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Factors Affecting Coping Strategies in Problematic Adolescents: Systematic Literature Review

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ABSTRACT

This study aims to identify factors that influence coping strategies in troubled adolescents through a systematic literature review approach. The literature search was conducted using the Arksey and O'Malley framework, and out of 550 initial articles, 14 studies met the inclusion criteria. The review results show that adolescent coping strategies are influenced by internal factors such as age, gender, optimism, locus of control, emotional intelligence, resilience, and emotional experiences; and external factors such as family support, parenting patterns, peer relationships, and environmental conditions. Troubled adolescents tend to use maladaptive coping strategies, but social support and psychological resources can increase the use of adaptive coping. These findings emphasize the importance of interventions that strengthen internal and external factors to help adolescents develop more effective coping strategies

INTRODUCTION

Adolescence is a dynamic phase of development, marked by significant biological, cognitive, social, and emotional changes. Hurlock (2005) states that adolescents aged 13–21 years are in a transitional period toward adulthood, making them vulnerable to pressure from family, academic, and social environments. Pressures that are not handled properly can develop into problematic behaviors such as aggression, substance abuse, social withdrawal, and emotional disorders (Ahern et al., 2008). In Indonesia, adolescent behavior development is a crucial issue. The results of the Global School-Based Student Health Survey (GSGS) by BRIN (2025) show an increase in risky behaviors among students, such as mental health disorders, tobacco and e-cigarette consumption, unhealthy eating patterns, illegal drug use, and premarital sexual behavior. These findings are reinforced by data from the National Narcotics Agency (BNN), which reports a 28.2% increase in drug abuse among students aged 15–24 years (Detik News, 2025). This situation indicates that adolescents are facing multifaceted pressures that require appropriate handling to prevent long-term effects.

In facing these various demands, coping strategies serve as psychological protectors that help adolescents manage stress when external support is inadequate. Cross-context studies show that the use of adaptive coping strategies can increase the effectiveness of stress management, psychological resilience, and prevent emotional disorders (Hlatshwayo & Wild, 2025). Coping itself is understood as cognitive and behavioral efforts to manage internal and external demands that are considered stressful (Folkman & Lazarus, 1984). The type of coping strategy chosen greatly determines the quality of adolescents' adjustment; adaptive coping can reduce stress, while maladaptive coping actually worsens psychological conditions.

Troubled adolescents are a group that faces higher psychological and social pressures than adolescents in general, for example, those who exhibit delinquent behavior, aggression, substance abuse, or victimization. This situation requires more

adaptive coping skills to help adolescents regulate their emotions and maintain psychological balance (Williams & McGillicuddy-De Lisi, 1999; Jorgensen & Dusek, 1990). However, research shows that troubled adolescents tend to use dysfunctional coping strategies. Ruchkin et al. (1999) found that delinquent adolescents more often use avoidance, aggression, or impulsive behavior as coping strategies, which worsen their adjustment. A similar pattern is seen in adolescents who are victims of violence, who often respond to stress by withdrawing or displaying other problematic behaviors (McGee et al., 2005). Markova & Nikitskaya (2017) also found that deviant adolescents are more likely to use maladaptive coping than problem-solving strategies.

In groups of adolescents with aggressive tendencies, coping strategies have an important influence on emotion management. Rochwidowati & Rismarini (2019) reported that aggressive adolescents use more negative emotional coping, which increases emotional reactivity. As found by Zahara (2023) in social institutions, many adolescents rely on simple coping strategies such as distraction or withdrawal, which are less effective for dealing with long-term stress. However, various interventions show that coping strategies can be improved. Jafari et al. (2017) found that coping skills training effectively improved emotional regulation in delinquent adolescents, and Sanjiwani et al. (2020) reported similar benefits in juvenile prisoners in managing the pressures of the correctional environment.

In adolescent drug users, coping strategies play a crucial role in the rehabilitation process. Andyastanti et al. (2022) revealed that adolescents often use negative emotional coping, making the improvement of adaptive coping an important part of post-rehabilitation success. In adolescent smokers, Nataliya & Tambunan (2024) noted that smoking is often used as an escape from stress. A similar finding was observed among juvenile prisoners, where the use of maladaptive coping strategies had a negative impact on mental health (Anzani & Susilo, 2020). In the context of education, coping mechanisms are related to the ability to regulate daily emotions.

