

# Psychosocial Factors Associated with Coping Mechanisms among Adolescents: The Role of Family Support and Self-Efficacy

Reni Nurhidayah<sup>1\*</sup>, Meindia Bintang Audisya<sup>2</sup>, Dhita Kurnia Sari<sup>3</sup>

Universitas STRADA Indonesia

Corresponding author: [reni.nurhidayah@strada.ac.id](mailto:reni.nurhidayah@strada.ac.id)

## ABSTRACT

Adolescence is a developmental stage characterized by significant psychological and social changes that may increase vulnerability to stress. Effective coping mechanisms are essential for adolescents to manage academic and social pressures. Psychosocial factors, particularly family support and self-efficacy, play an important role in shaping adolescents' adaptive responses to stress. This study aimed to examine the association between family support, self-efficacy, and coping mechanisms among adolescents. A quantitative correlational study with a cross-sectional design was conducted among 193 students at a vocational high school in Tulungagung, Indonesia. Participants were selected using stratified random sampling. Family support was measured using the Family Support Scale (FSS), self-efficacy using the Self-Efficacy Questionnaire for Children (SEQ-C), and coping mechanisms using the Adolescent Coping Orientation for Problem Experiences (A-COPE). Data were analyzed using Spearman's rho correlation test with a significance level of 0.05. The findings indicated that most adolescents reported moderate levels of family support (38.3%) and self-efficacy (38.9%), while coping mechanisms were predominantly moderately adaptive (53.9%). Statistical analysis revealed a significant positive association between family support and coping mechanisms ( $r = 0.799$ ;  $p < 0.001$ ) as well as between self-efficacy and coping mechanisms ( $r = 0.654$ ;  $p < 0.001$ ). Higher levels of family support and self-efficacy were associated with more adaptive coping strategies among adolescents. In conclusion, family support and self-efficacy are important psychosocial factors associated with adolescents' coping mechanisms. Strengthening emotional support within families and enhancing adolescents' self-efficacy may contribute to improved adaptive coping and mental well-being.

**Keywords:** Adolescents, Coping Mechanisms, Family Support, Psychosocial Factors, Self-Efficacy

## INTRODUCTION

Adolescence represents a critical developmental period characterized by rapid biological, psychological, and social transitions that increase vulnerability to emotional stress and mental health problems. During this stage, adolescents encounter academic demands, peer pressure, identity development challenges, and social expectations that may influence psychological adjustment. Inadequate stress management during adolescence may lead to

emotional instability and maladaptive behavioral responses affecting long-term mental well-being (Soimah, 2024).

Mental health problems among adolescents have become a growing global public health concern. The World Health Organization (WHO) reports that approximately one in seven adolescents aged 10–19 years experiences a mental disorder, contributing to nearly 15% of the global burden of disease in this age group. Depression, anxiety, and behavioral disorders are among the leading causes of illness and disability, while suicide remains the third leading cause of death among individuals aged 15–29 years worldwide (WHO, 2022)

The Indonesian context reflects a similarly concerning situation. Findings from the Indonesia National Adolescent Mental Health Survey (I-NAMHS) indicate that one in three Indonesian adolescents experiences mental health problems, representing millions of adolescents requiring psychosocial attention. Furthermore, national mental health reports show that approximately 6.2% of individuals aged 15–24 years experience depression, with many adolescents remaining untreated due to limited psychosocial support systems (Ministry of Health Republic of Indonesia, 2023; Universitas Gadjah Mada, 2022). These findings highlight the urgency of strengthening protective psychosocial factors that support adolescents' adaptive functioning.

Coping mechanisms play a crucial role in enabling adolescents to respond effectively to internal and external stressors. Adaptive coping strategies promote emotional regulation, resilience, and problem-solving abilities, whereas maladaptive coping responses such as avoidance or withdrawal may increase psychological distress (Rusman, 2024; Stuart, 2014). Variations in coping responses among adolescents are strongly influenced by both individual psychological capacity and environmental support systems.

