

# Parental Support: Its Influence on the Well-being of Youth in the Province of Sorsogon

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## RESEARCH ARTICLE

### Abstract

This study determined the level of parental support and its influence on the well-being of youth in the province of Sorsogon. The main respondents of the study were 308 students from Grades 9 to 12 level from Prieto Diaz District I and II (SY 2022-2023). The study used a researcher-made and standardized questionnaire that underwent validation pre-testing. The study utilized descriptive-correlational and evaluative methods to analyze the impact of parental support on youth well-being. The descriptive method analyzed weighted mean, percentage, and rank, while the correlational method determined significant differences between parental support and respondents' well-being using Analysis of Variance. The evaluative method tested relationships between parental support and well-being among aspects using Pearson R. The study found that parental support for aspects of the well-being of the youth is very good. Youth exhibit excellent well-being. The relationship between parental support and youth well-being is highly significant, suggesting that if indicators of parental support are good, high well-being is expected. The proposed sustainable plan was crafted to help the local government unit sustain and upscale the level of parental support to the well-being of their children.

**Keywords:** Well-being; Youth; Status; Parental Support

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## 1 INTRODUCTION

Being a parent is one of the most fulfilling jobs an adult can have. A content, successful, and loving child is the greatest source of happiness and pride. There are particular objectives and duties for each age and stage of a child's development. It is for infants to feed, sleep, and explore the world. For teenagers, this means developing their own identity and social circle. For adolescents to successfully pursue their aim of greater independence, they need a variety of abilities. Some teenagers struggle to make this adjustment because they run across difficulties. With this, parental support is meaningful to the child's ability to cope with these developmental changes. Parent support is important to the well-being as well as to the development of youth. Parental support has been defined as "parental behaviors toward the child, such as praising, encouraging and giving physical affection, which indicate to the child that he or she is accepted and loved." In practice, parents with high parental support will demonstrate several qualities, such as caring and warmth, willingness to provide advice, and having open discussions with their children (Mills, Mann, Smith, & Kristjansson, 2021).

Filipinos are known for their unique parenting techniques for their children. From life values, parents serve as role models to children. Parenting techniques for children play an important

role as they mature into adults and learn how to live their lives. This parental support may lead to lasting impacts as children go through several developmental phases as they grow from infancy to adolescence and adulthood. These stages are critical to their physical, intellectual, emotional, social, and spiritual well-being. Definitions of well-being vary, and many terms are used to determine well-being, such as welfare, individual well-being, subjective well-being, happiness, quality of life, and life satisfaction. A contrasting view on well-being is that well-being refers to a quantitative assessment of an individual's daily living conditions to determine whether they have the capabilities and opportunities to live a good life in a particular community or country (Lijadi, 2018).

The world is now home to the largest cohort of adolescents in history- 1.2 billion people between the ages of 10 and 19. How they develop and grow has implications that reverberate across generations. When adolescents, including the most disadvantaged, are supported by caring families and adults and policies and services attentive to their needs, they can develop to their full potential. Some factors that impact the development of today's adolescents include social media, urbanization, unhealthy diets, armed conflict, climate change, and migration. While adolescents have a better chance of improving their health and well-being now more than ever, many lack access to the essential information, quality services, and protective environments they need to stay healthy and well (*Adolescent health and well-being*, n.d.). Filipino youth aged 15-30 plays a vital role in the country's development, making up a significant portion of the population. The Philippines has an 85.2 million population, with 40% of its youth enrolled in schools, 21% young peasants, 21% urban workers, 36% unemployed, and 4% working students. Youth health is crucial for an individual's lifespan, with most Filipino youth reporting good health. However, poor self-assessed health is reported in certain areas, such as Northern Mindanao, Davao Region, Caraga, CAR, and SOCCSKSARGEN. Smoking, drinking, and drug use are prevalent among youth, with smoking being more prevalent among elementary schooling youth (32%), drinking being more prevalent among older youth (46%), and drug use being less common (4%) (Arceo, 2018).

