

How Do We Know They're Well? A Systematic Literature Review

Bagaimana Kita Mengetahui Bahwa Mereka Sejahtera? Sebuah Tinjauan Literatur Sistematis

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ABSTRACT

Adolescence is a dynamic stage of development where psychological well-being (PWB) plays a critical role in preventing long-term mental health disorders. Yet, research in this field often suffers from conceptual and methodological inconsistencies, particularly in non-Western contexts such as Indonesia. This study conducts a systematic literature review (SLR) to identify and critically evaluate the frameworks and measurement tools used in adolescent PWB research. Following PRISMA guidelines, 12 empirical studies published between 2015 and 2025 were selected from Scopus, PubMed, and SpringerLink based on rigorous inclusion and exclusion criteria. The findings highlight the predominance of Ryff's six-factor model and Seligman's PERMA framework, operationalized mainly through Ryff's PWB Scale and the PERMA Profiler, while the MHC-SF was noted for its brevity and cross-cultural adaptability. Despite this dominance, frequent mismatches between frameworks and instruments were identified, especially in studies attempting to apply socio-ecological or cultural models with generic tools, which compromised construct validity. Contextual factors including family quality, school climate, peer relationships, and emotional regulation also emerged as decisive influences shaping adolescent well-being. This review emphasizes the necessity of selecting instruments that are not only psychometrically sound but also culturally and developmentally appropriate, advancing both the science and practice of adolescent mental health research in Indonesia.

ABSTRAK

Masa remaja merupakan tahap perkembangan yang dinamis, di mana kesejahteraan psikologis (*psychological well-being* / PWB) memegang peranan penting dalam mencegah gangguan kesehatan mental jangka panjang. Namun, penelitian dalam bidang ini masih sering menghadapi inkonsistensi konseptual dan metodologis, khususnya pada konteks non-Barat seperti Indonesia. Penelitian ini menggunakan *systematic literature review* (SLR) untuk mengidentifikasi dan mengevaluasi secara kritis kerangka teori serta instrumen pengukuran yang digunakan dalam penelitian PWB remaja. Mengikuti pedoman PRISMA, sebanyak 12 studi empiris yang diterbitkan antara tahun 2015–2025 dipilih dari basis data Scopus, PubMed, dan SpringerLink berdasarkan kriteria inklusi dan eksklusi yang ketat. Hasil penelitian menunjukkan dominasi model enam faktor Ryff dan kerangka PERMA dari Seligman, yang dioperasionalkan terutama melalui Ryff's PWB Scale dan PERMA Profiler, sementara MHC-SF dikenal karena kepraktisan serta kemampuan adaptasi lintas budayanya. Meskipun demikian, ditemukan adanya ketidaksesuaian antara kerangka teori dan instrumen yang digunakan, terutama pada studi yang mencoba menerapkan model sosio-ekologis atau budaya dengan alat ukur yang bersifat umum, sehingga mengurangi validitas konstruk penelitian. Faktor kontekstual seperti kualitas keluarga, iklim sekolah, hubungan dengan teman sebaya, dan regulasi emosi juga muncul sebagai faktor penting yang memengaruhi kesejahteraan remaja. Tinjauan ini menegaskan pentingnya pemilihan instrumen yang tidak hanya memiliki kualitas psikometrik yang baik, tetapi juga sesuai secara budaya dan perkembangan, sehingga dapat mendukung pengembangan ilmu maupun praktik penelitian kesehatan mental remaja di Indonesia.

Kata Kunci:

Remaja, kesejahteraan psikologis,
tinjauan literatur sistematis, instrumen
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INTRODUCTION

Adolescent psychological distress has developed into a universal health problem. Literature shows that out of all lifetime mental disorders, almost half of them occur prior to the age of 14. WHO has highlighted this fact and has characterized adolescence as a critical time to institute mental health interventions (WHO, 2022). The increase in psychological impairment among adolescents has been reported to be associated with environmental instability, pressure at school, and social media exposure (WHO, 2023). These factors have amplified the need to have sound conceptual frameworks to define psychological well-being (PWB) among this group.

There have been various changes in the theoretical foundations of adolescent PWB, across various fields. An example of such a model is the eudaimonic model developed by Ryff, who identifies six main dimensions, i.e. autonomy, environmental mastery, personal growth, purpose in life, positive relations and self-acceptance (Ryff, 1989). Positive psychology paradigm, which Seligman used in the form of PERMA model, incorporates five elements, namely positive emotion, engagement, relationships, meaning, and accomplishments (Seligman, 2018). According to Diener and Keyes, subjective well-being is the balance between affective experience and life satisfaction (Keyes, 2009). The fourth theoretical approach is the socio ecological perspective, which stresses the constructive influence of family, peers, school and community on the well being of adolescents (Hoffmann, 2025).

Various measures have been developed to measure PWB in teens. An example is the Psychological Well-Being Scale by Ryff that has been modified into 42 and 18-item versions (Ortega-Ruipérez & Castellanos-Sánchez, 2023). The PERMA Profiler measures the five PERMA domains (Farina et al., 2025), and the Mental Health Continuum -Short Form (MHC-SF) is validated in adolescent cohorts (Healthcare, 2021). They are often used with measuring subjective well-being including the Satisfaction with Life Scale (SWLS) and the Positive and Negative Affect Schedule (PANAS) (Charalampous et al., 2023). Culture-specific instruments are still rare in Indonesia; one successful example is a youth well-being scale created by Abidin et al. that incorporates the national sociocultural values (Abidin et al., 2020).

