

Prevalence of Intention to Seek Counseling, Sleep Quality, Depression, Anxiety, and Stress among Adolescents in Bandung, Indonesia

Henri Purnama¹, Novi Rahma Ningrum²

¹Lecturer of STIKep PPNI Jawa Barat

²Student of STIKep PPNI Jawa Barat, Bandung



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Corresponding author

Henri Purnama

Sekolah Tinggi Ilmu Keperawatan PPNI Jawa Barat, Bandung, Indonesia

Jl. Muhammad No 34 Bandung, Indonesia

Email: zuma1123@gmail.com

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Abstract

Objective: This study aimed to evaluate the levels of intention to seek counseling, sleep quality, and symptoms of depression, anxiety, and stress among adolescents in Bandung, Indonesia.

Method: A cross-sectional study was conducted involving 308 high school students aged 15–19 years from two schools in Bandung. Data were collected using three validated instruments: the Intention to Seek Counseling Inventory (ISCI), the Pittsburgh Sleep Quality Index (PSQI), and the Depression Anxiety Stress Scales (DASS-21). These tools assessed students' readiness to seek psychological help, sleep patterns, and emotional well-being, respectively. Data analysis included descriptive statistics and correlation analysis to explore relationships between variables.

Results: The findings revealed that a majority of participants experienced moderate to high levels of depression, anxiety, and stress. Poor sleep quality was also prevalent among the respondents. Although many adolescents reported a positive intention to seek professional counseling, several barriers were identified, including stigma surrounding mental health, lack of trust, and limited access to affordable and youth-friendly services. These obstacles often deterred students from seeking timely help.

Conclusion: The study underscores the urgent need to develop accessible and youth-oriented mental health interventions. A digital application offering self-assessment tools, counseling access, and educational resources may help bridge existing service gaps. By reducing stigma and enhancing awareness, such platforms could play a critical role in improving the mental health and overall well-being of adolescents. The results serve as a valuable reference for educators, healthcare providers, and policymakers working to address adolescent mental health challenges in school settings.

Keywords: Adolescents, Depression, Anxiety, Stress, Sleep Quality

INTRODUCTION

Mental health in adolescents is a global health problem that is a major concern in health services (Auerbach et al., 2018) (Cunningham & Duffy, 2019) (Gunnell et al., 2018) (Ketchen Lipson et al., 2015), with an estimated prevalence reaching between 50% and 70% of adolescents globally experiencing mental health problems (MacKinnon & Colman, 2016)

(Patton et al., 2016). The prevalence rate has increased significantly from year to year (Lipson et al., 2019). Research conducted by the World Health Organization in 8 countries reported that about 31% of students suffer from mental problems (including mood disorders, anxiety disorders, and substance abuse disorders). About 18% of the survey participants suffered from major depressive

episodes and 16% suffered from mild anxiety disorders. Poor mental health in adolescents has an impact on economic development and is a burden on the state, especially in developing countries (Auerbach et al., 2018).

In Indonesia, about 65.82 million people are between the ages of 10 and 19 (16.67% of the world's total adolescent population). Adolescents in Indonesia are vulnerable to mental health problems; One in twenty (1:20) adolescents is diagnosed with mental illness, which is about 15.5 million to 2.45 million adolescents. The diagnosis of mental disorders in adolescents follows the criteria set out in the DSM-5, which is the gold standard for the diagnosis of mental disorders in Indonesia and other places in the world. Anxiety disorders (3.7%, including social phobia and generalized anxiety disorder) are the most common mental health problems among adolescents, followed by major depressive disorder (1%), behavioral disorders (0.9%), post-traumatic stress disorder (PTSD) (0.5%), and Attention Deficit Hyperactivity Disorder (ADHD) (0.5%) (Badan Penelitian & Pengembangan Kesehatan, 2021).

