



Adolescents Perceptions of Factors Causing Anxiety

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ARTICLE INFO	ABSTRACT
<p>Article history: RECEIVED 17 October 2024 ACCEPTED 21 October 2024 PUBLISHED 25 October 2024</p> <p>Keywords:</p> <p>teenagers, anxiety, factors that cause anxiety</p>	<p>Adolescence is a transition period from childhood to adulthood, most of them will experience various changes. Changes that occur in adolescents can be physical, mental and social changes. Some factors that cause anxiety that have been studied include fear of change, thinking too much about something, not having friends to talk to, and many more. The purpose of this study is to determine the factors that cause anxiety based on their experiences. The exploratory qualitative research method was used in this study to reveal the experiences of adolescents who have excessive anxiety. The results of the study showed that adolescents have various perceptions about the factors that cause anxiety in themselves, including: 1) Loss, 2) Thinking too much about something, 3) Broken family, 4) Verbal bullying, 5) Trauma, 6) Failure to do something, 7) Economic problems in the family and 8) Too sensitive.</p>

1. Introduction

2. Mental health disorders in adolescents are still a common health problem in the world, one of which is anxiety. According to WHO (2020), the incidence of anxiety in adolescents reaches 20% of the world's population (WHO, 2020). In Indonesia, mental health problems in adolescents such as anxiety are also common mental health problems. Anxiety disorders in adolescents in Indonesia reach 47.7% of the total population in Indonesia (Kemenkes RI, 2021). The Indonesia National Adolescent Mental Health Survey (I-NAMHS) as a mental health survey institution, measures the incidence of mental disorders in adolescents aged 10-17 years in Indonesia (Wahdi et al., 2022).

3. Anxiety disorders are the most common psychiatric disorders in adolescents and appear to occur earliest among all forms of psychopathology (Woo et al., 2021). Young people at the age of 19 usually do not have a clear picture of their future. There are three factors that contribute to anxiety: environment, depressed emotions, and physical conditions. The environment not only affects how people think about themselves but also creates a sense of insecurity about their environment. Feelings of depression are the result of an individual's inability to find expression for their own

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feelings in personal relationships (Lailatul Muarofah Hanim & Sa'adatul Ahlas, 2020). Adolescence is part of a phase of an individual's life that significantly experiences changes naturally. Major changes in adolescent life include biological, psychological, social and cognitive changes (Palloan, 2020). Adolescent girls are different in responding to something that will greatly affect their psychology, making them more sensitive and sensitive, which is characterized by restlessness, fear, sadness, withdrawal and avoidance which are manifestations of anxiety (Siregar, 2021). Therefore, it can be concluded that adolescent girls are individuals who are vulnerable to anxiety.

4. Some situations of mental disorders that arise include: general anxiety (Duman & Durgun Ozan, 2020), panic (Rahman et al., 2021), and social environmental phobia (Gianesini & Brighi, 2015) which appear excessively and inappropriately. Furthermore, if this condition is still allowed to continue, it will have a negative impact on a person's self-development and psychology (Fahrenbach & Kragulj, 2022).

2. Method

The method used is an exploratory qualitative study (Creswell & David, 2019). This method is considered appropriate to reveal various phenomena that arise about excessive anxiety in adolescents. The subjects of this study were high school students of SMK Kesehatan Amanah Husada Batu who were dominated by female adolescents and met the criteria of being in the age range of 15-17 years. The population in this study was 64 respondents. The sampling technique in this study was systematic random sampling. Before conducting interviews with respondents, the researcher collected primary data with the Hamilton Anxiety Rating Scale (HARS) questionnaire which was distributed to a number of female adolescent respondents. Then 8 respondents were determined according to their level of anxiety and then the interview research method was carried out.

Interview activities used in this study aim to see the emerging phenomena (Sulistyo, Fatmawati, et al., 2023). The things that we want to know about feelings of anxiety among adolescents are the factors that cause anxiety in adolescents according to their experiences. Data analysis in this study began with processing the interview results. The interviews that had been conducted were then transcribed into Indonesian. The next stage is to reduce data and categorize by eliminating words that have no meaning. The final stage of this data analysis is drawing conclusions according to the provisions of the Miles Huberman method (Miles & Huberman, 1994; Sulistyo, Danella, et al., 2023; Sulistyo et al., 2022).

