

THE RELATIONSHIP BETWEEN ENVIRONMENTAL AND PEER FACTORS AND MENTAL HEALTH AND RISKY BEHAVIORS IN ADOLESCENTS

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ABSTRACT

Background: Adolescence is one of the most complex and challenging phases in human development, mental health is a state of mental well-being that allows a person to cope with life's stresses, realize their abilities, learn well and work well, and contribute to the social environment. Adolescents are particularly susceptible to mental health disorders and behave riskily for a variety of reasons, including environmental factors around adolescents (home, school, play) and peers with whom they almost always interact. Adolescent mental health indicators are both negative and positive aspects that always accompany adolescents at all times. Research Objectives: to determine the relationship between environmental and peer factors as well as mental health and risky behaviors in adolescents at BNN basic clinic, Depok City, West Java. Research Method: using an analytical observational design with a cross-sectional approach with Chi-square test. The population was adolescents visiting health services aged 15-20 years, with a sample of 35 adolescents. Study Results: Environmental factors had a significant relationship with mental health and risky behaviors in adolescents on the variables of anxiety (p value=0.000), depression (p value=0.005), psychological stress (p value=0.011), psychological well-being (p value=0.020), and adolescent risk behavior (p value=0.000). Peer factors had a significant relationship with mental health and risk behaviors in adolescents on the variables of anxiety (p value=0.040), depression (p value=0.000), psychological stress (p value=0.016), psychological well-being (p value=0.002), and adolescent risk behavior (p value=0.001). Conclusion: environmental and peer factors have a significant relationship with mental health and risky behaviors in adolescents, so mutually supportive cooperation between families, schools, and health workers is needed.

Keywords: adolescents, environment, mental health and risky behaviors, peers

INTRODUCTION

Adolescence is a transitional phase from childhood to adulthood, characterized by changes in physical, biological, and psychological as well as emotional (Supini et al. 2024). Adolescence is one of the phases of human development that is very complex and challenging. Adolescents at this stage often experience significant changes in biological, psychological, cognitive, and social aspects. In this condition, adolescents are vulnerable to stress that can have an impact on mental health (Pratama and Pratiwi 2025).

Mental health is a condition of mental well-being that allows a person to cope with the pressures of life, realize their abilities, learn well and work well, and contribute to the social environment (WHO 2026). Mental health has an important meaning in a person's life, with a healthy mentality, a person can carry out activities in the social and family environment (Sarmini et al. 2023). Mental health problems in adolescents do not stand alone, but are closely related to the emergence of risky behaviors, such as smoking, substance abuse, risky sexual behavior, and suicidal tendencies.

Adolescent mental health indicators are divided into two aspects: first, negative aspects such as anxiety, depression, loss of control; and second, positive aspects such as emotions, love, and satisfaction. The meaning of the anxiety indicator is a feeling of unease because it is shrouded in worry and fear, while the depression indicator is a mental disorder of a person characterized by feelings of gloom, sadness, and depression. Then the indicator of loss of control is an overflow of emotions beyond the limits of reasonableness such as doing Self-harm. An emotion indicator is the same as anger or an overflow of feelings that develops and subsides in a short time. An indicator of love is feeling loved or cared for by others. And an indicator of satisfaction is feeling relieved or happy because the desire in your heart is fulfilled (Aziz, Rahmatullah, and Khilmiyah 2023).

WHO data states that 1 billion individuals worldwide face mental health disorders. On a global scale, half of all mental emotional disorders in this case aggressive behavior, anxiety and depression are estimated to appear from the age of 14 with a prevalence of about 10-20%. Meanwhile, one in seven children in the age range of 10 to 19 years has a mental disorder but has not been identified and received appropriate treatment. Adolescents who experience depression are known to have a higher likelihood of engaging in risky behaviors that can worsen their health conditions (Herdiani et al. 2021).

