



## Innovation of Vocational Technology Education

Available online at <http://ejournal.upi.edu/index.php/invotec>



### Exploring the connection between adolescent identity and well-being in vocational scope

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#### ARTICLE INFO

*Article history:*

*Received: 28 March 2023*

*Received in revised form: 17 June 2023*

*Accepted 31 August 2023*

*Available online: 31 August 2023*

*Keywords:* well-being; youth; mental health; developed countries; developing countries

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#### ABSTRACT

Adolescence is a significant period starting with mental, emotional development and physical development; adolescents experience many problems due to unfulfilled levels of welfare subject. Because the level of youth welfare also measures the progress of a country, a country also has a responsibility to improve the welfare of its youth. For this reason, this study aims to find which adolescent welfare domain subjects need more attention. Research on youth welfare uses the bibliometric analysis method with the help of the VOS Viewer application system using the keyword "Wellbeing for youth" using the limitations of the type of journal articles in English that have been published in the last five years and obtained as many as 840 data with 114 keyword verifications. Used to visualize bibliometric maps. The results of research that has been conducted from 114 keywords, mental health, which is one of the subject domains of welfare, is a keyword that is often researched in the last five years, and the country with the highest level of research on adolescent interest is the United States and in followed by the United Kingdom and followed by several other developed countries.

#### 1. Introduction

Adolescence is a period where various physical, biological, mental, emotional, and psychosocial changes are crucial. These changes can affect personal life, family environment, and community environment. At this time, adolescents also have the opportunity to explore and actualize themselves to achieve the domain of well-being they have. In low and middle-income countries where 90% of children aged 10-19 years live. But many teenagers still have not been able to reach the level of welfare that must be balanced. Adolescents risk experiencing health problems related to sanitation and water, risky behavior such as alcohol, dangerous drugs, and unsafe sexual behavior. But most teenagers today do not know,

Teenagers need to know what they need by knowing which welfare domains have not been achieved in a balanced way. Adolescence is also developing social and emotional habits essential for mental Well-being. This is included in a healthy sleep pattern; exercise regularly; developing coping, problem-solving and interpersonal skills, and learning to manage emotions. A protective and supportive environment within the family, at school, and in the broad community and poor diet and low activity are also additional challenges for today's youth. Government policies and efforts are essential to achieve a balanced adolescent welfare subject,

According to the World Health Organization (WHO), a state of Wellbeing in which individuals are aware of their abilities can cope with the everyday pressures of life, can work productively, contribute to their community constructively, and contribute to their community. Several countries use welfare as a benchmark for the progress of their nation. This shows how vital youth welfare is for the youth and the nation's progress.

## 2. Method

In this study, researchers used the bibliometric method "Coordination program" using data from the Scopus database (www.scopus.com). Researchers used journal article publications in English with the keyword "wellbeing," which were analyzed using the bibliometric analysis method, which was carried out in several stages, namely: the search stage, the filtration stage, and the analysis stage (Julia, J., Supriatna, E., Isrokatun, I., Aisyah, I., Aminat O., A., Hakim 2020).

### 2.1. Search Stage

At the search stage, the researcher used a database from Scopus (www.scopus.com) using the keyword "wellbeing for youth" or TITLE-ABS- KEY ( ( ( "well being" OR "welfare" ) AND ( "youth" or "adolescent" ) ) ) AND ( LIMIT-TO ( PUBSTAGE, "final " ) ) AND ( LIMIT-TO ( PUBYEAR,2022 ) OR LIMIT-TO ( PUBYEAR, 2021 ) OR LIMIT-TO ( PUBYEAR , 2020 ) OR LIMIT-TO ( PUBYEAR , 2019 ) OR LIMIT-TO ( PUBYEAR,2018 ) ) AND ( LIMIT-TO ( DOCTYPE, "ar" ) ) AND ( LIMIT-TO ( LANGUAGE, "English" ) ) AND ( LIMIT-TO ( SRCTYPE, "j" ) ). The search must use something other than journal articles in English that have been published within the last five years.