Self-efficacy represents an important internal psychosocial resource defined as an individual's belief in their ability to manage challenges and perform required actions effectively. Higher self-efficacy has been associated with improved emotional regulation, confidence, and adaptive coping behaviors among adolescents facing stressful situations (Dewi et al., 2022).

In addition, family support functions as the primary external support system influencing adolescent psychological adjustment. Emotional, informational, instrumental, and appraisal support provided by families contributes significantly to resilience development and stress adaptation capacity (Nurhayati, 2023). Supportive family environments have been shown to reduce psychological vulnerability and encourage healthier coping responses among adolescents, particularly within school environments characterized by academic and social pressures.

Despite increasing recognition of psychosocial determinants of adolescent mental health, empirical studies examining the combined role of family support and self-efficacy in shaping coping mechanisms among vocational school adolescents remain limited. Vocational students often experience additional academic and career transition pressures, making them particularly vulnerable to stress exposure. Therefore, investigating psychosocial factors associated with coping mechanisms is essential to inform evidence-based family- and school-based mental health interventions.

## **METHODS**

### **Study Design and Setting**

This study employed a quantitative correlational design using a cross-sectional approach to examine the association between psychosocial factors and coping mechanisms among adolescents. The study was conducted in August 2025 at a vocational high school in Tulungagung, East Java, Indonesia.

### **Population and Sample**

The study population consisted of 372 students enrolled at the vocational high school. A total of 193 adolescents were selected as study participants using a stratified random sampling technique to ensure proportional representation across academic majors.

Eligible participants were students aged 15–18 years who were willing to participate and provided informed consent. Students who were absent during data collection or submitted incomplete questionnaires were excluded from the analysis.

### **Study Variables**

The independent variables in this study were **family support** and **self-efficacy**, while the dependent variable was **adolescents' coping mechanisms**.

### **Research Instruments**

Data were collected using standardized self-administered questionnaires:

1. **Family Support Scale (FSS)**: Used to measure perceived family support, including emotional, informational, instrumental, and appraisal support.
2. **Self-Efficacy Questionnaire for Children (SEQ-C)**: Applied to assess adolescents' perceived self-efficacy across academic, social, and emotional domains.
3. **Adolescent Coping Orientation for Problem Experiences (A-COPE)**: Used to evaluate coping mechanisms adopted by adolescents when facing stressful situations.

All instruments have been widely used in adolescent psychosocial research and demonstrated acceptable validity and reliability in previous studies.

### **Data Collection Procedure**

Data collection was conducted through classroom-based questionnaire administration after obtaining permission from the school authority. Participants received explanations regarding study objectives, confidentiality, and voluntary participation prior to completing the questionnaires. The questionnaires were completed anonymously to minimize response bias.

### **Data Analysis**

Data analysis was performed using statistical software. Descriptive statistics were used to summarize respondents' characteristics and study variables. Bivariate analysis was conducted using **Spearman's rho correlation test** to examine the association between family support, self-efficacy, and coping mechanisms. Statistical significance was determined at a p-value of  $<0.05$ .

### **Ethical Considerations**

Ethical approval for this study was obtained from the institutional ethics committee of Universitas Strada Indonesia. Participation was voluntary, and informed consent was obtained from all participants. Confidentiality and anonymity of respondents were ensured throughout the research process.

## RESULTS

### Participant Characteristics

A total of 193 adolescents participated in this study. The majority of respondents were female (90%), while males accounted for 10%. Most participants were aged 16 years (47%), followed by 17 years (30%), 18 years (12%), and 15 years (11%). Students were equally distributed between pharmacy services and nursing assistant programs. Most respondents lived with their parents (90%), and the majority of parents had completed senior high school education. Detailed participant characteristics are presented in Table 1.

