



Jurnal Kesehatan Jiwa Indonesia

Jurnal Kesehatan Jiwa Indonesia

Journal homepage: <https://journal.terbit.org/index.php/JKJI>

Review

Risk factors of emotional disorder in adolescents: literature review

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Abstract

Article info

Keywords:

Severe Depressive

Episodes

Organic Disease

Depressive

Background: Emotional disorders are things that are often faced by every individual because of the many factors. The need to have emotional competence and maturity in order to control the emotions especially during the adolescence. Because adolescence is a transitional period in which individuals begin to seek and explore their identity and influence their lives in the future. This literature review aims to determine the risk factors that influence emotional disorders in adolescents

Methods: This literature review study. We search potential article in PubMed, Google Scholar, and Sage journal databases.

Results: Based on the analyzed data, the influence of internal environment such as parenting and family is the biggest risk factor in the emotional development of adolescents. Many risk factors lead to emotional disorder in adolescents, starting from the internal environment, such as parenting, family and external environment, such as social relations. In addition, there are habitual factors in adolescents that can affect emotions such as sleep quality, usage and screen time on gadgets and content from the internet.

Conclusion: Various factors, including family dynamics, social interactions, and habits like screen time, influence adolescent emotional health. Managing emotions through therapy, expressing feelings, seeking support, and developing cognitive skills is essential for their emotional maturity and well-being.

Received 21 September 2025; Received in revised form 10 November 2025; Accepted 20 November 2025

Available online 01 December 2025

Introduction

Emotion is a feeling that arises due to a specific situation, prompting a response to either approach or avoid something. It is generally accompanied by physical reflexes, allowing others

to perceive one's emotions. However, emotions can be controlled and channeled effectively (Saleh, 2018).

During adolescence, social, physical, mental, and emotional development occurs, marking the transition from childhood to adulthood. Adolescence is typically a challenging period, not only for the teenagers themselves but also for their families and environments (Azmi, 2015). According to the World Health Organization (WHO), adolescents are individuals between 10 and 19 years old. The Regulation of the Minister of Health of the Republic of Indonesia Number 25 of 2014 defines adolescents as those aged from 10 to 18 years. However, according to the National Population and Family Planning Board (BKKBN) in 2015, adolescents are defined as individuals aged 10 to 24 years who are unmarried (Jahja, 2015).

Based on their characteristics, adolescence can be divided into four periods: pre-adolescence, early adolescence, middle adolescence, and late adolescence. As individuals near the end of adolescence, they begin to transition into maturity. During this phase, they become interested in careers, develop secondary sexual characteristics, and explore their identity. However, this transition often brings about pressures in various aspects of life for many teenagers, including academic performance, the desire for acceptance and belonging in social groups, body image issues, dating, sexual exploration, and other less crucial matters (Azmi, 2015).

Emotional and behavioral disorders pose significant challenges in child development. In the United States, approximately 1,500,000 children and adolescents struggle with persistent emotional, developmental, and behavioral issues (Asif & Rahmadi, 2017). According to the Basic Health Research (RISKESDAS), the prevalence of mental and emotional disorders among adolescents in Indonesia increased by 9.8% in 2018, encompassing symptoms of depression and anxiety among those aged over 14 years. Mental health concerns affect up to 15% of school-age children, with a higher prevalence observed among those with learning difficulties (Bryant et al., 2020). Furthermore, a separate study revealed that about 60.17% of junior high school and high school students experienced emotional and psychological symptoms, with the majority occurring between the ages of 13 and 15. These symptoms include loneliness (44.45%), anxiety (40.75%), and suicidal ideation (7.33%) (Mubasyiroh et al., 2017).

According to data from the PDSJKI Swaperiksa study (Indonesian Association of Psychiatric Doctors), psychological issues have surged in the past two years, from 2020 to 2022, showing an 82.5% increase. Factors influencing stress in adolescents include exposure to adversity, pressure to conform to peers, and the process of identity exploration. Research suggests that the greater the number of risk factors present in adolescents, the more significant the potential impact on their mental health (Malvika Sharma and Bratati Banerjee, 2017).

