



Factors Associated with Students' Mental Health in Vocational High Schools

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Abstract

Introduction: Mental health is a crucial aspect of adolescents' well-being, as this developmental stage involves significant physical, emotional, and social changes that increase vulnerability to psychological problems. Global and national data indicate a high and growing prevalence of mental health issues among adolescents, including anxiety, depression, bullying-related distress, and the negative impacts of excessive social media use. Parenting styles, experiences of bullying, and patterns of social media use are key factors that may significantly influence adolescents' mental health and require further investigation.

Objective: The purpose of this study was to determine the relationship between parenting patterns, bullying and social media on the mental health of students at SMK Negeri 1 Tukak Sadai, South Bangka Regency in 2025.

Method: The design in this study used cross-sectional with independent variables (parenting patterns, bullying and social media) and dependent variables (student mental health). The population size in this study was 315 people and a sample of 83 people calculated using cluster sampling. The time of the study was May 5, 2025

Result: The results of the study using the Chi Square statistical test obtained a p-value for the parenting variable $0.000 < 0.05$, bullying $0.000 < 0.05$ and social media $0.000 < 0.05$. This shows that there is a significant relationship between parenting patterns, bullying and social media on the mental health of students at SMK Negeri 1 Tukak Sadai, South Bangka Regency in 2025.

Conclusion: Suggestions in this study are expected to make School Health Effort activities a step in monitoring health and anticipating early detection of the risk of poor mental health.

Keywords: bullying, parenting patterns, mental health

Introduction

Mental health is a state in which a person is able to realize their own abilities, cope with normal life stresses, work productively, and contribute to their environment (WHO, 2022). Adolescence is a dynamic transition from childhood to adulthood, during which changes and challenges occur. These changes include physical, mental, social, and emotional changes. Adolescents even go through stages of mental development. Psychosocial development during adolescence is a manifestation of the process of self-discovery. Conflicts, both internal and external, are inseparable from the process of adolescent identity formation (Malfasari et al., 2020).

According to data from the World Health Organization (2022), the prevalence of mental health problems is estimated at 450 million people worldwide. Approximately 10% of adults experience mental disorders, and 25% of the population is estimated to experience a mental disorder at some point in their lifetime. Approximately 24 million people, or 1 in 300 (0.32%), suffer from schizophrenia. Southeast Asia ranks third with a prevalence of schizophrenia reaching 2 million sufferers (WHO, 2022).

According to data from the Indonesia-National Adolescent Mental Health Survey (I-NAMHS) (2024), anxiety is the most common mental health problem experienced by Indonesian adolescents, with a higher prevalence among girls (28.2%) than boys (25.4%). Meanwhile, girls have a higher prevalence of depression, at 6.7% compared to boys (4.0%). Post-traumatic stress disorder is also higher in girls (2.0%) than in boys (1.7%). Data from the 2018 Basic Health Research (RISK Kesehatan Dasar) indicates that the prevalence of mental health disorders manifesting as symptoms of depression and anxiety in adolescents aged 15 and above reaches 6.1% of the total Indonesian population, equivalent to 11 million people. According to a sample registry conducted by the Health Research and Development Agency in 2021, there are 1,800 suicide cases per year, or 5 cases per day. 47.7% of suicide victims are children aged 10-39, who are adolescents and of productive age. UNICEF data from 2021 indicates that 41% of 15-year-old students experience bullying. A U-Report survey of 2,777 Indonesian youth aged 14-24 found that 45% of them had experienced online bullying. The reporting rate among boys was slightly higher than among girls (49% compared to 41%). The most common types of online bullying, according to the 1,207 U-Report respondents, were: harassment via chat apps (45%), unauthorized distribution of private photos/videos (41%), and other types of harassment (14%).

Data from the Bangka Belitung Islands Province in 2021 stated that the prevalence of people with mental disorders (ODGJ) was highest in Bangka Regency with 541 cases with (100%) receiving health services, West Bangka Regency with 493 cases with (100%) receiving health services, Pangkalpinang City with 366 cases with (88%) receiving health services, South Bangka Regency with 365 cases with (98%) receiving health services, Central Bangka Regency with 327 cases with (97%) receiving health services, Belitung Regency with 295 cases with (97%) receiving health services and East Belitung Regency with 274 cases with (100%) receiving health services (Bangka Belitung Provincial Health Office, 2021).

Based on data in the working area of the Tiram Community Health Center, South Bangka Regency, it shows that the number of incidents of people with mental disorders in 2022 was 20 cases, in 2023 the number of incidents of people with mental disorders was 19 cases and in 2024 the number of incidents of people with mental disorders was 22 cases (Medical Record Data of the Tiram Community Health Center, South Bangka Regency).

