



Research

Social Pressure and Self Esteem towards mental disorders in adolescents of Makassar City

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ABSTRACT

The abstract is written in Indonesian and in English with Book Antiqua Font 9, space 1. The abstract consists of 150-200 words. Abstract should have the correct grammar and is highly recommended to be translated from reputable language institutions. Abstracts provide a brief description of the problem under study, novelty of research, the purpose of research, research methods and summary of results. References are never cited in the abstract. Abbreviations that appear in the abstract should be defined when they are first used. The end of the abstract consists of 3 to 5 keywords in alphabetical order that best describe the nature of the research.

1. Introduction

Adolescent mental health be one of issue health an increasingly diverse society get attention globally. The World Health Organization (WHO) reports that mental disorders contribute about 16% of the total load diseases and injuries in groups ages 10-19 years , with disturbance anxiety as one of the the most common condition experienced adolescents (WHO, 2021). It is estimated that One from seven teenagers in the world experience problem mental health , however part big case the Not yet diagnosed and not get adequate handling . Disorders anxiety that appears in adolescence potential continue until mature and able impact on achievement academic , relationship social , as well as quality life individual in a way overall .

Adolescence is period complex transition , characterized with change biological , psychological , cognitive , and social processes that take place in a way fast . In the phase this , teenager start build identity self , improve independence , as well as expand role social outside environment family .

Along with this process , teenagers faced with various demands and expectations , both from environment school , family , and Friend peers . Disability in adapt to demands This can trigger stress psychological which leads to the emergence of mental disorders , especially anxiety .

One of factor psychosocial factors that play a role important in adolescent mental health is pressure social pressure. Pressure social can defined as perception individual to demands , expectations , or influence from environment social , including Friend peers , family , institutions education and society in a way broad . In adolescence , the need for will reception social increase in a way significant , so that teenager become more sensitive to other people's judgments and expectations . Pressure For adapt self with group norms , achieving performance academic certain , as well as build image positive self can become source prolonged stress . Various study show that pressure high social relate with increasing risk disturbance anxiety , depression , and stress in adolescents (Lubis & Mahendika , 2023).

Development technology and social media participate strengthen pressure social experiences teenagers . Exposure to standard social , comparison self , as well as unfulfilled expectations realistic through digital media can make things worse condition psychological teenagers . Teenagers who don't own ability adequate coping tend experience anxiety when face pressure said , especially in context connection social and academic .

Besides factor external like pressure social , internal factors also have role important in determine adolescent mental health . Self-esteem or price self is one of the aspect psychological development in a way significant during adolescence . Self-esteem describes evaluation individual to values and abilities himself yourself . Positive self-esteem play a role as factor protective that helps teenager face stress and pressure environment in a way adaptive . On the other hand , low self-esteem related with vulnerability to various problem psychological , including anxiety and depression (Riyono & Setiyorini , 2025).

Teenager with low self-esteem tend own view negative to self alone , feeling not enough valuable , and more easy affected by the assessment environment . Conditions This make teenager more sensitive to pressure social and more prone to experience disturbance anxiety . Some studies show that self-esteem functions as a mediator or internal buffer connection between pressure social and mental health of adolescents , where good self-esteem can reduce impact negative pressure social to condition psychological (Andhika Anggawira et al., 2022).

In Indonesia, the problem mental health in adolescents is also a enough issues significant . Basic Health Research (Riskesdas) data shows that emotional mental disorders Still found in the group age teenagers , including symptom anxiety and stress . Changes social rapid urbanization , increasing demands academic , as well as dynamics modern families become contributing factors to increasing pressure psychosocial in adolescents . Although Thus , efforts promotive and preventive mental health in adolescents in Indonesia is still relatively limited and not yet evenly .

South Sulawesi Province , as one of the regions with development rapid social and economic development , facing challenge similar in matter adolescent mental health . Makassar City, as center education and activities economy in the Eastern Indonesia region , becoming place gathering teenager with background behind diverse social environment . Urban environment , competition academic , as well as expectation tall family can increase pressure social experiences teenagers in the

city this . However , research that specifically special study role pressure social and self-esteem towards disturbance anxiety in adolescents in Makassar is still limited .

