

REFERENSI

- ACOPA, E. F. 2024. Social support and mental health: the mediating role of perceived stress. *Frontiers in psychology*, 15, 1330720.
- ALBERT, K., PRUESSNER, J. & NEWHOUSE, P. 2015. Estradiol levels modulate brain activity and negative responses to psychosocial stress across the menstrual cycle. *Psychoneuroendocrinology*, 59, 14-24.
- ALKADHI, K., ZAGAAR, M., ALHAIDER, I., SALIM, S. & ALEISA, A. 2013. Neurobiological consequences of sleep deprivation. *Current neuropharmacology*, 11, 231-249.
- ALSARRANI, A., HUNTER, R. F., DUNNE, L. & GARCIA, L. 2022. Association between friendship quality and subjective wellbeing among adolescents: a systematic review. *BMC public health*, 22, 2420.
- ALSHAMMARI, A. S., PIKO, B. F. & FITZPATRICK, K. M. 2021. Social support and adolescent mental health and well-being among Jordanian students. *International Journal of Adolescence and Youth*, 26, 211-223.
- ALTEMUS, M., SARVAIYA, N. & EPPERSON, C. N. 2014. Sex differences in anxiety and depression clinical perspectives. *Frontiers in neuroendocrinology*, 35, 320-330.
- ARAIN, M., HAQUE, M., JOHAL, L., MATHUR, P., NEL, W., RAIS, A., SANDHU, R. & SHARMA, S. 2013. Maturation of the adolescent brain. *Neuropsychiatric disease and treatment*, 449-461.
- BACKES, E. & BONNIE, R. 2019. *The Promise of Adolescence: Realizing Opportunity for All Youth*. Washington DC: National Academies Press (US).
- BAHRAMI, F. & YOUSEFI, N. 2011. Females are more anxious than males: a metacognitive perspective. *Iran J Psychiatry Behav Sci*, 5, 83-90.
- BAI, S. & REPETTI, R. L. 2015. Short - term resilience processes in the family. *Family relations*, 64, 108-119.
- BALLUERKA, N., ALIRI, J., GONI-BALENTZIAGA, O. & GOROSTIAGA, A. 2023. Asociación entre el bullying, la ansiedad y la depresión en la infancia y la adolescencia: el efecto mediador de la autoestima. *Revista de psicodidáctica*, 28, 26-34.
- BAO, C. & HAN, L. 2025. Gender difference in anxiety and related factors among adolescents. *Frontiers in Public Health*, 12, 1410086.
- BARNETT, M. D., MACIEL, I. V., JOHNSON, D. M. & CIEPLUCH, I. 2021. Social anxiety and perceived social support: Gender differences and the mediating role of communication styles. *Psychological Reports*, 124, 70-87.
- BENNER, A. D., HOU, Y. & JACKSON, K. M. 2020. The consequences of friend-related stress across early adolescence. *The Journal of Early Adolescence*, 40, 249-272.

- BENNER, A. D., HOU, Y. & JACKSON, K. M. 2024. The Consequences of Friend-Related Stress Across Early Adolescence. *The Journal of Early Adolescence*, 40, 249-272.
- BERNASCO, E. L., NELEMANS, S. A., VAN DER GRAAFF, J. & BRANJE, S. 2021. Friend support and internalizing symptoms in early adolescence during COVID - 19. *Journal of Research on Adolescence*, 31, 692-702.
- BOBBITT, S., KAWAMURA, A., SAUNDERS, N., MONGA, S., PENNER, M. & ANDREWS, D. 2023. Anxiety in children and youth: Part 2—The management of anxiety disorders. *Paediatrics & Child Health*, 28, 60-66.
- BOZZINI, A. B., BAUER, A., MARUYAMA, J., SIMÕES, R. & MATIJASEVICH, A. 2020. Factors associated with risk behaviors in adolescence: a systematic review. *Brazilian Journal of Psychiatry*, 43, 210-221.
- BOZZOLA, E., SPINA, G., AGOSTINIANI, R., BARNI, S., RUSSO, R., SCARPATO, E., DI MAURO, A., DI STEFANO, A. V., CARUSO, C. & CORSELLO, G. 2022. The use of social media in children and adolescents: Scoping review on the potential risks. *International journal of environmental research and public health*, 19, 9960.
- BRONFENBRENNER, U. 1977. Toward an experimental ecology of human development. *American psychologist*, 32, 513.
- BRONFENBRENNER, U. & CECI, S. J. 1994. Nature-nurture reconceptualized in developmental perspective: a bioecological model. *Psychol Rev*, 101, 568-86.
- BURK, W. J. & LAURSEN, B. 2005. Adolescent perceptions of friendship and their associations with individual adjustment. *International journal of behavioral development*, 29, 156-164.
- BUSHNELL, G. A., GAYNES, B. N., COMPTON, S. N., DUSETZINA, S. B., OLDFSON, M. & STÜRMER, T. 2019. Incident substance use disorder following anxiety disorder in privately insured youth. *Journal of adolescent health*, 65, 536-542.
- CABALLO, V. E., SALAZAR, I. C., IRURTIA, M. J., ARIAS, B. & HOFMANN, S. G. 2014. Differences in social anxiety between men and women across 18 countries. *Pers Individ Dif*, 64, 35-40.
- CASEY, B. J. 2015. Beyond simple models of self-control to circuit-based accounts of adolescent behavior. *Annu Rev Psychol*, 66, 295-319.
- CAVIONI, V., GRAZZANI, I., ORNAGHI, V., AGLIATI, A. & PEPE, A. 2021. Adolescents' Mental Health at School: The Mediating Role of Life Satisfaction. *Front Psychol*, 12, 720628.
- CENTER FOR REPRODUCTIVE HEALTH, UNIVERSITY OF QUEENSLAND & HEALTH, J. B. H. S. O. P. 2022a. Indonesia – National Adolescent Mental Health Survey (I-NAMHS): Laporan Penelitian. Yogyakarta, Indonesia: Pusat Kesehatan Reproduksi, Fakultas Kedokteran, Kesehatan Masyarakat dan Keperawatan, Universitas Gadjah Mada.

