be obtained from friends, teachers, family who can be trusted to help adolescents rise from difficult conditions, this can happen because through social support, adolescents feel not alone, feel cared for and valued (Calsum & Purwandari, 2024). Social support comes from people who are related to individuals such as family, close friends, partners, coworkers, neighbors, and relatives (Saputro & Sugiarti, 2021). Social support can be received by the surrounding environment so that adolescents can receive positive things from them

The important role of peer social support for adolescents can take the form of affective, guidance, and material support (Yunanto, 2019). Social support is needed to avoid things like depression and anxiety, there is also a main foundation for adolescents to foster their enthusiasm which is the center of storytelling (Rufaida et al., 2021). The benefits of social support reduce anxiety, depression, and physical problems in people experiencing stress at work (Sekarina & Indriana, 2020). Adolescent issues such as high anxiety and depression if not treated immediately will cause risk factors so that they require sufficient social support.

This is what underlies this study to determine the relationship between social support and depression on anxiety in adolescents at SMK Muhammadiyah Kartasura.

METHOD

This study is a quantitative study using a cross-sectional design. Respondents in this study amounted to 101 adolescents consisting of 82 male adolescents and 19 female adolescents at SMK Muhammadiyah Kartasura. Sampling was done using the total sampling method. This study used univariate analysis and bivariate analysis using the Spearman-Rho correlation test. Data collection tools in the form of respondent demographic information which includes name or initials, age, gender, and parents' occupation. The research instrument used was a social support questionnaire adopted from Dea Fitriani's research in 2021. This questionnaire consists of 44 questions with values 1, 2, 3, and 4. The score is calculated by summing up each value. To determine the criteria for social support by looking at the total score. If the total score is ≤ 88 then the level of social support is low and if the total score is > 133 then the level of social support is in the high category. The instrument to measure depression and anxiety, namely the "Depression Anxiety Stress Scale-21" (DASS-21) was developed by Lovibond and Lovibond in 1995, the adaptation process carried out by Kinanthi et al (2020) has been tested for validity between (0.303 - 0.758) and reliability of 0.912 overall scale, 0.853 for depression scale, 0.776 anxiety scale, and 0.905 stress scale. The questionnaire consisted of 21 questions using a Likert scale with scoring conditions of 0 = never, 1 = rarely, 2 = often, and 3 = very often. The depression category scored normal 0-9, mild 10-13, moderate 14-20, severe 21-27, and very severe ≥ 28 . Meanwhile, for the anxiety category, the normal scores were 0-7, mild 8-9, moderate 10-14, severe 15-19, and very severe ≥ 20 . This study has received approval from the Health Research Ethics Committee of the Faculty of Health Sciences, Universitas Muhammadiyah Surakarta with letter number: 194/KEPK-FIK/I/2024.

RESULT

Respondent characteristics were collected as secondary data in the form of age, gender, and parents occupation. The distribution of respondents based on characteristics can be seen in Table 1 below.

Table 1.
Respondent characteristics (n= 101)

Respondent characteristics	f	%
Age		
15 years old	41	40.2
16 years old	51	50.0
17 years old	7	6.9
18 years old	2	2.0
Gender		
Male	82	80.4
Female	19	1.6
Parents occupation		
Private	26	25.5
Civil servant	1	1.0
Farmer	2	2.0
Self-employed	72	70.6

Table 1 shows the number of adolescents is 101 with an average age of 16 years, where the lowest age is 15 years and the highest age is 18 years. The results stated that at the age of 15 years, there were 41 adolescents (40.2%), while at the age of 16 years, there were 51 adolescents (50.0%), adolescents 17 years of age there were 7 adolescents (6.9%), and adolescents aged 18 years obtained 2 adolescents (2.0%). Of the adolescents, 82 (80.4%) were

male and 19 (18.6%) were female. There were 26 (25.5%) private parents, 1 (1.0%) civil servant, 2 (2.0%) farmers, and 72 (70.6%) self-employed.

Table 2.
Distribution of social support, depression and anxiety (n=101)

Frequency distribution	indicator	f	%	P value	r
Social support	Not good	1	1.0	0.430	-.018
	Medium	91	90.1		
	Good	9	8.9		
Depression	Normal	88	87.1		
	Mild	7	6.9		
	Moderate	4	4.0		
	Severe	2	2.0		
	Very severe	0	0.0		
Anxiety	Normal	89	88.1		
	Mild	6	5.9		
	Moderate	3	3.0		
	Severe	3	3.0		
	Very severe	0	0.0		

Based on the results of the analysis above, shows that there are 101 adolescents with moderate support as many as 91 (90.1) in depression 88 (87.1%), and anxiety 89 (88.1%) in the normal category. After analyzing the data using Spearman's rho test on the independent variable, namely social support, and the dependent variable, namely depression and anxiety. The results of the analysis shown in Table 2 obtained data show 0.430 which means there is no significant relationship between social support factors and depression on adolescent anxiety ($p>0.05$). The correlation coefficient between variables X and Y is negative, which means that if variable X is high, variable Y tends to be low. In this case, if the social support received by adolescents is not good (variable X is high), then the level of depression and anxiety in adolescents (variable Y) tends to be low.

