



The Effect of Social Support from Peers on the Mental Health of Seventh Grade Students at UPTD SMPN 16 Kota Kupang in the 2024/2025 Academic Year

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Abstract

The aim of this research is to determine the effect of peer social support on the mental health of students at SMPN 16 Kupang City for the 2024/2025 academic year. This type of research is quantitative research with a quantitative descriptive approach. The population in this study were students in class VII A, B, C, D, E, and F, totaling 172 students and the research sample was 42 students. The sampling technique is a purposive sampling technique. The data collection tool is a questionnaire. The research data analysis technique is simple linear regression. The results of this study show that the tcount value is greater than ttable ($-4.231 > 0.312$) and the significance value is $0.003 < 0.05$. The results of this research data analysis show that there is an influence of peer social support on the mental health of class VII students at UPTD SMPN 16 Kupang City for the 2024/2025 academic year.

Keywords: Social Support, Peers, Mental Health, Students

Abstrak

Tujuan dari penelitian ini adalah untuk mengetahui pengaruh dukungan sosial teman sebaya terhadap kesehatan mental siswa di SMPN 16 Kota Kupang tahun ajaran 2024/2025. Jenis penelitian ini adalah penelitian kuantitatif dengan pendekatan deskriptif kuantitatif. Populasi dalam penelitian ini adalah siswa kelas VII A, B, C, D, E, dan F yang berjumlah 172 siswa, dengan sampel penelitian sebanyak 42 siswa. Teknik pengambilan sampel yang digunakan adalah purposive sampling. Alat pengumpulan data berupa kuesioner. Teknik analisis data penelitian ini menggunakan regresi linear sederhana. Hasil penelitian menunjukkan bahwa nilai thitung lebih besar daripada ttabel ($-4.231 > 0.312$) dan nilai signifikansi sebesar $0.003 < 0.05$. Hasil analisis data penelitian ini menunjukkan bahwa terdapat pengaruh dukungan sosial teman sebaya terhadap kesehatan mental siswa kelas VII di UPTD SMPN 16 Kota Kupang tahun ajaran 2024/2025.

Kata Kunci: Dukungan Sosial, Teman Sebaya, Kesehatan Mental, Siswa

Research Background

Mental health is a fundamental aspect of individual well-being, equal in importance to

physical health. According to the World Health Organization (WHO, 2022), "Mental health is defined as a condition in which a person is able to realize his or her potential, is able to overcome

the stresses of daily life, works productively, and is able to make a contribution to his or her community." In other words, mental health reflects the psychological balance that allows individuals to function optimally in social and personal life. A mentally healthy person shows characteristics such as feeling good about themselves, having realistic self-esteem, being able to build positive social relationships, and being able to set and pursue life goals rationally.

Mental health is influenced by several interrelated factors (Sutini, 2014), divides them into three main groups of factors, namely: somatogenic factors, which include biological conditions such as behavior, thoughts and emotions, psychogenic factors, such as lack of self-confidence and emotional trauma, sociogenic factors, which include socio-economic aspects such as parenting patterns, education level, income and living environmental conditions.

Psychologically, a person's mental health can be viewed from several main indicators. (Susanti, 2021) explains that these indicators include: aspects of feelings of happiness, which include feelings of satisfaction with oneself and inner peace, emotional balance, namely the ability to manage negative emotions such as anger, anxiety and sadness, social adaptation abilities, such as positive interactions with other people and the ability to deal with social dynamics, ability to manage stress, including the ability to overcome psychological pressure and chronic anxiety.

One of the social factors that plays a role in adolescence is social support from peers. Peer social support plays an important role in maintaining adolescent mental health. House . (mahmudi, 2014) peer social support consists of various forms, namely emotional support such as care, attention and empathy, appreciation support such as support for efforts made, instrumental support such as providing facilities, assistance or goods, and information support such as providing information, a means to increase knowledge in solving problems.