According to World Health Organization (WHO) reports that around 1 in 7 adolescents (aged 10-19 years) in the world experience mental health disorders, especially depression, anxiety and behavioral disorders as the main causes, while in Indonesia based on the I-NAMHS survey in 2022 it was recorded that 34.8% of adolescents experienced mental health problems (Biopharma 2025). Mental health is estimated to be 10% to 20% of children and adolescents in the world experiencing mental health disorders and 50% of them are experienced at the age of 14 to 20 years (Budi, Fitria, and Damayanti 2024).



West Java Province as the province with the largest population in Indonesia faces more complex challenges in terms of mental health problems. Based on the results of the 2023 Indonesian Health Survey (SKI), West Java is recorded as the province with the highest prevalence of depression in Indonesia, which is 3.3%. In addition, the prevalence of emotional mental health problems in West Java reaches 4.4%, which is also higher than the national average (KumparanNEWS 2024). This problem is further exacerbated by the limited resources of mental health services. The ratio of clinical psychologists in West Java is only around 1.7 per 100,000 population, which shows that the availability of professionals is still low compared to the needs of the community. This condition causes many cases of mental disorders to go undetected and not handled optimally (Pratama and Pratiwi 2025). The factors that cause the high number of mental health problems in West Java are multidimensional, including individual, family, social, and environmental factors. Academic pressure, family conflicts, the influence of social media, and socioeconomic conditions are the dominant factors that affect the mental state of adolescents (Biopharma 2025).

Data on the number of people with mental disorders in Depok City shows a significant increase from year to year. In 2021, the number of 3486 people, while 1563 people (44.84%) received severe mental health services (Depok 2022). The Depok City Health Office revealed that there were a number of people with severe mental disorders (psychotic) in Depok City in 2022 calculated using population data, civil records and the results of the calculation of Basic Health Research (RISKESDAS) in 2018 using the prevalence of ODGJ in West Java Province of 0.14% until the target of 2,651 people was obtained by the Depok City OGDJ. Meanwhile, the number of severe OGDJ who received mental health services according to the standards in Depok City in 2022 was 1,877 people (70.80%) (Depok 2023).

The assessment of depression in SKI 2023 uses the Mini International Neuropsychiatric Interview (MINI) method which consists of 10 questions. Questions were asked to individuals for their mental health condition in the last 2 weeks. Based on the prevalence of Depression in Indonesian society, the provincial level with the 4 highest in a row from West Java is 3.3% who experience depression, East Kalimantan at 2.2%, South Sulawesi at 1.7% and Banten at 1.7% (KumparanNEWS 2024).

According to research from (Fiana et al. 2025) said the social environment (family, school) and peers play a crucial role in shaping mental health and risky behaviors in adolescents. Positive peers support a healthy mentality, while a toxic environment or negative peer pressure can trigger emotional mental disorders and encourage risky behaviors such as substance abuse that can damage the adolescent generation.

The results of previous research from (Saida 2024) Saying the quality of relationships with peers can affect a teen's overall emotional well-being. A good relationship with peers creates a supportive and enriching social environment for teens. They feel accepted, supported, and valued by their peers, which provides a sense of comfort and confidence in interacting and socializing. The presence of supportive friends also provides teens with an important source of social support in dealing with the challenges and stresses in their lives. When teens feel supported and valued by



their peers, it can boost their confidence, reduce stress levels, and improve their overall emotional well-being. Teens who have good relationships with peers tend to have higher levels of happiness and life satisfaction.

(Yunere, Anggraini, and Vitri 2021) say that the positive influence (protective factor) of supportive peers provides emotional and social support, improves mental health, and helps adolescents achieve academic and personal goals. The negative influence (risk factors) of peers who behave negatively increases the risk of mental emotional disorders and encourages risky behaviors (e.g., substance use, truancy). The influence of environmental factors (family & school) mentioned that a harmonious and supportive family is the main protective factor. Conversely, disharmonious family relationships can be mentally disruptive and form negative behaviors. School Environment: a conducive school environment (teacher support, facilities) helps prevent mental disorders, while a poor environment triggers emotional problems and lowers learning motivation.

