

## **Literature Review: Utilization of Counseling Services to Improve Mental Health for Adolescents in Indonesia**

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**Abstract.** Mental health is the most important thing in human life, from childhood, adolescence, to adulthood. Counseling services are very useful for individuals to improve mental health in adolescents, overcome the pressures faced by adolescents in their lives, find their identity and identity. This research uses the Literature review method which aims to utilize counseling services to improve mental health for adolescents in Indonesia. This literature review aims to find out the factors that can affect mental health in adolescents in Indonesia. The method used in the literature review comes from Indonesian national journals which are searched through the google scholar data base using the keywords "adolescent mental health in Indonesia", then filtered based on the criteria of journals and articles published in 2020 - 2024 with quantitative and qualitative research designs. The results of the analysis of 10 journal articles refer to several counseling services that can be applied in improving adolescent mental health in Indonesia, such as group guidance in improving mental health, and individual counseling to improve the mental health of broken home students.

**Keywords:** Mental Health, Indonesian Adolescents

**Abstrak :** Kesehatan mental adalah hal yang paling penting dalam kehidupan manusia, sejak dari masa kanak-kanak, remaja, sampai dewasa. Layanan Konseling ini sangat bermanfaat bagi individu untuk meningkatkan kesehatan mental pada remaja, mengatasi tekanan yang dihadapi oleh remaja dalam hidupnya, menemukan jati diri serta identitas remaja. Penelitian ini menggunakan metode *Literature review* yang bertujuan untuk memanfaatkan layanan konseling untuk meningkatkan kesehatan mental bagi remaja di Indonesia. Literatur ini bertujuan untuk mengetahui faktor-faktor yang dapat mempengaruhi kesehatan mental pada remaja di Indonesia. Metode yang digunakan dalam literatur review berasal dari jurnal nasional Indonesia yang di cari melalui data base google scholar menggunakan kata kunci "kesehatan mental remaja di Indonesia", kemudian disaring berdasarkan kriteria jurnal dan artikel yang terbit tahun 2020 – 2024 dengan desain penelitian kuantitatif maupun kualitatif. Hasil analisis dari 10 jurnal artikel, mengacu pada beberapa layanan konseling yang bisa diterapkan dalam meningkatkan kesehatan mental remaja di Indonesia diantaranya seperti, bimbingan kelompok dalam meningkatkan kesehatan mental, dan konseling individu meningkatkan kesehatan mental siswi *broken home*.

**Kata Kunci:** Kesehatan Mental, Remaja Indonesia.

## INTRODUCTION

Adolescence is a period of rapid growth and development physically, psychologically, and intellectually. Berdasarkan *World Health Organization* (WHO) remaja dikategorikan individu yang berusia 18-19 tahun. According to WHO data in 2014, it is estimated that the world population at the age of 10-19 years is 18% of the total number of people in the world.

Adolescence can also be interpreted as a period that goes through many obstacles and mental pressures, it can also be called a period that goes through physical, psychological and emotional changes that exist in individuals can cause sadness. There are also those who argue that adolescence is the same as the period of transition from childhood to early adulthood and reaching mental, social, physical and emotional maturity. Adolescence is also often talked about vulnerable compared to other developmental periods, at this time haunted by problems and dynamics because at this time shows how a teenager who seeks and finds his own identity and identity.

Ideally, adolescents can cope with the pressures they face in their lives, through adaptation from good abilities and in accordance with that parents play an important role in paying attention to the psychological and psychosocial condition of their teenage children. The most common thing experienced by teenagers to date is anxiety and depression. Anxiety is a feeling of worry, misgivings, fear that threatens him (see 2020), while depression is a disorder of feelings of sadness and sadness that continues and ends with despair and the risk of injuring yourself (Dada Hawari 2020). Healthy adolescents are adolescents who develop in a good physical, psychological, and social environment and this is the responsibility of parents to care for and educate adolescents, both from the psychological, physical, and psychosocial aspects.

Mental health is the most important thing in human life, from childhood, adolescence, to adulthood. In fact, it is often also called the mental state during childhood is very influential on the development of a person's soul until adulthood. Therefore, it is very important for a person to have a healthy mentality from an early age, a person can feel various benefits in running his life.

Mental health is a concern for health and psychology experts in the world because it is the cause of the mental health crisis. Mental health can also be referred to as a good emotional and psychological condition shown through a person's ability to dominate cognition and emotions well. Mental health is a person's ability to adapt within himself and his surrounding environment, so that the individual can feel happy, happy and live calmly. And individuals have good social behavior and are able to face and accept the many realities of life (Rozali et al., 2021).