5. Results

The following are the characteristics of 8 female adolescent respondents obtained based on the results of filling out the questionnaire. The following results were obtained (Table 1):

No.	Initials	Age	Education
1	An. A	15	SENIOR HIGH SCHOOL
2	An. C	15	SENIOR HIGH SCHOOL
3	An. K	16	SENIOR HIGH SCHOOL

4	An. V	17	SENIOR HIGH SCHOOL
5	An. D	15	SENIOR HIGH SCHOOL
6	An. L	16	SENIOR HIGH SCHOOL
7	An. R	15	SENIOR HIGH SCHOOL
8	An. S	17	SENIOR HIGH SCHOOL

Table 1.Respondent Characteristics

(Primary data, 2024)

From the table above, we can see the variation in the age of the research subjects during adolescence, all of whom are still undergoing education in high school.

The results of the study were obtained from two sources, namely filling out a questionnaire and in-depth interviews with each subject. Based on the results of the study through filling out a questionnaire, several factors causing anxiety in adolescents were found from the perception of the research subjects, including: 1) Loss, 2) Thinking about something excessively, 3) A broken family, 4) Verbal bullying, 5) Trauma, 6) Failure to do something, 7) Economic problems in the family and 8) Too sensitive.

The table below explains the factors causing anxiety in 8 female adolescents as research subjects.

No.	Factors Causing Anxiety	Frequency	Percentage (%)
1	Lost	5	62.5%
2	Overthinking something	6	75%
3	A broken family	3	37.5%
4	Verbal bullying	4	50%
5	Trauma	5	62.5%
6	Failure to do something	3	37.5%
7	Economic problems in the family	4	50%
8	Too sensitive	5	62.5%

Table 2.Factors Causing Anxiety

N:8

The table above explains that out of 8 research subjects, each had a perception of the factors that caused anxiety in themselves, 5 out of 8 people (62.5%) stated that the cause of anxiety was having experienced loss during their life, feeling trauma that never went away, and being too sensitive. Then the most of the number of research subjects, 6 people (75%) felt that they often thought about things excessively. Other causal factors that were put forward were verbal bullying (50%), economic problems in the family (50%), broken families (37.5%), and failure to do something (37.5%). The results of the study found that the research subjects stated several factors that caused anxiety. Several literatures emphasize that a person's personality is influenced by several things including: family, education, social environment and self (Huisken et al., 2021). A teenager has the ability to think and consider the consequences that will be obtained when he does or does not do something. Excessive anxiety in the adolescent phase is a reflection or representation of the inability of resources in an effort to deal with something. They think that the new things they have to face feel difficult to go through. The teenage phase is a short stage for a person. They must quickly respond to various changes that occur in themselves and their surroundings. The ability of adolescents to adapt and respond to excessive anxiety will be able to bring adolescents to the next stage, namely the adult stage. After completing the questionnaire, the research subjects were then interviewed in depth one by one to dig deeper into the factors that cause anxiety in adolescents, especially female adolescents.

3. Dominant Causes of Anxiety in Teenage Girls

Anxiety disorders experienced by adolescents basically have several causes, trigger factors can be caused by family factors, friends, the environment or from each individual. Several dominant causes that are suspected of causing anxiety in adolescents as conveyed by respondents in this study.

Respondent one:

"I often feel anxious and sad because of my father's death when I was in junior high school. When I remember my father, I often suddenly cry and lose my spirit."=

In this case, what causes anxiety in adolescents is the loss factor caused by the death of the closest family, namely parents. The phase of loss and grief has a bad impact if not handled properly.

Second respondent:

"I often suddenly feel sad and cry when I'm at home, because my parents are divorced."

Based on the results of the second respondent interview, the cause of anxiety experienced was the divorce of the father and mother. That the separation of both parents at a young age can trigger a negative impact on the child.

Third respondent:

"I often feel restless, anxious and excessive fear arises when thinking about the future, always thinking excessively when I am alone and fear arises about life in the future, ma'am..."

Based on the results of the third respondent interview, the cause of anxiety is that teenagers always feel like they are overthinking everything and thinking excessively which leads to negative things about the future.