Navyanto et al. (2025) showed that adaptive coping plays a role in helping high school adolescents deal with academic and social pressures.

Overall, various studies show that troubled adolescents tend to use maladaptive coping strategies that can worsen their psychological and behavioral conditions. However, intervention studies prove that coping skills can be improved through proper training, thereby improving emotional regulation and self-adjustment. Thus, understanding the coping strategies used by troubled adolescents is a fundamental step in preventing and addressing various problematic behaviors during adolescence.

However, despite numerous studies highlighting the forms of coping strategies and their relationship with problematic behaviors, there is a lack of comprehensive reviews summarizing the factors that influence the selection of coping strategies in troubled adolescents. Most studies focus on specific populations or forms of problems, so there is no comprehensive picture of the internal and external variables that play a role in the coping strategies of troubled adolescents across contexts. In addition, there has not been much research mapping the general patterns of various studies to help understand the risks and protective potential in the adjustment of troubled adolescents.

Therefore, research on coping strategies in troubled adolescents is needed to provide a more comprehensive picture of the coping patterns used and the potential risks and protections that accompany them. This study was conducted to determine the factors that can influence coping strategies in troubled adolescents.

METHODS

This study employed a scoping review methodology based on the five-stage framework proposed by Arksey and O'Malley (2005). This approach was selected to comprehensively map existing literature related to coping strategies among problematic adolescents.

Stage 1: Identifying the Research Question

The primary research question guiding this scoping review was: *What factors influence coping strategies among problematic adolescents?* The formulation of this research question followed the

PCC framework, which consists of Population, Context, and Concept. The population in this study was defined as adolescents aged 10–21 years, in accordance with the developmental age range proposed by Hurlock (2005). The context focused on problematic adolescents, particularly those involved in delinquent behaviors or substance abuse. The concept of interest was coping strategies, as this scoping review aimed to map and synthesize literature that specifically discusses coping strategies among problematic adolescents.

Stage 2: Identifying Relevant Studies

A systematic search strategy was conducted using relevant keywords to identify potential studies. The search terms included ("*coping strategies*") AND ("*adolescent delinquency*") AND ("*adolescents*"). Two electronic databases were used for literature retrieval, namely Google Scholar and Publish or Perish, to ensure broad coverage of relevant academic publications.

Stage 3: Study Selection

The study selection process was carried out through title and abstract screening with the assistance of Rayyan AI. Articles were screened based on predefined inclusion and exclusion criteria. Studies were included if the participants were adolescents, the context involved problematic adolescents or adolescent substance users, and coping strategies were examined as the dependent variable. Only quantitative and experimental studies were included. Studies were excluded if they involved children or adults, focused on non-problematic adolescents, examined coping strategies as variables other than the outcome variable, or employed qualitative or literature review designs.

Stage 4: Data Extraction

Data were extracted from the included studies using a modified data extraction tool tailored to the objectives of the present scoping review. Extracted data included key information such as publication year, study characteristics, participant details, research context, and variables examined.

Stage 5: Data Synthesis

The synthesis of findings was conducted descriptively. Included articles were categorized into two main groups: (1) study characteristics, including publication year, subject characteristics, and research context; and (2) variables or factors that influence coping strategies among problematic adolescents. This process enabled a comprehensive mapping of

the existing evidence and identification of key factors associated with coping strategies in this population.

Based on the search and selection process, a total of 550 articles were initially identified from two databases, namely Google Scholar and Publish or Perish. The screening process was conducted using Rayyan.ai. After removing duplicate records, 153 unique articles remained. These articles were then further assessed for eligibility based on the predefined inclusion and exclusion criteria. As a result of this screening process, 14 studies met all the criteria and were included in the final analysis. The overall process of study identification, screening, eligibility, and inclusion is summarized in the PRISMA flow diagram.