Mental health can also be interpreted as a condition of well-being that allows a person to live harmoniously, productively, and have quality in their daily lives. Mentally healthy individuals have full awareness of themselves, can show efforts to fulfill their daily lives, through the pressures of life, and contribute to the environment and feel safe and comfortable living together with others around them. Inability or the emergence of obstacles to the fulfillment of these aspects indicates that the individual has problems with his mental health.

Incidence on problemadolescent mental health problems adolescent mental health is increasingly seeking public attention because it is predicted that the number of adolescents experiencing mental health decline is increasing. Based on population prediction data in 2014, the number of teenagers reaches about 65 million people or 25% of indonesia's 225 million population. It certainly really needs full attention in adolescents, because

adolescence is an age that is prone to overflowing developmental and mental health problems to lead to psychopathology when not handled properly.

Mental health is very influential in adolescence because at this time often causes adolescents to the inability to complete developmental tasks such as, adolescents find it difficult to divide learning time and time for other pleasures, therefore many adolescents who experience loss problems with negative behavior caused for example smoking and using illegal drugs, let alone adolescents who are in inharmonious families and adolescents who have been victims of *bullying*, as a result of which adolescents who have various problems, can be at risk of feeling anxiety and if not properly addressed the teenager can experience *anxiety disorder*

## METHODOLOGY

This research is a literature review research which is a logical research method to prove and conclude the results of the research that has been done. Data collection techniques can be done by looking for readings through a collection of data with the keywords "mental health", "adolescents", and "Indonesia" on *publish and perish, scholar.google.com*, and *Scopus* in particular readings within the last five years. Journal articles found in the initial stage are 30 articles from 2019-2024 using the keyword "Mental Health in adolescents". The source of data in this study contains significant information with the formulation of the problem, namely a) counseling services to improve mental health in adolescents, b) what mental health problems experienced by adolescents in Indonesia, c) the benefits of counseling to improve mental health for adolescents in Indonesia.

Techniques and data collection tools in this study are data in the form of articles, papers, theses and journals with qualifications a), counseling techniques b) research locations in Indonesia, c) explaining mental health problems experienced by adolescents, d) data on research results in the last five years, 2019-2024. Data analysis techniques used in this study is content analysis.

Reading materials that have been obtained in this study were then used as research materials and attached in the form of tables below:

Table : List Of Research Materials

No	Title	Year	Writers
1	Layanan Konseling Individu Untuk Meningkatkan Kesehatan Mental Siswi <i>Broken Home</i> Melalui Teknik <i>Behavioral</i> di Sman 1 Natar	2022	Ringga Wawat Suryati, dan Srimurni
2	Efektifitas Konseling <i>Rasional Emotive Behavior Therapy</i> (RFBT) Untuk Meningkatkan Kesehatan Mental Mahasiswa	2022	Tomy Dwi Apriyanto, Nurul Fanisa, Endang Dwi Rahayu
3	Efektifitas Konseling Online Pada Kesehatan Mental Remaja	2022	Tiara Diah Sosialita
4	Peran Konseling Dalam Mengatasi Depresi Pada Remaja Usia 10- 24 Tahun	2023	Difli Raise Malelak
5	Sikap Peserta Didik Pada Pembinaan Kesehatan Mental Berbasis Bimbingan dan Konseling Islam	2021	Bulu, Taqwa, Muhammad Rajab, Rifaáh Mahmudah Bulu
6	Edukasi Kesehatan Mental (Masalah Psikososial) Pada Remaja	2023	Nuraena, Giri Widakdo, Naryati, Harif Fadhillah, Annisya Adelia, Meisya Adelia

7	Penyuluhan Mental Health Upaya Untuk Meningkatkan Kesehatan Mental Remaja	2023	Saimini, Angga Putri, Cica Maria, Lisastri Syahriyas, Ita Mustika
8	Kesehatan Mental Pada Remaja	2023	Komang Wahyu Gintari, Desak Made Dwi Jayanti, I Gusti Ayu Putu Satya Laksmi, Shilvia Ni Nyoman Sintari
9	Kesehatan Mental Remaja Untuk Pencegahan Gangguan Mental Remaja di Desa Ngades	2023	Indari, Yuni Asri, Tien Amina, Alfunnafi Fahrul Rizzal
10	Hubungan Gaya Hidup Dengan Kesehatan Mental Remaja di Indonesia	2022	Silfia Dini Pratiwi, Ratna Djuwita

The number of articles and journals reviewed to determine the use of counseling services to improve Mental health for adolescents in Indonesia is as many as 10 articles and journals.

