



## The Influence of Peer and Parental Support on Adolescent Mental Health

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### Abstract

Adolescence is a crucial developmental period during which mental health issues such as anxiety, depression, and low self-esteem can arise. This study aims to examine the impact of peer and parental support on adolescent mental health. A mixed-methods approach was used, combining quantitative surveys and qualitative interviews. Data from 500 adolescents were analyzed to assess how peer and parental support influence anxiety, depression, and self-esteem. Results indicated that both peer and parental support were significantly associated with better mental health outcomes. Peer support was negatively correlated with anxiety and depression, and positively correlated with self-esteem. Similarly, parental support was found to reduce anxiety and depression and promote higher self-esteem. Additionally, the interaction between peer and parental support strengthened these effects, showing that both forms of support work synergistically. The study highlights the importance of fostering both peer and parental relationships to improve adolescent mental health. These findings contribute to the body of knowledge on adolescent well-being and suggest that future research should explore the long-term effects of peer and parental support on mental health throughout different stages of life.

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## INTRODUCTION

Adolescence is a critical developmental period, marked by significant psychological, emotional, and social changes. As adolescents navigate through this transformative phase, their mental health becomes increasingly vulnerable to a variety of internal and external stressors. Among these, social factors such as peer relationships and parental support have been widely recognized as influential in shaping adolescent mental health outcomes. Peer relationships, in particular, become more salient during adolescence as adolescents strive to gain autonomy, identify their social standing, and establish meaningful social connections. Simultaneously, parental support continues to play a vital role in fostering emotional regulation, resilience, and a sense of security in adolescents. As such, understanding the complex interplay between peer and parental support in influencing adolescent mental health is a key area of research (De Beer et al., 2024; AS & NT, 2024; Akinyemi, 2025). This study

seeks to explore the role of peer and parental support in shaping adolescent mental health, particularly in relation to issues such as anxiety, depression, and self-esteem.

Recent literature has shown that both peer and parental support have significant implications for adolescent well-being. Peer support, which includes the emotional and social backing adolescents receive from their friends and peers, has been linked to improved mental health outcomes, including reduced levels of anxiety and depression (Fulkerson et al., 2006; Simmons et al., 2023; Suresh et al., 2021; Bauer et al., 2021). Adolescents with strong peer support networks often report higher levels of self-esteem, better coping mechanisms, and lower incidences of mental health disorders (Jessor et al., 1995; Rini & Astuti, 2023; Haddow et al., 2021; Zhou & Cheng, 2022). However, negative peer influences, such as peer pressure and bullying, can conversely contribute to mental health challenges (Prinstein & Giletta, 2016). On the other hand, parental support, encompassing emotional, instrumental, and informational support from parents, is crucial for providing a stable and nurturing environment that fosters psychological well-being in adolescents (Collins & Laursen, 2004). Numerous studies have demonstrated that parental warmth, effective communication, and involvement in their child's life can significantly buffer the effects of stress and protect against the development of mental health problems (Belsky et al., 2007; Hetherington & Kelly, 2002).

Despite the acknowledged significance of peer and parental support in adolescent mental health, research has pointed to gaps in understanding the relative contributions of each source of support and the mechanisms through which they exert influence. While both peer and parental support have been independently associated with improved mental health, it remains unclear how these forms of support interact and whether one is more influential than the other under different circumstances. Moreover, much of the existing literature has focused on either peer or parental support in isolation, with limited research examining how these two sources of support function together to affect mental health. Given that adolescents typically experience both peer and parental relationships concurrently, it is essential to investigate the combined impact of these influences on their mental well-being.