This support is important because it can provide affection, sympathy, understanding and moral guidance to teenagers. Apart from that, peer support also increases teenagers' self-esteem, which in turn influences their self-

confidence and ability to deal with emotional problems (Falerisiska Yunere, 2021)

Hightower's research ((Dewi), 2012), found that harmonious relationships with peers during adolescence influence positive mental health in adulthood. This indicates the influence of peer social support on students' mental health.

A preliminary study conducted by researchers through semi-structured interviews with Guidance and Counseling (BK) teachers at UPTD SMPN 16 Kota Kupang on October 15, 2024, revealed that a number of students showed symptoms such as lack of attention, sadness, anger, excessive anxiety, and depression. Guidance counselors stated that this condition appears to be closely related to a lack of social support from peers in the school environment. Specifically, students stated that they did not receive attention, empathy, appreciation, or concrete help from their friends. This caused them to feel socially and emotionally isolated, and they had no place to share their stories or psychological burdens.

This lack of support weakens students' ability to adapt to the social pressures they face. These initial findings provide a strong indication that social support from peers plays a crucial role in maintaining students' mental and emotional stability, especially in facing social challenges in the school environment. Therefore, it is important to examine further the extent to which the form and level of peer support influences the mental health of junior high school students in the context of formal education.

Based on the background description above, researchers are interested in researching "The influence of peer social support on the mental health of UPTD students at SMPN 16 Class VII, Kupang City". The results of this study imply that social support from peers plays an important role in maintaining students' mental health, even though its contribution is only a small part. Therefore, schools can encourage the creation of a positive friendship environment, while other parties such as families, teachers and school counselors also need to play an active role because factors outside of peer support also influence students' mental conditions.

Problem Formulation

Based on the background above, the problem formulation in this research is: Is there an influence of peer social support on the mental health of class VII UPTD students at SMPN 16 Kupang for the 2024/2025 academic year?

Research Objectives

The aim of this research is to determine the effect of peer support on the mental health of class VII students at UPTD SMPN 16 Kupang City for the 2024/2025 academic year.

Benefits of Research

This research is expected to provide the following benefits:

School Principals: This research can provide information for school principals to develop policies and programs that encourage the creation of schools that better support students in providing social support to other students so that students' mental health is maintained.

Guidance Teacher or Counselor: This research can be a reference for designing activity programs that support the formation of quality social support among students so that they can improve students' mental health.

Students: This research can help relationships between students by emphasizing peer social support which can contribute to students' mental health.

Method

This type of research is quantitative research with a quantitative descriptive approach. This research was conducted at UPTD SMPN 16 Kupang City, Jl.Supul No.10, Nefonaek, Kec. Kota Lama, Kupang City. This research lasted for 7 months starting from January to July 2025. The population in this research was students in class VII A, B, C, D, E, and F, totaling 172 students and the research sample was 42 students. The sampling technique is a *purposive sampling* technique. The data collection tool is a questionnaire. The research data analysis technique is simple linear regression.

Result and Discussion

Simple Linear Regression

Table 1. Simple Linear Regression Results

ANOVA ^a						
Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	4391,624	1	4391,624	10,442	.002 ^b
	Residual	20187,596	28	420,575		
	Total	24579,220	29			
a. Dependent Variable: KESEHATAN MENTAL						
b. Predictors: (Constant), DUKUNGAN SOSIAL TEMAN SEBAYA						

The results of the regression test show that the significance value of the regression model is 0.002 because this value is smaller than 0.05. It can be concluded that this regression model is significant, which means that peer social support has a significant influence on students' mental health.

Hypothesis testing, the researcher carried out a t test using the help of the application SPSS version 26 For Windows. The t test results can be seen in the following table:

Table 2. Hypothesis Test Results (t Test)

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	155,986	11,406		13,676	0,000
	DUKUNGAN SOSIAL TEMAN SEBAYA	-0,393	0,122	-0,424	-4,231	0,003
a. Dependent Variable: KESEHATAN MENTAL						

Based on table 2, the value of *t_{hitung}* is -4.231 compared to the value of *t_{tabel}* at the 5% significance level with $N = 42 - 2 = 40$, so it is obtained *t_{tabel}* is 0.312 (The distribution of the *t_{tabel}* values can be seen in attachment 14). Because *t_{hitung}* is greater than *t_{tabel}* (-4.231 > 0.312) and the significance value is $0.003 < 0.05$, H_a is accepted and H_o is rejected, meaning that there is an influence of peer social support on the mental health of UPTD students at SMPN 16 Kupang Tahun Lesson 2024/2025.

