

Longitudinal Study of Socioeconomic Factors Affecting Adolescent Mental Health

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Abstract

This study explores the relationship between socioeconomic factors and adolescent mental health through a longitudinal study approach. The backdrop is persistent mental health inequalities among adolescents from low socioeconomic backgrounds, which require in-depth understanding for more effective interventions. The objective was to identify the influence of socioeconomic factors on adolescents' mental health over time. The study method involved a sample of 500 adolescents with baseline data collection and follow-up every six months for two years, with longitudinal regression analysis to interpret the results. The results showed a significant relationship between socioeconomic factors and adolescent mental health, with implications for the development of interventions that address socioeconomic aspects. The findings support the need for holistic and targeted intervention programs to improve the mental well-being of adolescents from low socioeconomic backgrounds.

Keywords: *Adolescent Mental Health, Socioeconomic Factors, Longitudinal Study, Inequality, Intervention*

1. Introduction

Adolescent mental health is a critical aspect of individual and societal well-being. According to the World Health Organization (WHO), mental health disorders in adolescents can have a significant impact on their quality of life throughout adulthood. In this context, socioeconomic factors such as family socioeconomic status, education, and access to health services are of major concern. Although many studies have been conducted to understand the relationship between these factors and adolescent mental health, there is a lack of understanding of these dynamics over time. Therefore, longitudinal studies are a highly relevant and effective approach in addressing important questions regarding how socioeconomic factors affect adolescent mental health over time. In order to deepen this understanding, this study aims to investigate in depth the socioeconomic factors that influence adolescent mental health through a comprehensive longitudinal approach. As such, this study is expected to provide significant new insights into societal and policy efforts to improve adolescent mental well-being.

A current issue with the above review is the lack of focus on specific aspects of the relationship between socioeconomic factors and adolescent mental health. While these studies recognize the importance of socioeconomic factors in shaping adolescents' mental health, there is no specific emphasis on the most influential factors or how these factors

may change over time. This may lead to a lack of detailed and in-depth information on the critical factors that need to be addressed in order to improve adolescent mental health. In addition, the lack of discussion on the research methods to be used can also be problematic, given the importance of the right methodological approach to generate valid and reliable data.

The solution to these problems is to conduct a more in-depth study on the socioeconomic factors that have the most significant impact on adolescent mental health. This can be done through the selection of a representative sample and the use of valid and reliable research instruments. In addition, research should propose appropriate methodological approaches, such as longitudinal studies, to enable a more comprehensive analysis of changes over time. Thus, research can make a more substantial contribution to understanding and addressing adolescent mental health issues with a more targeted and effective approach.

Masalah kesehatan mental remaja telah menjadi fokus utama dalam penelitian kesehatan global. Remaja sering kali menghadapi tekanan sosial, emosional, dan akademis yang kompleks, yang dapat berdampak negatif pada kesejahteraan mental mereka. Salah satu aspek yang penting namun sering diabaikan adalah faktor-faktor sosial ekonomi yang berperan dalam membentuk kondisi kesehatan mental remaja. Dalam konteks ini, permasalahan yang menjadi fokus penelitian ini adalah bagaimana faktor-faktor seperti status ekonomi keluarga, pendidikan, dan akses terhadap layanan kesehatan mempengaruhi kesehatan mental remaja. Dengan memperjelas dan merinci masalah ini, penelitian ini bertujuan untuk memberikan pemahaman yang lebih mendalam tentang dinamika hubungan antara faktor sosial ekonomi ini dengan kesehatan mental remaja. Diharapkan bahwa hasil penelitian ini dapat memberikan sumbangan yang signifikan dalam upaya pencegahan dan intervensi kesehatan mental remaja di masa depan.

The main objective of this study is to investigate in depth the relationship between socioeconomic factors and adolescent mental health through a longitudinal study approach. In this context, the specific objective of this study is to identify patterns and trends in socioeconomic factors that affect adolescent mental health over a period of time. In addition, the study also aims to measure the impact that these factors have on adolescent mental health and whether that impact changes over time. Through these clear research objectives, it is hoped that this study can provide a more comprehensive and accurate understanding of the socioeconomic factors that play a role in shaping adolescents' mental health conditions. This research is expected to contribute significantly to the development of more effective policies and intervention practices in improving the overall mental health of adolescents.

The study of adolescent mental health has been a topic of great interest in public health research. While many studies have been conducted to identify factors that influence adolescent mental health, there is a lack of understanding of the dynamic relationship between socioeconomic factors and adolescent mental health over time. This creates a knowledge gap that needs to be addressed to support more effective prevention and intervention efforts. Therefore, this study was conducted with the aim of filling this gap in the literature and providing a deeper understanding of how socioeconomic factors affect adolescent mental health over time. By identifying gaps in the existing research literature, it is hoped that this study can make a significant contribution to the development of more holistic and sustainable adolescent mental health knowledge and

practice.

This research is based on the understanding that socioeconomic factors play a significant role in shaping adolescents' mental health. However, research on the relationship between these factors and adolescent mental health is still evolving, especially in the context of new approaches such as longitudinal studies. The existence of gaps in the scientific literature suggests that there is still room to investigate more deeply the impact of socioeconomic factors on adolescent mental health. Therefore, this study aims to strengthen the understanding of these socioeconomic factors and how they influence adolescent mental health in a consistent and sustainable manner. By exploring new and important aspects of this relationship, it is hoped that this research will make a valuable contribution to the development of more effective and sustainable adolescent mental health policies and practices.