Adolescence is a unique and formative period due to various physical, emotional, and social changes, including exposure to poverty, abuse, or violence, which make adolescents

vulnerable to mental health issues. Promoting psychological well-being and protecting adolescents from adverse experiences and risk factors that can impact their potential for development is crucial for their physical and mental well-being in adulthood (Mustamu et al., 2020). Mental health must be maintained and cared for as much as possible to prevent mental disorders. Poor mental health can make life less enjoyable, leading to stress, fatigue, and boredom. A person can be considered mentally healthy if they avoid or do not experience symptoms of mental disorders or neurosis and mental illness or psychosis (Talitha, 2021). Several factors that can influence mental health in adolescents include parental parenting styles, bullying, and social media.

Authoritarian parenting reflects a parent's harsh and discriminatory attitude. Authoritarian parenting is characterized by strict rules, often forcing children to behave like their parents. Freedom to act on their own behalf is limited, and children are rarely invited to communicate, chat, share stories, or exchange ideas with their parents. Permissive parenting is allowing children to act according to their wishes, with parents avoiding punishment or control. This parenting style is characterized by unlimited freedom for children to behave according to their own desires. Parents never provide rules or direction, so children behave according to their own desires, even if this sometimes conflicts with social norms (Ayun, 2017).

Bullying is a serious problem that can significantly impact the mental health and well-being of adolescents. The role of the community is crucial in addressing bullying. First and foremost, schools must create a culture that rejects bullying and promotes positive social norms. Anti-bullying education should be an integral part of the curriculum to raise awareness and understanding among students, teachers, and school staff. Parents can also provide moral and psychological support to their children to overcome social pressures and build strong self-confidence (Hairunisa et al., 2022).

Social media has become the most dominant medium for disseminating current news about life in society. Social media is widely connected to web and mobile platforms, allowing individuals to connect with others in virtual networks, such as Facebook, Twitter, Instagram, or other social networking apps. Today, social media is accessible to various segments of society, including teenagers. Uncontrolled or excessive social media use by teenagers can harm mental health. This is evidenced by the fact that teenagers who are addicted to social media often experience depression, stress, anxiety, and feelings of loneliness (Alyasin et al., 2022).

A study conducted by Ningrum et al. (2023) entitled "The Relationship between Parenting Styles and Mental Health Disorders in Adolescents" stated that of 154 respondents, 140 (90.9%) had a democratic parenting style, 10 (6.5%) had an authoritarian parenting style, and 4 (2.6%) had a permissive parenting style. The distribution of parenting styles and mental health in adolescents showed that 102 (66.2%) experienced mental health problems and 52 (33.8%) did not experience mental health problems. This study showed a significant relationship between parenting styles and mental health in adolescents ($p=0.000$). From these results, it was found that democratic parenting not only has positive impacts but also has negative impacts such as less time for parents with children and unstable children's emotions, which can lead to disputes between parents and children. Therefore, it is important for parents to apply good parenting styles according to the conditions experienced because good parenting styles will also produce adolescents who are able to overcome life's problems.

A study by Thursina (2023) entitled "The Influence of Social Media on Students' Mental Health at a High School in Bandung" states that social media has a positive and significant

impact on mental health. Excessive social media use can cause anxiety, stress, depression, and loneliness in adolescents. This study found that 53% of adolescents were identified as having moderate mental health. The shift in interaction to technology cannot be ruled out, as social media has both positive and negative effects. This study found that social media contributes to students' mental health. Although the state of students' mental health is categorized as moderate, based on the research model, with 53% of social media influencing mental health, this is important because adolescence is a transitional period. Anxiety, stress, depression, and loneliness are prevalent in adolescents, so various preventative measures are needed to wisely use social media. The managerial implications of this study require synergy between relevant parties, health professionals, government, and schools to address the consequences of social media effects. The role of teachers, especially Islamic Religious Education teachers, is to consistently remind them to be wise and positive about the presence of social media. Based on the results of a preliminary study on December 2, 2024 conducted on adolescents at SMK Negeri 1 Tukak Sadai by conducting a survey of 10 students, it was found that 6 students (60%) experienced authoritarian parenting by demanding their children always study continuously and not being allowed to socialize with their friends, 8 students (80%) experienced bullying cases by making fun of the poorer, bullying the weaker and being teased because of religious differences and 7 students (70%) experienced addiction to social media continuously by ignoring lessons. This is a factor that mental health in students will be disturbed.

Objective

The purpose of this study was to determine the relationship between parenting patterns, bullying and social media on the mental health of students at SMK Negeri 1 Tukak Sadai, South Bangka Regency in 2025.