## RESULTS AND DISCUSSION

Based on the results of *the literature review* that we examined, the average respondent of junior high school to high school students aged 13-18 years who experience mental health disorders and often receive negative comments both verbally and non – verbally. This makes almost all students less confident, and makes a big impact on their lives. Furthermore, there are still many teenagers who do not love and accept all the advantages or disadvantages of themselves. Some of them also hate themselves because of negative comments towards the people around them, most of them are not able to put aside these negative comments so that they continue to survive in rejection, heartache, to the desire to end their lives.

One approach to getting good mental health in adolescence is to fulfill very important developmental tasks such as having close friends of the same age, a positive group of friends because it can provide opportunities for adolescents to get closer to others, motivate each other and build a wide social network. Peer counseling is one of the things that needs to be applied because adolescents often express their problems with peers compared to older people, teachers or caregivers.

The results of the study on the use of counseling services to improve mental health for adolescents in counseling in Indonesia are summarized in the following table.

1. Journal 1: Mental Health harnessed using individual counseling
2. Journal 2: Mental Health utilized by using *Rational Emotive Behavior Therapy (RFBT)* technique
3. Journal 3: Mental Health harnessed by using online counseling
4. Journal 4: mental health harnessed by using *person-centred services*
5. Journal 5: mental health is utilized using counseling, pedagogic, and normative theological approaches
6. Journal 6: mental health utilized in educational methods
7. Journal 7: Mental Health utilized in counseling methods
8. Journal 8: mental health is used in questionnaire measurement methods
9. Journal 9: mental health utilized in educational methods
10. Journal 10: mental health utilized in educational methods

Of the 10 articles or journals above, there are 1 problem using individual counseling, 3 problems using educational methods, 1 problem using Rational emotive behavior therapy

(REBT) techniques, 1 problem using online counseling, 1 problem using *person centered*, 1 problem using counseling approaches, k pedagogy, and theological normative, 1 problem using the method of counseling and 1 problem using the method of measuring questionnaire. From the results that we have reviewed, it shows that mental health can be utilized in individual counseling, *Person centered*, Rational emotive behavior therapy techniques, online counseling, questionnaire measurement tools, counseling methods, and education.

The results of the study on the focus of problems that are addressed by the use of counseling services on Adolescent Health in Indonesia are summarized as follows.

1. Journal 1: individual counseling services improve mental health of *broken home schoolgirls*
2. Journal 2: group counseling services using REBT techniques *REBTin* improving student mental health
3. Journal 3: online counseling services for Adolescent mental Health
4. Journal 4: the role of counseling in overcoming depression in adolescents
5. Journal 5: analyzing attitudes in mental health coaching efforts of learners by applying counseling services
6. Journal 6: mental health education in adolescents
7. Journal 7: mental health counseling *mental health* for Adolescent mental Health
8. Journal 8: mental health in adolescents
9. Journal 9: mental health prevents adolescent mental disorders
10. Journal 10: Lifestyle with adolescent mental health

Of the 10 articles or journals above, there are 1 problem about individual counseling, 1 problem about *RFBT*, 3 problems that use counseling and education, 1 problem using person-centered services, 1 problem using counseling, pedagogic, and normative theological approaches and 3 other problems that discuss lifestyle, the role of counseling and health mental. From the results we have reviewed, it shows that mental health can be utilized in individual counseling, as well as education and roles.

The results of the study on the scope of the use of counseling services to improve mental health for adolescents in Indonesia are summarized as follows.

1. Journal 1: samples in this study are students at SMAN 1 NATAR who have *broken home problems* by using the method of individual counseling services, and using a qualitative approach, as well as data collection techniques using interview techniques, documentation and observation.
2. Journal 2: the sample in this study was 11 uhamka counseling guidance students in 2021 by sampling using the purposive sampling method
3. Journal 3: the sample in this study was aimed at 200 adolescents aged 15-24 years who experience mental health problems, after the data were collected, the analysis using the independent sample t - test formula showed that online counseling was effective in improving mental health in adolescents.
4. Journal 4: the sample in this study is adolescents aged 10-24 years who are depressed, and in this study the researchers used a descriptive qualitative approach to the literature study method.
5. Journal 5: the sample in this study is the students of UPT SMA Negeri 8 Luwu Utara in applying Islamic BK in mental health development efforts
6. Journal 6: Samples in this study were 100 adolescents in SMA Negeri X - X-X Jakarta, there were 70 respondents who were depressed and 10 respondents who were not depressed or at risk of ending their lives and 20 respondents who were at risk of both symptoms.