Various previous studies confirm that adolescent mental health is an important issue globally and nationally. However, the research is still general, such as, in terms of loci and population, Most of the data and studies available are on a global, national or provincial (West Java) scale, while specific data in Depok City are only available for the group of People with Severe Mental Disorders (ODGJ) who have been clinically served, not in the general adolescent population (e.g. junior high school/high school students) who are in the early prevention stage. In fact, the increasing trend of the number of ODGJ in Depok from year to year indicates the need to detect mental health problems from the adolescent phase, before it develops into a severe disorder. Then in terms of variables and measurement indicators, studies on peer relationships and adolescent mental health in previous studies have not used many comprehensive mental health indicator frameworks covering positive aspects (emotions, love, satisfaction). Most studies have focused on only one dimension (e.g., depression or risky behaviors) and have not yet fully and multidimensionally portrayed the relationship between peers and adolescent mental health.

METHODS

This study uses an analytical observational design with a cross-sectional approach, namely the collection of independent and dependent variable data is carried out at one observation time. At this stage, the researcher analyzes the relationship between environmental and peer factors and mental health and risky behaviors in adolescents through the filling of validated research instruments including Patient Health Questionnaire-9 (PHQ-9), Generalized Anxiety Disorder-7 (GAD-7), WHO-5 Wellbeing Index, Perceived Stress Scale-10 (PSS-10) and Columbia Suicide Severity Rating Scale (C-SSRS). Factors related to the environment and peers used a structured questionnaire.

The population in this study is all adolescents aged 15-20 years who receive health services at the BNN Outpatient Primary Clinic in Depok City, and have risks or mental health problems and risky behaviors. The sample size in the quantitative research was

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determined using G*Power software version 3.1.6 using the F-test statistical test, assuming an alpha (α) value of 0.05, an effect size of 0.5 (a medium effect size based on Cohen's theory, 1988), and a power of test of 0.95. Based on the results of the calculation using G*Power software, a minimum number of quantitative research samples of 35 respondents was obtained.

The analysis was conducted to see the relationship between the independent variables of environmental and peer factors and the dependent variables of mental health and risky behaviors in adolescents. Bivariate analysis was conducted to see the relationship between environmental factors and peers with mental health and risky behaviors in adolescents using the test Chi-square. Significant value or p-value with a critical limit (α) by 0.05. If the value of p value ≤ 0.05 , meaning that there is a significant relationship (Sutha, 2023).

RESULTS

Table 1. Characteristics of Respondents by Age, Gender, Education, Environmental Factors, Peer Factors, Anxiety, Depression, Psychological Stress, Psychological Well-Being, and Adolescent Risk Behaviors

No.	Variable	Categories	Frequency	Percentage (%)
1	Age	Early Adolescence	0	0.0
		Teens Prevent	5	14.29
		Late Teens	30	85.71
2	Gender	Male	17	48.57
		Women	18	51.43
3	Education	SD	0	0.0
		Junior High School	2	5.71
		High School	24	68.57
		Diploma/Bachelor's	9	25.71
4	Environmental Factors	Good	21	60.0
		Enough	8	22.86
		Not Good	6	17.14
5	Peer Factor	Good	12	34.29
		Enough	16	45.71
		Not Good	7	20.0



6	Anxiety	Minimal	7	20.0
		Lightweight	14	40.0
		Medium	10	28.57
		Weight	4	11.43
7	Depression	Minimal/None	5	14.29
		Lightweight	13	37.14
		Medium	10	25.71
		Medium-Heavy	4	11.43
		Weight	3	8.57
8	Psychological Stress	Low	12	34.29
		Medium	17	48.57
		Height	6	17.14
9	Psychological Well-Being	Good	25	71.43
		Medium	3	8.57
		Low	7	20.0
10	Adolescent Risk Behavior	Low	26	74.29
		Height	9	25.71
		Total	35	100.0

Table 2. The Relationship Between The Environment And Mental Health (Anxiety, Depression, Psychological Stress, Psychological Well-Being) And Risky Behaviors In Adolescents