Method

This study employed a quantitative research method with a cross-sectional design, in which the independent and dependent variables were measured simultaneously at a single point in time. This design was chosen to examine the relationship between parenting styles, bullying, and social media use with students' mental health without implementing any intervention or follow-up over time. The cross-sectional approach allows for an efficient assessment of associations among variables and provides a snapshot of students' mental health conditions and related factors during the study period.

The study population consisted of all students at State Vocational School 1 Tukak Sadai, South Bangka Regency, totaling 315 students. The sample size was determined using a cluster sampling technique, whereby participants were selected based on existing class groups to ensure representativeness and practicality in data collection. From this process, a total of 83 students met the inclusion criteria and were included as respondents in the study.

The independent variables in this study were parenting styles, bullying, and social media use, while the dependent variable was students' mental health. Data were collected using structured questionnaires developed based on relevant theories and previous studies. These questionnaires were administered directly to students to assess their experiences related to parental parenting patterns, exposure to bullying, patterns of social media use, and their mental health status.

Data collection was conducted on May 5, 2025, at State Vocational School 1 Tukak Sadai, with careful consideration of research ethics, including informed consent and confidentiality

of respondents' information. The collected data were analyzed using the Chi-square statistical test to determine the presence of significant relationships between each independent variable and students' mental health. A p-value of less than 0.05 was considered statistically significant, allowing conclusions to be drawn regarding the associations among the variables studied.

Result

Table 1. The Relationship between Parenting Styles and Students' Mental Health

Parenting Style	Mental Health				Total		p-value	POR (CI 95%)
	Good		Poor		n	%		
	n	%	n	%				
Authoritarian	1	3.3	48	90.6	49	59	0.000	6.661 (2.962-14.982)
Democratic	29	96.7	5	9.4	34	41		
Total	30	100.0	53	100.0	83	100		

Table 1 shows that good mental health was more common in democratic parenting styles, with 29 students (96.7%) compared to authoritarian parenting styles, with 1 student (3.3%). Poor mental health was more common in 48 students (90.6%) with authoritarian parenting styles compared to 5 students (9.4%). The Chi-Square Test showed a significance value of $0.000 < 0.05$, indicating a significant relationship between parenting styles and students' mental health. The POR (95% CI) value was 6.661 (2.962-14.982), indicating that respondents with authoritarian parenting styles were 6.661 times more likely to experience poor mental health.

Table 2. The Relationship between Bullying and Students' Mental Health

Bullying	Mental Health				Total		p-value	POR (CI 95%)
	Good		Poor		n	%		
	n	%	n	%				
Good	30	100	2	3.8	32	38.6	0.000	6.398 (1.626-23.914)
Poor	0	0	51	96.2	51	61.4		
Total	30	100	53	100.0	83	100		

Table 2 shows that good mental health was more common in good bullying, with 30 students (100%) compared to bad bullying, with 0 students (0%). Poor mental health was more common in 51 individuals (96.2%) who experienced negative bullying compared to 2 individuals (3.8%) who experienced positive bullying. The Chi-Square Test showed a significance value of $0.000 < 0.05$. This indicates a significant relationship between bullying and student mental health. The POR (95% CI) value was 6.398 (1.626-23.914), indicating that respondents who experienced negative bullying were 6.398 times more likely to experience poor mental health.

Table 3. The Relationship between Social Media and Students' Mental Health

Social Media	Mental Health				Total		p-value	POR (CI 95%)
	Good		Poor		n	%		
	n	%	n	%				
Good	27	90	9	17	36	43.4	0.000	44.000 (10.940-176.958)
Poor	3	10	44	83	47	56.6		
Total	30	100	53	100	83	100.0		

Table 3 shows that good mental health is more common among 27 students (90%) who use good social media compared to 3 students (10%). Poor mental health was more common among students using social media with less positive behavior (44 people, 83%), compared to those using social media with positive behavior (9 people, 17%). The Chi-Square Test showed a significance value of $0.000 < 0.05$, indicating a significant relationship between social media and student mental health. The POR (95% CI) value was 44.000 (10.940-176.958), meaning respondents with less positive social media use were 44.000 times more likely to experience poor mental health.

Discussion

Authoritarian parenting reflects a parent's attitude that is harsh and tends to be discriminatory. Authoritarian parenting is characterized by strict rules, often forcing children to behave like themselves (the parents). Freedom to act on their own behalf is limited, and children are rarely invited to communicate, chat, share, or exchange ideas with their parents. Permissive parenting is allowing children to act according to their wishes, with parents avoiding punishment or control. This parenting style is characterized by unlimited freedom for children to behave according to their own desires. Parents never provide rules or direction, so children will behave according to their own desires, even if this sometimes conflicts with social norms (Ayun, 2017).