The mental and emotional challenges faced by adolescents require careful attention, as untreated issues can detrimentally impact their developmental stages, leading to character problems, increased behavioral issues, and the potential onset of mental disorders. Furthermore, unaddressed issues may escalate into high-risk behaviors, such as smoking, alcoholism, and involvement in criminal activities (Devita, 2020).

This literature review aims to find out factors that influence emotional disorders in adolescents and hopefully, it will be material for follow-up dealing with emotional disturbances in adolescents so that it can prevent the occurrence of negative impacts in the developmental stages of adolescents.

Methods

The PubMed, Google Scholar, and Sage journal were searched for potential articles. The inclusion criterion for the literature search is the year of publication of the articles, starting from 2016 to 2023, in the form of full articles in English and Indonesian. The search keywords are 'Emotional Disorders,' 'adolescent,' 'risk factor,' and 'mental health.' The total number of articles used for analysis was 20, selected from several articles that met the inclusion criteria.

Quantitative and qualitative data were manually extracted and synthesized according to the PICO framework. The population focused on adolescents, the intervention on emotional disorders, the comparators on mental health, and the outcome on risk factors. The synthesis involved summarizing key points from the literature related to these aspects.

Results

Figure 1 illustrates the selection process. In total, thirty articles met the inclusion criteria and were consequently included in the review.