- CENTER FOR REPRODUCTIVE HEALTH, UNIVERSITY OF QUEENSLAND & HEALTH, J. H. B. S. O. P. 2022b. Indonesia - National Adolescent Mental Health Survey (I-NAMHS): Laporan Penelitian. Pusat Kesehatan Reproduksi
- CHAND, S. P., MARWAHA, R. & BENDER, R. M. 2021. Anxiety (nursing).
- CHANG, F., JIANG, Y., LOYALKA, P., CHU, J., SHI, Y., OSBORN, A. & ROZELLE, S. 2019. Parental migration, educational achievement, and mental health of junior high school students in rural China. *China Economic Review*, 54, 337-349.
- CHAPLIN, T. M. 2015. Gender and emotion expression: A developmental contextual perspective. *Emotion Review*, 7, 14-21.
- CHAPMAN, D. P., LIU, Y., PRESLEY-CANTRELL, L. R., EDWARDS, V. J., WHEATON, A. G., PERRY, G. S. & CROFT, J. B. 2013. Adverse childhood experiences and frequent insufficient sleep in 5 US States, 2009: a retrospective cohort study. *BMC public health*, 13, 1-9.
- CHEN, X., YUAN, H., ZHENG, T., CHANG, Y. & LUO, Y. 2018. Females are more sensitive to opponent's emotional feedback: evidence from event-related potentials. *Frontiers in Human Neuroscience*, 12, 275.
- CHIU, A., FALK, A. & WALKUP, J. T. 2016. Anxiety Disorders Among Children and Adolescents. *Focus (Am Psychiatr Publ)*, 14, 26-33.
- CHIU, K., CLARK, D. M. & LEIGH, E. 2021. Prospective associations between peer functioning and social anxiety in adolescents: A systematic review and meta-analysis. *Journal of affective disorders*, 279, 650-661.
- CHOUDHURY, S., BLAKEMORE, S.-J. & CHARMAN, T. 2006. Social cognitive development during adolescence. *Social cognitive and affective neuroscience*, 1, 165.
- CHRISTOV-MOORE, L., SIMPSON, E. A., COUDÉ, G., GRIGAITYTE, K., IACOBONI, M. & FERRARI, P. F. 2014. Empathy: Gender effects in brain and behavior. *Neuroscience & biobehavioral reviews*, 46, 604-627.
- CHU, B., MARWAHA, K., SANVICTORES, T. & AYERS, D. 2019. Physiology, stress reaction.
- COLAROSSO, L. G. & ECCLES, J. S. 2003. Differential effects of support providers on adolescents' mental health. *Social Work Research*, 27, 19-30.
- CONTROL, C. F. D. & PREVENTION 2019. Adverse childhood experiences. *Centers for Disease Control and Prevention*.
- COOKE, J. E., RACINE, N., PLAMONDON, A., TOUGH, S. & MADIGAN, S. 2019. Maternal adverse childhood experiences, attachment style, and mental health: Pathways of transmission to child behavior problems. *Child abuse & neglect*, 93, 27-37.
- COUNCIL, N. R., CHILDREN, B. O., YOUTH & ADOLESCENCE, C. O. T. S. O. 2011. *The science of adolescent risk-taking: Workshop report*, National Academies Press.
- COYLE, S. & MALECKI, C. K. 2018. The association between social anxiety and perceived frequency and value of classmate and close friend social support. *School Psychology Review*, 47, 209-225.

- CRIVELLI, C., JARILLO, S., RUSSELL, J. A. & FERNÁNDEZ-DOLS, J.-M. 2016. Reading emotions from faces in two indigenous societies. *Journal of Experimental Psychology: General*, 145, 830.
- DARVIRI, C., FOUKA, G., GNARDELLIS, C., ARTEMIADIS, A. K., TIGANI, X. & ALEXOPOULOS, E. C. 2012. Determinants of self-rated health in a representative sample of a rural population: a cross-sectional study in Greece. *International Journal of Environmental Research and Public Health*, 9, 943-954.
- DE VENTER, M., DEMYTTENAERE, K. & BRUFFAERTS, R. 2013. The relationship between adverse childhood experiences and mental health in adulthood. A systematic literature review. *Tijdschrift voor psychiatrie*, 55, 259-268.
- DESA, U. 2013. World population prospects: the 2012 revision. *Population division of the department of economic and social affairs of the United Nations Secretariat, New York*, 18, 620-626.
- DZIURKOWSKA, E. & WESOŁOWSKI, M. 2021. Cortisol as a biomarker of mental disorder severity. *Journal of Clinical Medicine*, 10, 5204.
- ELMORE, A. L. & CROUCH, E. 2020. The association of adverse childhood experiences with anxiety and depression for children and youth, 8 to 17 years of age. *Academic pediatrics*, 20, 600-608.
- ERNST, J., RÜCKERT, F., OLLMANN, T. M., VOSS, C., KISCHE, H., KNAPPE, S. & BEESDO-BAUM, K. 2024. Social interactions in everyday life of socially anxious adolescents: Effects on mental state, anxiety, and depression. *Research on child and adolescent psychopathology*, 52, 207-222.
- ERSKINE, H., BLONDELL, S., ENRIGHT, M., SHADID, J., DIBABA, Y., WEKESAH, F., WAHDI, A., WILOPO, S., VU, L., DAO, H., NGUYEN, V., EMERSON, M., FINE, S., LI, M., BLUM, R., WHITEFORD, H. & SCOTT, J. 2021. Measuring the Prevalence of Mental Disorders in Adolescents in Kenya, Indonesia, and Vietnam: Study Protocol for the National Adolescent Mental Health Surveys. *Journal of Adolescent Health*, 72.
- ESCOBAR, D. F. S. S., JESUS, T. F. D., NOLL, P. R. E. S. & NOLL, M. 2020. Family and school context: Effects on the mental health of Brazilian students. *International journal of environmental research and public health*, 17, 6042.
- ESPINOZA, G. & HERNANDEZ, H. L. 2022. Adolescent loneliness, stress and depressive symptoms during the COVID - 19 pandemic: The protective role of friends. *Infant and Child Development*, 31, e2305.
- ETKIN, R. G., SILVERMAN, W. K. & LEBOWITZ, E. R. 2022. Anxiety and social functioning: the moderating roles of family accommodation and youth characteristics. *Research on Child and Adolescent Psychopathology*, 50, 781-749.
- EUGENE, D. R. 2021. Connectedness to family, school, and neighborhood and adolescents' internalizing symptoms. *International journal of environmental research and public health*, 18, 12602.