**Table 1. Characteristics of Participants (n = 193)**

Characteristics	Category	n	%
<b>Gender</b>	Male	19	10
	Female	174	90
<b>Age (years)</b>	15	22	11
	16	90	47
	17	58	30
	18	23	12
<b>Academic Major</b>	Pharmacy Services	97	50
	Nursing Assistant	96	50
<b>Living Status</b>	With parents	174	90
	Guardian/Others	19	10
<b>Parental Employment</b>	Father employed	186	96
	Mother employed	94	49
<b>Parental Education</b>	Father (Senior High School)	104	54
	Mother (Senior High School)	119	62

### Distribution of Psychosocial Factors and Coping Mechanisms

The distribution of study variables showed that adolescents generally reported moderate psychosocial conditions. Most respondents experienced moderate family support (38.3%), followed by poor (37.8%) and good family support (23.8%). Similarly, self-efficacy levels were predominantly moderate (38.9%), while 34.7% and 26.4% of adolescents demonstrated low and high self-efficacy, respectively.

Regarding coping mechanisms, more than half of respondents demonstrated moderately adaptive coping strategies (53.9%), while maladaptive coping was identified in 30.6% of participants and fully adaptive coping in 15.5%. The distribution of variables is presented in Table 2.

**Table 2. Distribution of Study Variables (n = 193)**

Variable	Category	n	%
<b>Family Support</b>	Good	46	23.8
	Moderate	74	38.3
	Poor	73	37.8
<b>Self-Efficacy</b>	High	51	26.4
	Moderate	75	38.9
	Low	67	34.7
<b>Coping Mechanisms</b>	Adaptive	30	15.5

Moderately Adaptive	104	53.9
Maladaptive	59	30.6

### Association between Family Support and Coping Mechanisms

Cross-tabulation analysis demonstrated that adolescents with good family support predominantly showed adaptive and moderately adaptive coping mechanisms, whereas maladaptive coping was mainly observed among respondents with poor family support. Detailed distribution is shown in Table 3.

**Table 3. Association between Family Support and Coping Mechanisms (n = 193)**

Family Support	Adaptive n (%)	Moderately Adaptive n (%)	Maladaptive n (%)	Total
Good	26 (13.5)	20 (10.4)	0 (0.0)	46
Moderate	4 (2.1)	69 (35.8)	1 (0.5)	74
Poor	0 (0.0)	15 (7.8)	57 (29.5)	73
<b>Total</b>	<b>30</b>	<b>104</b>	<b>59</b>	<b>193</b>

### Association between Self-Efficacy and Coping Mechanisms

Adolescents with high self-efficacy mainly demonstrated adaptive coping, while maladaptive coping was predominantly found among those with low self-efficacy (Table 4).

**Table 4. Association between Self-Efficacy and Coping Mechanisms (n = 193)**

Self-Efficacy	Adaptive n (%)	Moderately Adaptive n (%)	Maladaptive n (%)	Total
High	23 (11.9)	28 (14.5)	0 (0.0)	51
Moderate	7 (3.6)	57 (29.5)	11 (5.7)	75
Low	0 (0.0)	19 (9.8)	48 (24.9)	67
<b>Total</b>	<b>30</b>	<b>104</b>	<b>59</b>	<b>193</b>

### Correlation between Psychosocial Factors and Coping Mechanisms

Spearman's rho correlation analysis demonstrated statistically significant positive associations between psychosocial factors and coping mechanisms among adolescents. Higher perceived family support and stronger self-efficacy were associated with more adaptive coping mechanisms.

**Table 5. Spearman's Rho Correlation between Psychosocial Factors and Coping Mechanisms**

Variables	Spearman's rho (r)	p-value	Strength of Correlation	n
Family Support – Coping Mechanisms	0.799	<0.001	Very strong positive	193
Self-Efficacy – Coping Mechanisms	0.654	<0.001	Strong positive	193

### Correlation between Psychosocial Factors and Coping Mechanisms

Spearman's rho correlation analysis demonstrated statistically significant positive associations between psychosocial factors and coping mechanisms among adolescents. Higher perceived family support and stronger self-efficacy were associated with more adaptive coping mechanisms.

