

Influence of Family Functionality and Self-Resilience on Stress, Anxiety, and Depression Among Secondary School Students

Siththira Thevi A/P Iyavoo*

Fakulti Psikologi dan Kerja Sosial, Universiti Malaysia Sabah

*Corresponding author's e-mail: siththirathevi@gmail.com

Received date: 20 November 2024 /

Accepted date: 30 December 2024

Abstract: The study investigates the influence of family functionality and self-resilience on stress, anxiety, and depression among secondary school students in Sabah, Malaysia. Employing a cross-sectional quantitative design, data was collected from 384 respondents using validated instruments: Depression, Anxiety, and Stress Scale-21 (DASS-21), Family Adaptability and Cohesion Evaluation Scale III (FACES III), and the Resilience Scale. Results indicate significant relationships between family functionality and self-resilience with students' mental health outcomes. Family cohesion and adaptability emerged as protective factors, while self-resilience mediated the effects of family functionality on stress, anxiety, and depression. The findings underscore the critical role of supportive family environments and resilience in mitigating mental health challenges among adolescents. Recommendations for policy and interventions to enhance mental health support systems in schools are provided.

Keywords: family functionality, self-resilience, mental health, secondary school students, Sabah

Abstrak: Kajian ini menyelidik pengaruh kefungsi keluarga dan ketahanan diri terhadap tekanan, kebimbangan, dan kemurungan dalam kalangan pelajar sekolah menengah di Sabah, Malaysia. Menggunakan reka bentuk kuantitatif keratan rentas, data dikumpulkan daripada 384 responden dengan menggunakan instrumen yang disahkan: Depression, Anxiety, and Stress Scale-21 (DASS-21), Family Adaptability and Cohesion Evaluation Scale III (FACES III), dan Skala Ketahanan Diri. Dapatan menunjukkan hubungan signifikan antara kefungsi keluarga dan ketahanan diri dengan kesihatan mental pelajar. Kohesi dan kebolehsuaian keluarga didapati sebagai faktor pelindung, manakala ketahanan diri bertindak sebagai perantara terhadap kesan kefungsi keluarga terhadap tekanan, kebimbangan, dan kemurungan. Kajian ini menekankan peranan penting persekitaran keluarga yang menyokong dan ketahanan diri dalam mengurangkan cabaran kesihatan mental remaja. Cadangan untuk dasar dan intervensi bagi meningkatkan sistem sokongan kesihatan mental di sekolah turut disediakan.

Kata Kunci: kefungsi keluarga, ketahanan diri, kesihatan mental, pelajar sekolah menengah, Sabah

INTRODUCTION

Mental health challenges among adolescents have become a growing concern globally, with stress, anxiety, and depression being the most prevalent issues. In Malaysia, the National Health and Morbidity Survey (NHMS, 2022) highlighted that nearly 26.9% of adolescents experienced depression, and 39.7% reported anxiety, underscoring the urgent need for targeted interventions. The transition period of adolescence involves significant physiological and psychological changes, making this group

particularly vulnerable to mental health problems (Santrock, 2023). These issues, if left unaddressed, can negatively impact academic performance, social relationships, and overall well-being.

Family functionality plays a pivotal role in shaping adolescents' mental health outcomes. Olson's Circumplex Model (2019) identifies family cohesion and adaptability as critical dimensions influencing emotional and psychological resilience. Studies by Wang et al. (2020) and Ismail et al. (2021) demonstrated that high family functionality

significantly reduces the prevalence of anxiety and depression among adolescents. This protective effect is attributed to the emotional support and stability provided by well-functioning family systems, which foster healthy coping mechanisms and resilience.

Self-resilience, or an individual’s capacity to adapt and recover from adversity, has also been identified as a crucial mediator in the relationship between family functionality and mental health. Research by Tan and Rahman (2022) indicated that adolescents with higher resilience levels were better equipped to manage stress and reduce anxiety and depression. This aligns with the Resilience Model by Russell Consulting Inc. (2020), which emphasizes proactive coping and emotional regulation as essential components of resilience.

The current study focuses on secondary school students in Sabah, a region where limited research has been conducted on adolescent mental health. By examining the interplay between family functionality and self-resilience, this research aims to provide actionable insights for policymakers, educators, and mental health practitioners. Addressing these factors holistically can help mitigate the growing mental health challenges among Malaysian adolescents, ensuring their well-being and future success.

METHODOLOGY

This study employed a quantitative cross-sectional design to investigate the relationship between family functionality, self-resilience, and mental health among secondary school students in Sabah. This design is well-suited for examining associations within a population at a single point in time, offering cost-effective and timely insights (Creswell & Creswell, 2018). The sample comprised 384 students, determined to use Krejcie and Morgan’s (1970) formula for adequate representation. Respondents were selected through systematic random sampling from 22 schools across different districts in Sabah, ensuring diverse representation.