- FARAVELLI, C., SAURO, C. L., GODINI, L., LELLI, L., BENNI, L., PIETRINI, F., LAZZERETTI, L., TALAMBA, G. A., FIORAVANTI, G. & RICCA, V. 2012. Childhood stressful events, HPA axis and anxiety disorders. *World journal of psychiatry*, 2, 13.
- FARHANE-MEDINA, N. Z., LUQUE, B., TABERNERO, C. & CASTILLO-MAYÉN, R. 2022. Factors associated with gender and sex differences in anxiety prevalence and comorbidity: A systematic review. *Sci Prog*, 105, 368504221135469.
- FEHR, B. & HARASYMCHUK, C. 2017. The role of friendships in well-being. *Subjective well-being and life satisfaction*, 103-128.
- FELDMAN, R. 2020. What is resilience: an affiliative neuroscience approach. *World psychiatry*, 19, 132-150.
- FLYKT, M., VÄNSKÄ, M., PUNAMÄKI, R.-L., HEIKKILÄ, L., TIITINEN, A., POIKKEUS, P. & LINDBLOM, J. 2021. Adolescent attachment profiles are associated with mental health and risk-taking behavior. *Frontiers in psychology*, 12, 761864.
- FORD, T., DEGLI ESPOSTI, M., CRANE, C., TAYLOR, L., MONTERO-MARÍN, J., BLAKEMORE, S.-J., BOWES, L., BYFORD, S., DALGLEISH, T. & GREENBERG, M. T. 2021. The role of schools in early adolescents' mental health: findings from the MYRIAD study. *Journal of the American Academy of Child & Adolescent Psychiatry*, 60, 1467-1478.
- FRANCO, K., BAUMLER, E., TORRES, E. D., LU, Y., WOOD, L. & TEMPLE, J. R. 2022. The link between school climate and mental health among an ethnically diverse sample of middle school youth. *Curr Psychol*, 1-11.
- GARCIA, I. & O'NEIL, J. 2021. Anxiety in adolescents. *The Journal for Nurse Practitioners*, 17, 49-53.
- GASMI, A., NASREEN, A., MENZEL, A., GASMI BENAHMED, A., PIVINA, L., NOOR, S., PEANA, M., CHIRUMBOLO, S. & BJØRKLUND, G. 2022. Neurotransmitters regulation and food intake: The role of dietary sources in neurotransmission. *Molecules*, 28, 210.
- GEULAYOV, G., BORSCHMANN, R., MANSFIELD, K. L., HAWTON, K., MORAN, P. & FAZEL, M. 2022. Utilization and acceptability of formal and informal support for adolescents following self-harm before and during the first COVID-19 lockdown: results from a large-scale English schools survey. *Frontiers in psychiatry*, 13, 881248.
- GRESHAM, B., MCMANUS, B. & STAVRINOS, D. 2021. Interactive effects of neighborhood safety and screen time on adolescent internalizing symptoms. *Journal of Developmental & Behavioral Pediatrics*, 42, 734-741.
- GUO, Z., ZHAO, J. & PENG, J. 2023. Family function and anxiety among junior school students during the COVID-19 pandemic: a moderated mediation model. *Frontiers in Psychiatry*, 14, 1217709.
- HALLIDAY, S., GREGORY, T., TAYLOR, A., DIGENIS, C. & TURNBULL, D. 2021. The impact of bullying victimization in early adolescence on