Fourth respondent:

"Sometimes I feel sad, not confident and sometimes cry because of physical taunts, taunts and bullying done by friends and relatives to me verbally. That makes me feel inferior and think about hurting myself"

Based on the results of the respondent's interview, the anxiety he experienced was due to bullying, verbal teasing by friends and family regarding his physical body shape.

Fifth respondent:

"I am easily frightened and cry and have cold sweats, due to the trauma of an accident I experienced in junior high school. As a result of the accident, I had to have facial surgery and have been receiving regular treatment until now"

Based on the results of the interview with the fifth respondent, the anxiety experienced was due to trauma in the past, namely a traffic accident that resulted in injury to a part of his body.

The sixth respondent:

"I feel like I give up easily, am sad, disappointed in myself and lose my confidence, because I often fail to achieve something my parents expect. Like losing a competition. I feel useless as a child"

Based on the results of the interview with the sixth respondent, the anxiety he experienced was due to failure in the academic field. Failure causes unpleasant reactions from parents, which has a negative impact on children.

The seventh respondent:

"When I feel sad, sometimes I cry easily every day. I feel like no one loves me. I am easily offended by what my friends, father, mother, or family say. Sometimes what other people say makes me hurt and offended. Sometimes I get angry easily for no reason"

Based on the results of the interview with the seventh respondent, the anxiety he experienced was due to excessive thinking and a tendency to have excessively sensitive feelings towards other people.

The eighth respondent:

"hmmmm ... with my family's poor economic condition, so I feel like I have no future, I'm afraid I won't be able to continue school and continue my studies at the university of my dreams. My father only works odd jobs, so economic problems make me sad, overthinking, not confident and have no future."

Based on the results of the interview with the eighth respondent, the anxiety experienced was due to the family economy. Low economic status made respondents feel anxious about their future.

4. Discussion

1. Factors that cause anxiety due to the loss of a family member

Based on the results of interviews with respondents, the anxiety they experienced was due to the phase of loss and grief due to death. This is in accordance with research conducted by Chen (2023) that the death of a close family member can be correlated with the level of anxiety. The death of a family member will cause deep sadness felt by other family members. This gradually continues to cause stress on family members. So that the emotions that occur will tend to be felt by the child / teenager. A child / teenager basically does not understand how to deal with the conflict. So they will tend to be intimidated and helpless which in the end they are unable to overcome negative emotions that lead to anxiety (Chen et al., 2023).

In a study conducted by Romero and Cruzado, it was shown that 42% of participants who suffered the loss of a close family member due to death showed depression (30%) and anxiety (21%) due to Covid 19. The loss of a family member produces drastic changes in the family environment and way of life, which generates feelings of discomfort and certain emotional instability. (Mejia et al., 2022)

2. Factors that cause anxiety due to divorce between parents

Based on the results of interviews with respondents, the anxiety they experienced was due to the divorce of their parents. Divorce and out-of-wedlock childbearing are increasing in most parts of the world. Parental divorce is associated with increased risk of adjustment disorders in children and adolescents, including academic (lower grades and increased dropout), drug use and anxiety. (D'Onofrio & Emery, 2019)

The existence of an attachment relationship is an important part of a child's intimate relationship with their parents and their development process. A child will tend to be close to their parents when they are able to explore and trust their lives/ but this will be disturbed by separation from their parents. Children will tend to be dependent, worried and feel insecure when compared to children who have intact families. In the future, children will tend to be more anxious, constantly worried about separation. With the separation factor, children will tend to grow up with a sense of insecurity and less stability. (Chen et al., 2023)

3. Factors that cause anxiety due to excessive thinking

The next cause of anxiety is overthinking, the research results showed that 75% (6 out of 8 people) felt they were overthinking. Overthinking will cause someone to be careful in making decisions, become a good problem solver and also hinder the ability to think rationally. (Sofia, 2020). Thinking too much will have a bad impact on individuals, such as making them easily emotional and tired, thus reducing the ability to be active. Overthinking is the impact of insecurity felt by someone, people who overthink will have unpleasant thoughts and will think about something repeatedly so that it can hurt themselves. (Safira & Langsa, 2023)

4. Factors Causing Anxiety Due to Bullying

The cause of anxiety based on the results of interviews with respondents is bullying. This is in accordance with research conducted by Roslianti (2020) that there was verbal bullying of 16 students (50%) at SMPN 4 Ciamis. As a result of bullying in students, anxiety occurs in the form of panic in adolescents. Victims of verbal bullying feel unsafe and worry arises, which causes anxiety in the victim. With this anxiety disorder, there are several impacts, including the tendency to have few friends, negative perceptions about themselves, impaired social function, and decreased social function in society. (Roslianti et al., 2020).