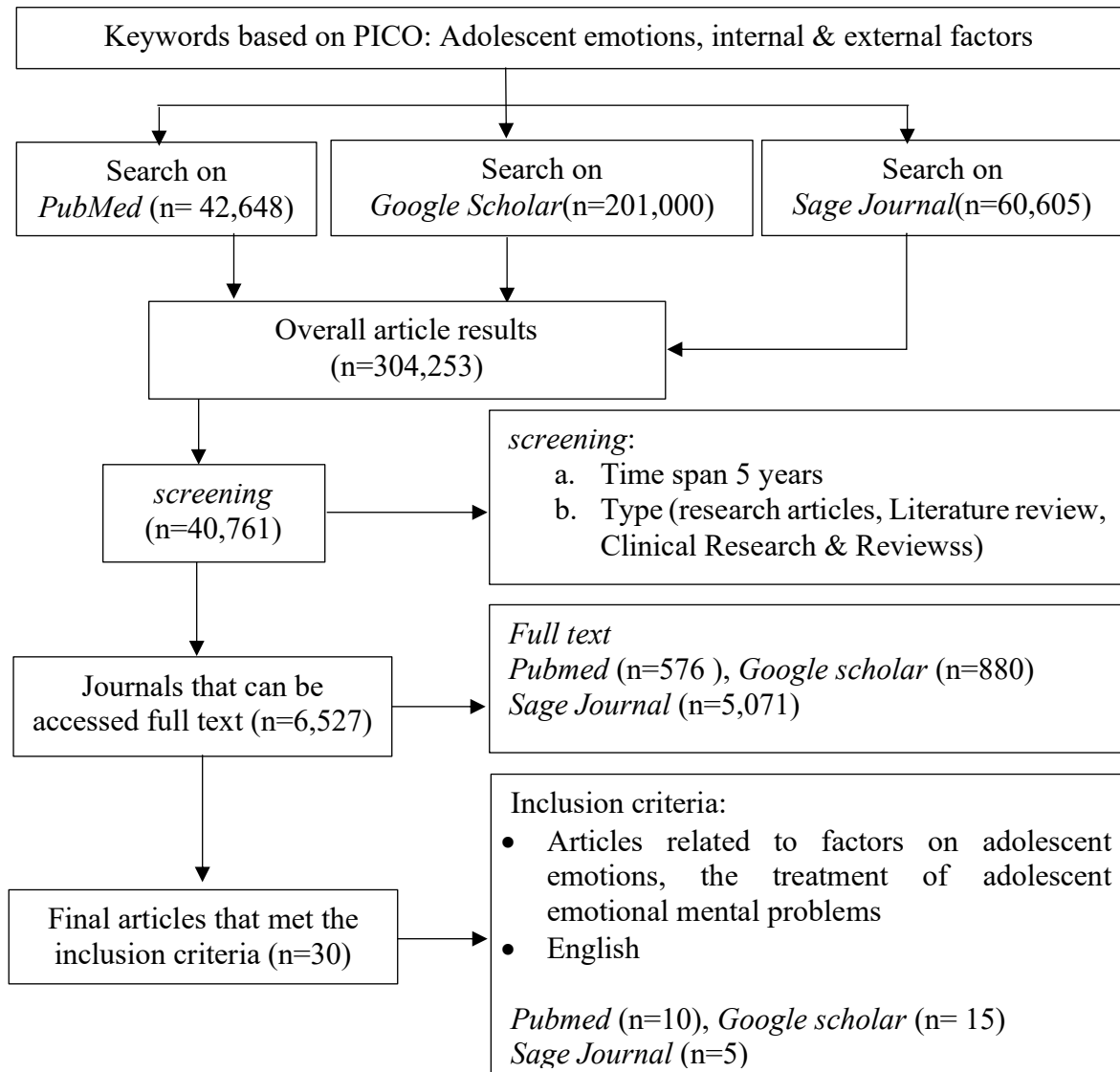


Figure 1. Flow diagram.

Figure 2 presents the risk factors of emotional disorders in adolescence. Our findings indicate that family and individual factors, such as self-compassion and sleep quality, are recognized as internal factors. External factors include the school environment, peer influence, gadgets, social media, gaming, economic factors, and the COVID-19 pandemic. Additionally, potential available therapies include group supportive therapy, mindfulness meditation, and loving-kindness meditation.