### 2.2. Filtration Stage

Next is filtration to select journals to be analyzed. The bibliography chosen and used is the article title, abstract, keywords, article, or review type. Initial data search through the Scopus application yielded 840 bibliographical data, with limited search criteria using the keyword "coordination program." Furthermore, a screening was carried out on the data obtained, resulting in 114 keywords that could be analyzed using the VOS Viewer application system

### 2.3. Bibliometric Analysis Stage

In the analysis phase, using the help of an application system called VOS Viewer. VOSViewer can present and visualize certain information about bibliometric chart maps, making it easier to interpret a relationship or network (Jan Van Eck, 2010). The first stage in the bibliometric analysis is the filter results on Scopus, which have been given limiting criteria. The document is exported by selecting the Excel CSV type. Furthermore, the exported file can be used in the VOSviewer application.

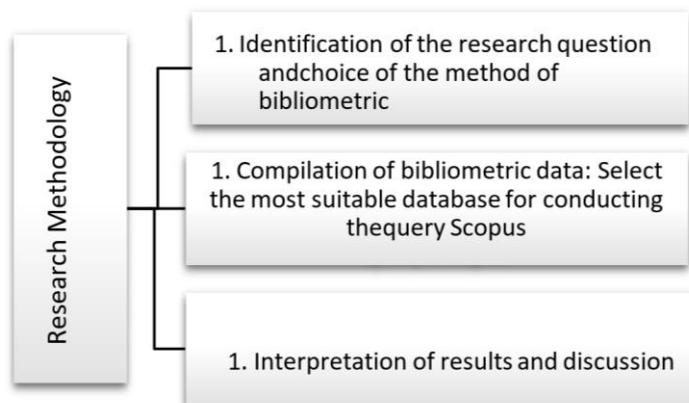


Figure. 1. Research Bibliometric Methodology

### 3. Results and Discussion

This study examines the area of Youth Welfare. The methodology used is a bibliometric technique that makes it possible to find out the evolution or development of research in the area of adolescent welfare. The database used in this research is Scopus (www.scopus.com), with 840 publication data indexed in the Scopus database between 2018-2022 or in the last five years. This methodology is effective in supporting analysis with the keywords "industry 4.0 and construction organizations". In this type of bibliometrics, the unit of examination is the keywords that appear on the topic of discussion in the research. Which includes title, keywords, abstract, and full article in some way in each paper. From the analysis of bibliometric techniques with the help of the VOS VIEWER system, it gives results by visualizing the spread of the keywords Adolescent Welfare with the results of the keywords occupying the top level being examined Mental Health which is one of the welfare domain subjects. Then for that country the most research in the area of Youth Welfare is United States and followed by other developed countries.

