

Psychological Well-being and Digital Intervention in Youngster's - An Overview

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ABSTRACT

This study evaluates and reviews the literature to point out and ascertain the state of mental health and the impact of mental health intervention initiatives on youngster's psychological well-being. It also throws light on importance of technology in our day-to-day life. Digital technology plays a very important role and offers expanded access to evidence-based interventions. This is a certain fact that many mental health issues and concerns in youngsters may be treated with evidence-based therapies, but the matter of fact is that there are not plenty of options available. Therefore, to ensure the use of technology for mental wellbeing interventions this work was taken up.

Keywords : Psychological Well-Being, Mental Health, Youngster's, Intervention Programme

I. INTRODUCTION

A vital component of physical and mental well-being, mental health is more than just the absence of mental diseases. Today, people of all ages experience mental health issues often. During teenage growth, the difficulty of adjusting to one's own changing body and social role expectations can have a detrimental impact and result in mental problems. As part of their typical growth, adolescents go through a wide spectrum of emotions. When a close friend or family member passes away, adolescents frequently experience

modest psychosocial difficulties including anxiety about school or friendships or a period of despair and due to strong academic and social pressure, and less parental participation in their lives.

Many psychologists have recently developed overlapping interests in topics like life satisfaction, happiness, subjective well-being, psychological well-being, and quality of life. The concentrated efforts in these fields contributed to the development of positive psychology. Dispositional optimism is the capacity to see the good in everything and to uphold total psychological well-being. They are surrounded

by a wide range of challenges, including both personal problems and those resulting from the intense rivalry that is currently taking place, which are weakening them both physically and psychologically. Students' psychological health is impacted by these interactions and circumstances. One of the most crucial components of effective psychological functioning is psychological well-being, which is roughly characterised as happiness, life satisfaction, and self-growth. Numerous studies have shown that those who are content have a variety of advantages, including improved relationships, physical health, and high-level performance [1][2]. Psychological well-being is commonly defined as a mix of pleasant affective emotions such as happiness (the hedonic perspective) and good functioning in individual and social life (the eudemonics perspective [3].

During their transition to adulthood, young people with greater levels of well-being begin to focus their efforts on personal pleasure and fulfilment, whereas young people with lower levels of psychological well-being prefer to focus on social activities [4]. In general, two philosophical viewpoints have led psychological research on psychological well-being: hedonism, which emphasises life happiness, and eudaimonism, which emphasises the appreciation of important

events [5]. According to Basson (2008) [6], psychological well-being in teenagers is critical as a protective factor in reducing negative impacts on adolescents such as sadness, anxiety, loneliness, and juvenile delinquency such as drinking alcohol, smoking, and drug usage.

Mental health issues generate substantial distress and have a detrimental influence on social connections, academic and vocational achievement, and physical health. They also raise the likelihood of acquiring additional mental health issues as an adult. Although evidence-based therapies are available for many children mental health disorders, treatment options are limited, and many children and adolescents are unable or unwilling to seek care. Adolescents are known to be heavy social media users, and social media is starting to be employed in health care. Mobile tablet use is also on the rise, with seven out of ten (71%) children aged five to fifteen years having access to a tablet at home. As a result, mobile health (mHealth) provides an especially potent and pervasive platform for providing mental health therapies to adolescents. mHealth makes use of the features of a mobile device, although it is most typically supported through the download of mobile applications.

