

The influence of stress and self-efficacy on adolescent psychological well-being

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Abstract: Excessive anxiety, feeling less cared for by parents, withdrawing from the social environment, and feeling excessive fatigue for no apparent reason. From this, the purpose of this study is to determine whether there is an influence between stress and self-efficacy on psychological well-being. The research method used is descriptive correlation quantitative method. Sampling using random sampling technique. With a total sample of 30 people with the criteria that adolescents aged 16 to 18 years. The scale used is the Perceived Stress Questionnaire (PSQ) to measure the extent to which situations in an individual's life can be assessed as a perception of stress, Self-Efficacy Questionnaire (SEQ) to measure the extent of one's self-confidence in dealing with various demanding situations in life, The Psychological Well-being-Post-Traumatic Changes Questionnaire (PWB-PTCQ) to assess perceived changes in psychological well-being after a traumatic event. From the results of hypothesis testing, a significant value was obtained between stress and self-efficacy on psychological well-being, the results obtained were (0.002 < 0.05) so it can be said that there is a simultaneous influence between stress and self-efficacy on psychological well-being. Suggestions for further research are to deepen the factors that influence self-efficacy, investigate the relationship between stress and self-efficacy in different contexts, and increase the number of respondents so as to get maximum research results.

Keywords: Anxiety, stress, self-efficacy, psychological well-being.

Abstrak: Kecemasan yang berlebihan, merasa kurang diperhatikan orang tua, menarik diri dari lingkungan sosial, dan rasa lelah berlebihan tanpa sebab yang jelas. Dari hal tersebut, maka tujuan dari penelitian ini untuk mengetahui apakah ada pengaruh antara stres dan *self-efficacy* terhadap kesejahteraan psikologis. Metode penelitian yang digunakan adalah metode kuantitatif deskriptif korelasi. Pengambilan sampel menggunakan teknik random sampling. Dengan jumlah sampel yaitu 30 orang dengan kriteria yaitu remaja berumur 16 sampai 18 tahun. Skala yang digunakan adalah *Perceived Stress Questionnaire (PSQ)* untuk mengukur sejauh mana situasi dalam kehidupan individu dapat dinilai sebagai persepsi terhadap stress, *Self-Efficacy Questionnaire (SEQ)* untuk mengukur sejauh mana keyakinan diri seseorang dalam menghadapi berbagai situasi tuntutan dalam hidup, *The Psychological Well-being-Post-Traumatic Changes Questionnaire (PWB-PTCQ)* untuk menilai perubahan yang dirasakan dalam kesejahteraan psikologis setelah kejadian traumatis. Dari hasil uji hipotesis (F) didapat nilai yang signifikan antara stres dan *self-efficacy* terhadap kesejahteraan psikologis, yaitu (0,002 < 0,05) bahwa terdapat pengaruh secara simultan antara stres dan *self-efficacy* terhadap kesejahteraan psikologis. Saran untuk penelitian selanjutnya yaitu lebih memperdalam tentang faktor yang mempengaruhi efikasi diri, menginvestigasi hubungan antara stres dan efikasi diri dalam konteks yang berbeda, dan memperbanyak responden sehingga mendapatkan hasil penelitian yang maksimal.

Kata Kunci: Kecemasan, stres, efikasi diri, kesejahteraan psikologis.

Introductions

Stress is an increasingly common problem in big cities around the world. Factors such as overcrowding, pollution, traffic congestion, and high cost of living contribute to high levels of stress. Every human being has a problem, the difference is how the individual addresses and

deals with the problem (Yandri et al., 2022). According to Rachman (2024) Mumbai, India's largest city, ranks as the world's most stressful city, with air pollution, extremely high population density, and limited access to essential health services contributing to high stress levels. The second most stressful country is the Philippines, where stress is caused by severe traffic congestion and inadequate infrastructure. The third ranked country is Egypt followed by Brazil, where stress is caused by heavy traffic, high cost of living, and significant crime rate. Then in Indonesia, based on the survey results, the stress level of Indonesian people is below average compared to other countries in the world (Harsono, 2018). The survey results also showed that 25% of Indonesians revealed that they did not feel stressed at all. However, in 2021, Indonesia, to be precise in the city of Jakarta, has a high level of stress for its residents (Mahdi, 2022).

Furthermore, based on interviews conducted on Wednesday, January 22, 2025 in Ujung Pasir Village, Tanah Cogok Subdistrict, Kerinci Regency, Jambi Province, the interview was conducted with 3 informants with the initials R, F and D, which researchers found that the occurrence of stress in adolescents is caused by several things including excessive feelings of anxiety, feeling less attention from parents, withdrawing from the social environment, and excessive fatigue for no apparent reason.