Local data limitations about factor psychosocial factors that influence adolescent mental health show the need further research specific and contextual . A deeper understanding deep about connection between pressure social , self-esteem, and anxiety in adolescents at the level local is very important For support promotion and prevention program planning effective mental health .

Therefore that , research This aim For analyze connection between pressure social and self-esteem with mental disorders in the form of anxiety in adolescents in Makassar City. Research results This expected can give contribution empirical in development intervention adolescent mental health , particularly focusing on strengthening self-esteem and managing pressure social

2. Method

Study This is study quantitative with design cross-sectional analytic research implemented in Makassar City, South Sulawesi Province in 2025. Research location chosen with consider characteristics of Makassar City as an urban area and center education that has potential pressure social high in the group teenagers . Sample study totaling 192 teenagers with range 17-21 years old . Sampling technique samples used is purposive sampling, Data study collected use questionnaire structured consisting of from three parts , namely : For measure level of social pressure used questionnaire standardized PPSQ, For measure level self-esteem used questionnaire standardized the Rosenberg Self-Esteem Scale and the Hamilton Anxiety Rating Scale (HARS) QUESTIONNAIRE for measure level disturbance anxiety suffered . Data Analysis bivariate used For test connection between pressure social and self-esteem with anxiety in adolescents . The statistical test used is the chi square test and Fisher's Exact Test as alternative , with level meaning statistics set at p value < 0.05.

3. Results & Discussion

Research result consists of on characteristics respondents in the form of type gender , analysis univariate on self -esteem , social pressure, and mental disorders , whereas analysis bivariate in the form of relationship between social pressure and self-esteem to mental disorders in adolescents.

Table 1. *Distribution respondents Based on Type Sex*

Sex	Frequency (n)	Percentage(%)
Man	46	24%
Woman	149	76%
Total	192	100%

Based on table 1 characteristics type sex , some big respondents various sex Woman that is as many as 146 people (76.0%), while respondents man as many as 46 people (24.0%).

Table 2. *Distribution respondents Based on social pressure, self-esteem , and mental disorders (anxiety)*

Variable	Frequency (N=192))	Percentage(%)
Social Pressure		
low	23	12.0
Medium	138	71.9
High	31	16.1
Self Esteem		
low	1	0.5
Medium	146	76.0
High	45	23.4
Mental Disorders (Anxiety)		
No	166	86.5
Mild	24	12.5
Moderate	2	1.0

Table 2 shows that part big respondents experience social pressure level moderate , namely as many as 138 people (71.9%), while respondents with pressure social low as many as 23 people (12.0%), and pressure social tall as many as 31 people (16.1%). Based on level of self-esteem, the majority respondents have moderate self-esteem , namely as many as 146 people (76.0%) were moderate Respondents with high self-esteem totaling 45 people (23.4%), Distribution level anxiety show that part big respondents No own disturbance anxiety that is by 86.5% and 12.5% experienced anxiety light.

Table 3. *Relationship the level of social pressure with Mental Disorder (Anxiety)*

Social Pressure	Mental Disorders (Anxiety)						Total	P-value
	No		Mild		Moderate		N	%
	n	%	n	%	n	%		
Low	21	10.9	2	1.0	0	0.0	23	12
Medium	123	64.1	14	7.3	1	0.5	138	71.9
High	22	11.5	8	4.2	1	0.5	31	16.1
Total	166	86.5	24	12.5	2	1.0	192	100

Based on the table 3 , from 192 respondents with 138 respondents (71.9%) category moderate level of social pressure , found in 14 respondents (7.3%) who had disturbance anxiety light and 1 person with disturbance anxiety high , and 31 respondents (16.1%) in the category high level of social pressure There were 8 respondents (4.2%) who had disturbance anxiety light and 1 person with disturbance anxiety high . The Linear-by-Linear Association test was used as the main test and shows connection meaningful that is exact $p = 0.020$ Which means there is the relationship that significant

based on test connection between level social pressure Which in experience And disturbance anxiety on teenager in Makassar City.