Bullying is an act of violence that is carried out repeatedly, including physical and verbal violence. The increase in bullying cases shows a significant increase. Bullying is a cause of psychological, physical and emotional disorders. Bullying behavior that occurs in the school environment is caused by exposure to social media, a bad family and friend environment, low self-concept, and disruption of social interaction, which can lead to potential aggressive behavior.

Bullying carried out by the family sector can be influenced by education level. The background of parents will shape their mindset in educating children. Parenting patterns are correlated with bullying behavior. Parents with higher education will have better knowledge in raising children and vice versa (Privetera et al., 2020; Roslianti et al., 2020)

5. Factors Causing Anxiety Due to Trauma

Based on the research results, 5 out of 8 people (62.5%) expressed anxiety factors due to past trauma. A study shows that past trauma factors are risk factors for psychosis problems in adolescence (Hasanah et al., 2018). In line with this, Farina et al., (2018) stated that childhood trauma is significantly related to psychopathy in adolescence. The research that has been conducted shows that childhood trauma can affect several aspects that cause adolescents to experience psychological problems. So it seems that experiences that occur in childhood have risks or can have an impact on behavior in adolescence (Febrianti & Indrawati, 2023).

6. Factors that cause anxiety due to failure

Based on the results of interviews with respondents, the anxiety they experienced was due to the loss and grief phase due to failure in academics. This is in accordance with research from Chen (2023). Parents are contributors to anxiety and depression in children, both in actions and words. The role of parents in contributing to anxiety and depression begins at an early age and continues into adulthood. This is in line with the results of the study that the absence of good support for the failure achieved by a child will cause psycho-pathological disorders. The family environment plays an important role in personality development and many anxiety disorders are caused by the family environment which tends to have negative emotions. (Chen et al., 2023).

The anxiety experienced by teenagers when they fail is also caused by a loss of self-confidence, feeling incapable in the field they choose. This lack of self-confidence results in a fear of failure in the future so that if it is not resolved properly, it will cause anxiety disorders and a loss of desire to try harder. (Naibaho, 2022).

7. Factors Causing Anxiety Due to Family Economic Conditions

The results of this study explain that the cause of anxiety comes from the economic / financial conditions of the family. This is in accordance with research conducted by Pollard (2023) It was found that 80% of respondents had poor financial conditions, such as low parental income and low family function. While adolescents who do not experience anxiety come from families with good finances (Pollard et al., 2023).

The presence of economic hardship factors has been shown to increase the risk of a number of characteristics in families that tend to be strongly associated with anxiety. This has an impact on parental depression and low parenting patterns, parental involvement and supervision which in the future causes anxiety and panic felt by children. Adolescents who come from low-income families have been shown to show impaired coping and disrupt the development or management of good stress. (Vine et al., 2012)

5. Factors Causing Being Too Sensitive

The results of this study explain that 5 out of 8 people (62.5%) feel that they are too sensitive or emotional, easily offended and cannot accept criticism from people around them. This is in line with the explanation that Teenagers are in a state of mood swings, so that often many teenagers fail to manage their emotions more effectively. (Gandadari, 2015). The role of parents will be very influential in handling emotions in a teenager, besides that the living environment must also have a positive influence on the growth and development of teenagers. In previous studies, it was stated that the emotions of boys and girls are said to have reached emotional maturity if at the end of adolescence they do not "explode" their emotions in front of other people but rather wait

for a more appropriate time and place to express their emotions in more predictable ways.(Kasenda, 2023).

6. Conclusion

Anxiety is a psychological disorder that often occurs in adolescence. Especially female adolescents. Some factors that cause anxiety that often occur in female adolescents are the loss of close family such as father and mother, adolescents tend to think too much, the divorce of both parents, victims of bullying, the emergence of trauma due to accidents or bad behavior in the past, failure in academics, unstable family economic problems and adolescents are too sensitive to their feelings.

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