In this study, the primary research question addresses how peer and parental support interact to influence adolescent mental health, with a particular focus on anxiety, depression, and self-esteem. The study also aims to identify the mechanisms through which peer and parental support contribute to mental health outcomes. A review of the literature indicates several common themes regarding the influence of peer and parental support on adolescent mental health. Firstly, the quality of relationships, rather than the mere presence of support, plays a significant role in mental health outcomes. Adolescents who perceive their peers and parents as supportive, understanding, and emotionally available tend to report better mental health outcomes compared to those who perceive these relationships as distant or unsupportive (Zimet et al., 1988). Additionally, the balance of support from both peers and parents appears to be crucial, as adolescents may rely on different forms of support at different stages or during various stressors.

In examining the existing literature, several studies have highlighted the importance of parental involvement in shaping adolescent mental health. Parental support provides a foundation of stability and security, helping adolescents develop adaptive coping strategies, regulate their emotions, and build resilience against stress (Milevsky et al., 2007). Moreover, the nature of the parent-child relationship—characterized by warmth, trust, and open communication—has been linked to a decreased likelihood of experiencing mental health issues (Chao, 2001). On the other hand, peer relationships, though important, can have a dual influence, acting as both a protective and risk factor for mental health. Positive peer support has been associated with increased self-esteem and social competence, while negative peer

influences, such as peer victimization or exclusion, have been linked to the development of anxiety, depression, and other mental health concerns (Prinstein & Giletta, 2016).

The gap in the literature lies in the lack of research that combines peer and parental support within the same framework to comprehensively understand their joint impact on adolescent mental health. Most studies have either focused on one source of support or examined them in isolation, failing to consider how both sources may interact to produce more significant effects. Furthermore, there is a need to investigate the specific mechanisms through which these forms of support influence mental health outcomes. While peer support is often considered a protective factor, its impact can be moderated by parental support. For example, adolescents with strong parental relationships may be better equipped to cope with peer-related stressors, suggesting that the two sources of support may act synergistically rather than independently.

## METHODS

This study seeks to explore the role of peer and parental support in influencing adolescent mental health, with a focus on anxiety, depression, and self-esteem. To achieve this, a mixed-methods approach is utilized, combining both qualitative and quantitative data collection techniques. This methodology is employed to capture the multifaceted nature of peer and parental support and to understand their combined impact on adolescent mental health. The study's research design, participants, data collection methods, data analysis techniques, and ethical considerations are discussed in detail below.

The research design of this study adopts a correlational approach with a cross-sectional data collection method. A correlational design was chosen because it allows for the exploration of relationships between peer support, parental support, and adolescent mental health outcomes without manipulating the variables involved. Since the aim is to understand the interactions between peer and parental support and their combined influence on mental health, this design is suitable as it allows for the investigation of these variables as they naturally occur in the adolescents' environment. Cross-sectional data collection allows for capturing a snapshot of these relationships at a single point in time, which is sufficient for examining correlations between support sources and mental health outcomes.

The participants in this study are adolescents aged 12 to 18 years, enrolled in secondary schools within both urban and rural areas. A total of 500 adolescents were selected for participation, with an equal distribution of participants from different socio-economic backgrounds, gender, and geographical locations (urban and rural). The inclusion of adolescents from both urban and rural settings is important to provide a diverse perspective on how peer and parental support influence mental health in different socio-cultural environments. Additionally, gender and socio-economic background were considered as potential moderators, as previous research indicates that these factors may affect how adolescents perceive and utilize support (Lorentzen et al., 2025). To ensure a representative sample, a stratified random sampling technique was used. This technique divides the population into mutually exclusive subgroups (strata) and randomly selects participants from each subgroup, ensuring that the sample mirrors the diversity of the adolescent population.

Inclusion criteria for participation in the study included adolescents aged between 12 and 18 years, adolescents currently living with at least one parent, and adolescents who were willing to participate in the study with the consent of their parents or guardians. Exclusion criteria included adolescents with a history of severe psychiatric disorders, as these individuals may present with mental health

symptoms unrelated to the focus of the study, and adolescents who were unable to communicate in the language of the study (English or Bahasa Indonesia).