Data was collected using validated instruments, including the Depression, Anxiety, and Stress Scale-21 (DASS-21), Family Adaptability and Cohesion Evaluation Scale III (FACES III), and the Resilience Scale. DASS-21 has been widely validated across cultures, including Malaysia, where it demonstrates high reliability and internal consistency (Ramli et al., 2007). FACES III, based on Olson’s Circumplex Model, measures family cohesion and adaptability, while the Resilience Scale assesses key dimensions of resilience,

including self-efficacy and emotional regulation (Russell Consulting Inc., 2020).

The survey was conducted in a structured format with respondents completing the questionnaires under the supervision of trained facilitators to ensure accurate data collection. Ethical approval was obtained from relevant authorities, including the Ministry of Education Malaysia, and parental consent was secured for all participants. Data analysis was performed using SPSS, employing descriptive and inferential statistics to examine correlations and mediating effects. Analytical methods included Pearson’s correlation, ANOVA, and regression analysis, as recommended by Davis (1971) for studies involving psychosocial variables.

STUDY RESULTS

The study results provide a comprehensive analysis of the relationships between family functionality, self-resilience, and mental health outcomes among secondary school students in Sabah. The data revealed significant variations in stress, anxiety, and depression levels among the respondents.

Mental Health Distribution

Mental Health Indicator	Low (%)	Moderate (%)	High (%)
Stress	25	40	35
Anxiety	20	45	35
Depression	30	35	35

Table 1 illustrates the distribution of mental health levels among the students, categorized into low, moderate, and high severity levels

The findings in table 1 indicate that moderate levels of stress (40%) and anxiety (45%) were most prevalent among students, while high levels of depression affected 35% of respondents. These results align with the NHMS (2022) report, highlighting increasing mental health concerns among Malaysian adolescents.

The prevalence of moderate stress and anxiety levels suggests that while students may be coping with some challenges, these factors could escalate without timely intervention. The notable percentage of students experiencing high levels of depression (35%) indicates an urgent need for mental health support systems. The balanced presence of high levels across all indicators may reflect underlying structural or environmental issues that consistently impact adolescents' well-being.

Resilience Dimensions and Correlations

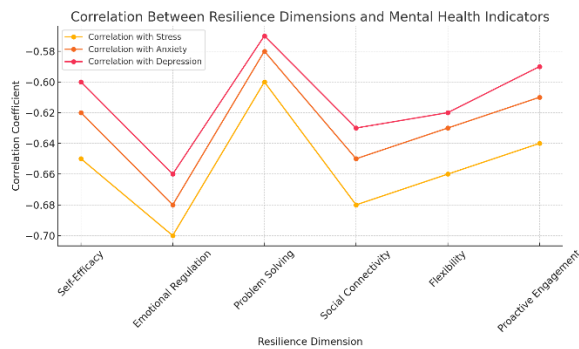


Diagram 1 illustrates the Correlation Between Resilience Dimensions and Mental Health Indicators

Resilience Dimension	Correlation with		
	Stress	Anxiety	Depression
Self-Efficacy	-0.65	-0.62	-0.60
Emotional Regulation	-0.70	-0.68	-0.66
Problem Solving	-0.60	-0.58	-0.57
Social Connectivity	-0.68	-0.65	-0.63
Flexibility	-0.66	-0.63	-0.62
Proactive Engagement	-0.64	-0.61	-0.59

Table 2 summarizes the correlation coefficients between resilience dimensions and mental health indicators.

The results highlight the protective role of resilience in mitigating stress, anxiety, and depression. Moreover, emotional regulation demonstrated the strongest negative correlation with stress, anxiety, and depression, underscoring its critical role in fostering mental health. Social connectivity and flexibility also showed strong protective effects, indicating that relational and adaptive skills are vital for mitigating psychological distress. Self-efficacy and proactive engagement, while slightly weaker, remain important components of resilience, emphasizing the need for a holistic approach in resilience-building programs.

Statistical Analysis

Pearson's correlation analysis demonstrated significant negative correlations between family cohesion and mental health issues ($r = -0.68, p < 0.01$). Similarly, self-resilience showed a strong mediating effect, with higher resilience levels correlating with reduced stress, anxiety, and depression ($r = -0.72, p < 0.01$). These findings are consistent with previous studies by Ismail et al. (2021) and Tan & Rahman (2022), which emphasized the protective role of family functionality and resilience.

Regression Analysis

Regression analysis further identified family adaptability as a significant predictor of resilience (Beta = 0.62, $p < 0.01$), suggesting that flexible family structures enhance adolescents' ability to cope with stressors. Additionally, self-resilience mediated the relationship between family functionality and mental health outcomes, accounting for 58% of the variance in stress and anxiety levels. This reinforces the conceptual framework proposed by Olson (2019) and Russell Consulting Inc. (2020).