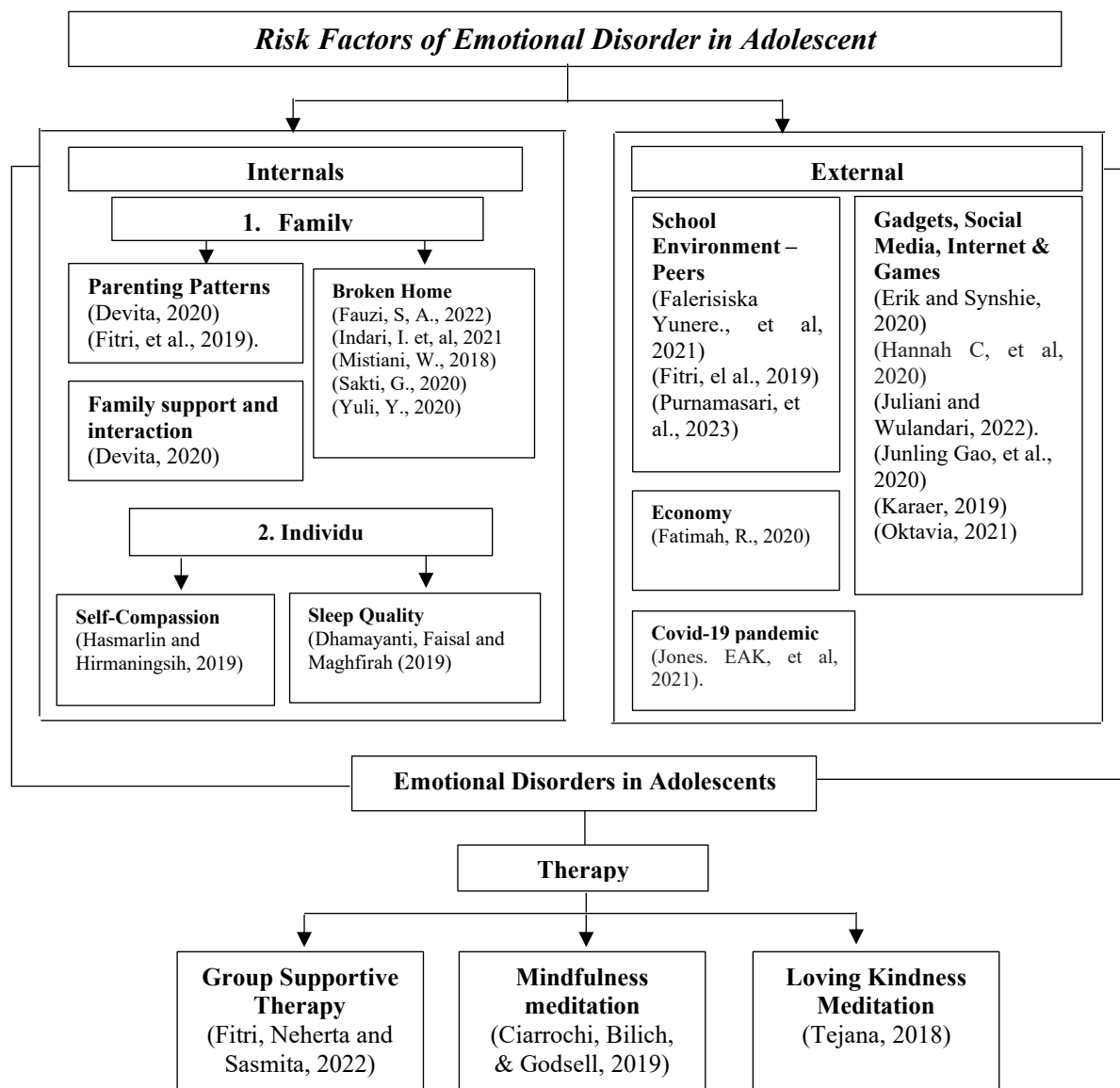


Figure 2. Risk factors.

Discussion

In adolescence, there is a very dynamic development, and individual changes and problems occur, such as changes in behavior, physical, biological, cognitive, and emotional aspects. Problems during adolescence, such as emotional, behavioral, physical, familial, scholastic, and peer-related issues, need to be properly addressed to prevent mental and emotional problems from occurring in adolescents (Stuart, 2013).

Emotional problems can lead to mental health disorders in adolescents, such as anxiety disorders, depression, a combination of both, insomnia, and others. In addition to affecting their cognitive abilities, the inability to control emotions can also result in an increased risk of obesity, stress, high blood pressure, and mental disorders, ultimately leading to life-threatening diseases (Juliani and Wulandari, 2022).

Factors Affecting Adolescent Mental Emotional Problems

Mental and emotional problems in adolescents can arise due to several factors, including family environmental factors, community environment, peer interactions, school environment, and exposure to social media (Santrock, 2012).

Family Environment and Parenting Style

The family environment can influence mental and emotional problems in adolescents through factors such as parenting styles, family harmony, sibling closeness, socioeconomic status, and moral education (Fitri, Neherta, & Sasmita, 2019).

Several studies have demonstrated a significant relationship between parenting styles and adolescent mental and emotional problems. These styles include authoritarian parenting, democratic parenting, and permissive parenting (Santrock, 2012). Authoritarian parenting involves strict control and interrogation of children's actions. When parents are overly restrictive, teenagers may rebel and engage in prohibited activities to gain attention. Democratic parenting, characterized by supervision during childhood that decreases in adolescence, allows teenagers more independence in decision-making. Permissive parenting, where children are given considerable freedom with little parental involvement, can have negative effects on adolescent development and emotional well-being. Without parental guidance, adolescents may engage in behaviors that disregard societal norms and lack consideration for appropriateness (Hoskins, 2014).