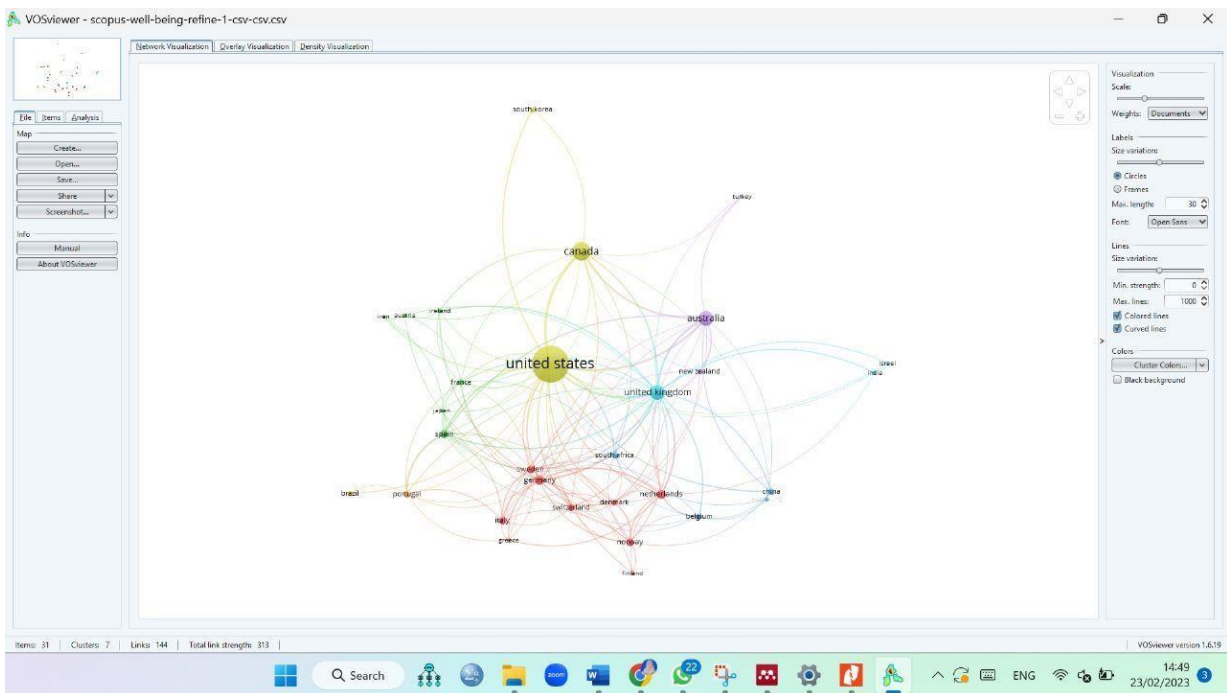


Figure 2. Network Visualization of countries

The visualization image above shows the relationship or linkage of the keywords in the research, which then, from verification, the selected keywords mental health, youth, and Wellbeing are included in the 10 keywords that are most frequently carried out in research.