The modern trend of studies conducted on the issue of adolescent psychological well-being (PWB) shows unequal tendencies in geographical areas. The studies performed in North America and Europe have empirically focused on cross-cultural validation, longitudinal studies, and examination of protective variables like religiosity, peer association, and emotional regulation (Garcia & Tomlinson, 2021). Conversely, the research conducted in Indonesia has mostly been descriptive and has been based on cross-sectional designs and direct translation of Western tools with little to no cultural adjustment (Innocenti, 2025).

The most important weakness of the current body of research is the dominance of single instruments of measurement. A significant fraction of researchers use only a

single validated scale, which is usually the multifactor model of PWB developed by Ryff without giving serious consideration to the question of whether the tool fits the theoretical model on which their study is based (Ortega-Ruipérez & Castellanos-Sánchez, 2023). This practice may develop conceptual incompatibility between research goals and the operational instruments used.

The other gap that continues to exist is the geographic bias that is present in the literature. Most publications are based in Western or East Asian settings, whereas the Southeast Asian countries, and Indonesia, in particular, are still unexplored in high-impact sources (Hoffmann, 2025). Locally salient variables, like cultural norms, family structure or religious orientation, are rarely incorporated into mainstream well-being models.

Not many systematic reviews have examined the congruence of theoretical frameworks and instruments of measurement. Majority of the literature is mapping conceptual domains or comparing the tools, but seldom is the question of whether the tools chosen are philosophically and constructively consistent with the selected frameworks posed (Charalampous et al., 2023).

This methodological flaw in Indonesia is aggravated by the fact that they use translated versions of western scales without proper cultural revalidation. Very few studies have managed to come up with instruments that are rooted in local contexts; the case of the scale presented by Abidin et al. is considered a case of exception and not a standard (Abidin et al., 2020). This review argues that lack of correspondence between theoretical models and measuring tools brings ambiguity to the research on PWB in adolescence. Using a PERMA-based tool to validate a hypothesis derived using Ryff, e.g., can bias interpretation and invalidate the results (Garcia & Tomlinson, 2021).

There is also a problem of instrument-framework mismatch that makes comparison across studies more difficult. Tools with inconsistent constructs hinder the synthesis of meta-analysis and limit the external validity of findings to policy or practice (Hoffmann, 2025).

In turn, this paper will conduct a systematic literature review (SLR) of the published empirical studies released in 2015-2025. PRISMA has been used to follow the review and make it transparent and replicable. Its purpose is not merely to list instruments and structures, but critically to review their fit. The general idea is to enlighten Indonesian researchers and practitioners about the choice of tools which are theoretically sound and culturally suitable within adolescent groups. Recommendations will be based on using instruments that are true to the lived experiences of Indonesian youth.

The main aim of this research is to provide a revised and critical review of the conceptual frameworks and measurement tools that are used to measure the psychological well-being of adolescents. The review aims to find out the prevailing theoretical models in current literature such as the multidimensional model of PWB by Ryff, PERMA model by Seligman, subjective well-being (SWB), and socio-

ecological models and evaluate their operationalization in various cultural and developmental contexts. At the same time, the study will list the tools applied since 2015 to 2025, analyze their psychometric validity, reliability, and cultural adaptability, and focus on such tools as the Ryff PWB Scale, the PERMA Profiler, and the MHC -SF.

Another secondary objective is to determine how well conceptual models correspond to the instruments chosen. This analysis will show areas of consistency, where theoretical clarity is conducive to the strong measurement, and also areas of inconsistency that can undermine construct validity and result interpretation. It is based on this analysis that the study will make suggestions on the choice of instruments that are developmentally right and culturally relevant, especially on their applicability to Indonesian adolescents. It is hoped that such recommendations will inform future research and practice by making sure that measurement instruments are not only theoretically-founded, but also context-specifically relevant to the needs and traits of the various adolescent populations.

RESEARCH METHODS

This study employed the Systematic Literature Review (SLR) approach, which was chosen based on its orderly, clear, and reproducible structure of research synthesis (Snyder, 2019). The PRISMA guidelines were followed in the review process initially proposed by (Moher et al., 2009) and later revised in the PRISMA 2020 statement (Page et al., 2021). There were no direct subjects of the study, instead, research of secondary data involving adolescents aged 10–19 in various cultural and social backgrounds was conducted, which increased the level of generalizability and reduced the ethical issue. The articles indexed in Scopus, PubMed and SpringerLink formed the sampling frame. These databases have been purposefully chosen due to their disciplinary coverage: Scopus due to the broad interdisciplinary scope (Popay et al., 2006), PubMed due to the emphasis on the literature about health and psychology (Triandini et al., 2019), and SpringerLink because of the focus on the literature about applied psychology and education (A. Capote-Moreno et al., 2020). The use of secondary data alone was considered acceptable because of the lack of need to obtain institutional review board approval.