**Table 5. Spearman's Rho Correlation between Psychosocial Factors and Coping Mechanisms**

## Mechanisms

Variables	Spearman's rho (r)	p-value	Strength of Correlation	n
Family Support – Coping Mechanisms	0.799	<0.001	Very strong positive	193
Self-Efficacy – Coping Mechanisms	0.654	<0.001	Strong positive	193

## DISCUSSION

This study examined psychosocial factors associated with coping mechanisms among adolescents, particularly focusing on the roles of family support and self-efficacy. The findings indicate that most adolescents demonstrated moderately adaptive coping mechanisms, suggesting that although adolescents have begun to develop strategies to manage stress, optimal coping capacity has not yet been fully achieved.

### Family Support and Coping Mechanisms

The present study found a very strong positive association between family support and adolescents' coping mechanisms. Adolescents who perceived higher levels of family support were more likely to demonstrate adaptive coping strategies, whereas those with limited family support tended to exhibit maladaptive coping responses. These findings highlight the important role of the family as the primary psychosocial environment influencing adolescents' emotional adjustment.

Family support provides emotional security, guidance, and problem-solving assistance that enable adolescents to interpret stressful situations more positively. Emotional closeness and effective communication within families may enhance adolescents' confidence in managing challenges, thereby promoting adaptive coping behaviors. Previous studies have similarly reported that supportive family environments function as protective factors against psychological distress and contribute to healthier coping responses among adolescents (Rahmi & Fitriani, 2021; Ulfa, 2023; Ulfa & Na'imah, 2020).

Interestingly, although most respondents lived with their parents, moderate to low levels of perceived family support were still observed. This finding suggests that physical proximity alone does not guarantee effective emotional support. The quality of interaction, communication patterns, and emotional involvement within families appear to be more influential than family structure itself. Similar findings reported that emotional engagement plays a greater role in adolescent psychological well-being than mere cohabitation (Nurhayati, 2023; Rahayu & Indrawati, 2022; Ramadhani & Nurwati, 2022).

### Self-Efficacy and Coping Mechanisms

This study also demonstrated a significant positive association between self-efficacy and coping mechanisms. Adolescents with higher self-efficacy were more likely to employ adaptive coping strategies when facing stressful situations. Self-efficacy strengthens adolescents' belief in their ability to control challenges, regulate emotions, and make effective decisions under pressure.

These findings are consistent with previous research indicating that individuals with strong self-efficacy tend to engage in problem-focused coping rather than avoidance behaviors (Dewi et al., 2022; Rachmawati et al., 2021). Adolescents who believe in their personal competence

are more likely to actively seek solutions, maintain emotional stability, and persist when encountering academic or social stressors.

The predominance of moderate self-efficacy observed in this study suggests that many adolescents remain in a transitional phase of psychological development. Emotional self-efficacy, in particular, may still be developing during mid-adolescence, which explains the persistence of moderately adaptive coping patterns among participants.

### **Psychosocial Perspective on Adolescent Coping**

The findings of this study reinforce the psychosocial framework suggesting that coping mechanisms are shaped through the interaction between internal resources and external support systems. Family support represents an environmental protective factor, while self-efficacy functions as an internal psychological resource. The combination of these factors contributes to adolescents' capacity to respond adaptively to stress (Natashia et al., 2023).

Vocational high school adolescents may experience additional pressures related to academic performance and future career expectations, making psychosocial support increasingly important. Strengthening both family involvement and adolescents' confidence in their abilities may therefore serve as effective strategies to enhance coping capacity and prevent mental health problems.

### **Implications for Practice**

The results suggest that adolescent mental health interventions should not focus solely on individual psychological training but also involve family engagement. Schools and community health professionals, particularly nurses, may implement family-based education programs and self-efficacy enhancement interventions such as coping skills training, emotional regulation programs, and peer-support activities to promote adaptive coping mechanisms among adolescents.