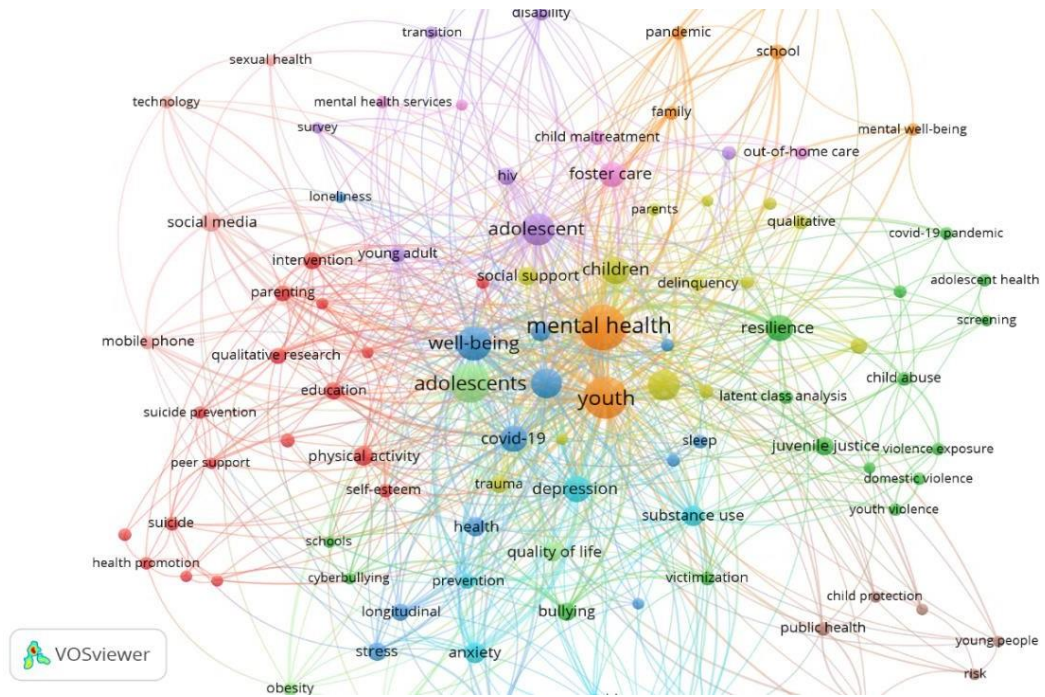


Figure 3. Verify selected keywords

Create Map

Verify selected keywords

Selected	Keyword	Occurrences	Total link strength
<input checked="" type="checkbox"/>	mental health	118	263
<input checked="" type="checkbox"/>	youth	99	203
<input checked="" type="checkbox"/>	adolescents	79	157
<input checked="" type="checkbox"/>	adolescent	53	112
<input checked="" type="checkbox"/>	well-being	62	110
<input checked="" type="checkbox"/>	covid-19	32	87
<input checked="" type="checkbox"/>	depression	32	75
<input checked="" type="checkbox"/>	child welfare	49	71
<input checked="" type="checkbox"/>	children	36	71
<input checked="" type="checkbox"/>	adolescence	42	68
<input checked="" type="checkbox"/>	resilience	32	60
<input checked="" type="checkbox"/>	anxiety	19	55
<input checked="" type="checkbox"/>	substance use	20	52
<input checked="" type="checkbox"/>	social media	16	47
<input checked="" type="checkbox"/>	foster care	31	44
<input checked="" type="checkbox"/>	young adult	11	42
<input checked="" type="checkbox"/>	quality of life	14	31
<input checked="" type="checkbox"/>	physical activity	16	30
<input checked="" type="checkbox"/>	intervention	12	28
<input checked="" type="checkbox"/>	mobile phone	8	28

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**BELUM ADA JUDULNYA**

In the verification of the selected keywords, it can be seen that mental health has the most prominent circles because it has been researched the most in the last five years. Not only that, but this visualization also proves that one of the 8 domains of Wellbeing, namely mental health, greatly influences the level of adolescent welfare.