According to researchers, parenting plays a crucial role in maintaining children's mental health. Parents must position themselves as parents, friends, and those closest to their children. This will impact children's psychology, allowing them to easily express their feelings, not suppressing their feelings, and improving their mental health. If parents fail to provide the appropriate support, children are more likely to engage in negative behaviors such as smoking, alcohol, and drug use, and, most importantly, mental health problems due to poor parenting. Parents should be role models for their children. Parenting styles that provide attention, understanding, and affection, while incorporating democratic methods, will impact children's mental health.

Bullying is a serious problem that can significantly impact the mental health and well-being of adolescents. The role of the community is crucial in addressing bullying. First and foremost, schools must create a culture that rejects bullying and promotes positive social norms. Anti-bullying education should be an integral part of the curriculum to raise awareness and understanding among students, teachers, and staff. Parents can also provide moral and psychological support to their children to overcome social pressures and build strong self-confidence (Hairunisa et al., 2022).

According to researchers, bullying remains a frightening threat among children and impacts their mental health. All acts of bullying, such as teasing, hitting, assault, and other negative behavior, are unacceptable. Strict regulations and supervision, especially in schools, are needed to prevent this type of bullying. Schools should be the most comfortable place for children, a place to learn, play, and socialize healthily. Schools should be a second home for children, as parents wholeheartedly entrust their children to them and entrust them to educate them. Therefore, stop bullying, which will only damage the nation's next generation.

Social media has become the most dominant medium for disseminating the latest news about life in society. Social media is widely connected to web and mobile platforms, allowing every individual who uses it to connect with others in virtual networks, such as Facebook, Twitter, Instagram, or other social networking applications. Today, social media is accessible to various groups of people, one of whom is teenagers. The use of social media that...

Uncontrolled or excessive social media use in adolescents can disrupt mental health, as evidenced by the fact that adolescents who are addicted to playing social media often experience depression, stress, anxiety and even loneliness (Alyasin et al., 2022).

This research aligns with a study by Thursina (2023) entitled "The Influence of Social Media on Students' Mental Health at a Senior High School in Bandung," which states that social media has a positive and significant impact on mental health. Excessive social media use can cause anxiety, stress, depression, and loneliness in adolescents. This study found that 53% of adolescents were identified as having moderate mental health. The shift in interaction to technology cannot be ruled out, as social media has both positive and negative impacts. This study found that social media contributes to students' mental health. Although students' mental health is categorized as moderate, based on the research model, with 53% of social media influencing mental health, this is crucial because adolescence is a transitional period. Anxiety, stress, depression, and loneliness are prevalent in adolescence, so various preventative measures are needed to wisely use social media. The managerial implications of this research require synergy between relevant health professionals, government, and schools to address the consequences of social media's effects. The role of teachers, particularly Islamic Religious Education teachers, is to consistently remind them to be wise and positive about the presence of social media. In line with research conducted by Septiana (2022) entitled "The Impact of Social Media Use on Mental Health and Social Well-Being of Adolescents During the Covid-19 Pandemic," it states that there is a significant influence of social media use on the mental health and social well-being of adolescents during the Covid-19 pandemic. This is evidenced by data on social media usage traffic during the Covid-19 pandemic, which experienced a 40% increase. The largest use of social media is applications for chatting, online learning, and marketplaces for online shopping. From this, it can be seen that public interest, especially adolescents, in online activities is increasing, this can have both positive and negative impacts. In addition to wise social media use, emotional regulation strategies when using social media are very important because they have an impact on mental health. Emotional regulation refers to the extrinsic and intrinsic processes responsible for monitoring, evaluating, and modifying emotional reactions. Emotional regulation can be done in various ways, such as cognitive reappraisal and expressive suppression of emotions. Cognitive reappraisal can be done in two ways: reinterpreting the contextual aspects of stimuli and distancing oneself from stimuli. Furthermore, regarding expressive suppression, a person regulates emotional expression by controlling emotional behavior. With these strategies, it is hoped that adolescents will be able to respond more wisely to negative things on social media.

Researchers believe that strict parental rules are necessary for children regarding technology (cell phone) use. Excessive cell phone use can damage children's brains. Technology is developing rapidly these days, allowing children to easily access all the information they need. The growing trend of children using cell phones, especially social media platforms like Facebook, Instagram, TikTok, and YouTube, makes them lose awareness of wasted time. This can damage children's brain development and impact mental health. Parents need to limit their children's use of cell phones as a tool for social media.

Conclusion

There is a significant relationship between parenting styles, bullying, and social media use with the mental health of students at SMK Negeri 1 Tukak Sadai, South Bangka Regency. Appropriate parenting, a safe school environment free from bullying, and controlled use of

social media play important roles in supporting adolescents' mental well-being. Conversely, poor parenting, exposure to bullying, and excessive social media use can increase the risk of mental health problems among students.

Conflict of Interest

No declare.

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