The searches included studies published since 2015, which is the year the field of positive psychology has matured, and the popularity of adolescent well-being has increased, and there has been an impact of digitalization and the COVID-19 pandemic on the mental health of young individuals (Munn et al., 2020). The Boolean operators, keyword variations, e.g. terms like adolescent, teenager, youth, psychological well-being, mental well-being, subjective well-being, framework, theoretical model, conceptual model, measurement, instrument, scale, assessment tool and psychometric were utilized. The method corresponds to the best practice in the systematic review of the social sciences (Hetty Primasari et al., 2025).

Table 1
Search Strategy

Literature Source	Databases
Selected Databases	Scopus, PubMed, SpringerLink
Keyword Search	(adolescent* OR teenager* OR “young people” OR “youth”) AND (“psychological well-being” OR “mental well-being” OR “subjective well-being”) AND (“framework” OR “theoretical model” OR “conceptual model”) AND (“measurement” OR “instrument” OR “scale” OR “assessment tool” OR psychometric)
Year of Publication	2015–2025
Type of Literature	Peer-reviewed international and national journal articles

The scope of the review was defined using the PICO framework, as presented in Table 2.

Table 2
PICO Framework

Component	Specification
Population (P)	Adolescents aged 10–19 years from diverse social and cultural contexts
Intervention (I)	Application of theoretical frameworks and measurement tools for psychological well-being
Comparison (C)	Frameworks and instruments compared across studies
Outcomes (O)	Identification of conceptual frameworks, validity of measurement tools, and cultural relevance

The PICO framework informed the development of specific research questions that guided the review process.

1. RQ1: What are the conceptual frameworks used in studies on adolescent psychological well-being?
2. RQ2: What are the instruments or measurement tools used to assess psychological well-being in adolescents?
3. RQ3: To what extent is there congruence between the framework used and the measurement tools chosen in these studies?

Eligibility criteria were then applied to ensure methodological rigor. Inclusion was limited to empirical studies on adolescents aged 10–19 years, research explicitly applying or testing conceptual frameworks, and studies validating psychometric instruments. Articles had to be peer-

reviewed, published between 2015 and 2025, and written in English or Indonesian. Exclusion criteria applied to studies focused only on mental illness without well-being, lacking theoretical frameworks or instruments, or non-journal sources such as editorials or conference abstracts

Table 3.
Selection Criteria

Inclusion Criteria	Exclusion Criteria
Empirical studies on adolescents (10–19 years)	Studies addressing only mental illness without well-being
Explicitly applying or testing theoretical/conceptual frameworks	Studies without frameworks or measurement tools
Explicit use or validation of psychometric instruments	Editorials, opinion papers, letters, conference abstracts, popular articles
Peer-reviewed journal articles in English or Indonesian	Non-English/Indonesian publications
Published between 2015 and 2025	Restricted-access literature (non-open access)

The PRISMA flow of identification, screening, eligibility, and inclusion showed that 324 records were retrieved from Scopus, 70 from PubMed, and 12,629 from SpringerLink. After duplicate removal and abstract screening, a smaller pool of articles was assessed in full text. Sixteen studies met all inclusion criteria and were included in the final synthesis.

Quality assessment used the Joanna Briggs Institute (JBI) Critical Appraisal Checklist, enabling evaluation across different research designs. Studies were categorized as high, medium, or low quality based on clarity of methodology, adequacy of sampling, and psychometric rigor (Munn et al., 2020).

Data extraction covered frameworks used, instruments employed, psychometric validation results, and cultural adaptation practices. A combined narrative and tabular synthesis was performed to identify patterns, divergences, and framework–instrument alignment (Popay et al., 2006). The synthesis followed a thematic approach to highlight recurring issues, with emphasis on the cultural suitability of measurement tools for Indonesian adolescents

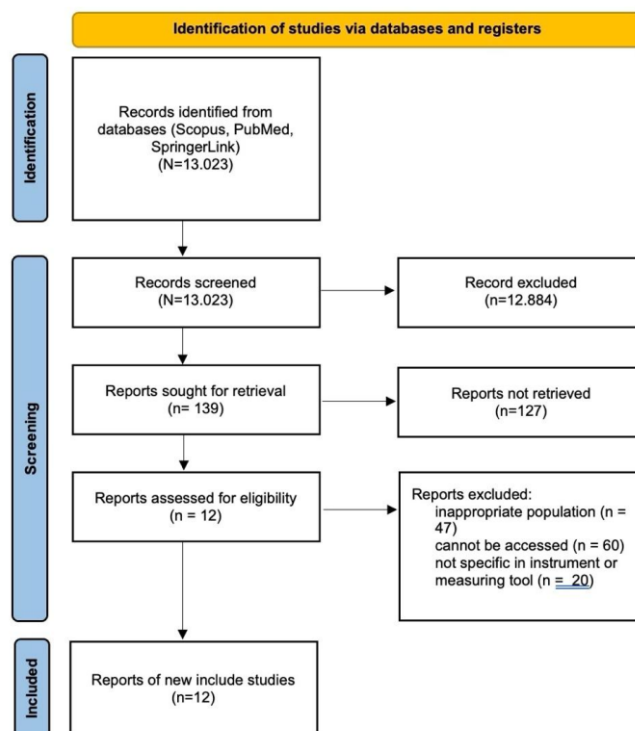


Figure 1. Prisma Chart

RESEARCH RESULTS

The systematic selection of literature followed the PRISMA framework, ensuring that only studies meeting rigorous inclusion criteria were analyzed. This process enabled the review to identify high-quality research that explicitly addressed frameworks and instruments for adolescent psychological well-being.