Adolescent psychosocial growth can be hampered by untreated mental health problems (Organization, 2018). Studies reveal that adolescents with mental health problems have a higher chance of engaging in risky behaviors including substance abuse, internet addiction, unsafe sexual practices, and physical aggression, all of which can lead to serious consequences such as self-harm or even suicide (Myers et al., 2021). Problems with mental health throughout adolescence and young adulthood, if left untreated, are associated with a number of negative outcomes, including an increased likelihood of developing mental health disorders later in life (Knox et al., 2019). In Indonesia, most (38.2%) adolescents choose to seek mental health assistance through school. However, nearly half of parents (43%) who report that their teens need help say they don't seek help because they choose to deal with adolescent issues independently or with the help of a loved one (Badan Penelitian & Pengembangan Kesehatan, 2021). Delayed search for help or lack of use of available care resources have a significant negative influence on

adolescents' lives and academic performance in addition to having significant negative economic and social consequences (Cuijpers et al., 2019). Therefore, it is necessary to identify the problems faced by adolescents. The results of this research will be used as a basis for later developing a technology system to overcome problems according to the needs of adolescents

METHODS

Sample

The sample in this study is teenagers in two high schools in the city of Bandung. Calculation of sample size by using G-Power software version 3.1, with the t-test, point b-serial model. The interactions assuming one tails, $\alpha = 0.05$, Effect size = 0.3, power level = 0.95, and a minimum sample estimate of 111. The total sample size was 308 respondents. The selection of participants was carried out using a purposive sampling technique. Inclusion criteria included teenager aged between 15–19-year-old.

Instruments

The Intentions to Seek Counseling Inventory (ISCI) is a validated psychological instrument designed to measure an individual's likelihood to seek professional counseling for various mental health and personal issues. The ISCI includes 17 items that cover different concerns such as depression, anxiety, loneliness, and substance use. Respondents rate their likelihood of seeking help for these concerns on a 4-point Likert scale ranging from "very unlikely" to "very likely." The scores range from 17 to 68, with higher scores indicating a stronger intention to seek counseling services. The reliability is demonstrated by high internal consistency (Cronbach's $\alpha > 0.89$ in multiple studies).

The Pittsburgh Sleep Quality Index (PSQI) is a widely used tool designed to measure sleep quality and disturbances over a one-month period. It evaluates seven components: subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleep medications, and daytime dysfunction. Scores from these components are summed to produce a global score ranging from 0 to 21, with higher scores indicating worse sleep quality. A global score above 5 typically suggests significant

sleep problems. The PSQI has shown good internal reliability, with a Cronbach's alpha of 0.83, and test-retest reliability of 0.85 for its global scale. The PSQI was developed by Buysse et al. (1989). Depression Anxiety Stress Scales (DASS) is a set of self-report instruments designed to measure the emotional states of depression, anxiety, and stress. DASS consist of 21-item scale (DASS-21). DASS employs a Likert-type scale to measure symptom severity across its three subscales: Depression, Anxiety, and Stress. Each item is scored on a 4-point scale based on the respondent's experience over the past week. Higher scores indicate greater severity of symptoms in the corresponding category. Reliability measures using Cronbach's alpha for the DASS-21 subscales are generally high: Depression: around 0.85, Anxiety: around 0.81, Stress: around 0.80

Data Collection

Data collection was conducted after obtaining permission from the schools. Informed consent was provided to all potential participants. Those who agreed to participate in this study were then given a questionnaire, which was distributed using Google Forms. The link of the Google Form was shared via WhatsApp groups for each class in the schools involved in the study.

Data Analysis

Descriptive analysis was used to identity the variable.

RESULTS

Table 1. Demographics Data of the Respondent (N=308)

Variable	Category	Frequency (F)	Percentage (%)
Gender	Male	145	47.1%
	Female	163	52.9%
Age	Mean \pm SD	15.14 \pm 0.838	Range: 14–17 years
Religion	Islam	298	96.8%
	Christian	7	2.3%
	Catholic	2	0.6%
	Buddhist	1	0.3%

Based on table 1, the results showed that female respondent were 52.9% and male 47.1%. The

average age of the respondents was 15 years old with the youngest was 14 years old and the oldest was 17 years old. Most of the respondents are Muslims, as many as 96.8%.

Table 2. Prevalence of Intention to Seek Counseling, Sleep Quality, Depression, Stress, and Mental Health of the Respondents (N=308)

	Mean (\pm SD) Range	F (%)
Gender		
Male		145 (47.1%)
Female		163 (52.9%)
Age	15.14 (\pm SD 0.838) 14-17	
Religion		
Islam		298 (96.8%)
Kristen		7 (2.3%)
Catholic		2 (0.6%)
Budha		1 (0.3%)

Table 2 summarizes the descriptive statistics for respondents' mental health-related variables, including the intention to seek counseling, sleep quality, depression, anxiety, stress, and overall mental health. The mean score for the Intention to Seek Counseling was 53.26 (SD = \pm 8.119), with a range of 22–68. The Sleep Quality Index had a mean score of 25.85 (SD = \pm 6.647), ranging from 14 to 45. For mental health measures, the mean scores for Depression, Anxiety, and Stress were 12.77 (SD = \pm 3.714), 12.72 (SD = \pm 4.007), and 14.31 (SD = \pm 4.427), respectively, with all three variables showing a range of 7–28.