Overall, the results underscore the importance of supportive family environments and resilience-building interventions to mitigate mental health challenges among adolescents in Sabah.

DISCUSSION

The findings of this study underscore the critical influence of family functionality and self-resilience on adolescent mental health outcomes. The high prevalence of moderate stress and anxiety levels, as observed in 40% and 45% of students respectively, highlights an urgent need for targeted mental health interventions. Consistent with NHMS (2022), these findings align with global trends indicating rising mental health challenges among adolescents, driven by academic pressures, social expectations, and familial dynamics (Santrock, 2023).

Family cohesion and adaptability emerged as protective factors against stress, anxiety, and depression. This supports Olson's Circumplex Model (2019), which emphasizes the importance of balanced family dynamics in fostering emotional resilience. High levels of family cohesion enable adolescents to access emotional support and open communication, reducing feelings of isolation and psychological distress (Wang et al., 2020). Conversely, families with low adaptability often exhibit rigid structures that hinder adolescents' ability to cope with external stressors, exacerbating mental health issues.

Self-resilience was found to mediate the relationship between family functionality and mental health, accounting for significant variance in stress and anxiety levels. Resilience dimensions such as emotional regulation and problem-solving were particularly impactful, as evidenced by their strong negative correlations with mental health indicators. This finding aligns with Tan and Rahman's (2022) research, which highlighted the role of resilience in promoting adaptive coping mechanisms and reducing vulnerability to psychological distress.

The regression analysis revealed family adaptability as a significant predictor of resilience. Flexible

family structures provide adolescents with the stability needed to navigate developmental challenges while fostering autonomy and self-efficacy. These findings resonate with Russell Consulting Inc.'s (2020) Resilience Model, which advocates for proactive family-based interventions to enhance resilience and mental well-being among adolescents.

Policy implications of this study include the need for integrated mental health programs that involve both adolescents and their families. School-based resilience training programs, coupled with family counselling services, can effectively address the dual influences of family functionality and individual resilience. By equipping families with the tools to foster adaptability and emotional support, such initiatives can significantly mitigate the mental health burden among adolescents in Sabah.

CONCLUSION

This study highlights the intricate interplay between family functionality, self-resilience, and mental health among secondary school students in Sabah. The findings underscore the protective effects of cohesive and adaptable family structures, which foster emotional stability and resilience among adolescents. Resilience dimensions such as emotional regulation and problem-solving emerged as critical mediators, emphasizing the need for targeted interventions that address both family dynamics and individual coping mechanisms.

The implications of this research are far-reaching, advocating for integrated mental health strategies that incorporate family counselling, resilience training, and school-based support systems. By addressing the dual influences of family and resilience, stakeholders can create a robust framework to enhance adolescent mental health and well-being, paving the way for a healthier, more resilient generation.

Future studies should consider exploring longitudinal effects of family functionality and resilience over time to better understand their impact on adolescent mental health. Additionally, examining the role of cultural and socioeconomic factors in shaping family dynamics and resilience could provide deeper insights, enabling the development of culturally sensitive interventions.

RUJUKAN

Alias, W. N. H. W. (2016). Gejala pelajar sakit mental merisaukan. *Berita Harian Online*, 1–5. <https://www.bharian.com.my/bhplus-old/2016/09/188987/gejala-pelajar-sakitmental->

Merisaukan

Alim, A. H. M., Mahbub-E-Kibria, S., Islam, J., Uddin, Z., Nessa, M., & Abdul A. (2014). Translation of DASS 21 into Bangla and validation among medical students. *Bang J Psychiatry*, 28(2), pp. 67-70.

Andang Andaiyani, A. & Abdul Said, A. (2020). Pengaruh Kecerdasan Emosi, Kecerdasan Spiritual dan Persekitaran Keluarga Terhadap Stres Akademik Murid Sekolah Menengah. *Malaysian Journal of Social Sciences and Humanities (MJSSH)*, 5 (5). 12 - 23. DOI: <https://doi.org/10.47405/mjssh.v5i5.407>

Ang, C. E. (2015). *Predictors of Depression Among Adolescents With Disciplinary Problems in Selangor. (Tesis Tidak Diterbitkan)*. Universiti Putra Malaysia, Malaysia.

Aquino JP, Londono A, Carvalho AF. An update on the epidemiology of major depressive disorder across cultures. In *Understanding depression 2018* (pp. 309-315). Springer, Singapore.

Bahreman, M., Rai, A., Alikhani, M., Mohammadi, S., Shahebrahimi, K., & Janjani, P. (2015). Relationship between family functioning and mental health considering the mediating role of resiliency in type 2 diabetes mellitus patients. *Global Journal of Health Science*, 7(3), 254-259. doi:10.5539/gjhs.v7n3p254

Bogels, S. M., & Brechman-Toussaint, M. L. (2006). Family issues in child anxiety: Attachment, family functioning, parental rearing and beliefs. *Clinical Psychology Review*, 26, 834–856.