The researcher, a community development worker under Good Neighbors International Philippines, which is situated in Prieto Diaz Sorsogon, became interested in studying parental support for youth. The agency has served marginalized Filipino families in the municipality for almost 13 years. Good Neighbors strives to promote the well-being of marginalized Filipino children through integrated and child-centered community development programs. However, to date, no particular study has focused on determining parental support and its influence on the well-being of youth in the municipality. Parents are seen as one of the agency's most significant people in supporting the healthy well-being of the youth in the areas served. The study contributes to the advocacy for increasing youth well-being through support from parents during their development years, since higher parental support would mean better well-being for the youth.

This study aims to determine parental support and its influence on the well-being of youth in the Province of Sorsogon and to understand whether there is an empirically provable significant difference and the relationship between these two variables. Furthermore, the study traced the parental support factors that contributed to the well-being of youth. The study serves as a vehicle to contribute to the success of the program's implementation by enabling parents to strengthen their support of their children in the vulnerable period of adolescence. With this, the researcher focused on determining the level of parental support for youth in Prieto Diaz, Sorsogon, and its influence on their well-being status. Part of it is to look into how parents' parenting helps children's psychological, cognitive, social, physical, and spiritual development. Understanding whether or not there will be an empirically provable significant difference, as well as the relationship between these two variables, is another goal of this study. The result of the study determined if parental support impacts the general well-being of young people. Knowing and comprehending these elements helped to emphasize juvenile development and show parents how to better support and guide their children.

## **2 METHODOLOGY**

### **2.1 Research Method**

The study utilized a descriptive-correlational and evaluative method. The descriptive method was used to determine the level of parental support and the respondents' well-being status. The correlational method determined the significant influence between parental support and respondents' well-being. The evaluative method was used to test significant differences in parental support and status of well-being among aspects.

### **2.2 Respondents**

The study's respondents were Junior and Senior High School (Grade 9-12) students enrolled in Prieto Diaz Sorsogon District I and II (SY 2022-2023). Districts I and II have 1,152 junior and senior high school students.

### **2.3 Sampling Techniques**

The researcher employed the stratified sampling strategy to generate 308 sample sizes from the population. The margin of error used in the study was 0.05. The researcher concentrated solely on the schools mentioned since, according to the data supplied, they now have the biggest number of students in the Municipality of Prieto Diaz.

### **2.4 Instrument**

The researcher used survey questionnaires in gathering the primary data, which is composed of two parts:

Part 1 referred to the level of parental support to social work. The variables include parental support, specifically on the youth's psychological, cognitive, social, and physical well-being in the Province of Sorsogon. Each variable is composed of (10) questions or statements. The scales used were 5- Always, 4- Often, 3- Sometimes, 2- Rarely, and 1- Never.

Part II concerned the status of the level of well-being of youth. The variables include their well-being, comprising five variables with (10) questions or statements. The scales used were 6- Strongly Agree, 5- Agree, 4- Slightly Agree, 3- Slightly Disagree, 2- Disagree, 1- Strongly Agree.

For instrument validation, the researcher discussed with psychological experts. For research instrument reliability, the researcher carried out a pre-test and sought the advice of a statistician. The spiritual and social aspects of well-being were found to have the lowest reliability score. The youth's spiritual well-being was rated at 0.075 using the Cronbach Alpha Test. Meanwhile, the result of the same statistical test for the level of social well-being was 0.71. The researcher changed the parameters mentioned, and another pre-test was performed. Using the Cronbach Alpha, the spiritual aspect nevertheless maintained the lowest score. The researcher utilized the standardized questionnaire well-being scale on the Slovak population (SWBS-Sk) for the element of spiritual well-being of youth (Tavel et al., 2022). This research also utilized the instrument's score. Items 1 and 8 in the tool have reversed scores. Furthermore, the researcher sought the assistance of a Filipino translator for improved interpretation of the research questions.

### **2.5 Data Gathering Procedures**

The data-gathering process began when the study proposal was approved by the panel of examiners and the Dean of the Graduate School. The letter request was addressed to the District Supervisors and School Heads of Prieto Diaz and Calao National High Schools, and permission to perform the study was requested.

Participants in the study were given ethical consideration forms, specifically informed consent. The researcher gave the survey questionnaire to each respondent once the research had been revised and finished, and they were given adequate time to submit their responses. When the instrument was finished, the researcher retrieved and tallied the results. The information was tabulated and treated quantitatively. The researcher studied and interpreted the findings to determine their deeper significance and implications for the subject of study at hand.

