



Analysis Psychological Distress and Psychological Well-Being Among Female Adolescents

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ABSTRACT

Recently, adolescents encountered many problems that can impact their psychological distress. Perceived psychological distress subsequently can influence their psychological well-being. This study focused on female adolescents who reported experiencing more anxiety and depression. The purpose of this study is to investigate the relationship between psychological distress with psychological well-being among female adolescents. This study involved 445 female adolescents in Indonesia. Psychological Distress Scale and Psychological Well-Being Scale were administered. Data analysis used product moment correlation and simple regression. The results showed that psychological distress was significantly related to psychological well-being ($r: -0.436; p < 0.01$), and in addition, the R square value obtained is 0.190 which means that the role of psychological distress is 19% of the psychological well-being of female adolescents. The implication of this result is that female adolescents who scored higher in psychological distress would experience less psychological well-being hence an educational program is necessary for them to overcome their anxiety or depression.

Keywords: Keywords are your own designated keywords separated by commas (“,”). Keyword 1, Keyword 2, Keyword 3, Keyword 4.

1. INTRODUCTION

Throughout life, humans are faced with problems in everyday life, as well as teenagers. Adolescents are individuals who are in a transitional period from childhood to early adulthood. It is during this period that individuals have greater responsibility and are expected to be able to solve their own problems like adults. This challenge becomes even more severe when today's adolescents are also faced with more complex problems compared to adolescents in previous times. Today they are not only faced with problems in academic performance [1] and family conflicts [2], but can also be caused by technological developments that accompany their growth, and various new problems arise such as internet addiction [3] [4], cyberbullying [5] [6], addiction to social media [7] [8] and others that can interfere with psychological well-being [9].

Psychological well-being is a condition in which individuals have a positive attitude towards themselves and others, are able to make their own decisions and regulate their own behavior, can create and manage an environment compatible with their needs, have goals in life and make their lives more meaningful and seek to explore and develop self-potential [10]. Some research results show that adolescents with high psychological well-being tend to have good social competence [11], are able to plan their education and career [12] and tend to be mindful [13]. Conversely, the results of previous research also show that adolescents who have low psychological well-being tend to have difficulty regulating emotions [13], feel anxious [14] [15], and depression [15].

Based on the 2018 Basic Health Research (Riskesdas) data, it shows that 19 million people over 15 years of age experience mental emotional disorders and more than 12 million people over 15 years of age experience depression and are prone to suicidal behavior. These results are also supported by research in 2021 by the Faculty of Health, University of Indonesia where adolescents in the transition period with an age range of 16-24 years experience symptoms of anxiety (95.4%) and symptoms of depression (88%) in dealing with their problems. However, there are differences in levels of

anxiety and depression between female and male adolescents. Research by Zhang, et al. [16] found that female adolescents tend to experience anxiety and depression compared to male. This is because since the beginning of adolescence, females are more anxious and depressed than male. Apart from that, female adolescents also face more challenges than male [17]. These symptoms of anxiety and depression were mentioned by Mirowsky & Ross [18], namely psychological distress. Psychological distress is an individual's emotional state characterized by symptoms of depression and anxiety. Unfortunately, prolonged psychological distress can result in more complex mental disorders [19].

Previous studies have examined the relationship between psychological distress and psychological well-being both in adults [20], first year students during the Covid-19 period [21] and among students of Health Disciplines [22]. However, there is no research that focuses on female adolescents. Therefore, this study will examine the relationship between psychological distress and psychological well-being in female adolescents.

2. METHODS

2.1. Research Design

The design for this study was correlational quantitative research, to examine the relationship between psychological distress with psychological well-being in female adolescents.

2.2. Participant

Participants of this study were 445 female adolescents aged 18-21 (M age: 19.07, SD =1,046) recruited via posters on social media.

2.3. Instruments

There are two instruments used, first is **Hopkins Symptom Checklist-25 (HSCL-25)** [23] which has been adapted by Turnip and Hauff [24] to measure the level of psychological distress. HSCL-25 consists of two dimensions: anxiety and depression. Participants were asked to rate each item Participants were asked to choose a response from not at all disturbing (score 0) to very disturbing (score 4) based on the symptoms they had experienced during the past week. Cronbach's Alpha value of 0,951.