A total of 13,023 records were first found in three large databases, including Scopus, PubMed, and SpringerLink, which represents the vast amount of literature on the topic of adolescent well-being. The initial screening stage eliminated 12,884 articles; the vast majority of them were discarded due to their being focused on irrelevant populations (e.g., adults, children not within the adolescent age range, or clinical populations unrelated to the reviewed framework of established psychological wellbeing measures) or lack of direct relevance to existing frameworks of psychological wellbeing and measurement tools. This is a common problem in systematic reviews, even though databases provide huge collections of studies, only an insignificant percentage of them respond directly to the research questions with the necessary theoretical and methodological intensive.

139 articles were retained to get the full-text. Further at this point, 127 articles were not identified since most of them were either not available or had partial publication dates. This measure is important to note as a limitation to evidence synthesis because literature that is behind a paywall or inaccessible could leave gaps in the review which would bias results favoring open-access literature. From the remaining 12 full-text articles, several were further excluded due to inappropriate populations (n=47), lack of specificity in

instruments or measuring tools (n=20), or because full text could not be fully analyzed (n=60). Ultimately, 12 studies that met all the eligibility criteria were synthesised. This is a stringent process of elimination- reducing thousands of hits to fewer than twenty studies- which shows the importance and the worth of a systematic transparent selection procedure based on PRISMA. In the absence of such a systematic method, the review would run the risk of including too much irrelevant material or failing to include studies that were necessary to answer the research questions.

The final set of 12 studies is a heterogeneous but methodologically similar collection of literature, which incorporates different theoretical approaches, measurement tools, and cultural backgrounds. To reflect this variety, the table provided below summarizes each of the studies in detail

on four major dimensions namely the implemented framework, the measurement tools, the population and sample attributes, and the key findings. This structured presentation allows for clear cross-study comparison, highlighting both strengths and weaknesses in framework–instrument alignment, while also revealing the critical role of contextual factors such as family environments, school climate, peer networks, and cultural orientations. The review provides a solid base on which to discuss the following, which are the dominant frameworks (Ryff, PERMA, SWB), commonly used instruments (PWB Scale, PERMA Profiler, MHC-SF), the extent of congruence or anoxia between theory and measurement, and the moderators that depend on the situation and affect the adolescent psychological well-being.

Table 4.
Systematic Literature Review Result

Title and Year	Language	Framework Applied	Measurement Instruments	Population & Sample	Main Findings with Critical Engagement	Similarities And difference
Can health information acquisition on mobile apps influence psychological and physical well-being? Examining the mediating role of bonding and bridging capital (Pang et al., 2024)	English	Socio-ecological model integrating digital health behavior with social capital theory; bonding vs. bridging social capital as mediators	Online survey with validated well-being scales and social capital indicators	656 Chinese college students (urban, digital-native cohort)	Shows digital health information fosters psychological well-being via bonding social capital; bridging capital had weaker links to physical health. Adds novelty by linking digital behavior to adolescent/young adult well-being. Generic well-being scales limit congruence with theory.	Similarity : examines social/contextual determinants of well-being using survei indikator. Difference : foregrounds digital helath behavior and social capital, unlike school/ family based studies.
Student- and School-Level Factors Associated With Mental Health and Well-Being in Early Adolescence (2024)	English	Bronfenbrenner's ecological systems theory; focus on school climate	Longitudinal surveys (Strengths and Difficulties Questionnaire, subjective well-being scales)	8,376 students (11–14 years) across 84 English schools, 2-year tracking	Rising adolescent mental health issues, particularly among girls; school climate acted as protective buffer. Strong novelty in linking micro (student) and meso (school) factors; instruments general, not deeply theory-specific.	Similarity : applies ecological logic like family and school context studies. Difference : use large longitudinal school level data and highlights institutional climate as a protective factor
A multidimensional approach to measuring well-being in students: Application of the PERMA framework Kern et al. (2015)	English	PERMA model (Positive Emotion, Engagement, Relationships, Meaning, Accomplishment)	PERMA Profiler plus depression/anxiety items	516 male adolescents (13–18) in Adelaide, Australia	Empirical support for 4/5 PERMA dimensions; Meaning overlapped with Relationships. Integrates negative factors; cross-loading issues raise construct validity concerns.	Similarity : measure multidimensional well being. Difference : directly operationalizes PERMA and shows overlap among dimensions, especillay meaning and relationship
Imagining Futures: Evaluation of a blended program of dialectical behavior therapy	English	DBT integrated with creative arts	Mixed-methods: emotion regulation scales, self-report, qualitative satisfaction	45 adolescent girls (mean age 15.9) in England with histories of self-harm	Innovative framework–instrument integration; reductions in self-	Similarity : links intervention/ cintext to adolescent well being. Difference : use creative art plus DBT and mixed