II. LITERATURE REVIEW

sr. no.	Authors	Purpose	Research Design	Target Population	Psychological assessment	Result
1.	Salima Meherali et al. (2021)	The study identified the impact of the pandemic on children's and adolescent's mental health and to evaluate the effectiveness of different interventions employed during previous	Systematic Review	Children and adolescent	Reviewed previous studies	The impact of COVID-19 on the mental health of children and adolescents is of great concern. Anxiety, depression, disturbances in sleep and appetite, as well as impairment in social interactions are the most common presentations.

		and the current pandemic to promote children's and adolescents' mental health.				
2.	Abha Mangal et al. (2021)	The study was conducted on the Screening for common mental health problems and their determinants among school-going adolescent girls in Gujarat, India	cross-sectional study	Adolescent schoolgirls	General health questionnaire-12 (GHQ-12) self-administered questionnaire	CMDs such as anxiety, depression, and psychosocial distress were indeed very common among adolescent school-going girls in an urban area of Gujarat, India. There is an urgent need to focus attention on the mental health of adolescent girls
3.	Claudia Charry et al. (2020)	Study compared the levels of autonomy and psychological well-being between Spanish and Colombian young people	descriptive-correlational approach	16- and 21-years old Spaniards and Colombians	Ryff's PWB Scale, autonomy during the transition to adult life (EDATVA Scale)	Results showed significant differences in autonomy and in 2 of the 4 dimensions proposed by EDTAVA: self-organization and critical thinking
4.	Gilbert Sterling Octavius et al. (2020)	The study aimed to analyze the impact of COVID-19 towards adolescents' mental health.	Systematic Review	Adolescents	Reviewed previous literature	COVID-19 has been found to be associated with mental health changes in adolescents which meant management of COVID-19 should also focus on mental health as well.
5.	Ika Wulandari and Fitria Erma Megawati (2020)	The purpose of this article is to find out how forgiveness affects adolescent psychological well-being.	Review	Adolescents	Reviewed previous studies	the results indicated that forgiveness could be a factor of psychological well-being among adolescents. Forgiveness is able to have some positive effect on happiness, spiritual well-being, and subjective well-being among adolescents, including youth of bullying victims. Lastly, it can

						be concluded that adolescents with a high degree of forgiveness will be psychologically prosperous.
6.	Javier Paez-Gallego et al. (2020)	To analyze the relationship between the psychological well-being of adolescent students and their decision-making style.	Ex post facto, quantitative, transversal, correlational, and descriptive design	13-19 years students	Spanish adaptation of Ryff's psychological well-being scale and Flinders adolescent decision making questionnaire.	Data shows that greater use of adaptive decision-making strategies correlates significantly with greater psychological well-being.
7.	Rocío García-Carrión et al. (2019)	A Systematic Review of Interaction-Based Interventions in Schools and Communities	Systematic review	Children and adolescents	Reviewed previous studies	There is evidence of a positive effect on the mental health of children and adolescents, both in decreasing symptoms of mental disorder and in promoting emotional well-being. Whereas, interactions among different factors seem to be a relevant aspect across the interventions, more research is needed to conclude its effect on the outcomes of the studies reviewed.
8.	Juan González-Hernández et al. (2019)	The study identifies the influence of perfectionist beliefs and the regularity of the practice of physical exercise on psychological well-being	Experimental design	adolescents	Multidimensional Perfection Scale, the Psychological Wellbeing Scale, the Global Physical Activity Questionnaire (GPAQv2), and a sociodemographic questionnaire.	the perfect way of doing sports" for a teenager should be accompanied by cognitive schemes aimed at strengthening psychological resources that allow the regulation of beliefs, attitudes, and behaviors.

9.	Deborah M Caldwell et al. (2019)	School-based interventions to prevent anxiety and depression in children and young people: a systematic review and network meta-analysis	Randomised and quasi-randomised controlled trials	4-18 years	systematic review and network meta-analysis	There was limited evidence that cognitive behavioural therapies might lower anxiety in elementary and secondary schools. Mindfulness and relaxation-based therapies reduced anxiety symptoms in universal secondary settings as compared to regular curriculum.
10.	Heidi Witten et al. (2019)	The aim of the systematic review is to identify and synthesise the available literature on adolescent flourishing.	Systematic review	13 to 19 years old	Reviewed previous literature on adolescent flourishing	The findings of the studies revealed that there is limited empirical work on adolescent flourishing. Finally, only one study used a scale specifically adapted to measure adolescent flourishing. Future empirical research using qualitative techniques to explore and broaden our understanding of adolescents flourishing is needed
11.	Seema Vinayak and Jotika Judge (2018)	This study examined predictors of psychological wellbeing among adolescents	Correlational analysis, t-test and multiple regression analysis	13-15 years old	PWB scale, Conner-Davidson resilience scale and Toronto empathy questionnaire	Girls were found to be more resilient and empathetic than boys, while no gender differences were found on PWB.
12.	Amy Leigh Rathbone and Julie Prescott (2017)	The aim of this review was to study the efficacy, usability, and feasibility of mobile apps and SMS messages as mHealth interventions for self-guided care.	Systematic review		Previous literature review	The review shows the promising and emerging efficacy of using mobile apps and SMS text messaging as mHealth interventions.