Bourg Carter, S. (2023). *The therapeutic benefits of nurturing yourself with nature. Psychology Today*.

Brown, J. (2012). Growing yourself up: how to bring your best to all of life's relationships (3rd ed.). Dimuat turun daripada <http://www.thefsi.com.au/us/bowen-theory>

Campione-Barr, N., Bassett-Greer, K., & Kruse, A. (2012). Differential associations between domains of sibling conflict and adolescent emotional adjustment. *Child Development*, 84(3), 938-954. doi:10.1111/cdev.12022

Che Hasniza Che Noh, & Fatimah Yusooff. (2011). Corak komunikasi keluarga dalam kalangan keluarga Melayu di Terengganu. *Jurnal Hadhari*, 3(2), 45-62.

Chlarasinta Duri Kartika. (2015). *Hubungan Antara Kecerdasan Emosi Dengan Stres Akademik Mahasiswa Fakultas Psikologi Unibersitas Muhammadiyah Suryakarta*. Universiti

- Clarke, A. L., & Critchley, C. (2016). Impact of choice of coping strategies and family functioning on psychosocial function of young people with epilepsy. *Epilepsy & Behavior*, 59, 50–56.
- Cong, C.W.; Tan, C.-S.; Noew, H.S.; Wu, S.L. (2022). Psychometric Evaluation of the Malay Version of the Family Adaptability and Cohesion Evaluation Scale III for Malaysian Adolescents. *Int. J. Environ. Res. Public Health* 2022, 19, 156. <https://doi.org/10.3390/ijerph19010156>
- Contante, B. S., & De Villa, J. P. D. (2020). Resilient Quotient of Undergraduate Accounting Students in a Private College. *International Journal of Accounting, Finance and Education*. 1 (1).
- Corey, G. (2023). *Theory and practice of counseling and psychotherapy* (11th ed.). Brooks/Cole Cengage Learning.
- Creswell, J.W. & Creswell, J.D. (2018) *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. Sage, Los Angeles.
- Davis, J. A. (1971). *Elementary survey analysis*. Englewood Cliffs, NJ: Prentice Hall.
- Essel, G., & Owusu, P. (2017). *Causes of Students' Stress, its effects on their stress management by students, A case study at Seinajoki*. University of Applied Science, Finland.
- Fatemeh Sabouripour, & Samsilah Roslan. (2015). Resilience, optimism and social support among international students. *Asian Social Science*, 11(15), 159-170.
- Fleming, M. S. (2015). Associations between family functioning and adolescent health behaviors. Senior Honors Projects. Paper 445. Dimuat turun daripada <http://digitalcommons.uri.edu/srhonorsprog/445>
- Fotu, I. D. A. (2011). Family leisure involvement and family functioning in Samoa. *Procedia Social and Behavioral Science*, 5, 1023-1027.
- Fraenkel, J.R., & Wallen, N. E. (2007). *How to design and evaluate research in education*. McGrawHill: New York.
- Garis Panduan Progam Minda Sihat. 2014. Menangani Tekanan Emosi (Stress) dalam Kalangan Murid Sekolah. Kementerian Pendidikan Malaysia.
- Ghatol, S. D. (2017). Academic Stress among Higher Secondary School Students : A Review. *International Journal of Advanced Research in Education & Technology (IJARET)*, 4(1), 38–41.
- Givertz, M., & Segrin, C. (2012). The association between overinvolved parenting and young adults' self-efficacy, psychological entitlement, and family communication. *Communication Research*, 20, 1-26.
- Haibi, M., Dehghani, M., Pooravari, M., & Saleh, S. (2017). Confirmatory factor analysis of Persian version of depression, anxiety and stress scale: non-clinical sample. *Razavit Int J Med*, 5(4), e12021. Doi: 10.5812/rijm.12021.
- Halina Mohd Noor. (2019). Tekanan Punca Gangguan Mental. *Berita Harian Online*. <https://www.bharian.com.my/wanita/sihat/2019/10/616824/tekanan-punca-gangguan-mental>
- Halliday, J., Palma, C. L., Mellor, D. J., Green, J. B., & Renzaho, A. (2014). The relationship between family functioning and child and adolescent overweight and obesity: a systematic review. *International Journal of Obesity*, 38(4), 480-493.
- Hamid, T. A., Ami, M. N., Hashim, S., & Yusof, K. M. (2010). "Quality of life of parents of children with intellectual disability in Kelantan and its associated factors". *Asia-Pacific Psychiatry*, 2(2), 94-103.
- Hashim, H. A., Golok, F., & Ali, R (2011): Factorial validity and internal consistency of Malaysian adapted Depression, Anxiety and Stress Scale item-21 in an adolescent sample. *Intern J Coll Res Inter Med Public Health*, 3, pp. 9-39.
- Hasui, C.; Kishida, Y.; Kitamura, T. Factor structure of the FACES-III in Japanese university students. *Fam. Process* 2004, 43, 133–140.
- Hejrati, M., & Parsamehr, F. (2015). The correlation between family functioning and the students' competence in exceptional talents junior high schools. *Indian Journal of Fundamental and Applied Life Science*, 5(1), 292-296. Dimuat turun daripada www.cibtech.org/sp.ed/jls/2015/01/jls.htm
- Institute for Public Health (IPH). 2017. National Health and Morbidity Survey, NHMS 2017. Ministry of Health Malaysia.
- Institute for Public Health (IPH). 2022. National Health and Morbidity Survey, NHMS 2022: Adolescent Health Survey 2022. Ministry of Health Malaysia.
- Ismail, M., Ahmad, R., & Tan, S. (2021). Ketahanan Pelajar Sekolah Menengah: Kebolehpercayaan dan Kesahan Skala Ketahanan di Malaysia. *Jurnal*