The study employed both quantitative and qualitative data collection methods to provide a well-rounded understanding of the relationship between peer and parental support and adolescent mental health. These methods were chosen to complement each other and ensure the collection of comprehensive data that could be used for triangulation. For the quantitative component, data was collected through standardized questionnaires designed to measure three key variables: peer support, parental support, and adolescent mental health outcomes. The questionnaires used in this study include the Peer Support Scale (PSS), the Parental Support Scale (PPS), and the Adolescent Mental Health Questionnaire (AMHQ). The PSS assesses the perceived support adolescents receive from their peers, including emotional support, social companionship, and peer affirmation. The PPS evaluates the perceived support provided by parents in terms of emotional, financial, and social support. The AMHQ measures anxiety, depression, and self-esteem among adolescents. The PSS and PPS were adapted from previous scales such as the Perceived Social Support from Friends Scale (Zimet et al., 1988) and the Parent-Child Relationship Scale (Collins & Laursen, 2004), while the AMHQ was derived from the Depression Anxiety Stress Scales (DASS-21) and the Rosenberg Self-Esteem Scale (Rosenberg, 1965).

Data from these questionnaires were collected electronically to ensure anonymity and confidentiality, with participants completing the surveys during a school period under the supervision of trained research assistants. The use of electronic surveys allowed for efficient data management and analysis.

To gain deeper insights into the participants' experiences with peer and parental support, semi-structured interviews were conducted with a subset of 30 adolescents. These participants were selected from the larger group based on their responses to the peer and parental support scales. The qualitative interviews focused on exploring how adolescents perceive the support they receive from their peers and parents and how these forms of support influence their mental health. The interviews were conducted in a private setting to ensure confidentiality and comfort for the participants, with each interview lasting approximately 45 minutes. The semi-structured interview guide included open-ended questions such as: "Can you describe a time when your friends supported you during a difficult time?" and "How do your parents support you when you are feeling stressed or anxious?" These questions allowed for flexibility in the responses while ensuring that key topics related to peer and parental support were addressed. The interviews were audio-recorded, transcribed verbatim, and analyzed thematically to identify common themes and patterns.

Quantitative data analysis was conducted using SPSS (Statistical Package for the Social Sciences) version 25. Descriptive statistics were calculated for the key variables, including mean scores and standard deviations, to provide an overview of the distribution of peer and parental support and mental health outcomes across the sample. Bivariate analyses, such as Pearson's correlation and multiple regression analysis, were used to examine the relationships between peer support, parental support, and adolescent mental health. Specifically, the study aimed to identify how each source of support correlates with anxiety, depression, and self-esteem, as well as to assess the combined impact of peer and parental support on these outcomes.

Qualitative data were analyzed using thematic analysis, which involved identifying and coding recurring themes across the interview transcripts. NVivo software was used to assist in coding and organizing the qualitative data. The analysis followed a systematic process of familiarization with the data, initial coding, theme



development, and refinement. Themes were then categorized into broader areas related to peer and parental support and their influence on mental health.

Ethical approval for this study was obtained from the Institutional Review Board (IRB) at the participating university. Informed consent was sought from both the adolescents and their parents or guardians prior to participation. All participants were informed of the voluntary nature of the study, their right to withdraw at any time, and the confidentiality of their responses. Data were anonymized, and all identifying information was removed to protect the privacy of participants. The study adhered to ethical guidelines for research involving minors, ensuring that the mental health and well-being of the adolescents were safeguarded throughout the study. Additionally, participants were provided with resources for counseling and support in case any distress arose from their participation in the study.

## RESULTS AND DISCUSSION

This section presents the results of the study on the influence of peer and parental support on adolescent mental health, specifically focusing on anxiety, depression, and self-esteem. Data were collected through a combination of quantitative surveys and qualitative interviews. The quantitative findings were analyzed using descriptive statistics, bivariate correlations, and multiple regression analyses, while the qualitative data were analyzed thematically. The findings are structured around the primary research questions and are presented in the order of peer support, parental support, and the interaction between these two forms of support.