and the creative arts (2025)						harm and improved social support. Small sample limits generalizability.	method evaluation with a small clinical risk sample.
Family Quality as a Foundation for Adolescent Religiosity and Mental Health Hartanto et al (2025)	English	Socio-ecological + religiosity-mental health model	SEM with family quality, religiosity, and mental health scales	1,795 Indonesian adolescents (15–18) from Yogyakarta and Pontianak		Strong positive association between family quality and religiosity/mental health. Cultural novelty for collectivist family dynamics; instrument alignment with theory partial.	Similarity : emphasizes ecological antecedents. Difference : adds Indonesian collectivist and religiosity context, making family quality central to mental health
Using Exponential Random Graph Models to Analyze Peer Networks and Subjective Well-being Jiao et al. (2017)	English	Social network theory; ERGMs	Peer nomination + subjective well-being scales	1,279 junior high students in Shenzhen, China		Peer networks reinforce well-being similarities through reciprocity and transitivity. Methodologically novel; instruments generic, not fully framework-specific.	Similarity : treats peers as contextual factors. Difference : uses ERGM peer network analysis rather than individual survey only modeling
Emphasizing symbolic capital: Family SES and adolescent well-being via multivariate network analysis (2024)	English	Bourdieu's capital theory + adolescent SWB	PISA well-being indicators + parental SES/education	12,058 Chinese adolescents (PISA 2018)		Symbolic capital stronger predictor than material wealth. Strong originality; PISA SWB lacked full sensitivity to Bourdieu's nuance.	Similarity : examines socioeconomic antecedents of well being. Difference : uses Bourdieu's symbolic capital and PISA indicators, emphasizing cultural/ educational capital over material wealth.
Association between School Contexts and Development of Adolescent SWB: Longitudinal Berlin Study (2023)	English	Context-sensitive developmental framework	Longitudinal scales of life and school satisfaction	1,841 Berlin students (mean age 12.2; 48% female; 45% immigrant)		Decline in life and school satisfaction; high-achievement schools amplified stress (Big-Fish-Little-Pond effect). Good theoretical-instrument fit for school satisfaction; life satisfaction broad.	Similarity : focuses on school context. Difference : applies longitudinal context sensitive analysis and identifies big fish little pond stress effects.
Using Ryff's scales of PWB in Chinese adolescents (2018)	English	Ryff's six-factor PWB model	Adapted Ryff's PWB Scale (SPWB)	772 adolescents (12–15) from Eastern China		Six-factor model fit; weak reliability for Autonomy ($\alpha=0.60$). Subscale overlap suggests need for theoretical refinement. Cultural adaptation shows partial construct mismatch.	Similarity : uses a core PWB framework. Difference : test Ryff's six factor model in Chinese adolescents and exposes cultural weakness in autonomy
School Burnout and Well-being in Adolescence: Emotional Intelligence as Protective Factor (2025)	English	Trait Emotional Intelligence + burnout model	TEI questionnaire + School Burnout Inventory	229 Italian adolescents (14–19), post-COVID		TEI reduced burnout, boosted well-being; stronger effects in females. Instruments aligned well with theory; sample modest but findings robust.	Similarity : links individual protective factors to well being. Difference : centers trait emotional intelligence and burnout in a post covid adolescent sample.
Adolescent subjective well-being prediction through coping and emotion regulation	English	Subjective well-being framework integrated with coping and emotion-regulation perspectives	Well-being, coping, and emotion-regulation scales analyzed through prediction and explanatory modeling.	Adolescent/student sample reported in the included empirical study.		Adaptive coping and emotion regulation were linked to stronger subjective well-being, showing the importance of	Similarity : overlaps with intervention and protective-factor studies through emotion regulation. Difference : emphasizes predictive/explanatory

indicators (Jiang et al., 2021)						individual regulatory mechanisms.	modeling of SWB rather than direct scale validation.
Adolescents' Psychological Well-being: Adaptation and Validation of the Brief Scale of Psychological Well-Being for Adolescents (BSPWB-A) in Indonesia (Sunardy et al., 2023)	English	Ryff-based adolescent psychological well-being framework operationalized through the Brief Scale of Psychological Well-Being for Adolescents.	Indonesian adaptation of the 20-item BSPWB-A using ITC-guided procedures, CFA, internal consistency, convergent validity, SWLS, PANAS, and K-6.	770 junior and high school students aged 11-19 years.	Indonesian	The Indonesian BSPWB-A showed good psychometric properties; CFA supported a four-factor model and validity was supported through positive/negative correlations with related constructs.	Similarity: extends scale-validation work and addresses theory-instrument alignment. Difference: adapts an established adolescent-specific brief measure into Indonesian context rather than creating a new indigenous scale.