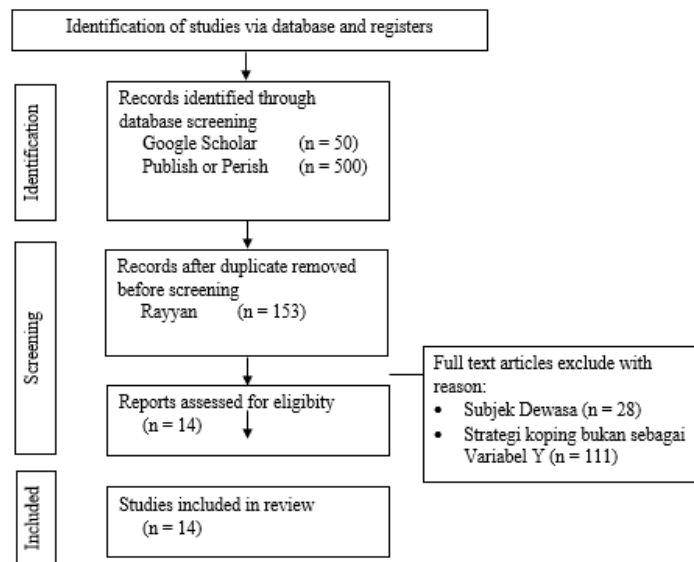


Figure 1. Identification Of Studies Via Databases and Registers
Source: Researcher's Personal Documentation (2025)

RESULTS AND DISCUSSION

The summaries of the included articles were classified according to the author(s), title, research

objectives, methods, and key findings. These classifications are presented in the table below to provide a structured overview of the characteristics and results of the selected studies.

Author	Objective	Method	Results
McGee, Z. T, et al (2005)	Know connection behavior delinquency , victimization and coping strategies	Quantitative Correlational Participants : 202 teenagers Latin ages 12-18 in Virginia Technique sampling : Stratification from various organization churches and communities that serve teenagers in the Hampton area Data analysis technique : ANOVA Instruments : Coping scale, Delinquent behavior scale , and violent victimization scale	Factors that influence coping strategies includes gender, age , and structure family
Eschenbeck , H., Kohlmann, C. W., & Lohaus, A. (2007).	For test difference type gender effects and interaction between type gender , type situation stress , and groups age in selection of coping strategies in childhood and adolescence .	Quantitative Comparative Participants : N = 1990 children and adolescents Sampling Technique : Cluster Sampling Data analysis technique : ANOVA Instrument : <i>Fragebogen Coping Scale zur Erhebung von Stress und Stressbewältigung im Kindes - und Jugendalter , SSKJ 3-8</i>	Women tend to using emotional and social coping (seeking support). Man tend using focused coping problem or avoidance / withdrawal self . Difference type sex reinforced / moderated by type situation stress .
Huan, VS, Yeo, L.S., Ang, R.P., & Chong, W.H. (2012).	For investigate concerns and coping strategies used by Asian adolescents , as well as test role type gender as a moderator in connection between concerns	Quantitative correlational Participants : 1,838 students school medium above , in Singapore. Sampling Technique : Convenience Sampling Data Analysis Techniques : MANCOVA (Multivariate Analysis of Covariance) and	Gender proven moderate connection between Emotion -focused coping and avoidance- focused coping strategies . common strategy used is Problem-focused coping (average 3.25) and the least frequent used is
Cocoradă , E., & Mihașcu , V. (2012).	For examine the coping strategies used by adolescents at school secondary school and analyzing difference in use of strategies based on type gender , age , and Locus of Control (center of control).	Quantitative Participants : 186 students ages 13-19 years Sampling technique : Convenience sampling. Data analysis technique : t-test Instrument : COPE questionnaire (Coping Orientation to Problems Experienced)	Dominant Strategy : All sample teenager get score highest in Productive Strategies. Different teenagers in matter type gender , age , or orientation <i>locus of control</i> tend using <i>coping</i> strategies certain (such as look for support emotional , denial , release emotions , and withdrawal mental self) with varying intensities .
D'Amico, S., Marano, A., Geraci, M. A., & Legge, E. (2013).	Knowing connection reception self and coping strategies teenagers who are victims of parental divorce	Qualitative descriptive Instrument : Social Self Efficacy Scale, and II Brief-Cope Coping Orientation towards Problems Experienced (NVI) Amount Participants : 198 teenagers (average age 12) Sampling Technique : Purposive Sampling Data analysis technique : Analysis Descriptive	Main factors that influence <i>coping</i> strategies is age and type sex .
Caycho, TP (2016).	For analyze connection between perception teenager about connection they with parents (through behavior and style parenting) with the coping strategies used teenager the .	Quantitative Correlational Participants : 821 teenagers from various institutions education in the Metropolitan area of Lima, Peru, with age range between 11 and 19 years old Sampling Technique : non-probability <i>Convenience Sampling</i> Data Analysis Techniques : analysis Pearson correlation and	Factors that influence parenting style coping strategies