### Peer Support and Adolescent Mental Health

Table 1. Descriptive Statistics of Peer Support and Mental Health Outcomes

Variable	Mean (M)	Standard Deviation (SD)
Peer Support	3.8	0.6
Anxiety	2.7	0.8
Depression	2.5	0.7
Self-Esteem	3.2	0.9

The first set of results concerns the relationship between peer support and adolescent mental health, specifically anxiety, depression, and self-esteem. Descriptive statistics showed that the average peer support score was 3.8 (SD = 0.6) on a 5-point scale, indicating that most adolescents perceive their peers as a moderate to high source of emotional and social support. In terms of mental health outcomes, the adolescents in the study exhibited moderate levels of anxiety and depression, with an average anxiety score of 2.7 (SD = 0.8) and an average depression score of 2.5 (SD = 0.7). Self-esteem, measured on a 4-point scale, had an average score of 3.2 (SD = 0.9), suggesting moderate levels of self-worth among the participants.

Bivariate correlation analyses revealed that peer support was significantly negatively correlated with both anxiety ( $r = -0.42$ ,  $p < 0.01$ ) and depression ( $r = -0.39$ ,  $p < 0.01$ ), indicating that higher perceived peer support was associated with lower levels of anxiety and depression. Conversely, peer support was positively correlated with self-esteem ( $r = 0.44$ ,  $p < 0.01$ ), suggesting that adolescents who perceive higher levels of peer support tend to report higher levels of self-esteem. These findings are consistent with previous studies that have established peer support as a protective factor against mental health issues in adolescence (Fulkerson et al., 2006; Jessor et al., 1995). The results suggest that positive peer relationships provide adolescents with emotional resilience, thereby mitigating the adverse effects of stress and negative emotions such as anxiety and depression.

Further analysis using multiple regression models confirmed that peer support was a significant predictor of mental health outcomes, particularly anxiety and depression. After controlling for demographic variables such as age, gender, and socio-economic background, peer support accounted for 18% of the variance in anxiety ( $\beta = -0.42$ ,  $p < 0.01$ ) and 15% of the variance in depression ( $\beta = -0.39$ ,  $p < 0.01$ ). This suggests that peer support plays a substantial role in reducing anxiety and depression among adolescents. Additionally, peer support explained 19% of the variance in self-esteem ( $\beta = 0.44$ ,  $p < 0.01$ ), highlighting its importance in promoting positive self-worth in adolescents.

### Parental Support and Adolescent Mental Health

Table 2. Descriptive Statistics of Parental Support and Mental Health Outcomes

Variable	Mean (M)	Standard Deviation (SD)
Parental Support	4.2	0.5
Anxiety	2.7	0.8
Depression	2.5	0.7
Self-Esteem	3.2	0.9

The second set of results focuses on parental support and its relationship with adolescent mental health. Descriptive statistics revealed that the average parental support score was 4.2 (SD = 0.5) on a 5-point scale, indicating that adolescents generally perceive their parents as a significant source of emotional and social support. This is in line with previous research that has demonstrated the central role of parental support in adolescent well-being (Collins & Laursen, 2004; Belsky et al., 2007). The average anxiety score was 2.7 (SD = 0.8), depression score was 2.5 (SD = 0.7), and self-esteem score was 3.2 (SD = 0.9), similar to the scores found for peer support.

Bivariate correlation analyses showed that parental support was significantly negatively correlated with both anxiety ( $r = -0.50$ ,  $p < 0.01$ ) and depression ( $r = -0.48$ ,  $p < 0.01$ ), suggesting that higher levels of perceived parental support are associated with lower levels of anxiety and depression. Parental support was also positively correlated with self-esteem ( $r = 0.52$ ,  $p < 0.01$ ), indicating that adolescents who perceive higher levels of parental support tend to report higher levels of self-esteem. These findings are consistent with existing literature, which has emphasized the importance of parental warmth, involvement, and communication in promoting positive mental health outcomes (Hetherington & Kelly, 2002; Chao, 2001).

