

“Adolescent Mental Health Resilience in Disaster Contexts: A Narrative Review”

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Methodology

- Narrative Review of Peer Review studies (2020-2025)
- Data base by Google Scholar
- The allintitle: “mental health” “adolescent” “disaster”
- Participants/Sample: adolscent aged 10-18 years

Results

- Findings indicated adolescent quality of life declined to moderate levels after disasters, with PTSD symptoms and avoidance behaviours commonly reported.
- Interventions such as counselling and disaster preparedness psychoeducation, digital SEFT (Spiritual Emotional Freedom Technique) therapy, peer support, and the role of community volunteer health workers in preventing mental health problems emerged as key strategies to sustain adolescent mental health in disaster contexts

Conclusion

- Disasters significantly disrupt adolescent mental health.
- Counselling, psychoeducation, digital SEFT therapy, peer support, and community health volunteers can strengthen resilience and sustain adolescent well-being in disaster-prone settings.

Introduction

- The numerous natural disasters in various regions in Indonesia have caused mental health problems for adolescents.
- The lack of psychoeducational knowledge about disasters increases the risk of psychological trauma.

Aim: Addressing mental disorders and the risk of psychological trauma in adolescents due to natural disasters, which are caused by a lack of psychoeducational knowledge about disasters.

Table. Summary of Reviewed Studies on Adolescent Mental Health Resilience in Disaster Contexts

No	Author, Year	Country	Study design	SES Factor Analyzed	Key Findings
1	Fransisca I.R. Dewi, 2021	Indonesia	survey questionnaire	quality of life	The quality of life of adolescents in terms of physical, psychological, social and environmental aspects in Aceh, Mataram and Palu is classified as moderate
2	Yaya Sukarya, 2025	Indonesia	quantitative and qualitative	community counseling	75% of students felt better emotionally after participating in the preventive approach and psychosocial recovery program
3	Maldyanti Abd Aziz, 2023	Indonesia	training and quantitative, practice, discussion	stress management	Understanding stress management allows a person to understand the physical and psychological condition of someone affected by a natural disaster and how to deal with it
4	Laily Nur Rahmawati, 2025	Indonesia	interviews and descriptive analysis	Avoidance	Adolescents show a tendency to avoid talking about eruption events as a defense mechanism
5	Emira Apriyani,2021	Indonesia	experimental method with a pre-test post-test design	Assertive Training	Effective assertive training is provided to teenagers to help students improve their ability to communicate what they want, feel and think to others
6	Nurul Hidayat, 2024	Indonesia	experimental method with a pre-test post-test design	SEFT Therapy	Digital-based approaches provide practical and effective solutions to support adolescent mental health in disaster-prone areas
7	HasdinarUmar, 2024	Indonesia	experimental method with a pre-test post-test design.	Psycoedukasi	The knowledge gained from this activity can make a significant contribution in mitigating disaster risks and providing appropriate first aid services in emergency situations
8	Eko Arik Susmiatin, 2024	Indonesia	health education	Empowerment of cadres	The demonstration provided a new learning experience for the community in general, and cadres in particular, so that they are prepared to play a role in facing future disasters
9	Ulfah Nur Hanifah, 2020	Indonesia	qualitative descriptive with a survey	Anxiety, PTSD	The study found that a large proportion of child tornado victims experienced moderately severe (23.3%) and severe (16.7%) PTSD, with girls experiencing severe PTSD more frequently
10	Farid Aji Prakosa, 2024	Indonesia	quantitative descriptive with a survey approach	Intervention Peer Support	Empathy-based interpersonal communication in peer support groups has been proven effective in supporting individual mental resilience in emergency situations

References

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