



## Teenagers Resilience in Facing Flood Disasters in Gurun Laweh Village, Kenagarian Sungai Nyalo, Batang Kapas District, West Sumatera

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### ABSTRACT

The flood disaster in Pesisir Selatan Regency in March 2024 affected 14 sub-districts and 235,250 people. This study was aimed to determine the relationship between social support and knowledge with post-flood disaster resilience in teenagers in the Gurun Laweh Village, Kenagarian Sungai Nyalo, Batang Kapas District. Using quantitative research with a Cross Sectional Study design, this research was conducted in Kampung Gurun Laweh Kenagarian Sungai Nyalo, Batang Kapas District from March to August 2024 that employed 91 teenagers as respondents. The data collected using questionnaire with univariate data analysis using chi-square test. The results showed more than half of teenagers (69.2%) have negative resilience, there were relationships between social support (0.003) and knowledge in dealing with disasters (0.001) with post-flood disaster resilience in teenagers in Gurun Laweh Village, Kenagarian Sungai Nyalo, Batang Kapas District. It is recommended to the Head of the BPBD Pesisir Selatan District, to conduct flood disaster simulations in an effort to increase community knowledge and social support

## INTRODUCTION

Indonesia, as a country in a tropical climate region, is a country that has high rainfall, this increases the risk of natural disasters. During March 2024, there have been 185 disasters that hit regions in Indonesia. Where 98.91% of these events are hydrometeorological disasters, both dry and wet hydrometeorological. Floods are the disaster with the highest frequency with 123 incidents, 30 extreme weather incidents, 17 landslides, 12 forest and land fires, 2 earthquakes and 1 tidal wave. In March 2024, 33 out of 38 provinces reported disaster events, the five provinces with the highest number of disaster events were Central Java, East Java, West Java, West Sumatra and North Sumatra. West Sumatra Province experienced 12 disasters, all of which were floods (Badan Nasional Penanggulangan Bencana, 2024).

The floods and landslides that hit Pesisir Selatan Regency, West Sumatra, on Thursday, 07 March 2024 resulted in 25 people killed, 74,934 people being displaced, and 119,228 other people being affected. Not only that, floods and landslides affected 94 health service facilities including 4 community health centers, 24 supporting community health centers and 66 village health posts. (*Kemenkes Dukung Penanganan Darurat Banjir Dan Tanah Longsor Di Kabupaten Pesisir Selatan – Sehat Negeriku, n.d.*).

This flood affected almost the entire Pesisir Selatan Regency. 14 sub-districts in Pesisir Selatan Regency were affected by floods. One of the areas that was badly hit by the flood was in Batang Kapas District in Sungai Nyalo Village, Gurun Laweh Village with 188 houses, 210 families, 396 people and the majority were teenagers, as many as 118 people. The flood severely damaged 23 houses, collapsed 1 mosque, washed away 1 bridge, damaged 2 bridges, severely damaged other roads and all houses in the village suffered moderate damage. The majority of the population is teenagers (40%), children 20%, adults 25% and elderly 15%. On average, adults and elderly are accustomed to flooding, but children and teenagers are still not used to it. With the major flood in March 2024, some teenagers seemed lazy to go to school, just spent their time locking themselves in their rooms, and looked anxious when it rained.

Individuals who live in areas that are often affected by floods tend to experience health and psychological disorders ranging from mild to more serious depression symptoms. such as Post Traumatic Stress Disorder (PTSD) especially in vulnerable groups such as people with disabilities, the elderly, female heads of households and teenagers tend to experience greater psychological disorders than others. Clinical psychologists state that children and teenagers are at high risk of experiencing stress, anxiety, and depression after a flood disaster. This is due to emotional instability and their inability to properly process traumatic experiences (Ungar, 2019).