The synthesis presented in Table 4 illustrates the breadth of theoretical and methodological approaches applied to adolescent psychological well-being across different cultural and institutional contexts. The reviewed studies span frameworks ranging from socio-ecological models, capital theory, PERMA, Ryff's PWB, subjective well-being, trait emotional intelligence, peer-network theory, and Indonesian adolescent-specific conceptualizations. The addition of Sunardy et al. (2023) strengthens the review by showing that adolescent PWB measurement is not only a matter of applying established Western frameworks, but also of developing and adapting instruments that are culturally and developmentally appropriate for Indonesian adolescents. Overall, the 14 articles show that adolescent

well-being is shaped by family, school, peer, digital, socioeconomic, emotional, and cultural factors, while measurement quality depends on the alignment between framework, instrument, age group, and context.

Additional Result Tables and Figure

To respond to the review suggestion, the synthesis is expanded through article indexing, citation mapping, methodological application, and a conceptual result figure. These additions clarify how the 10 reviewed studies are positioned in terms of theoretical focus, empirical contribution, methodological design, and future research needs.

Table 5.
Article Index Mapping Based on Framework Focus and Evidence Contribution

Article Index	Citation	Framework / Main Index	Evidence Category	Contribution to Synthesis
A1	Pang et al. (2024)	Digital health behavior; social capital	Contextual antecedent	Digital-social pathway to PWB
A2	Student- and School-Level Factors (2024)	Ecological systems; school climate	School antecedent	Protective role of school climate
A3	Kern et al. (2015)	PERMA	Measurement framework	Multidimensional well-being operationalization
A4	Imagining Futures (2025)	DBT and creative arts	Intervention evidence	Emotion regulation and social support improvement
A5	Hartanto et al. (2025)	Family quality; religiosity	Cultural/ecological antecedent	Indonesian family and religiosity context
A6	Jiao et al. (2017)	Social network theory	Peer-network antecedent	Reciprocity/transitivity in well-being similarity
A7	Family SES and symbolic capital (2024)	Bourdieu's capital theory	Socioeconomic antecedent	Symbolic capital as stronger predictor
A8	Wu & Becker (2023)	Context-sensitive school development	Longitudinal school context	School satisfaction and BFLP stress effect
A9	Gao & McLellan (2018)	Ryff's PWB model	Scale validation	Six-factor model with autonomy limitation
A10	Farina et al. (2025)	Trait emotional intelligence; burnout	Individual protective factor	TEI protects against burnout

Article Index	Citation	Framework / Main Index	Evidence Category	Contribution to Synthesis
A11	Jiang et al. (2021)	Coping and emotion regulation; SWB	Predictive/explanatory model	Adaptive coping and emotion regulation predict SWB
A12	Sunardy et al. (2023)	BSPWB-A Indonesia; psychometric validation	Cultural adaptation and validation	Indonesian validation of an adolescent-specific PWB scale

Tabel 6.
Citation-Based Mapping of the 10 Reviewed Articles

Citation Cluster	Main Citation(s)	Function in the Review
Ryff/PWB citation cluster	Gao & McLellan (2018)	Supports eudaimonic PWB model; highlights autonomy reliability issue.
PERMA citation cluster	Kern et al. (2015)	Supports multidimensional PERMA measurement but shows construct overlap.
SWB and developmental citation cluster	Jiang et al. (2021); Bojanowska & Zalewska (2018)	Explains affective/evaluative well-being through coping, emotion regulation, and temperament.
Ecological-school citation cluster	Student- and School-Level Factors (2024); Wu & Becker (2023)	Shows school climate, school structure, and academic comparison effects as contextual antecedents.
Family-cultural citation cluster	Hartanto et al. (2025)	Links family quality, religiosity, and mental health in Indonesian adolescents.
Peer-network citation cluster	Jiao et al. (2017)	Shows peer reciprocity and transitivity shape well-being similarity.
Digital/social capital citation cluster	Pang et al. (2024)	Shows mobile health information and bonding social capital relate to well-being.
SES/capital citation cluster	Family SES and symbolic capital (2024)	Shows symbolic/cultural capital may be more predictive than material wealth.
Intervention/protective factor citation cluster	Imagining Futures (2025); Farina et al. (2025)	Shows emotion regulation, creative intervention, and trait emotional intelligence reduce risk and support well-being.
Indonesian instrument-development cluster	Sunardy et al. (2023)	Strengthens the review's Indonesian relevance by showing locally developed and culturally adapted adolescent PWB measures.

Tabel 7.
Methodological Application Across the Reviewed Studies

Methodological Application	Article Example(s)	Strength for PWB Research	Limitation / Note
Cross-sectional survey	Pang et al. (2024); Hartanto et al. (2025); Farina et al. (2025)	Efficient for testing associations and mediation/SEM models	Limited causal inference
Longitudinal design	Student- and School-Level Factors (2024); Wu & Becker (2023)	Captures change in well-being across time	Requires repeated data and retention control
Scale validation / psychometrics	Gao & McLellan (2018); Kern et al. (2015)	Tests construct structure and reliability	Requires cultural and developmental adaptation
Network analysis / ERGM	Jiao et al. (2017)	Models peer relationships as social structures	Requires specialized network data
Secondary data / PISA indicators	Family SES and symbolic capital (2024)	Allows large-scale cross-context analysis	Indicators may not fully represent theory
Mixed-method intervention evaluation	Imagining Futures (2025)	Combines quantitative change with participant experience	Small sample limits generalizability
Machine learning + SEM	Jiang et al. (2021)	Combines prediction and theory testing	Interpretation depends on construct clarity