- subsequent psychosocial and academic outcomes across the adolescent period: A systematic review. *Journal of school violence*, 20, 351-373.
- HARDS, E., LOADES, M. E., HIGSON - SWEENEY, N., SHAFRAN, R., SERAFIMOVA, T., BRIGDEN, A., REYNOLDS, S., CRAWLEY, E., CHATBURN, E. & LINNEY, C. 2022. Loneliness and mental health in children and adolescents with pre - existing mental health problems: A rapid systematic review. *British Journal of Clinical Psychology*, 61, 313-334.
- HARTLEY, C. A. & SOMERVILLE, L. H. 2015. The neuroscience of adolescent decision-making. *Curr Opin Behav Sci*, 5, 108-115.
- HELLSTRÖM, L. & BECKMAN, L. 2021. Life challenges and barriers to help seeking: Adolescents' and young adults' voices of mental health. *International journal of environmental research and public health*, 18, 13101.
- HIATT, C., LAURSEN, B., STATTIN, H. & KERR, M. 2018. Best Friend Influence Over Adolescent Problem Behaviors: Socialized by the Satisfied. *Journal of Clinical Child & Adolescent Psychology*, 46, 695-708.
- HOLT-LUNSTAD, J. & UCHINO, B. N. 2019. Social ambivalence and disease (SAD): A theoretical model aimed at understanding the health implications of ambivalent relationships. *Perspectives on Psychological Science*, 14, 941-966.
- HOSTINAR, C. E. & GUNNAR, M. R. 2015. Social support can buffer against stress and shape brain activity. *AJOB neuroscience*, 6, 34-42.
- HUNT, X., SHAKESPEARE, T., VILYTE, G., MELENDEZ-TORRES, G. J., HENRY, J., BRADSHAW, M., NAIDOO, S., MBUYAMBA, R., ALJASSEM, S., SUUBI, E., ALJASEM, N., MAKHETHA, M. & BANTJES, J. 2023. Effectiveness of Social Inclusion Interventions for Anxiety and Depression among Adolescents: A Systematic Review. *Int J Environ Res Public Health*, 20.
- JAKOBSEN, I. S., HORWOOD, L. J. & FERGUSON, D. M. 2012. Childhood anxiety/withdrawal, adolescent parent-child attachment and later risk of depression and anxiety disorder. *Journal of Child and Family Studies*, 21, 303-310.
- JIANG, M.-M., GAO, K., WU, Z.-Y. & GUO, P.-P. 2022. The influence of academic pressure on adolescents' problem behavior: Chain mediating effects of self-control, parent-child conflict, and subjective well-being. *Frontiers in psychology*, 13, 954330.
- JOFFER, J., JERDÉN, L., ÖHMAN, A. & FLACKING, R. 2016. Exploring self-rated health among adolescents: a think-aloud study. *BMC public health*, 16, 156.
- KACZMAREK, M. & TRAMBACZ-OLESZAK, S. 2021. School-related stressors and the intensity of perceived stress experienced by adolescents in Poland. *International journal of environmental research and public health*, 18, 11791.

- KALIGIS, F., ISMAIL, R. I., WIGUNA, T., PRASETYO, S., INDRIATMI, W., GUNARDI, H., PANDIA, V. & MAGDALENA, C. C. 2021. Mental health problems and needs among transitional-age youth in Indonesia. *International Journal of Environmental Research and Public Health*, 18, 4046.
- KASTURI, S., OGUOMA, V. M., GRANT, J. B., NIYONSENGA, T. & MOHANTY, I. 2023. Prevalence rates of depression and anxiety among young rural and urban Australians: a systematic review and meta-analysis. *International journal of environmental research and public health*, 20, 800.
- KEMENKES 2015. RENCANA AKSI KEGIATAN (RAK).
- KEMENKES 2020. Rencana Aksi Kegiatan (RAK). Book.
- KHALAF, A. M., ALUBIED, A. A., KHALAF, A. M. & RIFAEY, A. A. 2023. The impact of social media on the mental health of adolescents and young adults: a systematic review. *Cureus*, 15.
- KHAN, M. M. A. & KHAN, M. N. 2020. Effects of psychosocial and socio - environmental factors on anxiety disorder among adolescents in Bangladesh. *Brain and Behavior*, 10, e01899.
- KINGE, J. M., ØVERLAND, S., FLATØ, M., DIELEMAN, J., RØGEBERG, O., MAGNUS, M. C., EVENSEN, M., TESLI, M., SKRONDAL, A. & STOLTENBERG, C. 2021. Parental income and mental disorders in children and adolescents: prospective register-based study. *International Journal of Epidemiology*, 50, 1615-1627.
- KONDAPURA, M. B., MANJUNATHA, N., NAGARAJ, A. K. M., PRAHARAJ, S. K., KUMAR, C. N., MATH, S. B. & RAO, G. N. 2023. Cost of illness analysis of common mental disorders: A study from an Indian academic tertiary care hospital. *Indian Journal of Psychological Medicine*, 45, 519-525.
- KÖNIG, M., BERHE, O., IOANNIDIS, K., ORELLANA, S., DAVIDSON, E., KASER, M., CONSORTIUM, R., MORENO-LÓPEZ, L. & VAN HARMELEN, A.-L. 2023. The stress-buffering role of friendships in young people with childhood threat experiences: a preliminary report. *European journal of psychotraumatology*, 14, 2281971.
- KRAMMER, I., SCHRANK, B., POLLAK, I., STIEHL, K. A., NATER, U. M. & WOODCOCK, K. A. 2023. Early adolescents' perspectives on factors that facilitate and hinder friendship development with peers at the time of school transition. *Journal of School Psychology*, 98, 113-132.
- LACHYTOVA, M., KATRENIKOVA, Z., MIKULA, P., JENDRICHOVSKY, M. & NAGYOVA, I. 2017. Associations between self-rated health, mental health problems and physical inactivity among urban adolescents. *The European Journal of Public Health*, 27, 984-989.
- LÅFTMAN, S. B., RANINEN, J. & ÖSTBERG, V. 2024. Trust in adolescence and depression and anxiety symptoms in young adulthood: findings from a Swedish cohort. *BMC Research Notes*, 17, 7.