Teenagers can be defined as individuals between the ages of 12 and 18, who are experiencing a transition from childhood to adulthood. Teenagers are categorized as being vulnerable to disasters because they are experiencing a complex emotional and social transition, where their ability to manage emotions and stress is still developing. In addition, sudden and unexpected changes due to floods, such as loss of home, changes in the social environment, and uncertainty about the future, can increase the level of emotional instability in

teenagers. Lack of preparedness in dealing with crisis situations and adaptive abilities that have not yet been fully formed can also worsen the psychological impact of post-disaster on teenagers. Factors such as lack of social support and uncertainty about recovery can also worsen post-disaster psychological disorders in teenagers. The existence of various psychological impacts from flood events, a system is needed to maintain self-function and structure in the face of disturbances, as well as the system's ability to organize itself related to stress due to changes called resilience (Apriyanto & Setyawan, 2020). Therefore this study was aimed to determine the relationship between social support and knowledge of dealing with disasters with post-flood disaster resilience in teenagers.

## LITERATURE REVIEW

Resilience refers to the ability to bounce back, adapt to change, and thrive despite experiencing significant stress and pressure. The importance of having a resilience impact on teenagers after a flood disaster is to help them recover emotionally and socially, and reduce the risk of long-term psychological disorders. The factors that influence resilience to disasters are divided into three, namely internal factors including emotional intelligence, self-esteem, and self-motivation. External factors, such as social support, access to resources, education and knowledge in dealing with disasters. Finally, there are environmental factors such as environmental stability, strong communities, government policies and programs. Factors such as social support and knowledge are things that greatly influence adolescent resilience after a natural disaster. This is because they are interrelated and mutually reinforcing. Social support allows teenagers to develop effective problem-solving skills, while knowledge provides an overview of the actions that will be taken by teenagers related to the risk of natural disasters that will occur or are occurring and after they occur (Ungar, 2019).

Previous study conducted by (Mailani et al., 2022) on "Resilience of Teenagers Living in Areas Prone to Earthquakes and Tsunami Disasters in Padang City" using a cross-sectional design, involving 73 teenagers selected using accidental sampling techniques. This study obtained a picture of the resilience of teenagers living in areas prone to earthquakes and tsunamis in the bad category (56.2%) and good (43.8%). Another study conducted by (Sasmita & Afriyenti, 2019) on "Post-Tsunamic Disaster Resilience" that there are seven abilities that form resilience, namely; emotional regulation, impulse control, optimism, empathy, causal analysis, self-efficacy, and reaching out. The population was 220 heads of families with a sample of 50 people. The scale used was the Resilience Scale from the results of the descriptive analysis showed that 62% of people had moderate resilience, 24% low, and 14% high.

Research conducted by (Setiawicaksana & Fitriani, 2021) on "The Relationship between Social Support and Adolescent Preparedness in Facing Floods in Samarinda", using 606 respondents, showed that there was the relationship between the Social Support variable and the adolescent preparedness variable with  $P 0.009 (\leq 0.05)$  which means that it can be concluded

that there is a relationship between social support and adolescent preparedness in facing floods in Samarinda.

## METHODOLOGY

Using a quantitative research with a cross-sectional design, this study was aimed to determine the relationship between social support and knowledge of dealing with disasters with teenagers resilience after the flood in Gurun Laweh Village, Sungai Nyalo District, Batang Kapas District in 2024. The population was 118 teenagers who were in the village when the flood occurred. The sample was determined using the Proportion Estimation formula, which were 91 teenagers. This study used the Connor-Davidson Resilience Scale (CD-RISC) questionnaire, the Support Evaluation List (ISEL) questionnaire, and knowledge based on the knowledge questionnaire created based on knowledge indicators implemented from March to August 2024.

## RESULTS

Table 1 and Table 2 below summarizes the results for respondents demographic characteristics, resilience, perceived social support and knowledge.

Table 1. Frequency Distribution of Demographic Characteristic of Teenagers in Gurun Laweh

| Variable           | Frequency | Percentage (%) |
|--------------------|-----------|----------------|
| Gender             |           |                |
| Male               | 58        | 63.7           |
| Female             | 33        | 36.3           |
| <b>Total</b>       | <b>91</b> | <b>100</b>     |
| Age                |           |                |
| 12 - 14 y.o        | 31        | 34             |
| 15 - 18 y.o        | 60        | 66             |
| <b>Total</b>       | <b>91</b> | <b>100</b>     |
| Level of education |           |                |
| Primary Highschool | 44        | 48.4           |
| Senior Highschool  | 47        | 51.6           |
| <b>Total</b>       | <b>91</b> | <b>100</b>     |