Adolescence is a stage of life that every human being goes through in the process of development from birth to transition, from childhood to adulthood. Teenagers really need guidance and guidance to understand themselves who are full of egoistic attitudes and a very high sense of curiosity (Diananda, 2018). Adolescents are the next generation of the nation who have an important role in the future. Teenagers need to be prepared early both mentally and spiritually. Mentally, adolescents are expected to be able to solve problems they face such as obstacles, difficulties or things that deviate from social life in accordance with the developmental tasks they go through (Sari & Yusuf, 2018). Stress is a transactional process that arises from real things that are perceived as threats. Stress as a person's reaction to a stressor, such as an environment or event that harms the individual and burdens the ability to solve problems (Husnar, A.Z., Saniah, S., Nashori, 2017). Stress can be caused by a variety of factors, including family problems, financial problems, too many activities, mental health problems, and more (Handayani et al., 2020). Not everyone is able to adapt and overcome the problems faced, from this to overcome stress, self-efficacy is needed in order to minimize stress. According to Fitriani & Pujiastuti (2021) self-efficacy is an individual's belief about his or her ability to organize and carry out actions that are needed to achieve a desired achievement or goal. Self-efficacy can also be interpreted as one of the factors that can affect the performance of a person to achieve certain goals (Jatisunda, 2017). Self-efficacy can also have a positive impact on an individual's psychological health or well-being. Psychological health can be considered as positive mental health and has an impact on social life (Hutapea, 2012). People who are mentally comfortable will have good mental health or psychological well-being. According to Wardiyah (2013) psychological well-being is the ability of individuals to achieve self-awareness, maintain close relationships with other individuals, free themselves from social pressure, have the ability to control the environment, establish a meaningful life and continuously realize their abilities.

Based on this, this study will describe how stress and self-efficacy influence the psychological well-being of adolescents. The purpose of this study is to determine whether there is an influence between stress and self-efficacy on psychological well-being. Based on observations that researchers found, the occurrence of stress is triggered by feelings of excessive anxiety, feeling less attention from parents, withdrawing from the social environment, and feeling excessive fatigue for no apparent reason. Therefore, this research needs to be done to find out more deeply how stress and self-efficacy affect psychological well-being. This research is very important to do considering the increasing level of stress experienced by adolescents in this modern era, which is triggered by various factors such as academic pressure, social interactions, and the influence of social media. Adolescents' psychological well-being is important because it can affect their future development, both in mental and social aspects. In addition, understanding the role of self-efficacy as a factor that can mitigate the negative impact of stress provides valuable insights for parents, educators and policy makers in designing effective interventions to support adolescent mental health. Thus, this study is not

only relevant for understanding the psychological dynamics of adolescents, but also contributes to efforts to improve psychological well-being among young people in the context of today's increasingly complex and challenging lives.

The results of previous studies have strengthened the general evidence about stress on psychological well-being, research conducted by Selian et al (2020) said that there is an influence of stress on psychological well-being. Other research also states that there is a relationship between stress and psychological well-being (S. Aulia & Panjaitan, 2019; Kinkie et al., 2025). In line with the above research according to Leonardi & Astuti (2023) also said that there is a significant relationship between stress and psychological well-being. Previous research related to the relationship between self-efficacy and psychological well-being, obtained research results which state that there is a relationship between self-efficacy and psychological well-being (Assyva & Hanoum, 2022). Then other research on self-efficacy with psychological well-being conducted by Mayasari (2014) said that there is a relationship between self-efficacy and psychological well-being. In line with the research above, Utami's research (2016) also said that there is self-efficacy with psychological well-being on.

The hypothesis proposed by the researcher is that there is an influence between stress and self-efficacy on psychological well-being. This means that the higher the self-efficacy in individuals, the higher the level of psychological well-being obtained. Conversely, the lower the self-efficacy, the lower the level of psychological well-being obtained. Therefore, this study describes the effect of stress and self-efficacy on psychological well-being in adolescents. So that this is quite unique in several ways, First, this research is the first research on self-efficacy in adolescents in Tanah Cogok District. Second, this study is different from the research of Nissa et al (2022) which emphasizes how self-efficacy affects the character of adolescents. Third, this study focuses on alleviating stress experienced by adolescents. Based on this, researchers are interested in conducting this study to find out whether there is an influence between stress on psychological well-being?, whether there is an influence between self-efficacy on psychological well-being?, and whether there is an influence between stress and self-efficacy on psychological well-being?