- LAN, R. & LIAN, R. 2021. A study on the relationship between family function, basic psychological needs and adolescents' social appearance anxiety. *J Ningde Norm Univ*, 3, 112-117.
- LAURSEN, B. & VEENSTRA, R. 2021. Toward understanding the functions of peer influence: A summary and synthesis of recent empirical research. *Journal of Research on Adolescence*, 31, 889-907.
- LÊ-SCHERBAN, F., BRENNER, A. B. & SCHOENI, R. F. 2016. Childhood family wealth and mental health in a national cohort of young adults. *SSM-population health*, 2, 798-806.
- LEE, H. J. & SZINOVACZ, M. E. 2016. Positive, Negative, and Ambivalent Interactions With Family and Friends: Associations With Well-being. *Journal of Marriage and Family*, 78.
- LEE, H. Y., KIM, I., NAM, S. & JEONG, J. 2020. Adverse childhood experiences and the associations with depression and anxiety in adolescents. *Children and youth services review*, 111, 104850.
- LI, R., XU, W., NIE, H. & ZHANG, W. 2025. The Longitudinal Relationship Between Close Friendship and Subjective Well-Being: The Chain Mediation Model of Interpersonal Trust and Perceived Social Support. *Behavioral Sciences*, 15, 480.
- LI, W., GUO, Y., LAI, W., WANG, W., LI, X., ZHU, L., SHI, J., GUO, L. & LU, C. 2023. Reciprocal relationships between self-esteem, coping styles and anxiety symptoms among adolescents: between-person and within-person effects. *Child and adolescent psychiatry and mental health*, 17, 21.
- LITHARI, C., FRANTZIDIS, C., PAPADELIS, C., VIVAS, A. B., KLADOS, M., KOURTIDOU-PAPADELI, C., PAPPAS, C., IOANNIDES, A. & BAMIDIS, P. 2010. Are females more responsive to emotional stimuli? A neurophysiological study across arousal and valence dimensions. *Brain topography*, 23, 27-40.
- LONG, E., ZUCCA, C. & SWEETING, H. 2021. School climate, peer relationships, and adolescent mental health: A social ecological perspective. *Youth & society*, 53, 1400-1415.
- LUIJTEN, C. C., VAN DE BONGARDT, D. & NIEBOER, A. P. 2023. Adolescents' friendship quality and over - time development of well - being: The explanatory role of self - esteem. *Journal of adolescence*, 95, 1057-1069.
- MANCHANDA, T., STEIN, A. & FAZEL, M. 2023. Investigating the role of friendship interventions on the mental health outcomes of adolescents: a scoping review of range and a systematic review of effectiveness. *International journal of environmental research and public health*, 20, 2160.
- MARINI, A., FARMAKOPOULOU, I., THEODORATOU, M., GINTONI, E. & CHALKIOPOULOS, K. 2023. Adverse Childhood Experiences and Anxiety Symptoms in Adolescents during COVID-19. *European Psychiatry*, 66, S205-S205.

- MARQUES, A., PERALTA, M., SANTOS, T., MARTINS, J. & DE MATOS, M. G. 2019. Self-rated health and health-related quality of life are related with adolescents' healthy lifestyle. *Public health*, 170, 89-94.
- MARQUES, A. A., BEVILAQUA, M. C., DA FONSECA, A. M., NARDI, A. E., THURET, S. & DIAS, G. P. 2016. Gender Differences in the Neurobiology of Anxiety: Focus on Adult Hippocampal Neurogenesis. *Neural Plast*, 2016, 5026713.
- MARROCCO, J. & MCEWEN, B. S. 2016. Sex in the brain: hormones and sex differences. *Dialogues in clinical neuroscience*, 18, 373-383.
- MARTIN-STOREY, A. & CROSNOE, R. 2014. Perceived neighborhood safety and adolescent school functioning. *Applied developmental science*, 18, 61-75.
- MARTIN, E. I., RESSLER, K. J., BINDER, E. & NEMEROFF, C. B. 2009. The neurobiology of anxiety disorders: brain imaging, genetics, and psychoneuroendocrinology. *Psychiatric Clinics*, 32, 549-575.
- MCDONALD, K. L., BOWKER, J. C., RUBIN, K. H., LAURSEN, B. & DUCHENE, M. S. 2010. Interactions between rejection sensitivity and supportive relationships in the prediction of adolescents' internalizing difficulties. *Journal of youth and adolescence*, 39, 563-574.
- MCGUIRE, J. F., CAPORINO, N. E., PALITZ, S. A., KENDALL, P. C., ALBANO, A. M., GINSBURG, G. S., BIRMAHER, B., WALKUP, J. T. & PIACENTINI, J. 2019. Integrating evidence - based assessment into clinical practice for pediatric anxiety disorders. *Depression and anxiety*, 36, 744-752.
- MCMILLAN, C., FELMLEE, D. & OSGOOD, D. W. 2018. Peer influence, friend selection, and gender: How network processes shape adolescent smoking, drinking, and delinquency. *Social networks*, 55, 86-96.
- MEHULIĆ, J. & KAMENOV, Ž. 2021. Mental health in affectionate, antagonistic, and ambivalent relationships during the COVID-19 pandemic: a latent profile analysis. *Frontiers in psychology*, 12, 631615.
- MISHRA, A. K. & VARMA, A. R. 2023. A Comprehensive Review of the Generalized Anxiety Disorder. *Cureus*, 15, e46115.
- MOORE, S. E., NORMAN, R. E., SUETANI, S., THOMAS, H. J., SLY, P. D. & SCOTT, J. G. 2017. Consequences of bullying victimization in childhood and adolescence: A systematic review and meta-analysis. *World journal of psychiatry*, 7, 60.
- MORGADO, T., LOPES, V., CARVALHO, D. & SANTOS, E. 2022. The effectiveness of psychoeducational interventions in adolescents' anxiety: a systematic review protocol. *Nursing Reports*, 12, 217-225.
- MORTON, K. L., ATKIN, A. J., CORDER, K., SUHRCKE, M. & VAN SLUIJS, E. M. 2016. The school environment and adolescent physical activity and sedentary behaviour: a mixed - studies systematic review. *Obesity reviews*, 17, 142-158.
- MUNIR S & TAKOV V 2022. Generalized Anxiety Disorder. Treasure Island (FL): StatPearls Publishing.