- Jamaludin Ramli. (2010). Bab 6: Pengertian konsep sendiri. In A. Yahya (Eds.), *Psikologi Pendidikan* (pp. 1-9). Johor: Universiti Teknologi Malaysia.
- Jamie, M. B. (2011) Psychological factors associated with bullying typologies in a mental health population of adolescents. (Disertasi Sarjana yang tidak diterbitkan). Philadelphia College of Osteopathic Medicine, Bolton.
- Kadapatti, M. G., & Vijayalaxmi, A. H. M. (2012). "Stressors of Academic Stress-A Study of Pre-University Students". *Indian Journal of Science Resources*, 3(1), 171-175.
- Kamus Dewan. Edisi Keempat. (2005). Kuala Lumpur: Dewan Bahasa dan Pustaka.
- Kartadinata, Sunaryo. (2011). *Menguak Tabir Bimbingan Dan Konseling Sebagai Upaya Pedagogis*. Bandung: UPI Press
- Kaur, H., & Singh, K. (2016). "Academic stress among adolescents in relation to intelligence and demographic factors". *International Journal of Indian Psychology*, 3(1), 27-33.
- Kementerian Pelajaran Malaysia (2012). *Laporan awal Pelan Pembangunan Pendidikan Malaysia 2013-2025*. Putrajaya: Kementerian Pendidikan Malaysia.
- Kessler, R. C., Avenevoli, S., & Merikangas, K. R. (2001). Mood disorders in children and adolescents: An epidemiologic perspective. *Biological Psychiatry*, 49(12), 1002-1014. [https://doi.org/10.1016/S0006-3223\(01\)01129-5](https://doi.org/10.1016/S0006-3223(01)01129-5)
- Kleiboer, A., Donker, T., Seekles, W., van Straten, A., Riper, H., & Cuijpers, P. (2015). A randomized controlled trial on the role of support in internet-based problem solving therapy for depression and anxiety. *Behaviour Research and Therapy*, 72, 63-71.
- Krejcie, R. V., & Morgan, D. W. (1970). Determining sample size for research. *Educational and Psychological Measurements*, 30, 607-610.
- Kumar, S. P., and Rajeev, K. (2022). Relationship between mindfulness, depression, anxiety and stress: mediating role of self-efficacy. *Personal Individ Differ*. 186:111363. doi: 10.1016/J.PAID.2021.111363
- Le, M. T. H., Tran, T. D., Holton, S., Nguyen, H. T., Wolfe, R., & Fisher J. (2017). Reliability, convergent validity and factor structure of the DASS-21 in a sample of Vietnamese adolescents. *PLoS ONE*, 12 (7), pp. e0180557. <https://doi.org/10.1371/journal.pone.0180557>. components in the Bahasa Malaysia version of the Depression Anxiety and Stress Scale. *ASEAN J Psychiatry*, 12(1), pp. 132-141.
- Lim, L. J., Chang, W. C., Chong, S. A., & Khin, M. A. (2017). "Prevalence of Depression in the Community from 30 countries between 1994 and 2014". *Scientific Reports*, 7(1), 17390.
- Lovibond, S.H. & Lovibond, P.F. (1995). *Manual for the Depression Anxiety & Stress Scales*. (2nd Ed.) Sydney: Psychology Foundation.
- Lyrakos, G. N., Arvaniti, C., Smymioti, G., & Kostopangiotu, G. (2011). Translation and validation study of the depression, anxiety and stress scale in the Greek general population and in a psychiatric patient's sample. *European Psychiatry*, 26(10), pp. 1731-1738.
- Mahmoud, J. S. R., Hall, L. A., & Staten, T. R. (2010): The psychometric properties of the 21-item of Depression, Anxiety and Stress Scale among a sample of young adults. *Southern One-line J Nursing Res*, 10(4), pp. 145-148.
- Massey, O. T., Armstrong, K., & Santoro, G. (2000). *School safety survey*. Tampa, FL: Florida Mental Health Institute, University of South Florida.
- Mastrotheodoros, S., Canario, C., Gugliandolo, M. C., Merkas, M. & Keijsers, L. (2020). Family Functioning and Adolescent Internalizing and Externalizing Problems: Disentangling between and Within Family Associations. *Journal of Youth and Adolescence* (2020) 49:804-817. <https://doi.org/10.1007/s10964-019-01094-z>
- McMillan, J., & Schumacher, S. (2006). *Research in education: Evidence-based inquiry* (6th ed.). New York: Pearson.
- Melati, S., Dini Farhana, B., Norfaezah, M. K., Nor Hasniah, i. & Ida Hartina, A. T. (2019). Family Functioning in a Collectivist Culture of Malaysia: A Qualitative Study. *The Family Journal: Counseling and Therapy for Couples and Families*. 1-7.
- National Health and Morbidity Survey (NHMS). (2022). *Adolescent mental health survey 2022*. Ministry of Health Malaysia.
- Nazan, B., & Nuran, B. (2010). Turkish version of the depression, anxiety and stress scale; psychometric properties. *Arch Neuropsychiat*, 47, pp. 118-26.