## **CONCLUSION**

This study demonstrated that family support and self-efficacy are important psychosocial factors associated with coping mechanisms among adolescents. Adolescents who perceived stronger family support and higher levels of self-efficacy were more likely to employ adaptive coping strategies when facing academic and social stressors.

The findings highlight the interaction between external support systems and internal psychological resources in shaping adolescents' ability to manage stress effectively. Family involvement and adolescents' confidence in their own abilities play complementary roles in promoting healthier coping responses and psychological adjustment.

Strengthening family-based support and interventions aimed at enhancing adolescents' self-efficacy may contribute to the development of adaptive coping mechanisms and support adolescent mental well-being. These findings emphasize the importance of collaborative efforts between families, schools, and health professionals in promoting psychosocial resilience among adolescents.

## REFERENCES

- Dewi, S. M., Saputra, B., & Daniati, M. (2022). Self-efficacy and Adolescent Psychological Adjustment. *Hang Tuah Nursing Journal*.
- Ministry of Health Republic of Indonesia. (2023). *Mental Health Factsheet Indonesia*. <https://repository.badankebijakan.kemkes.go.id>
- Universitas Gadjah Mada. (2022). *Indonesia National Adolescent Mental Health Survey (I-NAMHS): One in Three Indonesian Adolescents Experience Mental Health Problems*. <https://ugm.ac.id/id/berita/23086-hasil-survei-i-namhs-satu-dari-tiga-remaja-indonesia-memiliki-masalah-kesehatan-mental/>
- Natashia, D., Wanandi, E. W., Fitria, D., & Irawati, D. (2023). Coping Mechanisms, Self-Efficacy and Quality of Life Among Patients with Type II Diabetes Mellitus. *Jurnal Ilmiah Keperawatan*.
- Nurhayati, N. (2023). Family Support and Adolescent Resilience. *Journal of Community Nursing*.
- Rachmawati, S., Hidayat, D. R., & Badrujaman, A. (2021). Self-Efficacy: Literatur Review. *Prosiding Seminar Nasional Bimbingan Dan Konseling Universitas Negeri Malang*.
- Rahayu, S., & Indrawati, E. S. (2022). Hubungan antara Pola Komunikasi Keluarga dan Dukungan Sosial dengan Kesejahteraan Subjektif Remaja. *Empati: Jurnal Karya Ilmiah Psikologi*.
- Rahmi, N. N., & Fitriani, D. R. (2021). Hubungan Dukungan Sosial dengan Mekanisme Koping Keluarga dalam Menghadapi Pasien Agresif: Literature Review. *Borneo Studies and Research*.
- Ramadhani, S. R., & Nurwati, R. N. (2022). Dampak traumatis remaja korban tindakan kekerasan seksual serta peran dukungan sosial keluarga. *Share: Social Work Journal*, 12(2), 131–137.
- Rusman, R. (2024). Adolescent Coping Mechanisms and Psychological Adaptation. *Indonesian Nursing Journal*.
- Soimah, S. (2024). Crisis Emotional Problems among Adolescents. *Journal of Adolescent Health Studies*.
- Stuart, G. W. (2014). *Principles and practice of psychiatric nursing-e-book*. Elsevier Health Sciences.
- Ulfa, M. (2023). Peningkatan Pengetahuan Dan Keterampilan Kader Terhadap Penatalaksanaan Posyandu Jiwa. *Jurnal Ilmu Keperawatan Dan Kebidanan*, 14(2), 499–506.
- Ulfa, M., & Na'imah, N. I. (2020). Peran Keluarga dalam Konsep Psikologi Perkembangan Anak Usia Dini. *Aulad: Journal on Early Childhood*.
- WHO. (2022). *UNICEF and WHO joint programme on mental health and psychosocial well-being and development of children and adolescents*.