Method

The research method used is quantitative descriptive correlation, which is a method that is a research design by making measurements or observations at the same time which aims to see the relationship between two or more variables. Then the research design used is cross sectional research design, which is a method that is a research design by taking measurements or observations at the same time. The population in this study were adolescents aged 16-18 years in Ujung Pasir village totalling 37 people. Sampling in this study used random sampling technique, which is a simple sampling technique, where each element is randomly selected. The sample in this study amounted to 30 teenagers. We set a time of 20 days in February 2024 for data collection. Respondents who participated in the survey were 30 teenagers in Ujung Pasir village. Data collection was done online using google form. Respondents were asked for their willingness to become respondents, then they filled in their identity and responded to each item of the research scale.

Research Scale

The researcher used three research scales for data collection, namely Perceived Stress Questionnaire (PSQ), Self-Efficacy Questionnaire (SEQ) and The Psychological Well-being-Post-Traumatic Changes Questionnaire (PWB-PTCQ).

Perceived Stress Questionnaire (PSQ)

We used the Perceived Stress Questionnaire (PSQ) to measure the extent to which situations in an individual's life can be rated as perceived stress. Respondents were asked to respond to scale items using a scale that ranged from 1 (never), 2 (sometimes), 3 (often), and 4 (always). After testing the validity and reliability of the instrument, a Cronbach's Alpha value of 0.729 was obtained.

Self-Efficacy Questionnaire (SEQ)

The Self-Efficacy Questionnaire (SEQ) is a questionnaire to measure the extent of one's self-confidence in dealing with various demanding situations in life. Respondents are asked to respond to scale items using a scale that ranges from 1 (never), 2 (sometimes), 3 (often), and 4 (always). After testing the validity and reliability of the instrument, the Cronbach's Alpha value is 0.826.

The Psychological Well-being-Post-Traumatic Changes Questionnaire (PWB-PTCQ)

Psychological Well-being-Post-Traumatic Changes is a measurement scale that aims to assess perceived changes in psychological well-being following a traumatic event. Respondents are asked to respond to scale items using a scale that ranges from 1 (strongly disagree), 2 (disagree), 3 (agree), and 4 (strongly agree). After testing the validity and reliability of the instrument, a Cronbach's Alpha value of 0.806 was obtained.

Data analysis

The data collection technique used in this study is a scale (questionnaire) which is a form of data collection instrument that is very flexible and relatively easy to use. The research data were analyzed using multiple regression methods by utilizing the Statistical Package for Social Science (SPSS) version 20 program. The researcher acknowledges that the method used is only limited to a descriptive approach, namely seeing, reviewing and describing with numbers about the object under study as it is and drawing conclusions about it according to the phenomena that appear at the time the research is conducted.

Result and Discussions

Result

This section presents the main findings of the research that aimed to examine the influence of stress and self-efficacy on adolescent psychological well-being. The analysis of the collected data will be systematically presented, starting from descriptive statistics to the results of the hypothesis testing

Table 1. Characteristics of respondents (n=30) by age.

Age	Amount	%
16 year	6	20
17 year	11	36,6
18 year	13	43,3

Based on the characteristics of respondents based on age, it shows that respondents aged 16 years were 6 people (20%), aged 17 years were 11 people (36.6%), and aged 18 years were 13 people (43.3%).

Table 2. Sociodemographics of stress, self-efficacy, and psychological well-being.

Variable	Amount	%
Stress		
High	15	50
Medium	12	40
Low	3	10
Self-Efficacy		
High	13	43,3
Medium	11	36,6
Low	6	20
Psychological well-being		
High	13	43,3
Medium	15	50
Low	7	23,3

Based on the table above, the results show that the majority of respondents' stress level (50%) is still in the high category, at the level of self-efficacy the respondents are in the moderate category, namely (43.3%), and also found at the level of psychological well-being of the majority of respondents (50%) which indicates that the psychological well-being of

respondents is in the moderate category.

Table 3. Hypothesis test (t)

Model	Coefficients ^a				t	Sig.
	Unstandardized Coefficients		Standardized Coefficients			
	B	Std. Error	Beta			
(Constant)	23,478	9,516			2,467	,018
Stres	-,380	,113	-,332		-3,348	,000
Self-efficacy	,745	,116	,637		6,424	,002

Based on the table above, get the results of the t test (partial), namely that there is an influence between stress on psychological well-being significantly as evidenced by the significant value of ($0.000 < 0.05$), meaning that there is an influence between stress on psychological well-being significantly, then from the test between the influence of self-efficacy on psychological well-being, the resulting value states that there is also an influence which is proven by the significant value of ($0.002 < 0.05$), meaning that there is an influence of self-efficacy on psychological well-being significantly.

