



Exploration of Emotional Problems and Coping Strategies in Adolescents in East Java

Elok Halimatus Sa'diyah and Fina Hidayati^(✉)

Maulana Malik Ibrahim Islamic State University Malang, Malang, Indonesia
finahi@psi.uin-malang.ac.id

Abstract. Millennial adolescents are a generation who are very aware of the use of technology and have a mindset that tends to be instant (Bhakti and Safitri 2017). Following this stage of development, adolescents are also experiencing various emotional problems due to the search for self-identity. The coping strategies used by adolescents in solving their problems are not the same as each other, which impacts psychological well-being. This study aimed to explore psychological problems with coping strategies to find a model to improve psychological well-being in millennial adolescents in East Java. The research method used is quantitative correlation and descriptive. Respondents used were teenagers (15–18 years), as many as 1,184 people spread from 20 cities and districts in East Java. The scales used are the YSR Scale (Achenbach and Rescorla 2001) and the WCC-R (Cousson et al. 1996). The results showed that thought problems, anxiety/depression, and attention problems were strong tendencies experienced by the majority of adolescents. Meanwhile, the coping strategy adolescents use is emotion-focused coping and seeking social support. Coping strategies are proven to correlate with adolescent psychological problems. Namely, emotion-focused coping correlates more strongly with adolescent psychological problems than seeking social support. However, problem-focused coping in adolescents has no significant relationship to their problems.

Keywords: Adolescent · Strategi Coping · Psychological problems

1 Introduction

The culture is already much different, and everything is instantaneous, making teenagers more challenging than ever (Sebastian et al. 2008). Higher demands for innovation and creativity make those left behind will have less achievement. Various adolescent problems related to psychological growth and development add to the complexity of the problems faced. Furthermore, the pattern of life in this millennial era, bringing adolescent behaviour leads to individualist, selfish, consumptive and materialistic attitudes, looks faded from the principles of mutual aid, even to the secular (Diananda 2019; Widiyawati and Wulandari 2021).

Today's adolescent cases impact high internet addiction (games, social media, etc.), increasing drug use, smoking, drinking alcohol, promiscuity, antisocial and high aggressiveness (Fitri and Adelya 2017; Plattner et al. 2007). Physiologically, the adolescent

brain also functions differently than an adult's. The tendency is more about acting on impulse, having low emotional control, having conflicts with oneself, engaging in fights, and engaging with other risky behaviours (Nur Utami and Raharjo 2019; Rizkyta and Fardana 2017).

Emotional problems are a type of emotional disorder in adolescents indicated by total and sub-total scores on the domain of emotional problems on the Youth Self Report (YSR) scale; externalizing problems, internalizing problems, and real problems. Depression is one of the emotional problems experienced by adolescents. According to NCHS (Lucero et al. 2015), the prevalence of depression increases during adolescence in 4 to 8 per cent of adolescents. Depression in adolescents does not always appear as sadness but as feelings of being easily disturbed, bored, or the inability to experience a sense of pleasure (Achenbach 2010; Rescorla et al. 2007).

In addition to depression, juvenile delinquency is also a form of emotional problem impact. Juvenile delinquency is a wide range of behaviours, ranging from socially unacceptable behaviour and offences to criminal acts (Fitri and Adelya, 2017). Delinquency, such as theft, vandalism, drug use, and assault, will be illegal at any age. Driven by peer influence, feelings of anger or rebellion, or simply the search for sensations, many adolescents commit isolated delinquency without taking good and bad values (Achenbach et al. 2001).

The complexity of this psychological problem is what makes today's generation of teenagers, with their technological advances, more likely to be open on social media. The way to express oneself as a teenager is to represent self-disclosure. Expressing feelings in adolescents is a catharsis that can reduce stress (Steinberg, 2001). Meanwhile, efforts for adolescents in surviving, facing and managing their problems, and efforts to find solutions to every problem faced to reduce stress, according to Santrock (2007), are a coping.