Mental Health & Risk Behavior Variables	Environment						Total		P value
	Good		Enough		Not Good				
	f	%	f	%	f	%	F	%	
Anxiety									
Minimal	6	85.7	0	0.0	1	1.2	7	100.0	0.000
Lightweight	6	42.9	5	35.7	3	21.4	14	100.0	
Medium	8	80.0	1	10.0	1	10.0	10	100.0	
Weight	1	25.0	2	50.0	1	25.0	4	100.0	
Total	21	70.0	8	22.9	6	17.1	35	100.0	
Depression									
Minimal	5	100.0	0	0.0	0	0.0	5	100.0	0.005
Lightweight	6	46.2	3	23.1	4	30.8	13	100.0	

Medium	8	80.0	2	20.0	0	0.0	10	100.0	
Moderately Heavy	2	50.0	1	25.0	1	25.0	4	100.0	
Weight	0	0.0	2	66.7	1	33.3	3	100.0	
Total	21	60.0	8	22.9	6	17.1	35	100.0	
Psychological Stress									
Low	8	66.7	3	25.0	1	8.3	12	100.0	0.011
Medium	9	52.9	4	23.5	4	23.5	17	100.0	
Height	4	66.7	1	16.7	1	16.7	6	100.0	
Total	21	60.0	8	22.9	6	17.1	35	100.0	
Psychological Well-Being									
Good	16	64.0	5	20.0	4	16.0	25	100.0	0.020
Low	1	33.3	1	33.3	1	33.3	3	100.0	
Need for Screening	4	57.1	2	28.6	1	14.3	7	100.0	
Total	21	60.0	8	22.9	6	17.1	35	100.0	
Risky Behavior									
Low	14	53.8	7	26.9	5	19.2	26	100.0	0.000
Height	7	77.8	1	11.1	1	11.1	9	100.0	
Total	21	60.0	8	22.9	6	17.1	35	100.0	

Table 3. Relationship Between Peers and Mental Health (Anxiety, Depression, Psychological Stress, Psychological Well-Being) and Risk Behaviors in Adolescents

Mental Health & Risk Behavior Variables	Peers						Total		P value
	Good		Enough		Not Good				
	f	%	f	%	f	%	F	%	
Anxiety									
Minimal	3	42.9	3	42.9	1	14.3	7	100.0	0.040
Lightweight	7	50.0	5	35.7	2	14.3	14	100.0	
Medium	2	20.0	6	60.0	2	20.0	10	100.0	
Weight	0	0.0	2	50.0	2	50.0	4	100.0	
Total	12	34.3	16	45.7	7	20.0	35	100.0	
Depression									
Minimal	2	40.0	3	60.0	0	0.0	5	100.0	0.000
Lightweight	6	46.2	5	38.5	2	15.4	13	100.0	
Medium	1	10.0	6	60.0	3	30.0	10	100.0	
Moderately Heavy	3	75.0	1	25.0	0	0.0	4	100.0	
Weight	0	0.0	1	33.3	2	66.7	3	100.0	
Total	12	34.3	16	45.7	7	20.0	35	100.0	
Psychological Stress									
Low	4	33.3	6	50.0	2	16.7	12	100.0	0.016
Medium	6	35.3	7	41.2	4	23.5	17	100.0	
Height	2	33.3	3	50.0	1	16.7	6	100.0	
Total	12	34.3	16	45.7	7	20.0	35	100.0	
Psychological Well-Being									
Good	9	36.0	11	44.0	5	20.0	25	100.0	0.002
Low	1	33.3	2	66.7	0	0.0	3	100.0	
Need for Screening	2	28.6	3	42.9	2	28.6	7	100.0	
Total	12	34.3	16	45.7	7	20.0	35	100.0	

Risky Behavior									
Low	10	38.5	10	38.5	6	23.1	26	100.0	0.001
Height	2	22.2	6	66.7	1	11.1	9	100.0	
Total	12	34.3	16	45.7	7	20.0	35	100.0	

DISCUSSION

Environmental Factors in Adolescents

Based on the results of research conducted on environmental factors in adolescents, the most in the good category, namely 18 respondents (51.43%), but in this study it was still found that 22.86% of respondents with an environment in the poor category. This condition shows that there are still adolescents who are in a less supportive environment, such as a less harmonious family environment, lack of parental supervision, negative associations, and a stressful environment, very susceptible to triggering stress, difficulties in managing emotions, depression, and anxiety. This encourages adolescents to engage in risky behaviors as an escape, such as substance abuse, alcohol consumption, smoking, fights, delinquency in adolescents, withdrawal from the social environment or self-isolation, which if it takes place in the long term without intervention, can have an impact on the academic development, social relationships, productivity, and quality of life of adolescents in the future.