## 2.6 Statistical Treatment of Data

Mean, coefficient of determination, and One-way ANOVA were used to determine the level of parental support and well-being of youth. Pearson R product-moment correlation and the Analysis of Variances were utilized to determine the relationship between and among the major variables of the study, respectively.

## 2.7 Ethical Consideration

Permission was obtained from the school supervisors of Districts I and II to perform the data collection. The respondents have been asked to participate voluntarily rather than being forcibly compelled into doing so. Respondents were informed that if they felt discomfort, worry, harm, or risk before, during, or after the data collection procedure, they may withdraw their participation and choose to cancel the information provided to the researcher. The respondents were informed that they would not be compensated for their participation in the study. However, the data gathered through their participation in the study may aid in developing a proposal to the agency for an organizational strategic plan that could aid in increasing parental support and student performance. Furthermore, it was stated that all data acquired would be kept strictly confidential in order to protect the respondents' identities.

## 3 RESULTS AND DISCUSSIONS

### 3.1 Parental Support

Table 1 shows parental support for youth well-being from a psychological aspect. Based on the results, the overall mean is 3.75, which is considered very good. This indicates that the parents are always concerned about their child's psychological well-being. It signifies that they value this component, which includes the child's mental wellness. According to the data, the highest psychological support provided by parents is their presence in any situation, with a mean of 4.34, followed by encouragement and praise for all success, with a mean of 4.14, and finally, with a mean of 3.93, helping the child discover solutions to problems.

**Table 1. Level of Parental Support Along with Psychological Aspect**

Indicators	Mean	Interpretation
Reminds the child that they are always there, no matter what	4.34	Excellent
Praise and encourage the child for any of their efforts and accomplishment	4.14	Very Good
Helps the child find solutions to problems	3.93	Very Good
Find time to talk and listen to the child about the things that went well and the challenges encountered	3.82	Very Good
Encourages the child to explore career possibilities by listening to their thoughts and opinions	3.78	Very Good
Provides the child with appropriate time and space when needed	3.60	Very Good
Understand and acknowledge the emotions of the child in difficult situations	3.55	Very Good

Encourages the child to take breaks from school work or activities to do enjoyable things.	3.52	Very Good
Helps to brainstorm ideas when the child is frustrated.	3.47	Very Good
Encourages the child to talk about feelings	3.32	Good
<b>Mean</b>	<b>3.75</b>	

**Legend:** Excellent (4.21-5.00), Very Good (3.41-4.20), Good (2.61-3.40), Fair (1.81-2.60), Poor (1:00-1.80)

This demonstrates that the parent does not make the child feel alone at life's greatest and most painful phases. Parents also reinforce their children's self-esteem through encouragement and praise. It shows that parents believe in their children's skills. According to the study's findings, children can also handle challenging situations through excellent judgment and decision-making. The support is being provided to the youth primarily because the responsibility of the parents is to scaffold their children during this age of adolescence. It is well known that the adolescent years are fraught with developmental problems. According to [Lea \(2017\)](#), parents play an important role in building their children during adolescence by providing opportunities for autonomy and supporting them through the trials and tribulations of puberty and early adulthood. Parents were discovered to differ in the degree of a child-centered parenting feature known as nurturance, and they tended to retain their place in it across settings compared to other parents. Another facet of child-centered parenting is parents' awareness of their children's location. A lack of that understanding is a well-known predictor of poor conduct in children. Table 2 shows the parental support and the cognitive well-being of youth, rated as very good, with a weighted mean of 3.73. The overall top three support are: The youth is being helped by the parents to get enough sleep, hydration, and nutrition with a mean of 4.21, inferred as excellent, teach the importance of thinking before acting with a mean of 4.13 assessed as very good, and provides opportunities to the youth to think of possibilities for the future with a mean of 3.94 interpreted as very good.