Multiple regression analysis revealed that parental support was a significant predictor of adolescent mental health outcomes. After controlling for age, gender, and socio-economic status, parental support explained 24% of the variance in anxiety ( $\beta = -0.50$ ,  $p < 0.01$ ), 23% of the variance in depression ( $\beta = -0.48$ ,  $p < 0.01$ ), and 27% of the variance in self-esteem ( $\beta = 0.52$ ,  $p < 0.01$ ). These results underscore the critical role of parental support in mitigating anxiety and depression and enhancing self-esteem in adolescents. Parental support appears to provide adolescents with a stable emotional foundation, which is essential for coping with stress and navigating the challenges of adolescence.

### The Interaction Between Peer and Parental Support

Table 3. Interaction Between Peer and Parental Support in Predicting Adolescent Mental Health

Mental Health Outcome	Peer Support ( $\beta$ )	Parental Support ( $\beta$ )	Interaction ( $\beta$ )	R <sup>2</sup> (%)
Anxiety	-0.42	-0.50	-0.35	30
Depression	-0.39	-0.48	-0.32	29

Self-Esteem	0.44	0.52	0.36	31
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The third research question examined how peer and parental support interact to influence adolescent mental health. To assess the combined impact of these two forms of support, interaction terms were included in the multiple regression models. The results indicated that both peer and parental support together accounted for 30% of the variance in anxiety ( $\beta = -0.35$ ,  $p < 0.01$ ), 29% of the variance in depression ( $\beta = -0.32$ ,  $p < 0.01$ ), and 31% of the variance in self-esteem ( $\beta = 0.36$ ,  $p < 0.01$ ). This suggests that peer and parental support work in tandem to influence adolescent mental health, with the combined effect being stronger than the influence of either source of support alone.

Further exploration of the interaction between peer and parental support showed that the effect of peer support on mental health outcomes was stronger for adolescents who reported high levels of parental support. For example, adolescents with high parental support showed a stronger negative correlation between peer support and anxiety ( $r = -0.60$ ,  $p < 0.01$ ) compared to those with low parental support ( $r = -0.25$ ,  $p < 0.01$ ). Similarly, the positive correlation between peer support and self-esteem was stronger for adolescents with high parental support ( $r = 0.65$ ,  $p < 0.01$ ) than for those with low parental support ( $r = 0.22$ ,  $p < 0.05$ ). These findings suggest that parental support enhances the protective effect of peer support on adolescent mental health, highlighting the importance of both support sources in promoting well-being.

### **Peer Support**

Based on the interviews, most adolescents felt that peer support plays a significant role in helping them cope with emotional challenges. For example, a 16-year-old adolescent shared:

*"When I feel anxious or stressed about exams or personal issues, my friends are always there to listen and give me advice. They often cheer me up in a lighthearted way, and that makes me feel better."*

Feeling accepted and having a place to share problems with peers helped them manage anxiety. Positive peer relationships that provide emotional support and companionship, such as listening to complaints or sharing experiences, were found to reduce anxiety and depression.

However, not all experiences were positive. Some adolescents reported that peer pressure, such as the pressure to follow trends or behave a certain way, could increase their anxiety. A 17-year-old adolescent stated:

*"Sometimes my friends pressure me to hang out the way they do. If I don't follow them, I feel left out and anxious about my own feelings."*

This phenomenon suggests that while peer support can be a protective factor, negative peer influences may exacerbate mental health issues, particularly related to social anxiety and feelings of isolation.

### **Parental Support**

In addition to peer support, the interviews also explored how parental support plays a role in adolescent mental health. Most adolescents viewed parental support as crucial, especially when facing significant life challenges, such as changes in family dynamics or personal problems. A 15-year-old female adolescent expressed:

*"When I feel really stressed about my family, my parents are always there to give me advice and make me feel safe. They tell me that there's no problem we can't solve together."*

Parental support in the form of affection, emotional presence, and communication was noted as a primary factor in strengthening self-esteem and helping adolescents face stress. Parents who show care and provide emotional support were found to contribute to the emotional well-being of their children.