Social environments (family, school) and peers play a crucial role in shaping mental health and risky behaviors in adolescents. Positive peers promote a healthy mentality, while a toxic environment or negative peer pressure can trigger mental-emotional disorders and encourage risky behaviors such as substance abuse that can harm the adolescent generation (Fiana et al. 2025). and Toxic friendship environments cause stress, anxiety, depression, decreased self-esteem, self-destructive behavior, and social isolation. Parents, schools, and communities have a crucial role to play in supporting adolescents to face these challenges (Fadhilla and Siregar 2024).

The family environment plays a major role in shaping the values, norms, and emotional support that affect adolescents' mental development. The school environment in this case provides opportunities for intellectual growth and social skills, but academic pressure and bullying can be a risk to adolescents' mental well-being. The peer environment can provide emotional support as well as be a social pressure that can affect adolescents' behavior and mental development. The implications of this study highlight the importance of collaboration between family, school, and peers to create a social environment that supports adolescent positive development. The holistic support of these three environments is expected to help prevent adolescent mental well-being problems and form a strong foundation for adolescent growth into adulthood (Bulan and Nisa 2022).

The social environment is an environment that cannot be separated in human life, because without the support of the surroundings, a person cannot develop normally. Thus, the social environment is a society and various normative systems that exist around it (Reza et al. 2022). Currently, the social environment of adolescents cannot be separated from the role of technology and social media, because excessive use of social



media can reduce the quality of sleep, increase the risk of social isolation, and trigger depressive symptoms in adolescents. Although digital media also offers benefits, such as easy access to information and a forum for expression, uncontrolled use tends to have a negative impact on adolescents (Pratama and Pratiwi 2025).

According to the researchers' assumptions, the environment around adolescents does not work independently, but acts as an interconnected ecosystem that directly or indirectly forms psychological vulnerability and triggers risky behaviors. Adolescent mental health is influenced by layered interactions between individual factors, family, peers, and institutions such as schools and the surrounding environment. Although the findings in this study are that most of the respondents have a good environment, there is still a proportion of adolescents who need special attention. A conducive environment will provide a sense of security, increase confidence, and help adolescents develop their ability to solve problems adaptively. Therefore, collaborative efforts are needed between families, schools, health workers, and the community to create a safe, supportive, and conducive environment for adolescent development. The role of health workers, especially nurses, is not only to provide curative services, but also to educate families about the importance of effective communication, appropriate supervision, and strengthening social support as an effort to prevent the emergence of risky behaviors in adolescents.

Peer Factors in Adolescents

In this study, it was found that the majority of peers were quite good, namely 45.71% and peers who were not good 17.14%, this is because Deviant behavior, Decreased performance, to mental health disorders. This impact often occurs due to unconscious social pressures. The findings are in line with (Jayuputri, Su'udi, and Sumiatin 2024) and (Supini et al. 2024) who say that peer support is a form of individual assessment of positive support from peers so that they feel appreciated, cared for and loved. The peer component consists of attachment between friends, social integration, recognition, and guidance and the opportunity to feel needed. Peer groups provide a place for adolescents to socialize where the values set are not from adults, but from adolescents of their age. In the process of adolescent development, if the values developed are negative values, then this group will become a closed group and can influence each other (Ismatuddiyanah et al. 2023).

Researchers assume that an adolescent's inability to position themselves well and their lack of ability to maintain good relationships between their peers, has a risk of facing problems in their developmental stages, as well as their inability to adapt and build relationships with peers has a risk of inhibiting the formation of their self-identity, and can trigger psychological problems, social isolation, and difficulties in adjusting themselves to adulthood.