- NARR, R. K., ALLEN, J. P., TAN, J. S. & LOEB, E. L. 2019. Close friendship strength and broader peer group desirability as differential predictors of adult mental health. *Child development*, 90, 298-313.
- NEUMANN, I. D. & SLATTERY, D. A. 2016. Oxytocin in general anxiety and social fear: a translational approach. *Biological psychiatry*, 79, 213-221.
- NITYASSARI, N. 2019. *Hubungan Antara Dukungan Sosial Teman Sebaya Dengan Tingkat Kecemasan Pada Remaja Di SMK Kesehatan Adi Husada Kota Malang*. Universitas Brawijaya.
- NOVAK, D., ŠTEFAN, L., EMELJANOVAS, A., MIEZIENE, B., MILANOVIĆ, I., JANIĆ, S. R. & KAWACHI, I. 2017. Factors associated with good self-rated health in European adolescents: a population-based cross-sectional study. *International journal of public health*, 62, 971-979.
- OHANNESSIAN, C. M., MILAN, S. & VANNUCCI, A. 2017. Gender differences in anxiety trajectories from middle to late adolescence. *Journal of youth and adolescence*, 46, 826-839.
- OHTA, H. 2019. [Growth spurts of the bone from infancy to puberty.]. *Clin Calcium*, 29, 9-17.
- ONAKA, T., TAKAYANAGI, Y. & YOSHIDA, M. 2012. Roles of oxytocin neurones in the control of stress, energy metabolism, and social behaviour. *Journal of neuroendocrinology*, 24, 587-598.
- PAGE, R. M. & SUWANTEERANGKUL, J. 2009. Self - rated health, psychosocial functioning, and health - related behavior among Thai adolescents. *Pediatrics International*, 51, 120-125.
- PAPAPANOU, T. K., DARVIRI, C., KANAKA-GANTENBEIN, C., TIGANI, X., MICHOU, M., VLACHAKIS, D., CHROUSOS, G. P. & BACOPOULOU, F. 2023. Strong correlations between social appearance anxiety, use of social media, and feelings of loneliness in adolescents and young adults. *International journal of environmental research and public health*, 20, 4296.
- PELLA, J. E., SLADE, E. P., PIKULSKI, P. J. & GINSBURG, G. S. 2020. Pediatric anxiety disorders: a cost of illness analysis. *Journal of abnormal child psychology*, 48, 551-559.
- PHAM, M. D., SAWYER, S. M., AGIUS, P. A., KENNEDY, E. C., ANSARIADI, A., KAGILIS, F., WIGUNA, T., WULAN, N. R., DEVAERA, Y. & MEDISE, B. E. 2023. Foregone health care in adolescents from school and community settings in Indonesia: a cross-sectional study. *The Lancet Regional Health-Southeast Asia*, 13.
- POLLARD, J., REARDON, T., WILLIAMS, C., CRESWELL, C., FORD, T., GRAY, A., ROBERTS, N., STALLARD, P., UKOUMUNNE, O. C. & VIOLATO, M. 2023. The multifaceted consequences and economic costs of child anxiety problems: A systematic review and meta - analysis. *JCPP advances*, 3, e12149.
- PRIMACK, B. A., SWANIER, B., GEORGIPOULOS, A. M., LAND, S. R. & FINE, M. J. 2009. Association between media use in adolescence and depression in young adulthood: a longitudinal study. *Archives of general psychiatry*, 66, 181-188.

- RAPEE, R. M., CRESWELL, C., KENDALL, P. C., PINE, D. S. & WATERS, A. M. 2023. Anxiety disorders in children and adolescents: A summary and overview of the literature. *Behaviour Research and Therapy*, 168, 104376.
- RAYAN, A., HARB, A. M., BAQEAS, M. H., AL KHASHASHNEH, O. Z. & HARB, E. 2022a. The Relationship of Family and School Environments with Depression, Anxiety, and Stress Among Jordanian Students: A Cross-Sectional Study. *SAGE Open Nurs*, 8, 23779608221138432.
- RAYAN, A., HARB, A. M., BAQEAS, M. H., AL. KHASHASHNEH, O. Z. & HARB, E. 2022b. The relationship of family and school environments with depression, anxiety, and stress among Jordanian students: a cross-sectional study. *SAGE Open Nursing*, 8.
- REISS, F., MEYROSE, A.-K., OTTO, C., LAMPERT, T., KLASSEN, F. & RAVENS-SIEBERER, U. 2019. Socioeconomic status, stressful life situations and mental health problems in children and adolescents: Results of the German BELLA cohort-study. *PloS one*, 14, e0213700.
- RESSLER, K. J. 2010. Amygdala activity, fear, and anxiety: modulation by stress. *Biological psychiatry*, 67, 1117-1119.
- RIVARA, F., LE MENESTREL, S., NATIONAL ACADEMIES OF SCIENCES, E. & MEDICINE 2016. Consequences of bullying behavior. *Preventing bullying through science, policy, and practice*. National Academies Press (US).
- ROBERTS, B. L. & KARATSOREOS, I. N. 2021. Brain-body responses to chronic stress: a brief review. *Faculty reviews*, 10.
- ROMEO, R. D. 2017. The impact of stress on the structure of the adolescent brain: Implications for adolescent mental health. *Brain research*, 1654, 185-191.
- ROUX, A. V. D. & MAIR, C. 2010. Neighborhoods and health. *Biology of disadvantage: socioeconomic status and health*, 1186, 125-145.
- SANCI, L., WEBB, M. & HOCKING, J. 2018. Risk-taking behaviour in adolescents. *Australian journal of general practice*, 47, 829-834.
- SAPPENFIELD, O., ALBERTO, C., MINNAERT, J., DONNEY, J., LEBRUN-HARRIS, L. & GHANDOUR, R. 2018. Adolescent Mental and Behavioral Health, 2023. *National Survey of Children's Health Data Briefs [Internet]*.
- SCARNEO, S. E., KERR, Z. Y., KROSHUS, E., REGISTER-MIHALIK, J. K., HOSOKAWA, Y., STEARNS, R. L., DISTEFANO, L. J. & CASA, D. J. 2019. The Socioecological Framework: A Multifaceted Approach to Preventing Sport-Related Deaths in High School Sports. *J Athl Train*, 54, 356-360.
- SCHWIND, L. & ALBERT, I. 2022. University Students' Friendship Networks: Ambivalence and the Role of Attachment and Personality. *Trends in Psychology*, 32.
- SCORZA, P., POKU, O. & PIKE, K. M. 2018. Mental health: taking its place as an essential element of sustainable global development. *BJPsych international*, 15, 72-74.