- Ng, Y.Y.; Sulaiman,W.S. Resilience as mediator in the relationship between family functioning and depression among adolescents from single parent families. *Akademika* **2017**, *87*, 111–122.
- Nor, S., & Aziz, M. (2023). Nilai Keluarga dan Ketahanan Diri Pelajar Sekolah Menengah. *Jurnal Psikologi dan Pendidikan*, *12*(3), 101-115.
- Noor, S., Lee, Y., & Kamal, R. (2023). Kesahan Konstrukt Skala Ketahanan di Kalangan Pelajar Sekolah Menengah. *Jurnal Psikologi dan Pendidikan*, *12*(3), 101-115.
- Nurul Atikah, A. & Kamarul Azmi, J. (2022). Masalah Kesehatan Mental dalam Kalangan Remaja. Seminar Falsafah Sains dan Ketamadunan (SFST), *4*(1) 2022, p. 423-431.
- Nurul Hudani Md Nawai, Maarof Redzuan & Hanina Hamzah (2011). Pengaruh faktor situasi keluarga terhadap penghargaan sendiri pelajar bermasalah di Pantai Timur Sabah. *Malaysia Journal of Youth Studies*, *5*, 191-213.
- Olson, D. H., Waldvogel, L., & Schlieff, M. (2019). *Circumplex Model of Marital and Family Systems: An Update. Journal of Family Theory & Review*.
- Olson, D. H. (2011). FACES IV and the circumplex model: validation study. *Journal of Marital and Family Therapy*, *37*, 64-80.
- Omar, N., Wong, T., & Lim, P. (2024). Pengurusan Konflik dalam Keluarga dan Impaknya terhadap Ketahanan Diri Remaja. *Jurnal Penyelidikan Pendidikan*, *11*(4), 95-107.
- Poletti, S., Colombo, C., & Benedetti, F. (2014). Adverse childhood experiences worsen cognitive distortion during adult bipolar depression. *Comprehensive Psychiatry*, *55*, 1803-1808. doi:10.1016/j.comppsy.2014.07.0130010-440X
- Portal Rasmi Kementerian Kesihatan Malaysia (10 Oktober 2023). Dipetik pada 3 Okt 2023 dari <https://www.moh.gov.my/index.php/pages/view/8517>
- Rahimi, H. (2015). The Relationship between Religious Attitudes and Spiritual health with Life Satisfaction in Nursing Students of Kashaan University of Medical Sciences. *Medical Ethics Journal*, *1*(2), 9–18.
- Ramlee Ismail, Jamal Yunus, & Hariri Kamis. (2011). Analisis data dan pentafsiran dengan menggunakan SPSS. Perak: UPSI.
- Ramli, M., Mohd Arif, F., & Zaini, Z. (2007). Translation, Validation and aPsychometric Propertis of Bahasa Malaysia Version of the Depression, Anxiety and Stress Scale (DASS). *ASEAN Journal of Psychiatry*. *8* (2). 82-89.
- Ramli, M., Ramli, R., Abdullah, K., & Sarkasi, R. (2011). Concurrent validity of depression and anxiety.
- Rashiqah Ilimi Abd Rahim, & Siti Azila Alias. (2018). Pelajar, remaja cenderung bunuh diri. *Berita Harian Online*, 1–2. <https://www.bharian.com.my/bhbongkar/2018/09/474627/pelajar-remajacenderung-bunuh-diri>
- Reivich, K., & Shatte, A. (2002). *The resilience factor: 7 essential skill for overcoming life's inevitable obstacle*. New York: Broadway Books.
- Rew, L., Arheart, K. L., Thompson, S., & Johnson, K. (2013). Predictors of adolescents' health-promoting behaviors guided by socialization theory. *Pediatric Nursing*, *18*, 277-288.
- Rosa, M. C., & Preethi, C. (2012). Academic Stress and Emotional Maturity among Higher Secondary School Students of Working and Non Working Mothers. *International Journal of Basic and Advanced Research*, *1*(3), 40–43.
- Russell Consulting Inc. (2020). *Your resilience quotient*. Retrieved from <http://bulletproofpeople.com.au/wp-content/uploads/2013/09/Measuring-your-Resilience1.pdf>, Oct 4, 2024
- Samsudin, S., Ismail, R., Daud, S. N. M., & Yahya, S. (2024). The prevalence and underlying factors of mental health disorders in Malaysian youth. *Journal of Affective Disorders Reports*, *15*, 100706.
- Santrock, J. W. (2012). *Children* (12th ed.). New York: McGraw Hill.
- Santrock, J. W. (2023). *Adolescence* (18th ed.). New York, NY: McGraw Hill. ISBN 978-1260449204.
- Sapouna, M., & Wolke, D. (2013). Resilience to bullying victimization: the role of individual, family and peer characteristics. *Child Abuse & Neglect*, *37*, 997-1006.
- Schafer, G. (2011). Family functioning in families with alcohol and other drug addiction. *Social Policy Journal of New Zealand*, *37*, 135-151.
- Sheikh, M. A., Abidi, A., & Shah, I. A. (2018). "Parental Pressure and its Association with Anxiety and