Mental Health and Risk Behaviors in Adolescents

The results of the study were obtained that adolescents with moderate-severe anxiety levels were 14 respondents (40%), and minimal-mild anxiety as many as 21 respondents (60%), then from the depression category in adolescents there were 13 (37.14%), moderate depression as many as 9 (25.71%), severe moderate depression as



many as 4 respondents (11.43%), and severe depression as many as 3 respondents (8.57%), then the results of measuring adolescent psychological stress levels were obtained. The most were at low psychological stress levels as many as 12 respondents (34.29%), moderate psychological stress levels were 17 respondents (48.57%), high psychological stress levels were 6 respondents (17.14%), then for the results of measuring psychological well-being in adolescents, the most data was obtained, namely good psychological well-being of adolescents as many as 25 respondents (71.43%), medium as many as 3 respondents (8.57%), low adolescents as many as 7 respondents (20%), and the results of measuring adolescent risky behaviors obtained the most results, namely with the low category as many as 26 respondents (74.29%), and high-risk behaviors as many as 9 respondents (25.71%).

Adolescent mental health is an important issue that is getting more and more attention in society. Mental health is defined as an emotional and psychological state where individuals can use their cognitive and emotional abilities in their community and meet daily needs (Indari et al. 2023). Mental health challenges such as anxiety, depression, Bullying, and academic stress can have a serious impact on their well-being and development. So if this problem is not solved immediately, it can become a serious problem, although it does not cause death but can cause deep suffering and harm others (Aziz et al. 2023).

The importance of mental health in adolescents can have a positive impact on adolescents. Some of the positive impacts when mental health in adolescents are good include adolescents being able to grow and develop according to their age, being able to cope with problems well, increasing adaptive coping skills, and supporting creativity and productivity in adolescents. The development of a person's personality comes from the social experiences that a person experiences throughout his life so it is known as psychosocial development. At each stage of psychosocial development, each stage has its own developmental task. If there is a failure to fulfill developmental tasks at each stage, it will have an impact on the developmental stage at the next age. Adolescents also have developmental tasks that need to be fulfilled.

With the rapid development of technology and it has become a necessity of today's life, today's teenagers live in the digital era, where technology plays a significant role in daily life. Adaptation to technology and social media creates new dynamics in social relationships and the way they process information. Teenagers tend to adapt faster to technological developments than previous generations, which is one of the hallmarks of this generation. However, excessive use of technology can also have a negative impact on mental health (Aziz et al. 2023).

The Relationship of Environmental Factors with Mental Health and Risk Behaviors in Adolescents

The results showed that environmental factors had a significant relationship with mental health and risky behaviors in adolescents on the variables of anxiety (p value=0.000), depression (p value=0.005), psychological stress (p value=0.011),



psychological well-being (p value=0.020), and adolescent risk behavior (p value=0.000).

These results are in line with research from (Fiana et al. 2025) said the social environment (family, school) and peers have an important role in shaping mental health and risky behaviors in adolescents. Positive peers will support a healthy mentality, while a toxic environment or negative peer pressure can trigger mental emotional disorders and encourage risky behaviors such as substance abuse that can damage the adolescent generation. And the family environment plays a major role in shaping values, norms and emotional support that can influence the mental development of adolescents (Bulan and Nisa 2022).

The environment is one of the factors that can affect the mental health of adolescents because the environment (family, school and peers) and humans are able to provide an improvement in the quality of life and become a life driver that can be used to improve health and daily activities (Jayuputri et al. 2024). The environment with all situations and conditions around life is able to provide rapid changes in individual behavior, including growth and development in the life process, and can be seen as a provision for environmental preparation for the next generation or the next generation. The environment is able to affect the quality of life of living things (Nahar, Noer, and Agusthia 2024), where the good and bad of the environment is a reflection of the individual self and has a great influence on mental health. Mental or mental is very sensitive and can be influenced by something that happens in daily life that makes us always have to adapt.