Fitri, Naherta, and Sasmita's (2019) research indicates a significant relationship between parenting styles and adolescent emotional problems, particularly authoritarian and permissive parenting styles. Devita's study (2020) reveals that democratic parenting can also contribute to emotional problems in adolescents, with a negative correlation suggesting that lower levels of democratic parenting are associated with higher risks of emotional problems. To mitigate these issues, maintaining a balance of democratic parenting throughout childhood and adolescence may help reduce emotional problems in adolescents.

Furthermore, permissive parenting is linked to higher risks of adolescent emotional problems, as evidenced by a positive correlation coefficient (Fitri, Naherta, & Sasmita, 2019). Conversely, lower levels of authoritarian parenting are associated with increased risks of emotional problems in adolescents. While authoritarian parenting may be beneficial in reducing emotional problems, it's important to note that Yuldawati (2008) highlights a potential risk of authoritarian parenting: a higher chance of engaging in risky sexual behavior compared to democratic parenting.

Devita's study (2020) reveals a significant relationship between parents' work and education levels and adolescent mental and emotional problems. Parents with higher education and demanding careers, often characterized by formal employment, may experience limited interaction with their children, increasing the risk of mental and emotional problems in adolescents. The lack of time and awareness among parents to engage with their children can result in poor communication within the family. Consequently, adolescents may seek companionship outside the home, potentially exposing them to negative influences and increasing their vulnerability to emotional and mental health issues (Devita, 2020).

The "Broken home" family

A broken home, whether due to divorce, death, or living in a discordant family, has detrimental effects on all family members. This disrupted family dynamic affects intrafamily interactions and adversely impacts the mindset of adolescents, often leading to juvenile delinquency (Yuli, Y., 2020). Families experiencing broken homes are inherently disadvantaged, as unfavorable family conditions can impede adolescent development and contribute to mental disorders such as stress, anxiety, and depression (Sakti, G., 2020).

Indari et al. (2021) demonstrate the impact of broken homes on the emotional mentality of adolescents, particularly concerning factors such as living arrangements with other family members and the employment status of parents. The effects of broken homes are especially profound during adolescence, a developmental stage marked by the search for self-identity and transition from childhood to adulthood. Adolescents, being emotionally unstable during this period, are particularly vulnerable to the effects of broken homes.

The impact of a broken home on a child's psychology is significant, often resulting in high anxiety, feelings of being torn between parents, and a sense of guilt during parental conflicts. These experiences can lead to feelings of hatred towards one parent. To help children adjust to divorce, parents should maintain routine activities at home and refrain from forcing children to take sides or involving them in the divorce process (Fauzi, S.A., 2022).

The role of adults, especially parents, is paramount in the psychological development of adolescents. Adults should prioritize their responsibilities and ensure appropriate guidance and support to prevent deviant behaviors and emotional disturbances in teenagers. A harmonious family environment serves as a positive example for teenagers, providing them with protection, a sense of safety, and mature role models, ultimately fostering their personal growth (Indari, I. et al., 2021).

Economic Status

Parents play a central role in shaping a child's life and emotional state. Their interactions with adolescents, including providing affection, meeting their needs, offering guidance, and ensuring protection, collectively constitute parenting. However, various family challenges, such as economic difficulties stemming from decreased income, job instability, and debt burdens, can exert significant pressure on parents. Economic pressure often leads to psychological stress, which in turn may increase the risk of abusive parenting behaviors. Such circumstances can negatively impact adolescent developmental outcomes (Rina Fatimah et al., 2020).

Rina Fatimah et al. (2020) discovered that parenting styles, whether accepting or rejecting, significantly impact the emotional, behavioral, social, cognitive development, and psychological functioning of adolescents. Mother-adolescent interactions were found to have a positive direct effect on the social-emotional development of adolescents. Conversely, subjective economic pressure had a positive direct effect on father-adolescent interactions, particularly in dimensions related to violence, neglect, and psychological control.