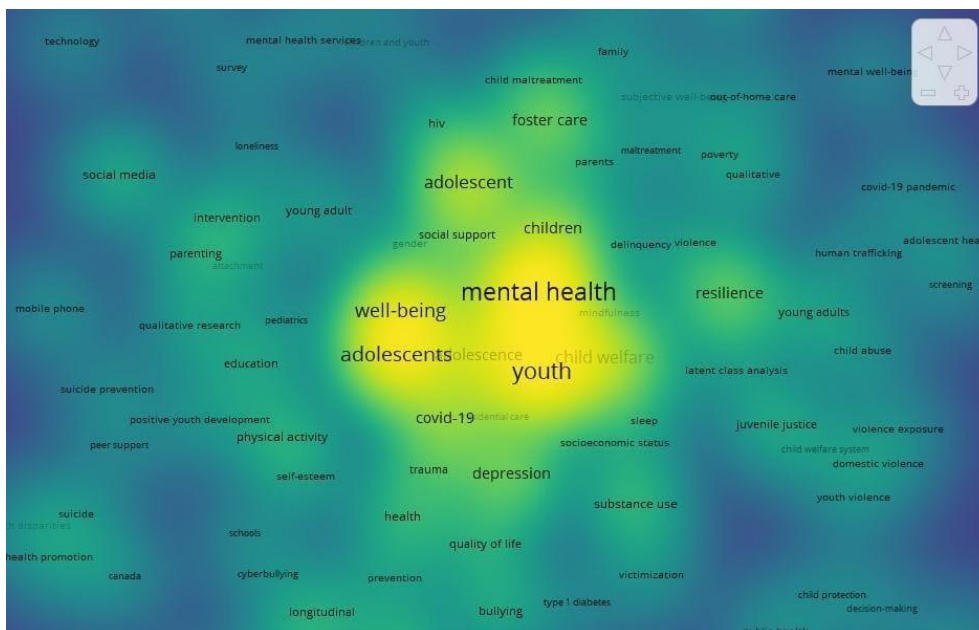


Figure 5. Density Visualization mental health

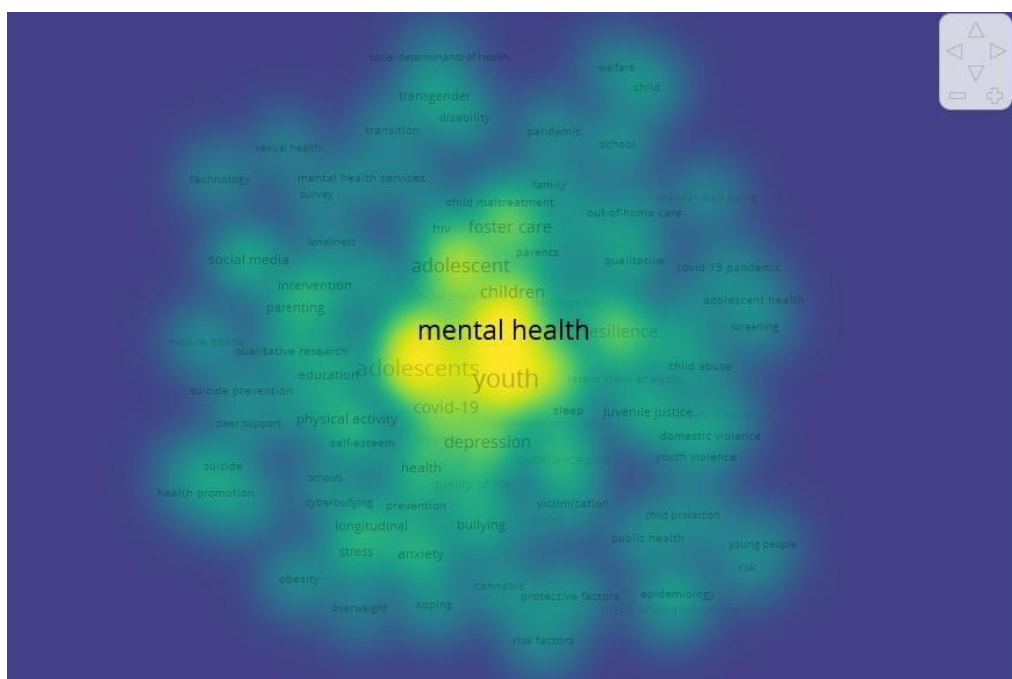


Figure 6. Density Visualization mental health

From the image, density visualization mental health dominates other keywords. Many factors affect adolescent mental health. The more risk factors adolescents face, the more significant the potential impact on adolescent mental health. This is because adolescents are at greater risk of mental health conditions because of conditions that affect them, ranging from stigma, discrimination, exclusion from the social environment and peers, and lack of access to quality support and services. This shows that throughout 2020 many researchers are conducting research on mental health which affects the level of welfare of adolescents at that time. (Wellbeing Indicator Tool for Youth ( WIT-Y ), 2015).



Adolescence is a phase that is quite important for humans to go through. Adolescence is a period of transition from childhood to adulthood. For this reason, in the development of adolescents, there are many changes, ranging from physical, psychological, mental and emotional, and social changes that significantly affect the lives of adolescents. During the journey of adolescence, it cannot be separated from various kinds of conflicts in the process of its development. Every conflict experienced by adolescents is influenced by several welfare subjects that must be met in a balanced way, starting from the subject domain of mental health, safety, and security, physical fitness, community, poses, relationships, cognitive health, and environment (Wellbeing Indicator Tool for Youth (WIT-Y), 2015).

Adolescence is a crucial period in developing eight subjects in the welfare domain. Some things that result from fulfilling Wellbeing in adolescents include a healthy lifestyle, life skills, mental health, problem-solving skills, interpersonal skills, and the ability to manage emotions. However, many risk factors affect the level of achievement in the welfare domain in adolescents, such as pressure to adapt to the environment, adjustment to peers, and exploration of unfulfilled identities. Seeing the current phenomenon of youth problems being promoted by WHO and Unicef, such as early marriage, mental health, HIV AIDS cases, and unwanted pregnancies. These problems threaten to achieve the goals of a country's progress because youth are agents of change for a country. Youth are also the center of a nation's progress. Several developed countries have made welfare a benchmark for improving their government. This prompted the author to research the spread of the most keywords on the topic of interest in adolescents from a global perspective and analyze keywords from existing indicators. The analysis that was carried out using the bibliometric analysis method found that the distribution of the three keywords most studied regarding Adolescent Welfare includes Wellbeing, Youth, and Wellbeing. Several developed countries have made welfare a benchmark for the progress of their nation. This prompted the author to research the spread of the most keywords on the topic of interest in adolescents from a global perspective and analyze keywords from existing indicators. The analysis results that were carried out using the bibliometric analysis method found that the distribution of the 3 keywords that were most studied regarding Adolescent Welfare include Wellbeing, Youth, and Wellbeing. Several developed countries have made welfare a benchmark for the progress of their nation. This is what prompted the author to research the spread of the most keywords on the topic of welfare in adolescents from a global perspective and analysis of keywords from existing indicators. The analysis results that were carried out using the bibliometric analysis method found that the distribution of the three keywords that were most studied regarding Adolescent Welfare include Wellbeing, Youth, and Wellbeing.

### **3.1. Mental Health**

Adolescence is crucial for developing emotional and social habits necessary for achieving mental Wellbeing, including managing emotions, problem-solving, mental resilience, and interpersonal skills. Adolescence is a unique and formative period. Physical, emotional and social changes, including poverty, abuse or violence, make adolescents vulnerable to mental health.