The family is said to be a social system where each member strives to provide comfort, security and economic, material, psychological, emotional and spiritual well-being. The formation of adolescent character begins from the family environment where the family sets an example for adolescents related to applicable values and norms. The formation of adolescent character can be influenced by parenting in the family environment. Parenting style is an important factor in influencing children's psychological development and behavior. A weak and overly punitive parenting style is considered a negative pattern. Positive parenting involves warmth, sensitivity, acceptance and responsiveness to children (Jayaputri, 2024) (Mustamu, Hasim, and Khasanah 2021). A harmonious family is able to form bonds in improving mental health for family members and increasing resistance to various physical and mental problems. However, the loss of close people, marriage, social and criminal relationships can also have an impact on a person's mental health (Nahar et al. 2024).

Researchers assume that adolescents who have high self-esteem tend to have a positive attitude towards themselves and others. In addition, adolescents with high self-esteem will feel more confident and have a positive outlook on their lives. And vice versa, adolescents with low self-esteem will have difficulties in overcoming anxiety, insecurity and depression. In addition, self-ideal, self-image and self-role are other components in self-concept. When the components in self-concept in adolescents cannot develop properly or experience problems, it will cause mental health problems in adolescents.



The Relationship of Peer Factors with Mental Health and Risk Behaviors in Adolescents

The results of the study showed that family factors had a significant relationship with mental health and risky behaviors in adolescents. The results of the analysis showed that family factors were meaningfully related to the variables of anxiety (p value=0.040), depression (p value=0.000), psychological stress (p value=0.016), psychological well-being (p value=0.002), and adolescent risk behavior (p value=0.001), so it can be interpreted that there is a statistically significant relationship between family factors and all of these variables.

The results of this study are in line with (Islami and Sahrul 2025) who said that emotional support, rewards and information have an important role in building confidence. Emotional support can be applied through empathy and willingness to listen, reward support through recognition of achievements and encouragement, while informational support can be in the form of advice and constructive input. Peer support has been shown to be effective in motivating adolescents, strengthening self-resilience, and fostering a positive self-image. Peer support can also be seen from the quality of relationships that affect the emotional well-being of adolescents, which if a good relationship is able to create a social environment that supports and enriches the emotional life of adolescents (Saida 2024). Feeling accepted, supported and appreciated by peers, providing a sense of comfort and self-confidence in interacting and socializing. The existence of supportive peers provides a source of social support in facing challenges in their lives.

Positive influences (protective factors) of supportive peers provide emotional and social support, improve mental health, and help adolescents achieve academic and personal goals. Conversely, negative influences (risk factors) Peers who behave negatively increase the risk of mental emotional disorders and encourage risky behaviors (e.g., substance use, truancy) (Yunere et al. 2021). According to Haniyah, et al (2022) that when adolescents experience peer pressure, such as being excluded from a group or facing differences in vision, they tend to withdraw from the group. This situation has an impact on the psychological state of adolescents, especially considering the hormonal fluctuations that affect their mood. On the other hand, adolescents can develop well if one adolescent is able to provide moral, emotional, and social support to other friends (Anggarjita, Febriana, and Setyowati 2025).

According to researchers' assumptions, peer pressure is a powerful social factor in adolescent life. Teens often feel compelled to conform to group norms or behaviors expected by their peers. This pressure can include everything from physical appearance to involvement in risky behaviors such as drug use, alcohol, or promiscuous sex. The inability to meet peer expectations or feelings of rejection by social groups can lead to social isolation, anxiety, and depression.



CONCLUSION

This study proves that there is a significant relationship between environmental factors and mental health (anxiety, depression, psychological stress, psychological well-being) and risky behaviors in adolescents and peer factors with mental health (depression, psychological stress,) and risky behaviors in adolescents. This can be seen from the good environment in adolescents amounting to 54% and good peers amounting to 35.2%. Therefore, there is a need for mutually supportive cooperation between the family, school and health workers in accompanying adolescent mental health in order to have good behavior.

ETHICAL STATEMENT AND CONFLICT OF INTERES

This research has gone through a review process and received ethical approval from the Health Research Ethics Committee (Komite Etik Penelitian Kesehatan/KEPK) of the relevant institution, with Ethical Approval Number: 90/KEPK/ADM/STIKES-AN/VII/2026.

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