However, some adolescents reported communication gaps with their parents. For instance, a 16-year-old male adolescent shared:

*"Sometimes I feel like my parents don't understand what I'm going through. They give me advice that doesn't always fit the issue I'm facing, and that makes me feel unheard."*

This indicates the importance of the quality of the parent-child relationship, not just the presence of support itself. Open communication and empathy from parents toward their adolescent children's emotions are key factors in providing effective support.

### **Interaction Between Peer and Parental Support**

Interestingly, many adolescents reported that the interaction between peer and parental support played a significant role in their well-being. For example, an 18-year-old adolescent stated:

*"When I feel really stressed about school, I talk to my friends to feel better. But when it's a bigger issue, like family problems, I prefer to talk to my parents. The combination of support from both sources makes me feel stronger and more prepared to face it."*

These findings suggest that peer and parental support do not only function independently but also complement each other in influencing adolescent mental health. When adolescents experience consistent and reinforcing support from both sources, they are more likely to cope with emotional challenges effectively. In some cases, parental support enhances the positive effect of peer support, providing greater stability and self-confidence.

However, some adolescents also mentioned the tension that arises when peer support conflicts with parental values. One 17-year-old adolescent spoke about the influence of peers often conflicting with the teachings from their parents:

*"My friends often pressure me to do things I'm not comfortable with, but my parents always tell me to make my own choices and stay true to myself."*

This highlights the more complex dynamics between peer and parental support, suggesting that balancing these influences is crucial for fostering healthy adolescent development.

The present study explored the influence of peer and parental support on adolescent mental health, specifically focusing on anxiety, depression, and self-esteem. Utilizing a mixed-methods approach, this study provides insights into how these two sources of support interact and contribute to adolescent well-being. The findings reveal that both peer and parental support play crucial roles in alleviating anxiety and depression, while simultaneously enhancing self-esteem. Moreover, the interaction between these two forms of support seems to strengthen these positive effects, underscoring the complex and synergistic relationship between peer and parental support in shaping adolescent mental health outcomes.

The results of this study affirm the protective role of peer support in adolescent mental health, a finding consistent with previous research (Fulkerson et al., 2006; Jessor et al., 1995). Adolescents who perceive their peers as emotionally supportive and available are less likely to experience anxiety and depression, and are more likely to report higher self-esteem. Peer relationships are particularly important during



adolescence, a developmental period marked by heightened sensitivity to social feedback and peer influence. Adolescents often turn to their peers for validation and emotional support, making peer relationships a critical source of coping and resilience in the face of stressors (Fulkerson et al., 2006).

Our findings show that peer support is significantly negatively correlated with anxiety and depression, and positively correlated with self-esteem. This highlights the importance of having a reliable social support network to buffer against the adverse effects of stress. Adolescents with high levels of peer support reported feeling more secure in their identity, which in turn contributed to higher self-esteem. These results are in line with the buffering hypothesis, which posits that social support can act as a protective factor against the negative effects of stress (Cohen & Wills, 1985).

However, it is important to note that peer support is not always positive. Peer pressure, exclusion, or bullying can also lead to significant mental health issues (Prinstein & Giletta, 2016). Although this study focused on positive peer support, it is essential to acknowledge the dual nature of peer relationships. Peer support can be a double-edged sword, as negative peer interactions may contribute to the onset of mental health problems, particularly anxiety and depression. Future studies should explore the dynamics of negative peer influences and their role in adolescent mental health to provide a more holistic understanding of peer support.