Markova, S., & Nikitskaya, E. (2017)	Knowing the coping strategies used by teenagers with behavior deviate	<p>Study This is study descriptive-comparative with design cross-sectional</p> <p>Instrument : <i>Amirkhan's Coping Strategy Indicator</i> (CSI).</p> <p>Participants : 320 teenagers age 15-17 years</p> <p>Sampling technique : Purposive Sampling</p> <p>Data Analysis Technique : Mann-Whitney U-test statistical test</p>	Factors that influence coping strategies : Family factors covering socio-economic status conditions low and high levels education low , violence , punitive parenting , and conflict between parents , as well as lack of technique effective parenting , and friends same age .
Barari , WR (2019).	For know the influence of optimism on coping strategies	<p>Quantitative Ex-Post Facto</p> <p>Instruments : optimism scale and problem focused coping and emotional focused coping scales</p> <p>Participants : 93 teenagers living in welfare institutions social , Yogyakarta.</p> <p>Data Analysis Techniques : Regression simple</p> <p>Sampling Technique: Saturated Sampling</p>	<p>Optimism Own Influence Positive to <i>Problem Focused Coping</i> (PFC)</p> <p>Optimism Doesn't Have Influence Significant to <i>Emotionally Focused Coping</i> (EFC).</p>
Liga, F., Inguglia , C., Gugliandolo , M.C., Ingoglia, S., & Costa, S. (2019).	For test the role of parents as a role model in socialization of coping strategies used teenagers . Research This focus on relationships between parental coping strategies (father and mother) and	<p>Quantitative</p> <p>Participants : 154 pairs of parents and adolescents</p> <p>Data analysis technique : Structural Equation Modeling (SEM)</p> <p>Sampling technique: Purposive sampling</p> <p>Instrument : Coping Instrument for Stressful Situations</p>	<i>Coping strategies</i> teenager influenced by the process of socialization and modeling from parents .
Wright, M.F., Wachs, S., & Gámez-Guadix , M. (2021).	Know connection between parental mediation with coping strategies and family support as moderators	<p>Quantitative Correlational</p> <p>Participants : 5,960 couples from 7 countries</p> <p>Sampling technique: Cluster Sampling</p> <p>Data analysis techniques : analysis regression and moderation test</p> <p>Instruments : Parental mediation scale , scale support family , coping strategy scale (problem focused coping)</p>	Support Family is a significant moderator in connection between parental mediation and problem-focused coping (PFC)
Çelik, E., & Çalık , M. (2022).	Test connection between Sensation Seeking (searching) , Experience Positive and Negative , Autonomy Emotional , and Coping Strategies in Adolescents .	<p>Quantitative correlation and cross-sectional studies .</p> <p>Instruments : Sensation Seeking Scale, Experience Scale Positive and Negative , Autonomy Scale Emotional , <i>Coping Strategy Scale</i> (measures <i>Problem-focused</i> and <i>Emotion-focused coping</i>).</p> <p>Participants : 404 teenagers school medium above in the Central Anatolia region, Turkey.</p> <p>Sampling Technique: Convenience Sampling</p> <p>Data Analysis Techniques : correlation (<i>Pearson Product Moment Correlation</i>) and analysis regression multiple (<i>Multiple Regression Analysis</i>).</p>	<p>Sensation Seeking and Experience Negative is predictor strong positive from Emotion-focused coping strategies .</p> <p>Autonomy Emotional and Experiential Positive is predictor strong positive from Problem-focused coping strategies .</p> <p>There is connection significant positive between Sensation Seeking and Emotion-focused coping (EFC).</p>
Mujidin, M., Rustam, HK, & Nugroho, BS (2023).	For knowing the Role of Locus of Control (center control) and optimism on Problem-Focused	<p>Quantitative</p> <p>Participants : 59 teenagers</p> <p>Sampling technique: Quota Sampling</p>	Factors that influence coping strategies are Locus of Control and Optimism