Social environment

Fitri, Neherta, and Sasmita's research (2019) reveals a significant relationship between peer environmental factors and adolescent mental-emotional problems, with a p-value indicating statistical significance. Peers exert considerable influence on the emotional well-being of adolescents and can exacerbate emotional problems. This finding is supported by Purnamasari et al. (2023), whose research indicates that adolescents with negative peer influences are 1.404

times more likely to experience emotional mental problems compared to those with positive peer relationships, with a statistically significant p-value of 0.026.

Oktavia's research (2021) elucidates that negative peer interactions significantly contribute to emotional mental health problems in adolescents, as indicated by a p-value below the threshold of significance ($0.04 < 0.05$). Peers play a crucial role in shaping the future trajectory of adolescents' lives. When adolescents associate with peers exhibiting negative traits, it can influence their attitudes, behaviors, and life goals in a detrimental manner.

Falerisiska Yunere's research (2021) underscores the significant impact of peer support and the school environment on the occurrence of emotional mental disorders in adolescents. Peer support emerges as a crucial factor in adolescent mental health development. Peers serve various roles in the social development of children, including companionship, stimulation, and sources of both physical and ego support.

Sleep Quality

Dhamayanti, Faisal, and Maghfirah's (2019) study revealed a significant correlation between sleep quality and various aspects of adolescent well-being, including emotional and behavioral problems. Poor sleep quality can negatively affect emotional regulation, leading to increased irritability, stress, anxiety, and lowered mood, as well as heightened reactions to unpleasant stimuli. Conversely, adequate and good-quality sleep is associated with improved emotional health.

Gadgets, Games and Social Media

According to Juliani and Wulandari (2022), spending more than 2 hours per day playing gadgets can be indicative of gadget addiction in teenagers, potentially leading to psychological problems such as insomnia, irritability, and depression. This aligns with the findings of Erik and Syenshie (2020), who established a relationship between the duration of playing online games and mental health issues in adolescents.

Oktavian's research (2021) underscores that high intensity of social media use significantly contributes to mental-emotional disorders among adolescents, supported by a statistically significant p-value of 0.03. Similarly, Junling Gao et al. (2020) found a high prevalence of mental health problems, including Anxiety Disorder (22.6%), Depression (48.3%), and a combination of both (19.4%), among participants exposed to excessive social media during the Covid-19 pandemic. Particularly concerning is the high prevalence of Anxiety Disorder at 48.3%. Furthermore, Karaer's study (2019) highlights that adolescents with Internet Addiction (IA) often exhibit deficits in social skills, difficulty in identifying and expressing emotions, and challenges in emotional regulation.

Juliani and Wulandari's study (2022) revealed a significant relationship between the level of gadget addiction and emotional and behavioral disorders in adolescents, supported by a p-value of 0.03 (<0.05). Gadget interference can trigger emotional or irritable behaviors, uncontrollable desires, arguments, and even violent acts such as ridiculing others or damaging property. Moreover, behavioral disorders stemming from gadget addiction may lead to further addictive behaviors, such as excessive gaming, and involvement in immoral activities like sexual harassment or risky sexual behavior.

Hanna et al. (2020) argue for a reconsideration of teenagers' social media usage patterns, acknowledging that while platforms offer benefits like communication and media sharing, they also pose significant threats to adolescent mental health. Given the emotional vulnerability and developmental stage of adolescence, researchers warn of the heightened risk of mental illness associated with excessive social media use.

Covid-19 pandemic

The COVID-19 pandemic has significantly affected adolescent mental health, with factors such as emotional stress, prolonged confinement at home, worries, and excessive internet and social media use exacerbating the situation. Despite the uncertainties surrounding the crisis, it is crucial for youth to receive the necessary physical and mental care to support their development and well-being. Hence, it is imperative to utilize all available resources and therapies to help adolescents navigate the challenges brought about by the pandemic (Jones, EAK, et al., 2021).