Village : Gender, Age and Level of Education

Table 2. Frequency Distribution of Resilience, Perceived Social Support and Knowledge

| Variable                 | Frequency | Percentage (%) |
|--------------------------|-----------|----------------|
| Resilience               |           |                |
| Negative                 | 63        | 69.2           |
| Positive                 | 28        | 30.8           |
| <b>Total</b>             | <b>91</b> | <b>100</b>     |
| Perceived Social Support |           |                |
| Low                      | 67        | 73.6           |
| High                     | 24        | 26.4           |
| <b>Total</b>             | <b>91</b> | <b>100</b>     |
| Knowledge                |           |                |
| Poor                     | 63        | 69.2           |
| Good                     | 28        | 30.8           |
| <b>Total</b>             | <b>91</b> | <b>100</b>     |

Table 1, Shows characteristic of respondents of this study, where 63,7 % of the respondents were male, 66% were in 15 - 18 years old, and 51.6 % were Senior highschool students.

Analysis of respondents resilience, perceived social support and knowledge in dealing with disaster as presented in Table 2, showed that 69,2 % respondents have negative resilience, 73,6 % have low perceived social support and 69,2 % have poor knowledge in dealing with flood disaster.

Bivariate analysis results for the relationships between perceived social support and knowledge with resilience are summarized in Table 3 below.

Table 3. Relationship Between Perceived Social Support and Knowledge and Resilience

| Variable                        | Resilience           |                      |                    | p value      |
|---------------------------------|----------------------|----------------------|--------------------|--------------|
|                                 | Negative<br>(n = 63) | Positive<br>(n = 28) | Total              |              |
| <b>Perceived Social Support</b> |                      |                      |                    | <b>0.003</b> |
| <b>Low</b>                      | <b>51 ( 76.1%)</b>   | <b>16 ( 23.9%)</b>   | <b>67 ( 100 %)</b> |              |
| <b>High</b>                     | <b>12 ( 50 % )</b>   | <b>12 ( 50 % )</b>   | <b>24 ( 100 %)</b> |              |
| <b>Knowledge</b>                |                      |                      |                    | <b>0.001</b> |
| <b>Poor</b>                     | <b>51 ( 81 % )</b>   | <b>12 ( 19 % )</b>   | <b>63 ( 100%)</b>  |              |
| <b>Good</b>                     | <b>12 (42.9%)</b>    | <b>16 ( 57.1%)</b>   | <b>28 ( 100%)</b>  |              |

The analysis of relationship between perceived social support and resilience showed significant relationship (  $p = 0.003$  ), where 76.1 % of respondents with low perceived social support have negative resilience, furthermore 50 % respondents with high perceived social support have positive resilience in facing the flood disaster. The analysis of relationship between knowledge in dealing with flood disaster also showed significant relationship (  $p = 0.001$  ). It was revealed that 81 % respondents with poor knowledge have

negative resilience where as 57.1 % respondents with good knowledge have positive resilience.

## **DISCUSSION**

### ***Resilience of Teenagers in Facing Flood Disaster***

This study showed that 69,2 % of the teenagers have negative resilience. Based on teenagers characteristics, it was showed that less than half of teenagers with male gender had negative resilience (40%) compared to females (25%). On average, teenagers who had negative resilience were less than half in the 15-18 year age range with high school education of (42%) compared to junior high school education of 12-14 years of age range of (21%).

The results of previous research conducted by (Mailani et al., 2022), on "Resilience of Teenagers Living in Areas Prone to Earthquakes and Tsunami Disasters in Padang City" obtained results in the bad category (56.2%) and good (43.8%).

Resilience in teenagers living in disaster-prone areas is an ability possessed by teenagers to return to a state before the disaster or a better state so that when a disaster occurs, teenagers are able to face the disaster with experience from previous disasters. The ability to adapt in an adolescent is very needed to increase their resilience in dealing with the changes that will be experienced by teenagers at the stage of growth and development, both physical, psychological and social changes (Mailani et al., 2022).