- SHAO, R., HE, P., LING, B., TAN, L., XU, L., HOU, Y., KONG, L. & YANG, Y. 2020. Prevalence of depression and anxiety and correlations between depression, anxiety, family functioning, social support and coping styles among Chinese medical students. *BMC psychology*, 8, 1-19.
- SHINDE, S., HARLING, G., ASSEFA, N., BÄRNIGHAUSEN, T., BUKENYA, J., CHUKWU, A., DARLING, A. M., MANU, A., MILLOGO, O. & MWANYIKA-SANDO, M. 2023. Counting adolescents in: the development of an adolescent health indicator framework for population-based settings. *EClinicalMedicine*, 61.
- SHONKOFF, J. P., GARNER, A. S., CHILD, C. O. P. A. O., FAMILY HEALTH, C. O. E. C., ADOPTION, DEPENDENT CARE, DEVELOPMENTAL, S. O., PEDIATRICS, B., SIEGEL, B. S., DOBBINS, M. I., EARLS, M. F., GARNER, A. S., MCGUINN, L., PASCOE, J. & WOOD, D. L. 2012. The lifelong effects of early childhood adversity and toxic stress. *Pediatrics*, 129, e232-e246.
- ŠIMIĆ, G., TKALČIĆ, M., VUKIĆ, V., MULC, D., ŠPANIĆ, E., ŠAGUD, M., OLUCHA-BORDONAU, F. E., VUKŠIĆ, M. & R. HOF, P. 2021. Understanding emotions: origins and roles of the amygdala. *Biomolecules*, 11, 823.
- SINGH, J. A., SIDDIQI, M., PARAMESHWAR, P. & CHANDRA-MOULI, V. 2019. World Health Organization Guidance on Ethical Considerations in Planning and Reviewing Research Studies on Sexual and Reproductive Health in Adolescents. *J Adolesc Health*, 64, 427-429.
- SMIT, D., MIGUEL, C., VRIJSEN, J. N., GROENEWEG, B., SPIJKER, J. & CUIJPERS, P. 2023. The effectiveness of peer support for individuals with mental illness: systematic review and meta-analysis. *Psychological Medicine*, 53, 5332-5341.
- SMITH, S. M. & VALE, W. W. 2006. The role of the hypothalamic-pituitary-adrenal axis in neuroendocrine responses to stress. *Dialogues in clinical neuroscience*, 8, 383-395.
- SPRING, B., STUMP, T., PENEDO, F., PFAMMATTER, A. F. & ROBINSON, J. K. 2019. Toward a health-promoting system for cancer survivors: Patient and provider multiple behavior change. *Health Psychology*, 38, 840.
- STEARE, T., MUÑOZ, C. G., SULLIVAN, A. & LEWIS, G. 2023. The association between academic pressure and adolescent mental health problems: A systematic review. *Journal of affective disorders*, 339, 302-317.
- STEINBERG, L. 2010. A dual systems model of adolescent risk - taking. *Developmental Psychobiology: The Journal of the International Society for Developmental Psychobiology*, 52, 216-224.
- SULISTIOWATI, N. M. D., KELIAT, B. A. & ISMAIL, I. 2020. Mental health and related factors among adolescents. *Enfermería Clínica*, 30, 111-116.
- SURZYKIEWICZ, J., SKALSKI, S. B., SOŁBUT, A., RUTKOWSKI, S. & KONASZEWSKI, K. 2022. Resilience and regulation of emotions in adolescents: Serial mediation analysis through self-esteem and the

- perceived social support. *International journal of environmental research and public health*, 19, 8007.
- TAKAYANAGI, Y. & ONAKA, T. 2021. Roles of oxytocin in stress responses, allostasis and resilience. *International journal of molecular sciences*, 23, 150.
- TEICHER, M. H. & SAMSON, J. A. 2016. Annual research review: enduring neurobiological effects of childhood abuse and neglect. *Journal of child psychology and psychiatry*, 57, 241-266.
- THORPE, D., MIRHASHAM, R., SHEN, J., ROULSTON, C., FOX, K. & SCHLEIDER, J. 2023. Ecological-systems contributors to internalizing symptoms in a US sample of adolescents during the COVID-19 pandemic. *Journal of Clinical Child & Adolescent Psychology*, 1-16.
- UINK, B. N., MODECKI, K. L. & BARBER, B. L. 2019. Withdrawn – Administrative Duplicate Error with Incorrect DOI: Disadvantaged youth report less negative emotion to minor stressors when with peers: An experience sampling study: An experience sampling study. *International Journal of Behavioral Development*, 43, NP1-NP1.
- ULRICH-LAI, Y. M. & HERMAN, J. P. 2009. Neural regulation of endocrine and autonomic stress responses. *Nature reviews neuroscience*, 10, 397-409.
- UNICEF 2021. Profil Remaja 2021. Jakarta.
- UNICEF 2023. Adolescent Health Profiles.
- VAN HARMELEN, A.-L., BLAKEMORE, S., GOODYER, I. & KIEVIT, R. 2021. The interplay between adolescent friendship quality and resilient functioning following childhood and adolescent adversity. *Adversity and resilience science*, 2, 37-50.
- VAN HARMELEN, A.-L., KIEVIT, R., IOANNIDIS, K., NEUFELD, S., JONES, P., BULLMORE, E., DOLAN, R., FONAGY, P., GOODYER, I. & CONSORTIUM, N. 2017. Adolescent friendships predict later resilient functioning across psychosocial domains in a healthy community cohort. *Psychological medicine*, 47, 2312-2322.
- VAN LOON, A. W., CREEMERS, H. E., BEUMER, W. Y., OKORN, A., VOGELAAR, S., SAAB, N., MIERS, A. C., WESTENBERG, P. M. & ASSCHER, J. J. 2020. Can schools reduce adolescent psychological stress? A multilevel meta-analysis of the effectiveness of school-based intervention programs. *Journal of youth and adolescence*, 49, 1127-1145.
- VETTER, N. C., DRAUSCHKE, M., THIEME, J. & ALTGASSEN, M. 2018. Adolescent basic facial emotion recognition is not influenced by puberty or own-age bias. *Frontiers in psychology*, 9, 956.
- VINE, M., STOEP, A. V., BELL, J., RHEW, I. C., GUDMUNDSEN, G. & MCCAULEY, E. 2012. Associations between household and neighborhood income and anxiety symptoms in young adolescents. *Depression and anxiety*, 29, 824-832.
- VINER, R. M., ALLEN, N. B. & PATTON, G. C. 2017. Puberty, developmental processes, and health interventions. *Child and Teenager Health and Development*, 8, 1841.