13.	Rebecca Purewal (2017)	Systematic review of the evidence companion animals and child/adolescent development	Systematic review	Children and adolescent	Reviewed previous studies	Studies on pet ownership and social development provided evidence for an association with increased social competence; social networks; social interaction and social play behaviour.
14.	Rebecca Grist et al. (2017)	This review aimed to systematically appraise the available research evidence on the efficacy and acceptability of mobile apps for mental health in children and adolescents younger than 18 years.	Systematic review	Adolescents younger than 18	Reviewed previous studies	Overall, there is currently insufficient research evidence to support the effectiveness of apps for children, preadolescents, and adolescents with mental health problems. Given the number and pace at which mHealth apps are being released on app stores, methodologically robust research studies evaluating their safety, efficacy, and effectiveness is promptly needed
15.	Yogendra Verma, and Gyanesh Kumar Tiwari (2017)	The study examined the impacts of self-compassion and gender on the human flourishing of the participants.	Co-relational	17- 25 (boys), 18-25 (girls)	Self-compassion Scale and Mental Health Continuum-Short Form	There were no significant gender differences were observed in the scored of self-compassion and its components
16.	Varsha Singh (2016)	The research was to study the relationship between anger and forgiveness	Co-relational	18- 25 years old	Heartland forgiveness scale and Novaco anger scale (short form)	The results indicated the negative correlation between the variables showing higher the anger of an individual lower would be the forgiveness
17.	Suhani Sharma et al. (2016)	The study aims at exploring sattva guna as a predictor of wisdom and psychological	Purposive sampling technique	18-24 years old	PWAS (Practicing Wisdom Assessment Scale), Trigunatmak Personality Inventory, and Ryff's Psychological Well	Significant effect of sattva guna was observed on PWB and wisdom

		well-being.			Being	
18.	Laura A. Weiss et al. (2016)	This meta-analysis of randomized controlled trials of behavioral interventions aims to answer the question whether it is possible to enhance PWB.	Systematic review	Reviews from psychINFO, Cochrane and Web of Science	Reviewed previous studies	It appears to be possible to improve PWB with behavioral interventions. The results are promising for the further development and implementation of interventions to promote PWB. Delivering interventions face-to-face seems to be the most promising option
19.	Farzana Parveen et al. (2016)	The study investigated the relationship between optimism and PWB, also investigated the religion and gender differences among adolescents on PWB and optimism	Experimental Design	13 to 16 years old	The Life Orientation Test and PWB Scale	Significant positive correlation between optimism and PWB, but insignificant differences were seen between gender on optimism and PWB
20.	David Bakker et al. (2016)	To guide future MHapp development, a set of clear, practical, evidence-based recommendations is presented for MHapp developers to create better, more rigorous apps.	Systematic review		Previous researches reviewed	Randomized controlled trials are required to validate future MHapps and the principles upon which they are designed, and to further investigate the recommendations presented in this review. Effective MHapps are required to help prevent mental health problems and to ease the burden on health systems.