Table 4. *Relationship self- esteem with Mental Disorder (Anxiety)*

Self-esteem level	Mental Disorders (anxiety)						Total		P-Value
	No		Mild		Moderate				
	n	%	n	%	n	%	n	%	
Low	1	0.5	0	0.0	0	0.0	1	0.5	0.007
Medium	133	69.3	12	6.3	1	0.5	146	76.0	
High	32	16.7	12	6.3	1	0.5	45	23.4	
Total	166	85.5	24	12.5	2	1.0	192	100	

Based on table 4, from 192 respondents with 146 respondents (69.3%) category level self-esteem moderate , there were 12 respondents (6.3%) who had disturbance anxiety light and 1 person with disturbance anxiety high , and 45 respondents (23.4%) category level self-esteem tall there were 12 respondents (6.3%) who had disturbance anxiety light and 1 person with disturbance anxiety high . The results of the Fisher's exact test show P value = 0.007 ($p < 0.05$), which means there is significant relationship based on relationship test between level self - esteem and disorders anxiety in adolescents in Makassar City.

The Relationship between Social Pressure and Mental Disorders (Anxiety) in Adolescents

Research result show that social pressure has significant relationship with mental disorders (anxiety) in adolescents . Teenagers who experience pressure social tall tend own level more anxiety tall compared to teenager with pressure social low . Findings This show that pressure from environment social , especially Friend peers , play a role big in influence condition psychological teenager.

Adolescence is period marked development with need tall will reception social . Pressure For adapt self with group norms , expectations Friend peers , as well as demands social other can cause stress psychological . If pressure the No balanced with ability adequate coping , then teenager become more prone to experience disturbance anxiety .

This result in line with research (Lubis & Mahendika , 2023) which shows that pressure Friend peers relate negative with mental health and relationships positive with depression , anxiety , And stress . Besides That , study Nurul Badriyah (Muhirshani & Muryono , 2024) also found existence connection negative between pressure Friend peers and trust self teenager , Which in a way No direct can increase risk mental disorders . Similarities findings This confirm that pressure social is factor risk important for adolescent mental health . With Thus , the results study This support proof that management pressure social and creation environment supportive social is very necessary For protect adolescent mental health .

The Relationship of Self-Esteem to Mental Disorders (Anxiety) in Adolescents

Based on results study here , there is significant relationship between self-esteem level with incident mental disorders (anxiety) in groups teenagers . Findings This show that teenager with level self-esteem Which more low tend experience disturbance more anxiety high , whereas teenager with moderate self-esteem until tall more Lots is in the category No experience disturbance anxiety . This indicates that self-esteem plays a role as factor protective to adolescent mental health .

In a way psychologically , self-esteem influences method individual evaluate himself alone , manage emotions , as well as face pressure And demands environment . Teenager with self-esteem the low tend own evaluation self negative , easy feel No valuable , and more prone to experience anxiety when face pressure social and academic . On the other hand , self-esteem Which Good help teenager develop flavor believe self , control self and ability adaptive coping so that can pressing emergence symptom anxiety .

Results study This in line with findings (Riyono & Setiyorini , 2025) which shows existence connection significant between self-esteem and mental health of adolescents , with direction connection positive , where the more high self-esteem then the more Good condition mental health . In addition that , research (Andhika Anggawira et al., 2022) also found that self-esteem is related significant with anxiety social in adolescents , where self-esteem is low increase risk anxiety . Similarities results This show that role self-esteem as factor protector consistent mental health found in various context and characteristics teenager . With Thus , the results study This strengthen proof empirical that increasing self- esteem is an important strategy in effort prevention mental disorders in adolescents , especially disturbance anxiety .

4. Conclusion

This study concluded that social pressure and self-esteem are significantly associated with mental disorders such as anxiety in adolescents in Makassar City. Adolescents experiencing higher levels of social pressure tend to have higher levels of anxiety, while those with low self-esteem show a higher vulnerability to developing anxiety symptoms. These findings confirm that psychosocial factors, both external and internal, play a significant role in determining adolescent mental health. Furthermore, self-esteem has been shown to act as a protective factor, reducing the negative impact of social pressure on adolescent mental health. Adolescents with high self-esteem tend to have more adaptive coping skills in dealing with social and environmental demands. Therefore, efforts to prevent anxiety disorders in adolescents need to focus not only on reducing social pressure but also on strengthening self-esteem and providing ongoing psychological support. The results of this study are expected to form the basis for developing programs to promote and prevent adolescent mental health, particularly in school and family settings. Integrated interventions that enhance coping skills, manage social pressure, and strengthen self-esteem need to be developed to optimally support adolescent mental health.

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