- VIRTANEN, S., KUJA-HALKOLA, R., MATAIX-COLS, D., JAYARAM-LINDSTRÖM, N., D'ONOFRIO, B. M., LARSSON, H., RÜCK, C., SUVISAARI, J., LICHTENSTEIN, P. & LATVALA, A. 2020. Comorbidity of substance misuse with anxiety-related and depressive disorders: a genetically informative population study of 3 million individuals in Sweden. *Psychological medicine*, 50, 1706-1715.
- WAHDI, A. E., WILOPO, S. A. & ERSKINE, H. E. 2023. 122. The Prevalence of Adolescent Mental Disorders in Indonesia: An Analysis of Indonesia–National Mental Health Survey (I-NAMHS). *Journal of Adolescent Health*, 72, S70.
- WAKUTA, M., NISHIMURA, T., OSUKA, Y., TSUKUI, N., TAKAHASHI, M., ADACHI, M., SUWA, T. & KATAYAMA, T. 2023. Adverse childhood experiences: impacts on adult mental health and social withdrawal. *Frontiers in public health*, 11, 1277766.
- WHITE, S., FOSTER, R., MARKS, J., MORSHEAD, R., GOLDSMITH, L., BARLOW, S., SIN, J. & GILLARD, S. 2020. The effectiveness of one-to-one peer support in mental health services: a systematic review and meta-analysis. *BMC psychiatry*, 20, 1-20.
- WHO. 2019. *Adolescent health* [Online]. [Accessed May 3rd, 2024].
- WILLENBERG, L., WULAN, N., MEDISE, B. E., DEVAERA, Y., RIYANTI, A., ANSARIADI, A., WIGUNA, T., KALIGIS, F., FISHER, J. & LUCHTERS, S. 2020. Understanding mental health and its determinants from the perspective of adolescents: a qualitative study across diverse social settings in Indonesia. *Asian Journal of Psychiatry*, 52, 102148.
- WRZUS, C., ZIMMERMANN, J., MUND, M. & NEYER, F. J. 2016. 21Friendships in Young and Middle Adulthood: Normative Patterns and Personality Differences. In: HOJJAT, M. & MOYER, A. (eds.) *The Psychology of Friendship*. Oxford University Press.
- XIA, T., LIAO, J., DENG, Y. & LI, L. 2023. Cyberbullying victimization and social anxiety: mediating effects with moderation. *Sustainability*, 15, 9978.
- XU, Z., SU, H., ZOU, Y., CHEN, J., WU, J. & CHANG, W. 2011. Self - rated health of Chinese adolescents: distribution and its associated factors. *Scandinavian journal of caring sciences*, 25, 780-786.
- YANG, W., XIANG, Z., HU, H., ZHENG, H. & ZHAO, X. 2025. The impact of family socioeconomic status on adolescent mental and physical health: the mediating role of parental involvement in youth sports. *Frontiers in Public Health*, 13, 1540968.
- YARIBEYGI, H., PANAHI, Y., SAHRAEI, H., JOHNSTON, T. P. & SAHEBKAR, A. 2017. The impact of stress on body function: A review. *EXCLI journal*, 16, 1057.
- YOON, Y., EISENSTADT, M., LEREYA, S. T. & DEIGHTON, J. 2023. Gender difference in the change of adolescents' mental health and subjective wellbeing trajectories. *European child & adolescent psychiatry*, 32, 1569-1578.
- YUSUF, A., HABIBIE, A. N., EFENDI, F., KURNIA, I. D. & KURNIATI, A. 2022. Prevalence and correlates of being bullied among adolescents in

Indonesia: Results from the 2015 Global School-based Student Health Survey. *International journal of adolescent medicine and health*, 34, 20190064.

ZHANG, K., PURWONO, U. & FRENCH, D. C. 2025. Loneliness in Indonesian adolescents: Associations with quantity and quality of friendship and status within and between peer groups. *Social Development*, 34, e12771.

ZHOU, W., OUYANG, F., NERGUI, O.-E., BANGURA, J. B., ACHEAMPONG, K., MASSEY, I. Y. & XIAO, S. 2020. Child and adolescent mental health policy in low-and middle-income countries: challenges and lessons for policy development and implementation. *Frontiers in psychiatry*, 11, 150.

ZHOU, Z.-K., LIU, Q.-Q., NIU, G.-F., SUN, X.-J. & FAN, C.-Y. 2017. Bullying victimization and depression in Chinese children: A moderated mediation model of resilience and mindfulness. *Personality and individual differences*, 104, 137-142.