Methodological Application	Article Example(s)	Strength for PWB Research	Limitation / Note
Developmental comparative analysis	Bojanowska & Zalewska (2018)	Shows well-being predictors across age periods	Less focused on adolescent-only measurement

Antecedents, Adolescent Psychological Well-Being, Consequences, Literature Gaps, and Future Research Directions

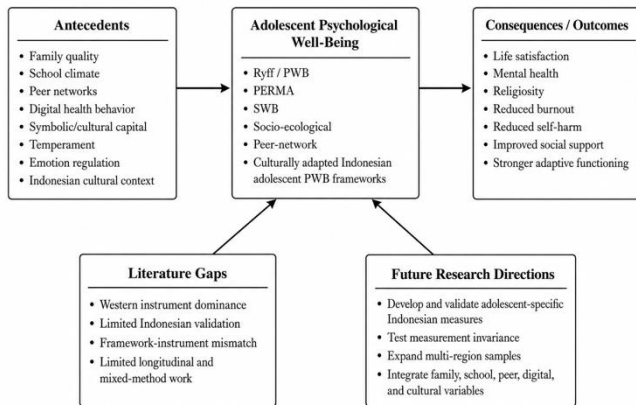


Figure 2.

Antecedents and Consequences Discussion, Literature Gaps, and Future Research Directions

Figure 2 summarizes the main pattern of findings. Adolescent psychological well-being is shaped by antecedents at the family, school, peer, digital, socioeconomic, and individual-emotional levels. These antecedents influence outcomes such as life satisfaction, mental health, reduced burnout, reduced self-harm, and stronger social support. The synthesis also identifies literature gaps related to Western instrument dominance, limited Indonesian validation, framework-instrument mismatch, and the need for longitudinal and culturally responsive future research.

The synthesis presented in Table 4 illustrates the breadth of theoretical and methodological approaches applied to adolescent psychological well-being across different cultural and institutional contexts. The reviewed studies span frameworks ranging from socio-ecological models and capital theory to PERMA, Ryff's PWB, and trait emotional intelligence, each paired with diverse instruments such as structural equation modeling, longitudinal surveys, peer network analysis, and adapted well-being scales. This diversity highlights not only the variety of conceptual lenses through which adolescent well-being has been explored, but also the methodological creativity in integrating digital behaviors, family quality, school environments, and peer dynamics into the measurement process. Cross-national samples—from China, Indonesia, Australia, Germany, Italy, and the UK—further enrich the comparative dimension, revealing how cultural, social, and developmental contexts shape both the operationalization and outcomes of psychological well-being research. Collectively, the table underscores the value of multi-perspective evidence and the need for ongoing refinement of both frameworks and

instruments to capture the complex realities of adolescent mental health.

DISCUSSION

The synthesis of the final 12 studies reveals both convergence and divergence in the use of theoretical frameworks and measurement tools for adolescent psychological well-being. Three theoretical constructs, namely the Psychological Well-being model by Ryff (Ryff, 1989), the PERMA framework (Seligman, 2018), and the Subjective Well-being (SWB) model, overlap as key to the psychological well-being of adolescents. The six-factor model of the Ryff model was validated in Chinese adolescents in the study by (Gao & McLellan, 2018), which validated its theoretical strength, but in the study, a significant weakness of the autonomy factor was observed. A study by (Jiang et al., 2021) applied the PERMA framework to Australian teenagers and showed that four out of five dimensions of this framework are empirically supported, with the only difference being that the meaning dimension of the model overlaps with the relationships dimension. Indicators of life satisfaction and affect balance foreshadowed the subjective well-being, which Bojanowska and (Bojanowska & Zalewska, 2018) placed in the context of affective and evaluative constituents as the dominant in this demographic. In aggregate, these frameworks draw the line of eudaimonic and hedonic aspects of well-being, and at the same time, they raise significant questions concerning the developmental and cultural appropriateness. More importantly, the synthesis of these works reveals a gap in the literature: despite the overall sophistication of the theories, the adaptation of these models to the empirical tools has not been balanced, producing continuous barriers to the conceptual coherence.

The Psychometric Well-Being Scale (PWB) still remains the most common tool used to measure the eudaimonic well-being in adolescents. However, its psychometric weaknesses, including reduced reliability with respect to the autonomy factor and redundancy of concepts with respect to growth, mastery, and purpose demonstrate that the scale must be extensively adapted to the adolescent populations (Gao & McLellan, 2018). The Australian-based PERMA Profiler was an effective conceptualization of multidimensional well-being, but with significant cross-loading problems (Jiang et al., 2021). Mentioned less often across the set of studies analyzed, the Mental Health Continuum Short Form (MHC-SF) has been described in the more recent literature as a bit shorter and more culturally adaptable, which makes it especially suitable among the adolescent population (Keyes, 2009). Such observations prefigure the most important issue of instrument validity: as instruments are being regularly used and widely used, the ability to represent developmental and cultural specificities

of adolescence remains a contentious one. This review by direct contrasting of theoretical frameworks like Ryff and PERMA and the instruments that accompany them paint a picture of how theoretically instigated constructs can become inaccurate when applied to situations where the cultural or developmental norms are divergent.

