ABSTRACT

Mental health is an important part of adolescent development and is influenced by physical, psychological, and social changes. Peer support helps adolescents cope with problems and adapt to their social environment. This study aimed to analyze the relationship between peer support and mental health among eleventh-grade students at SMAN 1 Lawang, Malang *Regency. This study used a quantitative correlational design with a cross-sectional approach. The sample consisted of 71 eleventh-grade students selected using proportionate stratified random sampling. Data were collected using the Peer Social Support Scale (PSSS) and the Strengths and Difficulties Questionnaire (SDQ) through Google Forms. Data were analyzed using univariate and bivariate analysis with the Spearman Rank test. The results showed that most respondents had good levels of peer support. Most respondents had normal mental health scores on both the difficulties and strengths scales. There was a significant and strong relationship between peer support and the difficulties scale (p-value = 0.000;* r_s *= -0.590), with a negative direction, indicating that better peer support was associated with lower difficulties scores. There was also a significant and moderate relationship between peer support and the strengths scale (p-value = 0.025;* r_s *= 0.265), with a positive direction, indicating that better peer support was associated with higher strengths scores. It can be concluded that peer support is significantly related to the mental health of eleventh-grade students at* SMAN 1 Lawang, Malang *Regency, on both the difficulties and strengths scales.*

Keywords: peer support, mental health, adolescents