Table 4. Hypothesis test (F)

Model	ANOVA ^a				
	Sum of Squares	df	Mean Square	F	Sig.
Regression	465,064	2	232,532	72,339	.002b
Residual	118,936	27	3,214		
Total	584,000	29			

Based on the table above, the results of the hypothesis test (F) show that there is an influence between stress and self-efficacy on psychological well-being, the results obtained are ($0.002 < 0.05$), it can be said that there is a simultaneous influence between stress and self-efficacy on psychological well-being.

Discussions

Each individual has a different experience and is perceived differently even with the same stressor, so the level of stress experienced by individuals depends on the experience of stress. According to Yusuf, S, L (2018) stress is defined as a physical, psychological response such as feelings of discomfort or distress. Stress also has an impact on human social life resulting in uncontrollable overthinking (Roziika et al., 2020). The results showed that most respondents had high stress with the highest number of 15 people (50%), moderate stress as many as 12 people (40%), and mild stress as many as 3 people (10%). From the results of the t test hypothesis test (partial), there is an influence between stress on psychological well-being as evidenced by a significant value of ($0.000 < 0.05$), meaning that there is an influence between stress on psychological well-being significantly.

Stress is a common condition for everyone to have. Stress is considered to be an individual's natural response to various situations, actions or demands (Handayani et al., 2020). Stress can have other psychological effects such as disruption of mental health, emotional ability, irritability and can even cause depression. However, sometimes stress in life is necessary because stress can motivate individuals to achieve good results, but stress can cause problems if individuals cannot think rationally and if individuals cannot control it.

According to Prabandari et al (2015) stress as an individual condition that is influenced by the environment, stressful conditions occur due to an imbalance between the pressures faced by individuals and the ability to deal with these pressures. Individuals need sufficient energy to deal with stressful situations so as not to interfere with their well-being. A person who

is faced with stressful circumstances or negative unpleasant feelings, must be dealt with immediately if it is not resolved properly it will lead to illness, depression, anxiety, and decreased life satisfaction desired in taking care of the source of the pressure experienced by the individual. Strategies to cope with this stress are recognized as coping strategies (Fitriasari et al., 2020).

Stress will have a negative impact if individuals cannot cope with the stress they face it can affect individuals in thinking as well as behavior. Individuals when faced with a stressful situation, they will try to cope with it either positively or negatively, this action is called a coping strategy. Stress is also the most important factor associated with an individual's psychological well-being, as well-being can determine an individual's mental health (Leonardi & Astuti, 2023). According to Simanjuntak et al (2021) states that stress is an unpleasant emotional experience. This experience is also coupled with feelings of anxiety, frustration and tension. In addition, the environment can also have a major impact on stressful conditions. Stress as a relationship that an individual has with the surrounding environment, where the environment is perceived as a demand and the individual's inability to deal with the environment.

According to Refnandes et al (2024) stress has a major impact on an individual's level of well-being. Psychological well-being is a balanced achievement in life that is influenced by the challenges and events in life. Individuals with higher psychological well-being were found to be more productive and have good mental and physical health than individuals with lower psychological well-being. Individuals with high psychological well-being live happily, have sufficient support and are satisfied with the life that individuals have (Heny et al., 2023).

This research is strengthened by research conducted by Kinkie et al (2025) which says that there is an influence between stress and psychological well-being. Furthermore, research conducted by Selian et al (2020) said that there is a significant relationship between stress and psychological well-being. Several other studies also state that there is a significant relationship between stress and psychological well-being (S. Aulia & Panjaitan, 2019; Leonardi & Astuti, 2023). Research by Anhar et al (2021) stated that stress can be minimized by the way individuals must be able to recognize their own individual emotions and be able to join a social environment that is comfortable with them. Furthermore, according to Jasmita et al (2024) said that high coping strategies in individuals can also minimize the stress experienced by individuals.