**Table 2. Parental Support Along with Cognitive Aspect**

<b>Indicators</b>	<b>Mean</b>	<b>Interpretation</b>
Helps the child get adequate sleep, hydration, and nutrition	4.21	Excellent
Teaches the child the importance of thinking before acting.	4.13	Very Good
Provides the child the opportunity to think of possibilities for the future.	3.94	Very Good
Helps the child set goals.	3.78	Very Good
Compliment and praise the child for well-thought-out decisions.	3.76	Very Good
Encourage the child to think independently and develop their ideas.	3.73	Very Good
Assist the child in reviewing any poorly made decisions.	3.63	Very Good
Set the rules at home and talk about how rules will be enforced together.	3.61	Very Good
Allows the child to share ideas and thoughts with adults.	3.44	Very Good
Allows the child to discuss various topics, issues, and current events.	3.04	Very Good
<b>Mean</b>	<b>3.73</b>	

**Legend:** Excellent (4.21-5.00), Very Good (3.41-4.20), Good (2.61-3.40), Fair (1.81-2.60), Poor (1:00-1.80)

This further denotes that parental support for the cognitive well-being of their children is important. The parent guides the children to form healthy habits. Children are enthusiastic and impulsive and rarely stop to think before they say or do something. With this, parents teach their children to control their emotions at a young age. Understanding their emotions through the help of their

parents would make it easier for them to cope with future challenges. This also indicates that parents help their children to plan for their future. This implies that parents give importance to the cognitive abilities of their children. Parents always want the best for their children and their future success. That is why they want to be engaged with their children's endeavors, especially their future.

According to the study by Rodríguez et al. (2020), parents' levels of responsiveness influenced decisions to share. Parents were overly involved in making decisions during the joint task. Parents provide the necessary guidance and support when their child needs it. Young children may still rely heavily on parental guidance and support for complex cognitive tasks, including these decisions. The result is similarly related to the statement of Lara and Saracostti (2019) that there is a link between parental participation and kids' motivational orientation. Because these methods can create negative and/or good feelings, the dynamic link between perceived parental participation and emotions must be explored. These feelings might also create or block fresh opportunities for parental participation. As a result, just suggesting particular practices or activities or inviting parents to participate in school meetings or events is insufficient to increase parental involvement. Understanding the emotional features of parent/child relationships and designing systems that stress positive support and communication is crucial.

Table 3 reveals the parental support and the social well-being of youth, which was assessed as very good with a weighted mean of 3.86. The overall top three indicators are: The parent shows affection and listens to the space of the youth, with a mean of 4.08, and the parent recognizes the youth's right and is accountable, a mean of 4.03.

**Table 3. Parental Support along with Social Aspect**

Indicators	Mean	Interpretation
Show the child affection and listen when they need to talk and express their feelings.	4.11	Very Good
Respect the private space of the child.	4.08	Very Good
Recognize the child's rights to choose friends and manage time while also becoming accountable for their actions.	4.03	Very Good
Discuss other people's experiences with the child, what it's like to be in someone else's shoes, the difficulties they confront, and what makes them strong.	3.94	Very Good
Discuss with the child how to keep oneself safe in different situations.	3.86	Very Good
Helps the child determine which activities are appealing to them and encouraging involvement without pushing.	3.80	Very Good
Willing to participate in certain activities with the child, such as assisting with schoolwork or any other activity.	3.78	Very Good
Discuss the responsibilities when using social media and the internet with the child.	3.74	Very Good
Suggest ways of dealing with personal difficulties for the child.	3.67	Very Good
Recognize the child's views and rights to express themselves, even if they differ from those of others.	3.58	Very Good
<b>Mean</b>	<b>3.86</b>	

**Legend:** Excellent (4.21-5.00), Very Good (3.41-4.20), Good (2.61-3.40), Fair (1.81-2.60), Poor (1.00-1.80)

This further implies that parents have very good parental support in supporting their child's emotions. They also value their children's personal space. The parents allow the children to develop their social skills. It is also indicated that the children are being taught to be accountable for their actions and how they will affect others. The result shows that children have the freedom to develop their social skills through the support of parents. The parents foster bonding with their children, developing their ability to interact with others. Parents play an important role in

honing their children's social skills, and it contributes to the development of their children's ability to foster positive relationships with other people.