Globally it is estimated that 1 in 7 (14%) of children aged 10-19 years have a mental health condition, but most are not recognized and treated. Protecting adolescents from adversity Supporting learning, socio-emotional and psychological wellbeing, and access to mental health services and care is critical to their health and Wellbeing during adolescence. Data visualization research regarding the highest adolescent welfare and mental health occurred in 2020. In 2020 the covid 19 pandemic occurred, and many adolescents experienced mental health problems due to factors caused by the covid pandemic, such as isolation, discrimination, social exclusion, and deteriorating physical health. This makes youth vulnerable to mental health problems. The definition of mental health from WHO is "A state of wellbeing in which the individual realizes their abilities, can cope with the norm; stresses of life can work productively and fruitfully and able to contribute to their community " (WHO, 2001). In 2020 the covid 19 pandemic occurred, and many teenagers experienced mental health problems due to factors caused by the covid pandemic, such as isolation, discrimination, social exclusion, and deteriorating physical health, which made adolescents vulnerable to mental health problems. The definition of mental health from WHO is "A state of

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### 3.2. Youth

The keyword youth in youth welfare relates to youth participation in the country's development in realizing the 2030 SDGs. Youth is a determinant of the success of the demographic bonus that Indonesia will face in 2045. The demographic dividend is a situation where 70% of Indonesia's population is at a productive age (15-64 years) that occurs in population evolution with a once-century cycle pattern. The demographic bonus will cause population dependency where the rate of the productive population supporting the non-productive population (old age and children) will be very low or around ten abundant age population will keep 3-4 non-productive age population. This will be beneficial for productivity and economic growth.

If the human resources, especially those of productive age, are of good quality and vice versa, a country will backfire if the human resources are not adequately prepared. The demographic bonus is like a double-edged sword, on the one hand, it becomes a potential if it is able to take the opportunities, and on the other hand, it will become a boomerang, namely a burden if the government is not ready with its human resources. How can the demographic bonus be a potential disaster for a country? This is what has prompted Indonesia to start preparing youth to face the demographic dividend in 2045. However, looking at the results of the VOS Viewer visualization in developing countries, it still has not opened up opportunities to research youth welfare.

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### 3.3. Wellbeing

Wellbeing is defined as a state that allows individuals to satisfy their basic needs, which include material and non-material requirements. 30 Meanwhile, Ryan & Deci argue that Wellbeing refers to optimal psychological experiences and functions. According to Diener, Wellbeing from a hedonic perspective is seeking happiness by avoiding feelings of pain or unpleasant things. 33 In this case, this perspective is often equated with subjective Wellbeing (SWB). Meanwhile, Wellbeing in the



eudaimonic perspective, as stated by Ryan & Deci, is a condition when individuals can optimize their potential and actualize themselves to become complete individuals by their values. (Wellbeing Indicator Tool for Youth ( WIT-Y ), 2015). Youth will be better prepared to face life's challenges when each wellbeing domain is fulfilled.

#### 4. Conclusion

In this study, researchers researched the spread of the most keywords regarding welfare in adolescents from a global perspective and analysis of keywords from existing indicators to determine welfare subjects that had the most impact on adolescent welfare. This analysis uses the Bibliometric Method of analysis from the study, which focuses on journal articles in English. Using research limitations using journals published in the last five years or 2018-2022. From the keyword Wellbeing for Youth, there are 840 data taken from the Scopus database. Through analysis using the VOS Viewer system, the results obtained were 114 keywords with the keywords that were most frequently carried out in research in the last five years, namely Mental Health,

Youth and Wellbeing were the focus of this research. And from the search results using bibliometric coupling with the analysis unit, countries found that the United States had the highest level of research on Adolescent Welfare, followed by several other developed countries.

Other findings, developing countries, including Indonesia, still need to open up research on adolescent Wellbeing. The analysis results found that developed countries have paid more attention to the level of welfare of their youth. Developed countries have a high level of youth welfare compared to developing countries. For this reason, the recommendations from this research are that developing countries can start researching the welfare of adolescents in their countries and pay more attention to policies to increase the level of interest of adolescents in their countries.

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