According to Alfaiz & Yandri (2015) self-efficacy is an individual's assessment of their ability or competence to perform a task, achieve a goal, and produce something. According to Fitriani & Pujiastuti (2021) self-efficacy is an individual's belief about his or her ability to organize and carry out actions that are needed to achieve a desired achievement or goal. Self-efficacy as an individual's belief in his ability to organize and perform certain tasks needed to get the results as expected (Kholdin et al., 2020). Based on the results of the study, it was found that respondents had high self-efficacy, namely 13 people (43.3%), moderate self-efficacy, namely 11 people (36.6%), and low self-efficacy, namely 6 people (20%). From the results of hypothesis testing, it shows that there is a significant relationship between self-efficacy and psychological well-being, the resulting value states that there is also an influence as evidenced by the significant value, namely (0.002 <0.05), meaning that there is a significant influence of self-efficacy on psychological well-being.

According Suwanti et al (2019) self-efficacy helps a person in making choices, efforts to progress, and persistence and perseverance in maintaining the tasks that cover their lives. Self-efficacy is very necessary for individuals, individuals who have high self-efficacy will tend to be motivated and feel challenged in solving problems in their lives so that they do not easily feel hopeless and stressed. Low self-efficacy will lead to increased anxiety and avoidance behavior. Individuals will avoid activities that can make things worse, this is not due to threats but because they feel they do not have the ability to manage risky aspects. According to Mahmudi & Suroso (2014) factors that influence self-efficacy are experience or success that has been achieved, social skills, social persuasion, physiological and emotional conditions. One of the physiological and emotional conditions affects the individual's self-efficacy, low self-efficacy is characterized by stress and anxiety that occurs when doing work.

Psychological well-being is a concept that describes individual mental health based on

the fulfillment of positive criteria for psychological functioning in the process of achieving individual self-actualization which includes individual physical, mental and social conditions. Psychological well-being is a term to describe the psychological health of individuals, it is related to positive psychology (M. F. Aulia et al., 2021). Psychological well-being is a condition of individuals who have a positive attitude towards themselves and others, are able to make decisions independently and can control behavior as needed. According to Mayasari (2014) there are various factors that can affect the psychological well-being of individuals, one of which is individual personality in making decisions. These decisions become part of individual self-efficacy, self-efficacy can come from individual experiences, experiences of others, social persuasion, physical and emotional conditions. Learning from the experiences of others through appropriate experiences can increase self-efficacy. Through verbal persuasion, individuals get the influence and suggestion that they are able to overcome problems.

Research conducted by Ezalina et al (2023) Another aspect that is related to psychological well-being is self-efficacy, because confidence or self-belief can affect the life lived by individuals. Furthermore, research conducted by Sujadi (2021) said that religious coping and optimism affect psychological well-being. Furthermore, the results of the study are in accordance with research conducted by Ningsih & Hazim (2024) which states the results of research that good psychological well-being of individuals is reflected in five aspects, namely, positive relationships with others, independence, environmental control, self-development, and life goals.

This research is in line with research conducted by Jannah et al (2020) which states that there is a significant relationship between self-efficacy and psychological well-being. Furthermore, several other studies also state that there is an effect of self-efficacy on psychological well-being (Assyva & Hanoum, 2022; Pasyola et al., 2021; Tsabitah et al., 2023; Utami, 2016). According to Ezalina et al (2023) stated that individuals who have high self-efficacy tend to have good psychological well-being, because they have strong beliefs in their ability to face challenges and achieve goals.

Psychological well-being based on the results of the study, it was found that respondents had high psychological well-being, namely 13 people (43.3%), moderate psychological well-being, namely 15 people (50%), and low psychological well-being, namely 7 people (23.3%). From the results of hypothesis testing, it shows the results of hypothesis testing between stress and self-efficacy on psychological well-being, the results obtained are ($0.002 < 0.05$) so it can be said that there is a simultaneous influence between stress and self-efficacy on psychological well-being.

Stress is a situation of tension or emotional pressure experienced by someone who is facing enormous demands. Stress can be caused by a lack of family support, a lack of family support can increase mental and emotional problems in individuals (Jasmita, 2024). Family support is the main factor that can help respondents to be able to adapt to all situations and changes that occur in their lives, family social support can reduce the burden caused by psychological problems caused by several problems that must be faced so that respondents feel more comfortable and able to accept all the changes experienced (Nusi et al., 2010). A person can be said to be prosperous if the individual has positive emotions that are greater than negative emotions. The higher the self-efficacy, the higher the psychological well-being of the individual. One way to respond to stressful situations is with emotion regulation, so that individuals change emotional reactions to a more appropriate level (Gunawan & Bintari, 2021). According to Zainuddin & Kutty (2022) self-motivation and social support affect psychological well-being. Then, there are other factors related to showing several factors that influence the psychological well-being of individuals including self-efficacy, optimism and social support (Prayogi et al., 2017). In addition, the factor of religiosity plays an important role for individuals who experience and face stressful situations (Hermawati & Hidayat, 2019).