21.	Julie M Shaw et al. (2015)	The primary objective of this review was to determine the current state of play on the use of social media as a health intervention in addressing the health of adolescents.	Systematic review	Adolescent	Reviewed previous studies	The review highlights three important areas for consideration when undertaking research on the use of social media as a health intervention for adolescents: the newness of using social media as a health intervention, the importance of the use of rigorous methodological processes when using social media as a health intervention, and the need to develop further knowledge on adolescents' use of social media, in particular their hidden world of social media.
22.	Annamaria Di Fabio and Letizia Palazzeschi (2015)	The study analyzed the role of fluid intelligence, personality traits, and resilience in hedonic and eudaimonic well-being (EWB) in order to determine the incremental validity of resilience with respect to fluid intelligence and personality traits	Descriptive	18- to 20-year-old students	Advanced Progressive Matrices, the Big Five Questionnaire, the Connor-Davidson Resilience Scale, the Satisfaction with Life Scale, the Positive and Negative Affect Schedule, the Meaningful Life Measure, the Authenticity Scale.	The results showed that resilience added a significant percentage of incremental variance with respect to fluid intelligence and personality traits in relation to life satisfaction, positive affect, life meaning, and authenticity.
23.	R. Arjadi et al. (2015)	Systematic review to investigate the effectiveness and efficacy of online interventions in LMICs.	Systematic review	Low- and middle-income countries	Reviewed previous studies	Given the effectiveness of online interventions in high income countries and sharp increase of internet access in LMICs, online interventions may offer a potential to

						help reduce the 'mental health gap'. More studies are urgently needed in LMICs.
24.	Erin Hoare et al. (2014)	This paper aimed to systematically evaluate the mental health and well-being outcomes observed in previous community-based obesity prevention interventions in adolescent population	Systematic review	Adolescents 10 to 19 years	Reviewed previous literature	Although positive outcomes for mental health and well-being do exist, controlled evaluations of community-based obesity prevention interventions have not often included mental health measures. It is recommended that future interventions incorporate mental health and well-being measures to identify any potential mechanisms influencing adolescent weight related outcomes, and equally to ensure interventions are not causing harm to adolescent mental health.
25.	Katherine M. Boydell et al. (2014)	To conduct a scoping review on the use of technology to deliver mental health services to children and youth in order to identify the breadth of peer-reviewed literature, summarize findings and identify gaps.	Systematic review	Descriptive numerical summary and thematic analyses	Reviewed previous studies	The use of technologies plays a major role in the delivery of mental health services and supports to children and youth in providing prevention, assessment, diagnosis, counseling and treatment programs. Strategies are growing exponentially on a global basis, thus it is critical to study the impact of these technologies on child and youth mental health service delivery.

26.	Maria Elvira De Caroli and Elisabetta Sagone (2014)	The investigation was to analyze the relationship between generalized self-efficacy and psychological well-being in highly vs. lowly efficient Italian adolescents	Randomly recruited from classes	14–18-year-olds	Generalized self-efficacy scale and psychological well-being scale	The highly efficient adolescents expressed higher score in PWB than lowly efficient ones.
27.	Sylvia Deidre Kauer et al. (2014)	This systematic review investigates the effectiveness of online services in facilitating mental health help-seeking in young people.	Systematic review	Young people	Reviewed previous studies	Few studies examine the effects of online services on mental health help-seeking. Further research is needed to determine whether online mental health services effectively facilitate help-seeking for young people.
28.	Margaret M Barry et al. (2013)	This systematic review provides a narrative synthesis of the evidence on the effectiveness of mental health promotion interventions for young people in low and middle-income countries (LMICs)	Quasi-experimental design	6 to 18 years old	Reviewed previous literature	The review findings indicate that interventions promoting the mental health of young people can be implemented effectively in LMIC school and community settings with moderate to strong evidence of their impact on both positive and negative mental health outcomes. There is a paucity of evidence relating to interventions for younger children in LMIC primary schools. Evidence for the scaling up and sustainability of mental health promotion interventions in LMICs needs to be strengthened.