The results of the empirical research in the sample proved a great correspondence of each theoretical framework and the corresponding measurement instrument. To give an example, the theories of Ryff were consistently complemented by the PWB Scale among a Chinese sample, thus providing the theoretical congruence (Gao & McLellan, 2018). Likewise, works that have used the PERMA framework adopted the PERMA Profiler, which has a direct relationship between theoretical dimensions and the indicators of operation (Jiang et al., 2021). Conversely, mismatches in methodology occurred as complicated models were implemented without correspondingly fitted instruments. (Ma et al., 2022) operationalized family quality and religiosity in Indonesia with structural-equation modeling without operationalizing constructs based on socio-ecological theory; similarly, the subjective well-being items of PISA approximate Bourdieu and symbolic capital, a method that only partially captured the theory. These discontinuities indicate that in as much as conceptual models are changing, measurement practices are sometimes trailing and therefore construct validity is at risk and the complex psychosocial processes are not easily captured.

Contextual factors had a decisive impact on adolescent well-being. Family quality became one of the key predictors of adolescent religiosity and well-being in Indonesia, indicating the importance of collectivism in the culture (Ma et al., 2022). The school climate and school structure were also found to be extremely influential, with (Wu & Becker, 2023) finding that school and life satisfaction decreased in Germany, with academic pressure in high-achieving schools greatly increasing stress through the Big-Fish-Little-Pond effect. Peer relationships were emphasized in China, and social-network analysis found that there are reciprocity and transitivity effects that determine well-being distribution among friends (Li et al., 2017). Cultural particulars also fine-tuned the use of frameworks; the autonomy construct in the Ryff model was less powerful in China, which is in line with the collectivist orientations, which rank interdependence higher than independence (Gao & McLellan, 2018). At the personal level, trait emotional intelligence was found to be protective against burnout, as well as to encourage well-being in Italian adolescents, and gender analyses showed that girls were more strongly affected than boys (Farina et al., 2025). Sunardy et al. (2023), in contrast, adapted and validated the 20-item BSPWB-A in Indonesia using translation, expert review, cognitive interviews, CFA, internal consistency, and convergent-validity evidence. Put together, these results suggest that the well-being of adolescents cannot be understood without a certain theoretical frameworks and tools embedded in larger ecological and cultural contexts.

Synthetically, the concept of Ryff, PERMA, and SWB remains prevalent in the theoretical discourse of adolescent well-being studies, mainly with the help of Ryff PWB Scale and PERMA Profiler. Though these instruments offer a certain continuity in the investigations, they contain their drawbacks, which highlights the need to urgently address the issue of adolescent-specific and culturally responsive measures. Framework and instrument consonance was observed due to the close fit in studies; but repetitive issues of non-congruency, especially in socio-economic and capital based studies, revealed discrepancies between theoretical advance and measurement accuracy. This synthesis, therefore, seals a major gap in the literature by combining theory with practice in the measurement by explaining the role played by alignment in increasing validity and the role played by misalignment in obscuring conceptual clarity. Lastly, contextual determinants, including family dynamics, school climate, peer networks, and cultural orientations, came out as critical factors that contribute to the adolescent psychological well-being, hence the need to incorporate integrative and culturally-oriented approaches in subsequent research and when designing interventions.

CONCLUSION

The current systematic literature review fulfilled the research purpose as it brought together frameworks, instruments, contextual factors which influence the psychological wellness of adolescents. It was found that the model of Psychological Well-Being by Ryff, the PERMA framework, and the Subjective Well-Being model are still the most common ones, which are supported by the tools like the PWB Scale by Ryff, the PERMA Profiler, and the MHC-SF. However, longstanding gaps between theoretical requirements and measurement applications limit construct validity, especially in the socio-ecological and cross-cultural settings. One of the most important contributions of this work is that it reveals the biased fusion of theory and measurement and shows how this bias affects the understanding of adolescent well-being. The results also emphasize the fact that the family quality, school climate, peer network and cultural orientations are conclusive factors of adolescent well being, which corroborates the need to adopt adolescent-specific, culturally responsive and developmentally appropriate interventions.

The future research ought to focus on instrument validation among different populations, improve frameworks to measure both hedonic and eudaimonic dimensions at the same time and develop longitudinal research that considers the dynamic patterns of well-being. These endeavors will strengthen the integration of the theory and measurements and further the science of psychology to be of a more empirical and practical interest.

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ETHICAL CONSIDERATIONS

This study is a systematic literature review based on document analysis and does not directly involve human participants.

DECLARATION OF INTEREST

The authors declare that there are no conflicts of interest in the writing of this article.

TRANSPARENCY OF DATA

The authors confirm that all data supporting the findings of this study (including search strategies, inclusion/exclusion criteria, and data extraction tables) are available within the article.

DECLARATION OF INTEREST

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AUTHOR'S CONTRIBUTION

Both authors contributed equally to the study conception and design, as well as to performing the literature search, screening the titles and abstracts, and extracting data from the included studies. The first author drafted the initial manuscript, and the second author critically revised the work. Both authors read and approved the final manuscript.

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