- Depression among Adolescents: A Cross-Sectional Study". *Rawal Medical Journal*, 43(2), 259-262.
- Sthithira, T. I. (2023). *Buletin Kaunseling*. (Penerbitan tidak diterbitkan). **Sekolah Menengah Kebangsaan Taman Murni, Sabah**.
- Siti Hajar, M., (2017). *Pengaruh Kefungsian Keluarga Terhadap Pengherotan Kognitif Pelajar dan Ketahanan Diri Sebagai Perantara (Tesis Tidak Diterbitkan)*. Universiti Utara Malaysia, Malaysia.
- Siti Hajar, M. Y. & Yahya, D. (2017). Kefungsian Keluarga dan Pengherotan Kognitif Dalam Kalangan Belia Di Institut Kemahiran Belia Negara (IKBN) Malaysia. *Jurnal Psikologi Malaysia*, 30 (1), 9-16. (Tesis Tidak Diterbitkan). Universiti Utara Malaysia, Malaysia.
- Smith, G. D., Yang, F. (2017). Stress, resilience and psychological well-being in Chinese undergraduate nursing students. *Nurse Education Today*, 49, 90-95
- Smith, W. L., & Zhang, P. (2009). Students' perceptions and experiences with key factors during the transition from high school to college. *College Student Journal*, 42(2), 643-357.
- Soli, A., McHale, S., & Feinberg, E. (2009). Risk and protective effects of sibling relationships among African American adolescents. *Family Relation*, 58(5), 578-592. doi:10.1111/j.1741-3729.2009.00576.x
- Southwick, S. M., & Charney, D. S. (2012). The science of resilience: implications for the prevention and treatment of depression. *Science*, 338, 79-82. doi:10.1126/science.1222942
- Stephanie, M. D., & Jaclyn, C. (2014). Gender, family functioning, and violence across immigrant generations. *Journal of Research in Crime and Delinquency*, 51(6), 785-815. doi:10.1177/0022427814529976
- Stephanie, B., Kimberley, B. A., Julie, L. H., & Marcia, G. (2011). Loneliness, attachment, and the perception and use of social support in university students. *Canadian Journal of Behavioral Science*, 43(1), 40-51.
- Syarul, H. Y., & Norazah, U. (2022). Kenali Apa Itu Kebimbangan Dan Kemurungan. *E-Buletin JSKM*. 8.
- Tan, S. K. (2016). "Anxiety and depression in adolescents: A study on prevalence and causal attributions". *The Malaysian Journal of Medical Sciences*, 23(6), 78-85.
- Tan, J., & Rahman, A. (2022). Ujian Ulangan dan Kebolehppercayaan Skala Ketahanan dalam Kalangan Pelajar Sekolah Menengah. *Jurnal Kajian Pendidikan Malaysia*, 10(1), 23-35.
- Tore, B., Grimholt, T. K., Laila, S., Annars, L., Øivind, E., Trond, H., et al. (2018). Self-diagnosed depression in the Norwegian general population - associations with neuroticism, extraversion, optimism, and general self-efficacy. *BMC Public Health* 18:1076. doi: 10.1186/s12889-018-5990-8
- Tucker, C. J., & Updegraff, K. (2009). The relative contributions of parents and siblings to child and adolescent development. *New Directions in Child and Adolescent Development*, Winter(126): 13-28.
- Wang Y, Tian L, Guo L, Huebner ES. (2020). Family dysfunction and Adolescents' anxiety and depression: A multiple mediation model. *J Appl Dev Psychology*. Elsevier; September 2020; 03(12): 9-19. <https://doi.org/10.1016/j.appdev.2019.101090>
- Wan Nurayunee, W. Z. (2019). *Kesan Modul Konsultasi Terapeutik Keluarga Terhadap Kefungsian Keluarga dan Kecerdasan Spiritual Dalam Kalangan Remaja (Tesis Yang Tidak Diterbitkan)*. Universiti Utara Malaysia, Malaysia.
- Wisena, J. B. D., Maslihah, S., & Nurendah, G. (2016). *Learned Helplessness Children in Situations CSEC (Commercial Sexual Exploitation of Children)*. UPI, Bandung. Dimuat turun daripada seminar.uny.ac.id/...uny.../Jaka%20Artikel%20Ilmiah.doc.
- Wolke, D., & Skew, A. (2012). Family factors, bullying victimisation and wellbeing in adolescents. *Longitudinal and Life Course Studies*, 3(1), 101-119.
- World Health Organization. (2009). *International Statistical Classification of Diseases and Related Health Problems*. Retrieved from [https://books.google.com.my/books?hl=en&lr=&id=0byXrYpnFBoC&oi=fnd&pg=PR5&dq=world+Health+Organization+\(2009\)+International+Statistical+Classification+of+Diseases+and+Related+Health+Problems.&ots=GUiljs h30A&sig=8Uigedki709nUa-QdwGZjwkHxYE#v=onepage&q&f=false](https://books.google.com.my/books?hl=en&lr=&id=0byXrYpnFBoC&oi=fnd&pg=PR5&dq=world+Health+Organization+(2009)+International+Statistical+Classification+of+Diseases+and+Related+Health+Problems.&ots=GUiljs h30A&sig=8Uigedki709nUa-QdwGZjwkHxYE#v=onepage&q&f=false)
- World Health Organization, Adolescent Mental Health, WHO, 2021. Available from:

<https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>.

What is the Role of Emotional Intelligence?
Behaviour Psychology, 21, 159–175.

- Yaakob Daud, Yahya Don, Mohd Isha Awang, Shukri Zain, & Siti Hajar Mohamad Yusoff. (2016). Kefungsian keluarga dan tingkah laku devian dalam kalangan belia di Malaysia. *Pembangunan Belia Malaysia*, 1-20.
- Yap, M. B. H., Pilkington, P. D., Ryan, S. M., & Jorm, A. F. (2014). "Parental factors associated with depression and anxiety in young people: a systematic review and meta-analysis". *Journal of Affective Disorders*, 156, 8-23.
- Yusoff, S. H. M., Ismail, M. S., Rahman, N. E. A., Ariffin, M. R., Don, Y., Kasa, M. D. (2019). Family Functioning, Resilience, and Cognitive Distortion among Secondary School Students. *International Journal of Academic Research in Business and Social Sciences*, 9(11), 695–709.
- Zainah Ahmad Zamani, Rohany Nasir, Asmawati Desa, Rozainee Khairudin, Fatimah Yusoff, & Siti Hajar Mohamad Yusoff. (2013). Kefungsian keluarga, pengherotan kognitif dan resilien dalam kalangan klien Cure and
- Zaiton Mohamad, & Balan Rathakrishnan (2014, Disember). Hubungan daya ketahanan dan sokongan sosial terhadap kesunyian pelajar dalam Institusi Pengajian Tinggi. Pembentangan dalam Seminar Kebangsaan Integriti Keluarga 2014, Fakulti Psikologi dan Pendidikan, Universiti Malaysia Sabah.
- Zavala, A. M., & Lopez, I. (2012). Adolescents at Risks:
- Zhooriyati Sehu Mohammad. (2021). Memahami tekanan perasaan dalam kalangan pelajar. *Berita Harian*, November, 8–12. <https://www.bharian.com.my/berita/pendidikan/2021/08/849398/memahamitekankan-perasaan-dalam-kalangan-pelajar>
- Zuria Mahmud, Noriah Mohd Ishak, & Amla Md. Salleh. (2003). Strategi kaunseling dalam menangani masalah pelajar di sekolah: satu sorotan literatur. Kertas kerja Peringkat Kebangsaan dibentangkan di Konvensyen PERKAMA ke XI, Hotel Eden, Johor Bahru.