29.	Danilo Garcia and Trevor Archer (2012)	To investigate differences in life satisfaction and psychological well-being among adolescents To Investigate the relationship between PWB self-acceptance sub-scale and LS.	Comparative Study	14-16 years girls	Positive Affect and Negative Affect Schedule (PANAS), Satisfaction with Life Scale (SWLS), Ryff's Short Measurement of Psychological Well-Being	Self-destructive reported lower LS and PWB than the other three temperaments. Moreover, PWB, in particular the subscale of self-acceptance, was related to LS for all temperaments. The role of positive emotions and self-acceptance among youth is discussed. The AFTs model is suggested to offer something unique by taking into account the interaction of positive and negative effect.
30.	Chiara Ruini et al. (2009)	In this study a school program for promoting psychological well-being has been compared	Experimental Design	Students (9 classes)	1) Symptom Questionnaire (SQ); 2) Psychological Well-Being Scales (PWB); Revised Children's Manifest Anxiety Scale (RCMAS)	A school intervention based on promoting positive emotions and well-being was effective not only in increasing psychological well-being among adolescents, but also in decreasing distress, in particular anxiety and somatization

Salima Meherali et al and Gilbert Sterling Octavius et al. [7] [9] studied the impact of covid- 19 on the adolescent mental health to evaluate the effectiveness of different interventions employed during previous and the current pandemic to promote children's and adolescents' mental health. Schools have been closed, and most extracurricular activities for children and adolescents that typically occur outside the home and in group settings have been cancelled. Children and adolescents are experiencing a prolonged state of physical isolation from their peers, teachers, extended family, and community networks. Social distancing and school closures therefore increase the mental health problems of children and adolescents, who are already at higher risk for developing mental health problems compared to adults at a time when they are

also experiencing anxiety over a health threat and threats to family employment/income.

Abha Mangal et al. [8] conducted a screening for common mental health problems and their determinants among school-aged adolescent girls in Gujarat, India, and discovered that CMDs like anxiety, depression, and psychosocial distress were indeed very common among adolescent school-aged girls in an urban area of Gujarat, India. There is an urgent

need to focus emphasis on teenage females' mental health (7-10).

Claudia Charry et al. [4] evaluated the levels of autonomy and psychological well-being of young people in Spain and Colombia, and the results revealed substantial variations in autonomy and two

of the four characteristics described by EDTAVA: self-organization and critical thinking.

Ika Wulandari and Fitria Erma Megawati [10] investigated how forgiveness influences teenage psychological well-being, and the findings suggested that forgiveness may be a role in adolescent psychological well-being. Forgiveness has been shown to improve happiness, spiritual well-being, and subjective well-being in teenagers, particularly youth who have been bullied. Finally, it may be inferred that teenagers who have a high level of forgiveness will be psychologically successful.

Javier Paez-Gallego et al. [11] investigated the association between teenage pupils' psychological well-being and decision-making style. According to the data, more use of adaptive decision-making procedures is associated with increased psychological well-being.

Roco García-Carrión et al. [12] did a Systematic Review of Interaction-Based Interventions in Schools and Communities. There is evidence of a good influence on the mental health of children and adolescents, both in terms of reducing symptoms of mental illness and boosting emotional well-being. While interactions among diverse actors appear to be a key element throughout the treatments, additional study is needed to evaluate its influence on the results of the studies analysed.

Juan González-Hernández et al. [13] discovered the impact of perfectionist ideals and the frequency with which physical exercise is practised on psychological well-being. According to the findings, the "ideal approach to conduct sports" for a teenager should be supported with cognitive schemes aimed at increasing psychological resources that allow for the management of beliefs, attitudes, and actions.

Heidi Witten [15] and colleagues undertook a systematic evaluation to identify and synthesise the existing research on teenage thriving. The research' conclusions indicated that there is little empirical study on teenage flourishing. Finally, just one research employed a scale designed particularly to

assess teenage thriving. Future empirical research employing qualitative methodologies is required to investigate and enhance our understanding of teenage flourishing.