Second, **Psychological Well-Being Scale-Short Version** [10] which has been adapted by Rachmayani & Ramdhani [25] to measure the level of psychological well-being. Psychological Well-Being Scale consists of 18-aitem to measure six dimensions: (1) Autonomy, (2) Environmental Mastery, (3) Personal growth, (4) Positive relations with others, (5) Purpose in life, and (6) Self-Acceptance. Participants were asked to rate each item, picking the option that indicates how much they agree or disagree, using a seven-point scale (ranging from 1 = Strongly Disagree to 7 = Strongly Agree) was used to respond to the items. Scores higher on each scale shows greater well-being on that subscale. Cronbach's Alpha value of 0,750.

3. RESULTS

3.1. The relationship of psychological distress and psychological well-being

Table 1. Results

Variables	r value	Significant Value (p)
Psychological distress – Psychological Well-Being	-0.436	0.000
Anxiety – Psychological Well-Being	-0.340	0.000
Depression – Psychological Well-Being	-0.458	0.000

To examine the relationship between psychological distress and psychological well-being in female adolescents, the data analysis used was product moment correlation analysis by IBM SPSS 26.0 program. Results were obtained with a

correlation value of -0.436 with a significance value of $p < 0.01$. So, it can be concluded that there is a negative correlation between psychological distress and psychological well-being in female adolescents. This means that the higher the psychological distress felt, the lower their psychological well-being, and vice versa.

As it is known that psychological distress is characterized by the emergence of symptoms of anxiety and depression. If analyzed separately, it is known that there is a significant negative relationship between psychological well-being and anxiety ($r: -0.340$; $p < 0.01$) and depression ($r: -.458$; $p < 0.01$). So, it can be concluded that higher levels of anxiety and depression experienced by female adolescents will reduce their level of psychological well-being.

3.2. The role of psychological distress and psychological well-being

Furthermore, this study also measures the role of psychological distress in female adolescents psychological well-being, which then obtained the following equation:

$$Y = 97.554 - 0.292X$$

This means that psychological distress has a negative effect on psychological well-being in female adolescents. This is also supported by the results of a significance value of $p < 0.01$.

In addition, the R square value obtained is 0.190 which means that the role of psychological distress is 19% of the psychological well-being of female adolescents.

4. DISCUSSION

This research aims to determine the relationship between psychological distress and psychological well-being in female adolescents. Based on the results of the analysis, it shows that there is a significant negative relationship between psychological distress and psychological well-being in female adolescents. This means that the higher the psychological distress felt by them, the lower their psychological well-being, and the lower the psychological distress felt by female adolescents, the higher their psychological well-being. This research also found that psychological distress played a role of 19% in the psychological well-being of female adolescents.

As explained by Mirowsky & Ross [18], the emergence of psychological distress is characterized by the appearance of symptoms of anxiety and depression. Adolescents today are vulnerable to experiencing anxiety and depression when facing problems [26], especially for female adolescents. So, the potential for experiencing psychological distress in female adolescents is quite high. The impact is that they will find it difficult to overcome problems and carry out activities in daily life, including feeling low in their psychological well-being [15].

Every human being demands psychological well-being, including adolescents. Psychological well-being is a condition in which individuals have a positive attitude towards themselves and others, are able to make their own decisions and regulate their own behavior, can create and manage an environment compatible with their needs, have goals in life and make their own lives more meaningful and seek to explore and develop self-potential [10]. Adolescents with high psychological well-being can certainly explore more of their potential, are able to plan and make good decisions in the future and have positive relationships with other people. This condition will make them more prepared to overcome challenges in adulthood, such as work or marriage relationships. Therefore, it is important for adolescents to be able to overcome psychological distress.

Overcoming psychological distress can be done through mindfulness. Based on research by MacDonald, H.Z., & Baxter [27], psychological well-being can increase with mindfulness training for female adolescents, because it can regulate emotions to overcome anxiety and depression. This certainly requires the role of academics and mental health practitioners in order to be able to provide education and training to female adolescents.

5. CONCLUSION

This study shows that there is a significant negative relationship between psychological disorders and psychological well-being in female adolescents. The higher they experience psychological distress, the lower their psychological well-being, and vice versa. Apart from that, psychological distress plays a significant role in the psychological well-being of female adolescents. Therefore, there is a need for educational programs to assist them in overcoming perceived psychological distress, for example through mindfulness training and coping strategies to manage stress symptoms so that feelings of anxiety and depression can be reduced and can also improve psychological well-being in female adolescents.

AUTHORS' CONTRIBUTIONS

DR drafted the original article. UR analyzed data, IF and CY revised the draft. All authors contributed to the article and approved the submitted version.

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