7. Journal 7: samples in this study were students of SMP Islam Nabilah, Batam. This activity is carried out by extension methods. And the results that of 141 children, as many as 21% of adolescents stated that they had experienced disputes and 81% of adolescents stated that they had experienced conflicts with their peers at school, and were quite good at handling them.
8. Journal 8: the sample in this study was 265 people. Pengumpulan data menggunakan kuesioner karakteristik responden dan Self Reporting Questionnaire 29 (SRQ-29). The Data were analyzed by univariate analysis. Results: found the most age of respondents 19-24 years as many as 117(44.2%) and female-dominated sex as many as 138 (52.1%). Peer relationships were dominated by good as much as 245(92.5%), stress levels were dominated by mild stress as much as 196(74%) and bullying/bullying was dominated by neutral as much as 110 (41.5%). Adolescents who have mental emotional disorders(GME) as much as 124(46.8%), no use of psychoactive substances in adolescents, adolescents who have psychotic symptoms/psychosis as much as 13 (4.9%), and adolescents who have symptoms indicative of Post - Traumatic Stress Disorder(PTSD) as much as 20 (7.5%).
9. Journal 9: the sample in this study is 35 adolescents, this study by providing education about mental health and prevention efforts with thought stoping and 5-finger hypnosis.
10. Journal 10: the sample in this study was 9,628 students aged 11-18 years, the sample of this study was obtained by total sampling method.

Scope and objectives of mental health in various forms of counseling services the majority use a fairly large number of samples. The results showed that mental health can be done with the use of services in counseling both in Indonesian adolescents dijenjang Junior High School Education, and high school equivalents.

The results of the study on the procedure implementation of services in counseling to improve mental health in Indonesia are summarized as follows.

1. Journal 1: individual counseling services are carried out with 5 meetings, where each meeting carried out several activities. At the first meeting the researcher conducts familiarization activities with clients and approves guidance and counseling contracts. At the second meeting, conduct basic counseling by listening to the stories of clients who are still timid. The third meeting, the client is already familiar and can reveal the problem. The fourth meeting, the client wants to change the attitude and bad habits of the client so that the client can change for the better. The fifth meeting, the client answers written questions to show the difference between the initial conditions and the conditions after obtaining the service.
2. Journal 2: the procedure used is a questionnaire instrument on a likert scale with 4 answer choices. For information, examination methods that utilize nonparametric measurements with the Wilcoxon Scorched Rank Test T test and Kolmogorov Smirnov 2 Free Test are expected to see the contrast of the emotional well-being of exploration subjects before treatment with the emotional well-being of examination subjects after treatment. The depiction of the information is assisted through the examination of information considering the side effects of speculation testing using the SPSS 26.00 adaptation program. The time used was not explained by the researchers.
3. Journal 3: *Online Counseling* was conducted for 4 weeks using psychological disorder detection tools *blended* with *online* both synchronous and asynchronous and also face to face. *Online counseling* conducted 4 sessions of group meetings in a synchronous manner that provides therapeutic counseling and psychoeducation in accordance with the problems that occur. In addition, there are two face-to-face sessions for in-person consultations that are in accordance with the agreed schedule.

4. Journal 4: the procedure used in this study is not described.
5. Journal 5: data analysis techniques used are data reduction, data presentation and data verification. This procedure is included in the descriptive method performed at UPT SMAN 8 Luwu Utara.
6. Journal 6: the procedures carried out are the activities of the Community Partnership Program (PKM). There are 3 phases in this activity. First, the preparation phase, which begins with the student assessment phase, develops an activity plan, coordinates with the partnership and prepares training activities that are carried out face-to-face. In the second, implementation phase, teams and adolescents are trained on their knowledge of mental health, partners participate in ways to overcome mental health problems. And the third is the evaluation phase, participants are given a post test when the activity ends, and the event party does motoring and mentoring activities regularly.
7. Journal 7: there are 4 counseling procedures in this study. First, the pegabdi team from the community contacted the school. Second, the team provides a letter to carry out activities. Third, the team surveyed the Nabilah Islamic junior high school field. Fourth, the implementation of activities themed “mental *Health counseling* efforts to improve Adolescent Mental Health”.
8. Journal 8: the procedure in this study used a questionnaire measuring instrument conducted for 3 weeks. With a research population of adolescents in Ubung Kaje village of 780 people.
9. Journal 9: the procedure for community service activities was carried out on January 5, 2023, which was carried out in the classroom of SMPN 3 Ngadas with a total of 35 students. The time used is 1.5 hours from 08.00-09.30. there are 4 stages, namely, facilitator introduction, spirit game, material delivery, and discussion. The initial activity begins by providing a pre-test questionnaire and ends with a post-test questionnaire.
10. Journal 10: this research procedure uses four stages. First, the target stage, second the source population, the third eligible population *eligible* and the fourth sample.