Based on the results of research carried out by Cohen and Lazarus (Wong et al. 2007), coping strategies can help regulate anxiety and fear and restore self-confidence and interpersonal relationships. Meanwhile, in research conducted by Aldwin and Tracey (in Taylor et al. 2016), they found that coping strategies can reduce the negative impact of events that can cause stress on psychological well-being. Therefore, coping strategies can help reduce the negative impact of pressure and stress experienced due to a certain event (Dabrowska and Pisula, 2010).

Each teenager's coping strategy has different way. This can be influenced by their family parenting background, experiences and cognitive abilities. According to Ekowarni (1993), Not all adolescents can face the problems they face, so the impact of the reactions that will arise in the form of uncontrolled emotions, not easily trusting others, anxiety, aggression, withdrawal from social, not having a harmonious relationship with parents, other juvenile delinquency to promiscuity. These problems refer to the formation of less psychological well-being in adolescents (Hidayati et al. 2020).

The presentation above explains the importance of studies exploring emotional problems, especially in adolescents. Hence, researchers are interested in seeing further related how adolescents use emotional problems and what coping strategies to overcome the problems they are facing.

2 Method

This study uses a quantitative correlation approach to determine the relationship between adolescent emotional problems and coping strategies used. The subjects used were adolescents in East Java Province with an age range of 15–18 years. The sampling technique used was random sampling with a total sample of 1,184 people from 20 cities and regencies in East Java Province.

The instrument used in this study was the first youth self-report (YSR) scale was a questionnaire that revealed adolescent emotional and behavioural problems for ages 11–18 years on the recognition of adolescents themselves self-report (Achenbach and Rescorla 2001). YSR produced scores on eight empirically acquired syndrome scales, namely; depression, withdrawal, somatic complaints, social problems, thinking problems, attention problems, rule-breaking behaviour and aggressive behaviour. The YSR has eight validated scales in 23 countries and has good results for assessing cross-cultural adolescent behaviour problems (Achenbach et al. 2007). The value of Cronbach Alpha on the YSR scale in this study is 0.948, which is very good. At the same time the second instrument is the ways of coping checklist revised (WCC-R) scale (Coussen et al. 1996), which consists of 27 items with three characteristics of coping strategies, namely, emotion-focused coping, problem-focused coping and seeking social support. The value of Cronbach Alpha on the WCC-R scale in this study was 0.827, which is good. The data analysis used is SEM analysis. Here are the aspects measured (Table 1):

Table 1. Measured aspects

Variable	Aspects	Alpha's Cronbach
Adolescent Emotional Problems	1. Anxiety/depression 2. Withdrawn 3. Somatic 4. Social problems 5. Problems thinking 6. Attention problems 7. Delinquency 8. Aggressive	0.948
Coping Strategy	9. Emotion-focused coping 10. Problem-focused coping 11. Seeking social support	0.827

3 Result

This study aims to determine the exploration of psychological problems in terms of coping strategies used to improve the psychological well-being of adolescents. Below is a graph explaining how millennial teenagers use coping strategies (Fig. 1).

The tendency of coping strategies used by adolescents in dealing with various problems and difficulties in their lives is more inclined to the action of seeking social support than in the second place emotional focused coping, which is each in the range of scale 0, 1, 2 is at ≥ 1 or above the median value, while problem-focused coping less of a choice of action adolescents in the resolution of problems or difficulties they face as indicated in the range of scales 0, 1, 2 is at < 1 or below the median value.

In the exploration of adolescent emotional problems, it is explained in the Fig. 2.