Self-efficacy is one of the most influential aspects of self-knowledge in everyday human life. This is because the self-efficacy possessed influences individuals in determining the actions that will be taken to achieve a goal including estimates of various events that will be faced (Jannah et al., 2020). According to Anriyani et al (2024) self-efficacy as an element of positive belief is an element that forms a belief in the certainty that is possessed to be able to carry out

tasks or handle problems with good results, self-efficacy is related to an individual's ability to control stress. Because, self-efficacy is closely related to individual psychological well-being, psychological well-being is defined as individual well-being that focuses on self-realization efforts, self-assertion and self-actualization.

According to Yandri et al (2019) said that positive thinking skills can improve a healthy mindset, reduce negative influences, and improve mental well-being. Mental well-being is also associated with psychological well-being, psychological well-being is a feeling of self which feels happiness from everything that is done, things that affect psychological well-being are positive emotions from a person, because with psychological well-being we will avoid stress, depression and life problems that can interfere with us in our daily activities. According to Soputan (2021) apart from psychological well-being, there are other aspects that can minimize stress, namely self-disclosure. Psychological well-being includes six dimensions, namely self-acceptance, positive relationships with others, autonomy, environmental mastery, life goals, and personal growth. This model emphasizes that well-being is not just about happiness, but also about the positive functioning of individuals in everyday life.

Based on the explanation above, it can be concluded that psychological well-being is an individual condition characterized by a feeling of happiness, life satisfaction and no symptoms of depression. This condition is influenced by positive psychological functions such as self-acceptance, positive social relations, having a purpose in life, personal development, environmental control and autonomy. Positive social relations are one of the conditions necessary for the achievement of psychological well-being. Positive social relations or relationships with others appear to be an important part of psychological well-being. Humans basically have a need to interact with others. Without social relations and good social relationships with others, a person will feel isolated, which results in loneliness and depression, which is ultimately harmful to one's psychological well-being. On the other hand, positive relationships with others will also increase the influence of other dimensions on psychological well-being.

This research has important implications for counseling science, especially in psychological intervention approaches and the development of strategies to improve individual well-being. Understanding the factors that influence well-being can help counselors understand how stress can reduce a person's psychological and emotional well-being, on the other hand self-efficacy acts as a protective factor that can improve well-being. Application in counseling practice, counselors can design interventions that focus on stress management and increasing self-efficacy as a way to improve client well-being, counselors can adjust the approach based on the client's stress level and self-efficacy, clients with high stress and low self-efficacy may need more support in building self-confidence and coping strategies. Then, by increasing self-efficacy individuals can be more resilient in facing challenges so as to reduce the risk of psychological disorders such as anxiety and depression.

Based on the direct experience of researchers while conducting this research, there are several limitations experienced, namely the number of respondents is only 30 people, of course this is not enough to describe the actual situation, the method used is only limited to seeing, reviewing and describing with numbers about the object under study as it is, when collecting data through questionnaires sometimes does not show the actual situation of the respondents, and the conclusions drawn are only based on the acquisition of data analysis, so further researchers can further refine the research.

Conclusions

The conclusion of this study shows that the relationship between stress and self-efficacy on psychological well-being shows a positive direction, because the significance value obtained is positive. Stress experienced by adolescents is caused by feelings of excessive anxiety, feeling less cared for by parents, withdrawing from the social environment, and feeling excessive fatigue for no apparent reason. By often feeling less cared for by parents, respondents feel inner pressure so that they can be more easily anxious and withdraw from the social environment. This research is very important to do considering the increasing level of

stress experienced by adolescents in this modern era, which is triggered by various factors such as academic pressure, social interactions, and the influence of social media. Adolescents' psychological well-being is important because it can affect their future development, both in mental and social aspects. Moreover, understanding the role of self-efficacy as a factor that can mitigate the negative impact of stress provides valuable insights for parents, educators and policy makers in designing effective interventions to support adolescents' mental health. Then, the majority of respondents have high self-efficacy, because respondents have good life experiences, it can affect the life lived by individuals. Suggestions for further research are to deepen the factors that influence self-efficacy, investigate the relationship between stress and self-efficacy in different contexts, and increase the number of respondents so as to get maximum research results.

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