Seema Vinayak and Jotika Judge [16] investigated psychological well-being predictors in teenagers. Girls were shown to be more resilient and empathic than boys in the study, but no gender differences were observed on PWB.

Amy Leigh Rathbone and Julie Prescott [17] investigated the efficacy, usability, and practicality of mobile applications and SMS messaging as self-guided care mHealth treatments. The review demonstrates the promise and rising usefulness of mHealth treatments such as mobile applications and SMS text messaging.

Rebecca Purewal [18] carried out a systematic evaluation of the research on companion animals and child/adolescent development. Pet ownership and social development studies found evidence of a link between improved social competence, social networks, social contact, and social play behaviour.

Rebecca Grist et al. [19] conducted a comprehensive assessment of the research data on the efficacy and acceptability of mobile applications for mental health in children and adolescents under the age of 18. Overall, there is presently inadequate scientific data to support the efficacy of apps for children, preadolescents, and adolescents suffering from mental health issues. Given the amount and speed with which mHealth applications are being introduced on app stores, methodologically sound research studies assessing their safety, efficacy, and effectiveness are urgently required.

Yogendra Verma and Gyanesh Kumar Tiwari [20] investigated the effects of self-compassion and gender on the participants' personal flourishing. There were no significant gender differences in the self-compassion and its components scores.

Varsha Singh [21] investigated the connection between anger and forgiveness. The findings revealed a negative correlation between the variables, with

higher levels of anger indicating lower levels of forgiveness.

Suhani Sharma [22] and colleagues sought to investigate sattva guna as a predictor of wisdom and psychological well-being. Sattva guna had a significant influence on PWB and wisdom.

Laura A. Weiss [23] and colleagues conducted a meta-analysis of randomised controlled trials of behavioural therapies to determine whether it is feasible to improve PWB. Behavioral therapies tend to be effective in improving PWB. The findings are encouraging for future development and implementation of treatments to promote PWB. Face-to-face intervention appears to be the most promising strategy.

Farzana Parveen et al. [24] explored the association between optimism and PWB, as well as religious and gender variations in PWB and optimism among teenagers. There was a substantial positive association between optimism and PWB, although gender variations in optimism and PWB were inconsequential.

David Bakker et al. [25] analysed prior research to inform future MHapp development, and they gave a set of clear, practical, evidence-based suggestions for MHapp developers to produce better, more rigorous apps. Randomized controlled trials are needed to verify future MHapps and the ideas on which they are based, as well as to study the proposals offered in this review further. Effective MHapps are necessary to aid in the prevention of mental health issues and to reduce the strain on health-care systems.

Julie M Shaw et al. [26] as well as Saumya Batool and DR. A. Ahmed, investigated the influence of social media interventions on teenage pwb. The review emphasises three key areas to consider when conducting research on the use of social media as a health intervention for adolescents: the novelty of using social media as a health intervention, the importance of using rigorous methodological processes when using social media as a health intervention, and the need to develop additional

knowledge on adolescents' use of social media, particularly their hidden world of social media.

Chiara Ruini et al and Marco Bonhauser et al. [35] [36] investigated the impact of school-based intervention programmes on teenagers' mental health status. To summarise, a school-based programme to increase physical activity in teenagers from poor socioeconomic backgrounds generated high engagement and considerable advantages in terms of physical fitness and mental health status.

III.CONCLUSION

Adolescence offers many chances of promoting good health and preventing disease because it a time of rapid physical, social and psychological growth. Psychosocial therapy has been shown to be useful in enhancing the mental health of young people, as per the earlier systematic reviews on interventions to support mental health, prevent mental disorders, and reviews risk behaviour during adolescence. By generalising behaviour change in improvements to other domain, these treatments can offer fundamental skills for the promotion of healthy behaviours and the avoidance of risk behaviours including aggression, bullying, nicotine use, alcohol and drugs misuse and many more.

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