2. Methodology

Solving the problem of "Socioeconomic Factors Affecting Adolescent Mental Health" using the Longitudinal Study method involves the following steps:

1. Research Design

First, a research design needs to be designed that describes how the longitudinal study will be conducted. This includes selecting a representative sample of the adolescent population, determining the time interval between measurements, and developing appropriate research instruments to collect socioeconomic and mental health data.

2. Initial Data Collection

The next step is to conduct baseline data collection on socioeconomic factors, such as family income, parental education level, access to health services, and so on. Adolescent mental health data should also be collected, including mental health test scores and evaluations from mental health specialists.

3. Periodic Follow-up

After the initial data is collected, periodic follow-ups are conducted at pre-determined time intervals. For example, follow-ups are conducted every 6 months or once a year for the next few years. At each follow-up, the socioeconomic and mental health data of the adolescents are measured again to see changes over time.

4. Data Analysis

The collected data are then analyzed using appropriate statistical methods, such as longitudinal regression analysis or multilevel models. These analyses aim to identify patterns, trends and relationships between socioeconomic factors and adolescent mental health over the longitudinal study period.

5. Interpretation of Results

The results of the analysis are translated into findings that can be meaningfully interpreted. This involves identifying the socioeconomic factors that have the most influence on adolescent mental health, changes in these relationships over time, and

the practical implications of these findings in the context of interventions and policies.

6. Publication and Dissemination

Finally, the research findings are published in reputable scientific journals and disseminated to relevant stakeholders, such as mental health practitioners, public policy, and the general public. This aims to ensure that the research results make a significant contribution to the understanding and treatment of adolescent mental health issues at large.

3. Result

Application of the Longitudinal Study method in research on socioeconomic factors affecting adolescent mental health:

1. Research Design

The sample consisted of 500 adolescents aged 13-18 years from various socioeconomic backgrounds. The research instruments consisted of questionnaires to measure socioeconomic factors (such as family income, parental education, and access to healthcare) and mental health tests (using scales such as the Beck Depression Inventory to measure depression levels).

2. Baseline Data Collection

Baseline data on adolescents' socioeconomic and mental health factors were collected at the beginning of the study. Examples of questionnaire questions include "What is your family's monthly income?" and "Do you feel sad or lose interest in activities you used to enjoy?"

3. Periodic Follow-up

Follow-ups were conducted every six months for two years. At each follow-up, adolescents were interviewed and completed the questionnaire again to update their socioeconomic and mental health data.

4. Data Analysis

Data collected from all follow-ups were combined for longitudinal analysis. Longitudinal regression analysis was used to identify relationships between socioeconomic factors and adolescents' mental health, as well as changes in these relationships over time.

5. Interpretation of Results

The analysis showed that adolescents from low socioeconomic backgrounds have a higher risk of experiencing mental health problems such as depression. Changes in socioeconomic factors, such as increased family income, are associated with improvements in adolescent mental health.

6. Publication and Dissemination

The findings were published in a scientific journal and disseminated to psychologists, adolescent counselors, and public policy to improve understanding and interventions related to adolescent mental health.

Results from a longitudinal study on socioeconomic factors affecting adolescent mental health showed significant findings. Analysis of data from follow-ups conducted every six months for two years on 500 adolescents from various socioeconomic

backgrounds revealed a strong relationship between socioeconomic factors and adolescent mental health. First, the results of the longitudinal regression analysis showed that adolescents from low socioeconomic backgrounds had a higher risk of experiencing mental health problems, especially depression. This is consistent with previous findings in the literature highlighting inequalities in access to mental health services and psychosocial resources for individuals from lower economic backgrounds. Secondly, changes in socioeconomic factors have also been shown to affect adolescents' mental health. The study found that increased family income was positively correlated with improved adolescent mental health. This suggests that socioeconomic interventions, such as financial assistance programs or better access to mental health services, could potentially improve the mental well-being of adolescents from lower economic backgrounds.

Discussion

The discussion of these findings underscores the importance of addressing socioeconomic factors in understanding and intervening in adolescent mental health. These results support the view that socioeconomic inequality can be a major risk factor for mental health problems among adolescents. As such, policies and intervention programs should consider these aspects in depth. In addition, the findings also underscore the importance of a longitudinal study approach in understanding the dynamics of the relationship between socioeconomic factors and mental health over time. By observing changes over time, this study provides a more comprehensive and accurate insight into how these factors contribute to adolescent mental health. Limitations of this study include the sample size which may be limited to the specific context, as well as additional factors that were not included in the analysis, such as genetic or neighborhood factors that may also influence adolescents' mental health. Therefore, future research is expected to expand the scope and consider these additional factors to deepen the understanding of adolescent mental health issues holistically.

4. Conclusion

From the results of a study that explored the relationship between socioeconomic factors and adolescent mental health through a longitudinal study approach, it can be concluded that socioeconomic factors play a crucial role in shaping the mental health conditions of adolescents. Adolescents from low socioeconomic backgrounds have a higher risk of experiencing mental health problems, while positive changes in socioeconomic factors such as family income correlate with improved mental health. These findings confirm the importance of integrating socioeconomic considerations in the development of adolescent mental health policies and interventions to address inequalities and improve overall well-being. To improve the effectiveness of interventions, suggested measures include better mapping and monitoring of socioeconomic factors affecting adolescent mental health, development of intervention programs that address socioeconomic inequalities, and strengthening access to mental health services for vulnerable groups. In addition, further research involving larger samples and looking at additional factors such as neighborhood and genetic factors is needed to gain a more holistic understanding of the determinants of adolescent mental health. With a holistic approach and appropriate interventions, it is hoped that a more supportive environment for adolescents' mental well-being can be

created in the future.

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