Navyanto , KD, Zunaedi , R., & Ekasari , RD (2025).	For analyze connection between level intelligence emotional (emotional intelligence) with coping mechanisms in adolescents students of State Senior High School 1 Singosari .	quantitative observational with cross-sectional approach Participants : 110 respondents high school students Sampling technique : total sampling Data Analysis Techniques : analysis univariate (descriptive) for describe each variable , and analysis bivariate (Spearman Rank Correlation) for test connection between variable .	There is significant relationship between level intelligence emotional with Coping mechanisms in adolescents .
Rahman, SA, Noviekayati , IGAA, & Ningdyah , AEM (2025).	For test connection between resilience and coping with trauma, with support social (social support) as variables mediating variable in children post disaster in Ponorogo	Quantitative Participants : 889 child disaster victims in Ponorogo Sampling technique : Quota sampling Data Analysis Technique : Structural Equation Modeling (SEM) Instrument : scale resilience , trauma coping scale and scale social support	Resilience own influence positive and significant on trauma coping Support social own influence positive and significant on trauma coping. Support social proven mediate (mediate full or some) relationship between resilience and trauma coping. Resilience and Support Social is factor key .

The literature search across multiple databases yielded a number of articles that were subsequently screened based on predefined inclusion and exclusion criteria. Through the processes of title, abstract, and full-text screening, a set of relevant studies was identified for analysis. Overall, the synthesized findings were categorized into three main themes: internal factors of adolescents, external or environmental factors, and patterns of coping strategies among problematic adolescents.

Internal factors identified in the reviewed studies included age, gender, emotional intelligence, resilience, optimism, locus of control, and sensation-seeking tendencies. Several studies indicated that gender plays a significant role in the selection of coping strategies. Female adolescents were more likely to employ emotion-focused coping and seek social support (Eschenbeck et al., 2007; Huan et al., 2012), whereas male adolescents tended to use problem-focused coping or avoidance strategies. Psychological factors such as optimism and an internal locus of control were also associated with more adaptive coping strategies, with adolescents who demonstrated higher levels of optimism being better able to manage stress constructively (Barari, 2019; Mujidin et al., 2023). Furthermore, emotional intelligence and resilience were found to significantly enhance adolescents' capacity to

regulate emotions and cope with stressors effectively (Navyanto et al., 2025; Rahman et al., 2025). In contrast, adolescents with high sensation-seeking tendencies or negative life experiences were more likely to rely on less adaptive emotion-focused coping strategies (Çelik & Çalılık, 2022).

Regarding external factors, multiple studies emphasized the importance of family support, parenting styles, peer relationships, and the broader social environment. Warm and supportive parenting styles were shown to promote the use of adaptive coping strategies, such as problem solving and seeking social support (Caycho, 2016; Liga et al., 2019). Conversely, authoritarian parenting, parental rejection, and family conflict were associated with increased use of maladaptive coping strategies, including avoidance, withdrawal, and emotional release (Markova & Nikitskaya, 2017). Other findings indicated that adolescents who experienced victimization or exposure to violence were more prone to using aggressive behaviors and avoidance coping strategies (McGee et al., 2005). Family-based social support was also found to enhance adolescents' use of problem-focused coping, including in contexts of digital stressors such as cyberhate (Wright et al., 2021).

Patterns of coping strategies identified across the studies revealed that problematic adolescents—including those engaged in substance abuse, delinquent behavior, or residing in correctional institutions—were more likely to employ maladaptive coping strategies, such as emotional discharge, behavioral disengagement, and wishful thinking (Andyastanti et al., 2022; Sanjiwani et al., 2020). Nevertheless, several studies demonstrated that adolescents were still capable of adopting problem-focused coping strategies when supported by strong social networks or when possessing adequate internal psychological resources.

