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Psychological Well-Being for Adolescents and Youths

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Message from the Guest Editor

Dear Colleagues,

Psychological well-being is a multifaceted construct composed of several dimensions in which enjoying positive experiences and meeting basic needs are essential. Psychological well-being has been explored from multiple perspectives, and psychological discipline has been centered in the construct for its influence on other dimensions, such as individual performance, levels of satisfaction, or characteristics of interpersonal interactions. Most studies have highlighted well-being as a sign of optimal psychological functioning that enhances a person's life experience; therefore, it is seen as a set of factors that push people to pursue the satisfaction of their expectations. Possibly, this is most important in the early phase of life known as adolescence and youth. A review of the literature points out the importance of psychological well-being for adolescents, making it necessary to dig deeper into any and all the aspects that can influence it.

This Special Issue aims to provide updated information on how the levels of psychological well-being and mental health among adolescents and youths can be promoted.

Dr. Costanza Scaffidi Abbate
Guest Editor



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Special Issue



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Message from the Editor-in-Chief

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