DISCUSSION

The Intentions to Seek Counseling

The findings revealed a mean score was a moderate to high level of willingness among participants to seek professional help for mental health concerns. The relatively narrow standard deviation (SD = \pm 8.119) suggests that the variability in responses was not substantial, indicating a general consensus among participants regarding their willingness to seek help. Adolescence is a transitional period marked

by many changes (Agustanadea, 2019). These changes include hormonal, physical, psychological, and social changes that cause confusion or make it difficult for them to cope. All of these changes, depending on what is experienced, need to be directed in order to produce positive actions. This is evidenced by the respondent's statement that 56.2% said that they really want to get help for alcohol addiction problems, 51.9% of teenagers really want to get help for drug addiction problems and 49.4% of teenagers want to get help to overcome sexual health problems. To overcome unwanted behaviors, such as drug and alcohol abuse, smoking, and sexual deviance, the right type of intervention is needed, especially mental health counseling (Rahayu & Heriansyah, 2019). Counseling is a service to help adolescents understand their identity, make decisions, know how to reach their potential and take responsibility for their choices (Afifa et al., 2021). The range (22–68), however, highlights that while most individuals expressed a strong intention to seek counseling, some participants exhibited lower intentions. This lower range could be attributed to stigma, lack of accessibility to counseling services, cultural beliefs, or a lack of perceived need for professional support, as suggested in previous research.

Sleep Quality

The results of the study show that the quality of adolescent sleep tends to be low. Adolescents need enough and quality sleep so that their bodies and brains can develop properly (Yang et al., 2023). Sleep is a very important basic human need, especially for adolescents who are in a phase of rapid growth and development. In this study the quality of adolescent sleep is often less than optimal due to various factors, both related to lifestyle, habits, and the influence of technology.

Depression

The findings on depression, with a mean score of 12.77 (\pm SD 3.714), and scores ranging from 7 to 28, reflect a moderate prevalence of depressive symptoms among the participants. Adolescence is a critical developmental period characterized by significant emotional, cognitive, and social

changes, which may increase vulnerability to mental health issues, including depression. Factors such as academic pressure, peer relationships, family dynamics, and exposure to social media are known contributors to depressive symptoms in this age group. Education in Indonesia places significant emphasis on grades and performance, which can lead to chronic stress among adolescents. High expectations from parents and the competitive nature of national exams often exacerbate feelings of inadequacy and anxiety, increasing the risk of depression. A previous study reported that perceived family and peer support significantly mitigates depressive symptoms in adolescents (Yang et al., 2023).

Anxiety

The results of present study indicate moderate levels of anxiety in this population, consistent with global trends showing that anxiety is one of the most prevalent mental health issues among adolescents. The respondent in this study 52.9% were Female. Global studies suggest that adolescent girls are more likely to experience anxiety than boys, potentially due to differences in coping strategies, social expectations, and emotional expression.

Stress

The results indicate moderate to high stress levels among adolescents. This finding underscores the prevalence of stress as a critical mental health concern during adolescence, particularly in the Indonesian context, where cultural, social, and educational factors may intensify stress levels. Peer pressure, especially in school settings, can elevate stress levels. Adolescents who feel inadequate due to academic struggles or social exclusion may experience increased peer pressure, which in turn heightens their stress (Jiang et al., 2022).

CONCLUSION

This study highlights the considerable mental and physical health challenges faced by adolescents, particularly in the areas of depression, anxiety, stress, and poor sleep quality. These issues, if left unaddressed, can significantly affect their

academic performance, social relationships, and overall well-being. Despite a willingness to seek help, many adolescents encounter barriers such as stigma, limited access to services, and lack of mental health awareness. Therefore, there is a pressing need for the development of a digital application that offers accessible counseling services, self-assessment tools to identify symptoms of psychological distress, and educational resources to improve mental health literacy. Such an application could serve as a practical, user-friendly platform to support early detection, promote timely intervention, and encourage adolescents to seek help without fear of judgment. Integrating these features into one platform could contribute to reducing stigma, enhancing emotional resilience, and improving overall mental health outcomes among adolescents.

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