Test the Coefficient of Determination

Table 3. Coefficient of Determination Test Results

Model Summary ^b				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.084 ^a	0.117	-.018	25.322
a. Predictors: (Constant), dukungan sosial teman sebaya				
b. Dependent Variable: kesehatan mental				

Based on the table above, an R Square value of 0.117 is obtained, meaning that the contribution of the peer social support variable to the mental health variable is 11.7%, while the remainder is influenced by other factors not explained in this research.

Research conducted on UPTD students at SMPN 16 Kupang for the 2024/2025 academic year shows the influence of peer social support on students' mental health. Based on the results of the hypothesis test, it is known that t_{count} is greater than t_{table} ($-4.231 > 0.312$) and the significance value is $0.003 < 0.05$. The results of this analysis show that H_a is accepted and H_o is rejected, meaning that there is an influence of peer social support on the mental health of class VII UPTD students at SMPN 16 Kupang City.

The results of this research are in line with research (Fadhilah, 2023), which states that there is an influence of peer social support on the mental health of BPI UIN Syarif Hidayatullah Jakarta students. In this case, it shows that peer social support has a positive impact on a person's mental health.

The results of the determination test showed that peer social support contributed 11.7% to students' mental health. This shows that although social support from peers is influential, the level of influence is very small, and most of it is influenced by other factors according to (Sutini, 2014), namely: somatogenic factors which consist of behavior, thoughts, emotions, psychogenic factors which include work, family relationships, shame or guilt, and sociogenic factors which consist of economic income level, education and place of residence.

Furthermore, research (Jihan Tri Anggarjita, 2025), also shows that there is a significant relationship between social support from peers and mental health. Peer social support can help to prevent mental health problems in a person.

The results of this research are in accordance with the results of research (Putry, 2019) which shows that the majority of peer social support is in the very high category and the majority of teenagers' resilience capacity is in the high category. The results of linear regression analysis show that F_{count} is 42.170 and is greater than F_{table} , namely 3.89 and with a significance figure of 0.000 provided that if the sig value is < 0.05 , it means that the hypothesis in this study is accepted, with a magnitude of 0.126 or 12.6%.

Thus, the higher the social support from peers, the better the adolescent's resilience ability.

The same thing was expressed by (Fadhilla, 2024), who said that a lack of peer support will cause stress, anxiety, depression, decreased self-esteem, self-harming behavior, and social isolation. In addition, (Dewi, 2022) also found in her research that the higher the level of peer social support, the lower the mental health problems experienced.

Conclusion

Based on the analysis and interpretation of the research data, it can be concluded that there is a significant influence of peer social support on the mental health of students at UPTD SMPN 16 Kota Kupang in the 2024/2025 academic year. Peer social support contributes 11.7% to students' mental health, while the rest is influenced by other factors not examined in this study.

Based on the above conclusions, the researchers offer the following recommendations:

1. School principals

It is hoped that they will create policies that support the formation of a friendly, inclusive school environment and encourage positive interactions between students by providing space and time for students to build social relationships, such as through extracurricular activities, peer mentoring programs, and collaborative classroom activities to raise awareness of the importance of peer social support in maintaining students' mental health.

2. Guidance counselors

Expected to develop guidance counseling programs that emphasize the importance of peer social support. Programs such as group counseling, sharing activities, or peer counseling can be effective means of strengthening relationships between students and preventing mental health problems.

3. Students

It is recommended that students support each other and create a positive and open friendship environment. By establishing relationships of mutual respect and helping each other, students can feel safer and more comfortable in

facing mental health challenges at school.

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Curriculum Vitae

Bachelor's degree from Widya Mandira Catholic University Kupang, Faculty of Teacher Training and Education, Guidance and Counseling study program, class of 2021.