Self-Compassion

According to Hasmarlin and Hirmaningsih (2019), self-compassion entails understanding suffering, failure, or challenges without harsh self-judgment, recognizing them as part of the human experience. Their research indicates a significant relationship between self-compassion and adolescent emotional management. Adolescents with lower levels of self-compassion tend to struggle more in managing or controlling their emotions, while those with higher levels of self-compassion exhibit better emotional management skills.

Group Supportive Therapy in Mental Emotional Problems in Adolescents

The findings of Fitri, Neherta, and Sasmita's research (2022) indicate a significant improvement in adolescent mental-emotional problems following group supportive therapy. Initially, the intervention group exhibited an average range of 8 mental-emotional problems in the borderline category. However, after receiving group supportive therapy, their average mental-emotional problems decreased to the normal category. The paired t-test revealed a statistically significant difference with a p-value of 0.000 ($p < 0.05$), indicating a notable improvement in mental-emotional problems among adolescents following the therapy intervention.

Group supportive therapy can reduce emotional and mental problems in adolescents because it incorporates three basic approaches: expressing feelings, providing social support, and teaching cognitive management skills (Fitri, Neherta, & Sasmita, 2022). This therapy typically consists of four sessions.

In the first session, teenagers are guided to identify hidden, uncomfortable, and unpleasant experiences, followed by discussions to explore potential solutions. The second session involves guiding teenagers to discuss their positive abilities with internal support. The third session focuses on helping adolescents identify external supporters who can assist them when problems arise. Finally, in the fourth session, the group evaluates the support and benefits of the therapy.

Success in implementing supportive group therapy is closely linked to factors that influence emotional problems in adolescents. Therefore, the availability of group supportive therapy can be considered as an option for addressing the emotional challenges faced by adolescents (Fitri, Neherta, & Sasmita, 2022).

Meditation Therapy

According to Brown, Ryan, and Creswell (in Ciarrochi, Bilich, & Godsell, 2019), mindfulness meditation can enhance an individual's capacity to regulate feelings and needs in various situations. This assertion is supported by the research of Goldin and Gross (2020), who found that individuals undergoing mindfulness therapy reported reduced negative emotions, increased instances of joy, and improved adaptability to negative stimuli. Furthermore, Loving Kindness meditation has shown promise in fostering positive emotions and self-acceptance. Tejana (2018) observed that individuals suffering from post-traumatic stress disorder who engaged in Loving Kindness meditation reported experiencing inner peace and happiness.

In the process of emotion regulation, there exist five distinct levels of self-regulation models. Firstly, there is "Situation Selection," wherein individuals choose the emotion that might manifest in a given circumstance, laying the groundwork for subsequent attitudes. Secondly, "Situation Modification" involves individuals altering their surroundings to influence their emotions. Thirdly, "Attentional Deployment" entails focusing emotions more centrally. Fourthly, "Cognitive Change" denotes a shift in the individual's perspective or interpretation of the situation, offering different emotional pathways. Finally, "Response Modification" allows individuals to adjust their emotions, feelings, attitudes, behaviors, and physiology once a multisystem response is initiated (Emotion Regulation Training Module, 2019). These levels collectively elucidate the nuanced processes involved in regulating emotions, offering a comprehensive framework for understanding and managing emotional experiences.

Conclusion

Numerous risk factors contribute to adolescent emotional disorders, stemming from both internal factors like parenting and family dynamics, and external factors like social interactions with peers. Additionally, habitual behaviors such as sleep quality, screen time, and internet content consumption can impact emotions. Managing and regulating adolescent emotions is crucial for fostering emotional maturity and preventing negative outcomes. Supportive therapy methods, including expressing feelings, seeking social support, and developing cognitive management skills, are effective approaches.

Ethics approval

Not applicable.

Acknowledgments

None.

Competing interests

The authors declare that there are no conflicts of interest.

Funding

No funding.

Underlying data

Derived data supporting the findings of this study are available from the corresponding author on request.

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