The forms of the tendency to psychological problems experienced by adolescents vary greatly. In this sample, it is known that thought problems, anxiety/depression, and attention problems are strong tendencies experienced by the majority of adolescents, as shown on a scale range of 0, 1, 2 at ≥ 0.6 , which is close to the median value,

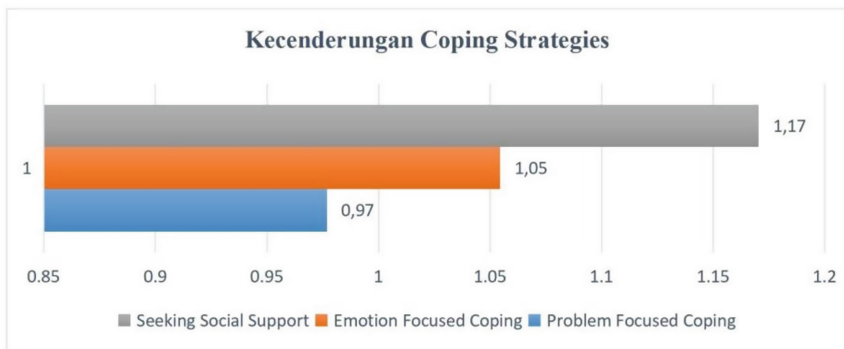


Fig. 1. Diagram kecenderungan coping strategies pada remaja

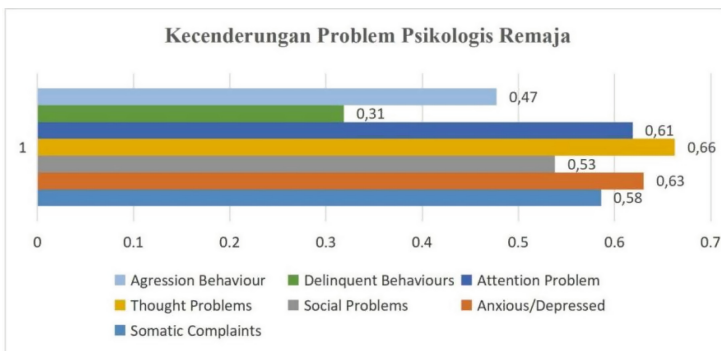


Fig. 2. Diagram of the tendency to psychological problems of adolescents

Table 2. Results of hypothesis analysis

Indeks Goodness of Fit	Value	Criterion	Information
Chi-Square (χ^2)	301,422	χ^2 calculate < χ^2 tables	Model tidak fit
P	0,000	$P > 0,05$	Model tidak fit
χ^2/df	9,419	≤ 2	Model tidak fit
GFI	0,949	$\geq 0,90$	Model fit
AGFI	0,913	$\geq 0,90$	Model fit
TLI	0,931	$\geq 0,95$	Model tidak fit
CFI	0,951	$\geq 0,95$	Model fit
RMSEA	0,085	$\leq 0,08$	Model tidak fit

which is 1. Meanwhile, the next trend is followed by somatic complaints, social problems, and aggressive behaviour. The delinquent behaviours have a weak tendency as a psychological problem experienced by adolescents in this sample (Table 2).

The hypothesis regarding the relationship between coping strategies and adolescent psychological problems in this study was accepted because it was supported by three fit model criteria that met the model acceptance threshold, namely GFI ($0.949 \geq 0.90$), AGFI ($0.913 \geq 0.90$), CFI ($0.951 \geq 0.95$). Meanwhile, the other four fit model criteria do not support the hypothesis because the research sample is too large, $1,184 > 500$. As it is known that the recommended use of samples in this SEM analysis should not exceed 500 because it will interfere with the magnitude of the value, especially in the Chi-Square and RMSEA values. Therefore, the conclusions stating the acceptance of the research hypothesis are still very accountable. The magnitude of the influence of the three types of coping strategies simultaneously on adolescent psychological problems is $B = 0.19$ or 19%.

4 Discussion

In general, the condition of psychological problems experienced by adolescents in East Java is relatively in safe position. It is as it is known that the average value of the psychological problem. $M = 0.55$, whose existence is still below the median value = 1 on a scale of 0, 1, 2. However, the prevalence in this sample still shows a figure of 17% of adolescents who are vulnerable and at risk of experiencing psychological problems. The forms of psychological problems that adolescents tend to experience are known to include (1) thought problems, (2) anxiety/depression, and (3) attention problems.