Discussion

The scoping review demonstrates that coping strategies among problematic adolescents are influenced by a combination of internal and external factors. Internal factors include psychological characteristics such as age, gender, optimism, locus of control, emotional intelligence, resilience, and sensation-seeking tendencies. Several studies highlight that age and gender play important roles in coping strategy selection; female adolescents tend to use emotion-focused coping and seek social support more frequently, whereas male adolescents predominantly employ problem-focused coping or avoidance strategies (Eschenbeck et al., 2007; Huan et al., 2012). Optimism and an internal locus of control were also found to significantly influence the use of adaptive coping strategies. Adolescents with higher levels of optimism and an internal locus of control were more likely to utilize problem-focused coping compared to those with lower levels of these characteristics (Barari, 2019; Mujidin et al., 2023). In addition, emotional intelligence and resilience emerged as important indicators that strengthen adolescents' ability to regulate emotions and cope with stress. Adolescents with higher emotional intelligence tend to select more adaptive coping mechanisms (Navyanto et al., 2025), while resilience has been shown to enhance adolescents' capacity to cope with trauma, particularly when supported by adequate social support (Rahman et al., 2025).

Conversely, sensation-seeking tendencies and negative life experiences were associated with a greater reliance on maladaptive emotion-focused coping strategies (Çelik & Çalık, 2022).

External factors were also found to play a highly significant role in shaping coping patterns among problematic adolescents. The quality of parent-child relationships, parenting styles, and family support were identified as strong predictors of coping strategy selection. Adolescents raised in authoritative, warm, and supportive parenting environments were more likely to employ adaptive coping strategies such as problem solving and seeking social support (Caycho, 2016; Liga et al., 2019). In contrast, authoritarian parenting styles, family conflict, and parental rejection were associated with maladaptive coping strategies, including withdrawal, avoidance, and wishful thinking, particularly among adolescents exhibiting deviant behaviors (Markova & Nikitskaya, 2017). The social environment and peer relationships also contributed substantially. Adolescents who experienced victimization or engaged in delinquent behavior were more likely to adopt aggressive or avoidance coping strategies, as reported by McGee et al. (2005). Moreover, family support was found to enhance adolescents' use of problem-focused coping and to moderate parental influences in the context of digital stressors such as cyberhate (Wright et al., 2021).

The environmental context in which adolescents reside further determines the type of coping strategies employed. Adolescents living in social welfare institutions or correctional facilities showed a higher tendency to use maladaptive emotion-focused coping strategies, such as withdrawal and uncontrolled emotional discharge, due to heightened environmental stressors and limited social support (Barari, 2019; Sanjiwani et al., 2020). Similarly, adolescents with substance use problems predominantly relied on negative emotion-focused coping as an escape mechanism from stress (Andyastanti et al., 2022; Nataliya & Tambunan, 2024).

Overall, the findings indicate that problematic adolescents tend to rely more frequently on maladaptive coping strategies, including avoidance coping, emotional discharge, behavioral disengagement, and wishful thinking (Markova & Nikitskaya, 2017; McGee et al., 2005). Nevertheless, problem-focused coping strategies were still observed among some adolescents, particularly those with strong family support or robust internal psychological resources such as optimism, resilience, and emotional intelligence. These findings are consistent with the coping theory proposed by Lazarus and Folkman (1984), which emphasizes that coping strategy selection is shaped by the interaction between individuals' cognitive appraisal of stressors and the resources available to them. Therefore, comprehensive interventions should aim to strengthen adolescents' internal psychological resources while simultaneously improving the quality of their external environments, particularly within family and school contexts. Interventions that integrate coping skills training, enhancement of social support, and parenting education may effectively assist problematic adolescents in developing more adaptive and effective coping strategies to manage developmental challenges.

CONCLUSION

The scoping review indicates that coping strategies among at-risk adolescents are shaped by the interaction of internal and external factors. Internal resources such as optimism, an internal locus of control, emotional intelligence, and resilience function as protective factors that promote the use of adaptive coping strategies, particularly problem-focused coping. In contrast, characteristics such as sensation seeking and negative life experiences are more closely associated with maladaptive coping.

External factors, especially parenting quality, family support, and the broader social environment, play a crucial role in determining adolescents' coping patterns. Overall, at-risk adolescents tend to rely more on maladaptive coping strategies;

however, strong family support and adequate internal psychological resources can mitigate this tendency. These findings underscore the importance of comprehensive interventions that simultaneously strengthen individual capacities and improve family and school environments.

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