Research conducted by (Infurna, F. J., & Luthar, 2016) entitled Resilience to major life stressors is not as common as thought examines how resilience changes with age. They found that resilience tends to increase with age. Teenagers (ages 12-18) have a resilience rate of 40% Young adults (ages 19-29) have a resilience rate of 50%, while middle adults (ages 30-49) show a resilience rate of 65%, and older adults (ages 50 and over) show a resilience rate of 75%.

Another research conducted by (Campbell-Sills, L., Forde, D. R., & Stein, 2014) entitled Demographic and childhood environmental predictors of resilience in a community sample explored demographic factors that influence resilience within the community. They found that men generally showed higher levels of resilience than women. Specifically, the level of resilience in men was found to be around 60% higher than in women. In the research conducted by (Bonanno, G. A., Westphal, M., & Mancini, 2015) entitled Resilience to loss and potential trauma that people with higher levels of education such as a bachelor's degree or higher, have a resilience rate of around 70%. In contrast, those with lower secondary education (high school or lower) showed a resilience level of around 50%.

Based on the results of this study and previous researchers, contradictory results were obtained where in previous researchers positive resilience was higher in male individuals, in high school education and in the age range of 15-18 years, while in the study conducted by researchers negative resilience was higher in male teenagers in high school education in the age range of 15-18 years. On the question of recovering quickly from a stressful flood event, less than half (40.7% of teenagers) answered strongly disagree. This indicates that teenagers have other thoughts and anxieties that are felt after the flood they experienced.

Questions about the attitude of teenagers not giving up easily when they feel something like there is no hope in facing a flood disaster, more than half (36.3% of teenagers) answered strongly disagree. This indicates that they tend to give up easily when faced with something that they think is hopeless and indicates that they do not want to find a solution to solve the problem. This also indicates that teenagers tend to have negative resilience, where if this continues, it can cause teenagers to experience psychological stress after being flooded, which can increase the risk of developing PTSD (post-traumatic stress disorder). To prevent or minimize the risk of developing PTSD (Post-Traumatic Stress Disorder) in teenagers after experiencing a flood, an approach and the importance of resilience or resilience are needed.

***Relationship Between Social Support and Post-Flood Teenagers Resilience.***

Bivariate analysis in this study showed that most teenagers with negative resilience were more likely to have low social support (76.1%) compared to teenagers with high social support (50.0%). The results of the statistical test obtained a p-value of 0.003, so it can be concluded that there is a significant relationship between social support and post-flood adolescent resilience in Gurun Laweh Village, Sungai Nyalo Sub-District, Batang Kapas District in 2024.

This study supports the results of research conducted by (Aris setiawan & Niken Titi Pratitis, 2015) on "Religiosity, Social Support and Resilience of Lapindo Mud Victims in Sidoarjo" where the results showed that social support was very significantly related to resilience, social support had a significant positive relationship with resilience ( $t = 4.952$  at  $p = 0.000$ ).

The results of (Wang, J., Mann, F., Lloyd-Evans, B., Ma, R., & Johnson, 2015) study entitled Associations between loneliness and perceived social support and outcomes of mental health problems: A systematic that lack of social support significantly increases the risk of mental health disorders, such as depression and anxiety. They noted that individuals who do not receive sufficient social support are 30% to 50% more likely to experience depressive symptoms than those who have good social support. Strong social support, whether from family, friends, or community, is also a solution that can significantly reduce the risk of mental health decline after a natural disaster. Social support helps individuals feel safer, accepted, and have the emotional resources to cope with stress (Pfefferbaum, B., North, C. S., & Davis, 2015). Social support is needed by individuals in order to become strong individuals and be able to overcome every problem in life. Individuals who receive social support from family, friends or their environment will be better able to deal with hardship or difficulties than individuals who receive less support (Rahmanishati et al., 2021).

In this study, it was found that the score for social support where the lowest score of 33 and the highest score of 83 with a total of 24 questions where in the question of teenagers being satisfied with their lives even though they were flooded, less than half as many as 46.2% of teenagers answered strongly disagree which proves that teenagers on average do not accept the situation where they and their families were flooded and indicates that teenagers cannot adapt to the situation where they experienced a flood disaster.