Adolescents tend to have negative or unrealistic thoughts and perceptions, for example, the phenomenon of personal fable and imagery audience (Sebastian et al. 2008). This problem is thought to be closely related to social problems where self-perception (self-concept, self-esteem, and self-acceptance) causes adolescents to have problems with their social environment. Adolescents also tend to easily experience mental turmoil that often triggers anxiety or even depression, so they are less able to manage and

express feelings well, especially in social interactions (Fatmawaty 2017). This problem is thought to be closely related to aggressive behaviour, where affection (including emotional intelligence, empathy, and altruism) causes adolescents to commit abusive acts or hurt others. Teenagers also tend to have difficulty in focusing or focusing on their goals and ideals, especially in the millennial era and industry 4.0 with the rapid advancement of information technology has eliminated the barriers of civilization, so in this period of self-discovery, teenagers are easily swayed by certain "temporal" cultural trends that at that time were being favoured by the youth community in the world that will change and change very quickly (Rizkyta and Fardana 2017; Widiyawati and Wulandari 2021). This problem is thought to be closely related to the delinquent problem of adolescents even though it is still at the level of juvenile delinquency in general, not to the extent of actions that lead to the risk of losing their lives.

The various psychological problems experienced by adolescents in Eastern Answer require individual readiness psychologically, especially in overcoming the obstacles they experience. Therefore, the right coping strategy is needed to overcome the problem. Adolescents, an important stage where they have high enthusiasm for building social relationships, especially with their peers, inspire the tendency coping strategies they choose. Seeking social support is a choice for adolescents when faced with the problems of their daily lives, so there is nothing wrong with optimizing the role of peer counsellors or the like. It is very important in helping to improve adolescents' psychological well-being. In addition, emotion-focused coping is also a second alternative when social capital is felt to be able to help overcome the problems they are facing but is not available. Meanwhile, the problem of focused coping is the last alternative or less attractive to teenagers because the mental and emotional turmoil at this stage is still very strong.

Previous studies have also explained that adolescence, related to its developmental characteristics, tends to have a dominant relationship of influence from peers. How all the behaviours formed and the emotions that adolescents feel are very vulnerable to the closest peer group of adolescents (Diananda 2019; Widiarti 2017; Widiyawati and Wulandari 2021). The formation of an adolescent self-concept can be a decisive factor in the face of adolescence full of emotional turmoil and negative influences from within. In addition to the peer group of adolescents, the role of parents in the family should take over in optimizing parent-youth mentoring. Because the parent-adolescent relationship can prove to reduce behavioural problems in adolescents and improve the psychological well-being of parents-adolescents (Aw et al. 2020; Cooper et al. 1998; Hundra and Septiana 2020; Parent et al. 2016).

Therefore, if you look at the correlation between the type of coping strategy choice and adolescent psychological problems based on these conditions, the three tendencies of psychological problems (thought problems, anxiety/depression, and attention problems) are closely related to the coping strategies used by adolescents, namely emotion-focused coping and seeking social support. Meanwhile, problem-focused coping does not correlate with the tendency of adolescent psychological problems because this type of coping strategy is not so much in demand by adolescents. In addition, emotion-focused coping is more strongly related to adolescents' psychological problem tendencies than seeking social support because emotion-focused coping is more self-focused and tends to be subjective-isolative, while seeking social support is more focused on relational action

and tends to be objective-collaborative. It is just that both still contribute to the improvement (not decrease) of adolescent psychological problems because their orientation is not on problem-solving as problem-focused coping. However, their orientation is flattening, avoidance, helplessness, or dependence. Thus, this becomes homework and material for reflection to find alternative approaches to adolescent self-development to minimize susceptibility to psychological problems.

5 Conclusion

Based on the results of research that has been carried out, it can be concluded that psychological problems in millennial adolescents in East Java Province are the three highest, namely; (1) thought problems, (2) anxiety/depression, and (3) attention problems. Meanwhile, the coping strategies used by adolescents in solving their psychological problems are emotion-focused coping and seeking social support. Coping strategies with psychological problems have a high correlation are emotion-focused coping and seeking social support. Meanwhile, problem-focused coping does not have a significant relationship with the psychological problems of millennial adolescents.

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