DISCUSSION

Respondents in this study were SMK adolescents consisting of 101 adolescents aged 15 years to 18 years with the majority of adolescents aged 16 years. Adolescents are classified into three phases, including early adolescence aged 11-14 years, middle adolescence aged 15-17 years, and late adolescence aged 18 to 20 (Rufaida et al., 2021). This is in line with research (Ariyani et al., 2022) that the majority of adolescents who experience anxiety are aged 16-26 years. Early adolescents will experience physical and mental changes so they tend to withdraw when they feel difficult. The gender in this study was mostly male, namely 81 people (79.4%) while female adolescents were 20 people (19.6%). Research conducted (Rahmawaty et al., 2024) revealed that adolescent girls tend to have a higher risk of mental health problems compared to men, which means that the higher the permissive parenting, the greater the likelihood of adolescent mental emotional problems. Girls have more anxiety and higher stress levels over time than boys, which usually occurs in young and middle age (Wardani & Afifah, 2022). Adolescent girls are relatively high in anxiety, stress, depression, and emotional changes so they need support from the environment.

Based on research conducted by (Wardani & Afifah, 2022) study, it shows that social support as many as 412 adolescents are in the good social support category. This is not in line with the research that has been conducted by researchers, stating that the factor of fewer adolescents so can affect the absence of a significant relationship. The results of the study (Ariyani et al., 2022) are not in line with those studied in the acquisition of high social support experiencing

mild anxiety levels so there is no significant influence. Social support is proven to be a good and main protective factor against problems experienced by adolescents (Akasyah & Efendi, 2020). The research conducted is not what the researcher did due to several factors such as few respondents and the results obtained are not the same. Adolescents who receive high levels of support experience positive things in life and have higher self-esteem, self-confidence, and lower anxiety and depression (Sekarina & Indriana, 2020). Anxiety and depression can be prevented by high social support so adolescents need support in the form of attention and affection. Based on the theory expressed (Setyowati & Indrawati, 2022) the existence of social support provided can reduce behavioral disorders experienced by individuals in carrying out social interactions, such as feeling anxious, depressed, and feeling embarrassed. According to (Palangda et al., 2022) support provided that is not by needs can be ineffective, so the possibility of reducing anxiety and depression is very small. In addition, (Purwaningsih et al., 2023) revealed that high social support can have a positive influence on psychological well-being. Conversely, if you have low social support, you are more easily stressed and unable to respond to things that happen positively.

At the age of 15-24 years, adolescents are very vulnerable to mental health problems such as depression, the incidence of depression that occurs in adolescents will have a negative impact if not treated immediately. If depression is allowed to continue, it can become a burden on the mind and can interfere with the immune system (Azzahro & Sari, 2021). This study shows that depression as many as 88 adolescents (87.1%) are in the normal category which shows that there are symptoms of mood swings that are only sad, and anxious but still within reasonable and normal or not excessive. Factors that cause depression that trigger suicidal ideation in adolescents are negative or unfavorable thoughts about themselves, and feeling hopeless and if these psychological feelings continue, it can trigger the teenager to have suicidal thoughts (Mandasari & Tobing, 2020). According to (Pande et al., 2024) shows that if adolescents do not receive social support from peers, it can increase the incidence of emotional or psychological disorders such as an increase in the level of adolescent depression. According to research conducted by (Farika et al., 2024), the results showed that adolescents can experience a tendency to self-harm to cope with negative emotions such as depression, stress, and anxiety that they experience as a result of the various problems they face. Some of these problems include disharmony in the family, lack of attention or affection from the family, having issues with other people such as in romantic relationships or friendships, and experiencing academic pressure such as not understanding subjects well. Factors that can increase or decrease the risk of mental, emotional, and behavioral disorders in adolescents include abilities and individual characteristics, family, school quality, and community-level characteristics (Umjani, 2024). This is in line with research (Bintang & Mandagi, 2021) which says that social support is a major factor in handling adolescent mental health. Based on research (Madoni & Mardiyah, 2021) it was revealed that an adequate level of social support can control the onset of pressure and anxiety in adolescents.

CONCLUSION

Based on the results and research that has been discussed regarding the relationship between social support and depressive on anxiety in adolescents at the Muhammadiyah Kartasura High School in 2024, the researcher concluded that 101 adolescents, the majority of whom were 16 years old, were mostly male who were in grade 10 and their parents worked as self-employed. Most have moderate social support moderate depression and normal anxiety. This research variable has a negative relationship with an r value of -0.018 . In this case, social support plays an important role in the level of anxiety in adolescents, especially for those who experience depression. Research shows that adolescents who have social support received by adolescents

are less good, and the level of depression and anxiety tends to be low. Therefore, future researchers must be advised to explore the most effective types of social support, as well as individual and environmental factors that can influence them.

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