For the question of teenagers having someone whose advice can influence them in making future plans after being flooded, less than half as many as 41.8% of teenagers answered strongly disagree which also indicates that teenagers do not have anyone they can trust to share stories and be good advisors in making decisions after being flooded. If this continues, it can cause teenagers to experience poor mental health and psychological stress after being flooded which can increase the risk of developing PTSD (post traumatic stress disorder). One solution that can be applied is to increase social support from family and friends. This can be in the form of listening to them, providing a sense of security, and letting them express their feelings. In addition, communities and schools must be involved in providing support through programs that help teenagers feel connected and supported, such as providing training or knowledge so that teenagers can increase their self-confidence in facing problems that may occur.

### ***Relationship Between Knowledge of Facing Disasters and Post-Flood Teenagers Resilience***

The results of the study showed that most teenagers with negative resilience were more likely to have poor knowledge of facing disasters (81.0%) compared to those with high knowledge of facing disasters (42.9%). The results of the statistical test obtained a p-value of 0.001, so it can be concluded that there is a relationship between knowledge of facing disasters and post-flood teenagers resilience in Gurun Laweh Village, Sungai Nyalo Sub-District, Batang Kapas District in 2024.

This study supports the results of a study conducted by (Maria Magdalena Saragi, 2023) on "The Relationship between Family Knowledge and Preparedness for Facing Natural Disasters" which found that the majority of knowledge was lacking 75%, knowledge was sufficient 21% and knowledge was good 4%. The results of a study conducted by (McFarlane, A. C., Bryant, R. A., & Williams, 2015) entitled Posttraumatic stress disorder and its associated features following disasters: A review of the evidence found that individuals who lack knowledge about disaster prevention tend to experience increased symptoms of anxiety and depression. Specifically, individuals who do not receive adequate information and training experience an increase in anxiety symptoms up to 35% higher than those who have adequate knowledge. Lack of knowledge in dealing with disasters is one of the factors that causes the risk of disaster to be large. Efforts to reduce disaster risk, there are three stakeholders, namely individuals, government and school communities. Individuals are the subjects and objects of preparedness because they directly affect disaster risk. Meanwhile, the government has a very important role in pre-, during and post-disaster management (Hodge, 2018). This is supported by the results of the statistical test of the knowledge questionnaire, data was found with the lowest score of 20 and the highest score of 100 with a total of 10 questions where in the question of what should be done to improve knowledge in dealing with flood disasters, more than half 72.5% of teenagers answered incorrectly which proves that teenagers still have insufficient knowledge which results in teenagers not knowing what to do to improve knowledge in dealing with flood disasters. Questions about efforts that can be made to find out information and training for flood disasters, more than half (72.5%) of teenagers answered incorrectly, which also shows the lack of

knowledge of teenagers regarding efforts to find out information and training for preparedness in dealing with floods.

If this continues, it can increase the risk of mental health, such as anxiety and depression. Individuals who do not have adequate knowledge tend to feel more unprepared and stressed, which can lead to increased symptoms of mental disorders that can increase the risk of PTSD (post traumatic stress disorder). One effort to eliminate these negative impacts can be a comprehensive education program on disaster prevention to reduce the negative impact on mental health and training in developing disaster preparedness programs that involve the community. It would be better if health workers, regional administrators and BPBD work together to create disaster plans, conduct simulation exercises, and build social support networks. Community preparedness can strengthen disaster responses and reduce mental health impacts.

## **CONCLUSIONS AND RECOMMENDATIONS**

This study showed that more than half of teenagers (69.2%) have negative resilience, more than half of teenagers (73.6%) have low social support, more than half of teenagers (69.2%) have poor knowledge of dealing with disasters. There were relationships between social support and knowledge of dealing with disasters with post-flood disaster resilience in teenagers in Gurun Laweh Village, Kenagarian Sungai Nyalo, Batang Kapas District. It is recommended to the Head of the BPBD Pesisir Selatan District, to conduct flood disaster simulations in an effort to increase community knowledge and social support.

## **FURTHER STUDY**

Future researchers are expected to be able to develop research on other resilience variables such as emotional intelligence and self-motivation.

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