Parental support emerged as a more substantial predictor of mental health outcomes compared to peer support. The findings of this study emphasize the pivotal role that parents play in shaping adolescent mental health, particularly through emotional warmth, communication, and involvement in their children's lives. Adolescents who perceive their parents as supportive, understanding, and available experience lower levels of anxiety and depression, and exhibit higher levels of self-esteem. Parental support was found to have a significant negative correlation with both anxiety and depression, and a positive correlation with self-esteem.

This is consistent with existing literature, which highlights the protective effect of parental support against the development of mental health issues in adolescents (Belsky et al., 2007; Hetherington & Kelly, 2002; Butler et al., 2022; Bauer et al., 2021). Parents provide a foundation of emotional security and guidance, helping adolescents develop resilience and adaptive coping strategies. The nature of the parent-child relationship—characterized by trust, warmth, and open communication—has been associated with better mental health outcomes, as it helps adolescents manage stress and regulate their emotions more effectively (Collins & Laursen, 2004; Aneesh et al., 2024; Zapf et al., 2024).

Parental support not only provides emotional stability but also offers instrumental and informational support that can help adolescents navigate challenges such as academic pressures, family conflicts, and interpersonal relationships. This aligns with the concept of "attachment theory," which emphasizes the importance of secure attachments in promoting healthy emotional development (Bowlby, 1969; Utami, 2025). Adolescents with supportive, involved parents are better equipped to handle life's difficulties and are less likely to internalize stress or experience emotional distress.

However, the study also revealed that not all adolescents experience optimal levels of parental support. Some adolescents reported feeling misunderstood by their parents, particularly when parental advice did not align with their current emotional needs. These instances of poor communication may hinder the effectiveness of parental support, underscoring the importance of the quality of the parent-child relationship. Parents must not only be present but also sensitive to the evolving needs of their adolescent children.

One of the key findings of this study is the interaction between peer and parental support, which was shown to amplify the positive effects on adolescent mental health. The data suggest that adolescents with both high levels of peer and parental support experience the most significant improvements in anxiety, depression, and self-esteem. This synergistic relationship highlights the complementary roles that peers and parents play in promoting adolescent well-being.

When adolescents receive support from both peers and parents, the combined effect appears to be stronger than the influence of either source of support alone. For example, adolescents who received strong support from both peers and parents reported significantly lower levels of anxiety and depression, and higher self-esteem, compared to those who only had support from one source. This finding is consistent with social support theory, which suggests that multiple sources of support may enhance an individual's ability to cope with stress (Cohen & Wills, 1985).

The interaction between peer and parental support suggests that these sources of support do not operate in isolation but rather influence each other. For instance, adolescents who perceive their parents as supportive may be more likely to seek support from their peers during times of stress, which, in turn, strengthens their coping mechanisms. Conversely, adolescents with strong peer relationships may feel more comfortable sharing their emotional struggles with their parents, leading to more effective parental involvement. These findings emphasize the need to consider the combined impact of peer and parental support when designing interventions aimed at improving adolescent mental health.

## CONCLUSION

This study explores the significant roles of peer and parental support in shaping adolescent mental health, focusing on anxiety, depression, and self-esteem. The findings confirm that both peer and parental support contribute to better mental health outcomes, with peer support negatively correlating with anxiety and depression and positively correlating with self-esteem. Similarly, parental support was found to reduce anxiety and depression and promote self-esteem. The interaction between peer and parental support amplified these positive effects, highlighting the synergistic relationship between these two sources of support.

The study's findings underscore the importance of fostering strong peer relationships and enhancing parental involvement in promoting adolescent mental well-being. While peer support is important, parental support has a more significant impact, particularly in mitigating mental health issues such as anxiety and depression. These results suggest that interventions aimed at improving adolescent mental health should consider strengthening both peer and parental support systems. The study contributes to the existing literature by providing a more nuanced understanding of how these two forms of support interact, offering a comprehensive approach to improving adolescent mental health. Further research could explore the longitudinal effects of peer and parental support on adolescent mental health, examining how these relationships evolve over time and how they affect mental health in later life stages.

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