Based on the results of a study on the procedure implementation of counseling services to improve mental health for adolescents found 1 study describes the procedure using individual counseling services using 5 meetings, 2 studies using Community Partnership Program (PKM)activities, 2 studies using questionnaires, 1 study using data analysis methods procedures, 1 study using counseling and online application as a tool to carry out mental health consultation, 1 study using 4 counseling procedures,, 1 problem using 4 stages of the procedure regarding the stages of the target, source population, eligible population*eligible*, sample and there is 1 study that does not explain the implementation procedures in the study.

The results of the study on the success layanan of counseling services to improve mental health in Indonesia are summarized as follows.

1. Journal 1: based on the results of research, individual counseling services can have an influence on broken home students to improve the mental health of *broken home students*.
2. Journal 2: based on the results of research seen from 11 students who follow counseling with REBT techniques experience an increase in pretest and posttest scores or in other words experience changes after being given counseling services with REBT techniques *REBT*.
3. Journal 3: research results show that online counseling can improve mental health in adolescents by overcoming mental health problems experienced.

4. Journal 4: the results of this study suggest that *person-centered counseling* can create permissive relationships, and encourage personal growth and problem-solving skills.
5. Journal 5: based on research results, that the attitude of students at UPT SMA Negeri 8 Luwu Utara in applying Islamic Guidance and counseling in mental health development efforts are: a) Enthusiasm or enthusiasm in following and carrying out religious school activities, b) actively involve themselves and establish synergy of all teachers and counselors to create a religious atmosphere, and C) optimize extracurricular programs of Islamic spirituality such as youth Mushallah, taklim after prayers JAMA'ah žuhur and ASR, Friday prayers, and tarbiyah for students every week.
6. Journal 6: the results of research related to the application of Education show that not all students know mental health, but understand the problems often occur in society. In this study there was an increase in the understanding of adolescents in SMK 39 Jakarta about mental health.
7. Journal 7: the results showed that counseling to inform about mental health because adolescents feel stress and anxiety over the changes that occur due to lack of understanding of mental health.
8. Journal 8: the results showed that there were 196 respondents who experienced mild stress and 110 respondents who experienced neutral majority oppression. This Data is obtained from the results of questionnaires conducted.
9. Journal 9: the results of the study stated that the results of education in adolescent groups can improve healthy living in adolescents and improve mental health in adolescents.
10. Journal 10: the results of the study stated that a healthy lifestyle is related to adolescent mental health. Experienced by adolescents is a mental health disorder that has the potential to take an unhealthy lifestyle such as poor dietary habits, a lifestyle that is not physically active and involved in drinking alcohol and smoking.

Based on the results of research that has been conducted from 10 research journal articles prove that counseling services to improve mental health for adolescents can be successful. 1 research was able to influence broken home students to improve mental health, 1 research partnership can experience changes after being given counseling services with REBT techniques *REBT*, 1 research shows that online counseling can improve mental health in adolescents by overcoming mental health problems, 1 research can apply Islamic Guidance and counseling in health coaching efforts mental health, 1 research shows that *person-centered counseling* can create permissive relationships, and promote personal growth and problem-solving skills., 2 research related to the application of Education shows that not all students know about mental health and adolescents can improve healthy living in adolescents and improve mental health in adolescents, 1 research research shows that counseling to inform about mental health because adolescents feel stress and anxiety over the changes that occur due to lack of understanding about mental health., 1 study using questionnaires showed that there were 196 respondents who experienced mild stress and 110 respondents who experienced oppression neutral majority and 1 research study stated that a healthy lifestyle is related to adolescent mental health.

## CONCLUSION

Based on the data from the *literature review* that has been done in journal articles related to the use of counseling services to improve Mental health for adolescents in Indonesia, it can be concluded that adolescent mental health in Indonesia can utilize various methods of counseling services in Indonesia to help solve mental health problems

experienced by adolescents. Counselors can use service methods such as consulting services, individual counseling, counseling and education, and REBT techniques.

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