According to Wang, Hu, LoCasale-Crouch, and Li (2021), parenting is critical in developing children's social skills, with research emphasizing the involvement of parents in the process. It has been discovered that parental practices have a major impact on children's social skills and problem behaviors. According to ecosystem theory, the household, and school contexts are critical proximal microsystems for children's early learning and development. Interactions between children, parents, and instructors are directly tied to their early socialization process. Parents are the primary caretakers for young children, providing critical support for their social development. Furthermore, parenting is increasingly viewed as a transactional process in which both parents and children contribute to a kid's development in a bidirectional manner. Children's experiences in a variety of socializing situations, such as school, can have an impact on their development. As stated by Şengönül (2018), parental support, warmth, and sensitivity provide an appropriate environment for socialization that encourages empathy, sympathy, and prosocial behaviors. Warm and sensitive parents exhibit more active concern, involvement, and affection toward their children. They nurture, support, love, approve, and praise their children. Parents try to socialize their children to attain the ability to empathize with the victim or identify the distress of others by focusing children's attention on the positive or negative consequences of their behavior for others and the highlighting consequences of their behavior for others and by specifically highlighting the consequences of the transgressing behaviors through induction. Parent modeling of prosocial behavior contributes to prosocial development in children.

Table 4 displays the parental support for the physical well-being of youth, which is assessed as very good, with a weighted mean of 3.94. The overall top three indicators are: assists in avoiding body odor by maintaining good hygiene, regular bathing, and using deodorant with a mean of 4.38; making sure that the youth get enough sleep with a mean of 4.25, which were both assessed as excellent, and helps the youth to keep a healthy balance between study, work, and hobbies with a mean of 4.15 interpreted as very good.

**Table 4. Parental Support along with Physical Aspect**

Indicators	Mean	Interpretation
Teaches the child to avoid body odor by practicing proper hygiene, bathing regularly, and applying deodorant.	4.38	Excellent
Ensure that the child gets enough and regular sleep	4.25	Excellent
Helps the child maintain a good balance between schoolwork and interests.	4.15	Very Good
Provide for the child's medical needs, especially when it is necessary to visit physicians.	4.04	Very Good
Give the child straightforward guidance regarding bodily changes and remind them that everyone is unique.	4.01	Very Good
Provide a balanced diet to the child and encourage them to make good food choices and keep active regularly.	3.92	Very Good
Encourages the child to try new things, such as outdoor activities.	3.71	Very Good
Reinforce eating together during mealtime and having family exercise routines.	3.68	Very Good
Limits the child's screen time, including time spent on TV, videos, computers, and video games daily.	3.64	Very Good
Encourages the child to engage in vigorous activities in games requiring lots of movement.	3.56	Very Good
<b>Mean</b>	<b>3.94</b>	

**Legend:** Excellent (4.21-5.00), Very Good (3.41-4.20), Good (2.61-3.40), Fair (1.81-2.60), Poor (1.00-1.80)

This denotes that parents emphasize the importance of proper hygiene to their children. Children's

health is also the priority of parents, who ensure that the child has a balance between doing their tasks and the proper time for rest. The parental role is important to the physical health of children. Traditional parenting is being observed in rural areas. Parents make sure that their children's necessities are provided. They want their children to be physically fit to avoid serious illnesses that may hamper their development. The parents give importance to the physical health of their children by ensuring that they know how to keep themselves clean and healthy at their age. Parents promote interaction with other people with their children, which will help enhance their health through physical activities. Other parents also involve their children in learning recreational hobbies or sports.

In relation to the study of Baig, Ganesan, Ibrahim, Yousuf, and Mahfoud (2021), parental support is associated with adolescent physical health. Childhood and adolescent obesity are rapidly becoming a global epidemic. Multiple studies have investigated the effect of parental factors on adolescent weight and physical activity, mostly showing poor parental influence leads to poor nutritional habits and poorer exercise habits that persist into adulthood. Poor hygiene was associated with other poor health habits and poorer quality of life measures. Parental support and supervision were protective of hygiene practices. This is also related to what Burns, Bai, Fu, Pfladderer, and Brusseau (2019) stated, that the involvement of parents in supporting their child's physical activity practices and potentially influencing the association between physical activity and academic achievement reinforces the emphasis parents place on their child's health and academic success. Physical exercise, especially at higher intensities, may boost cognitive skills by expressing physiological processes at the brain's cellular, molecular, and structural levels. Regular physical activity alters neurogenesis and enhances central nervous system metabolism. Furthermore, chronic and acute physical exercise have been shown to improve attention span and working memory by altering the neurochemicals serotonin, dopamine, and norepinephrine, as well as brain-derived neurotrophic factors, synaptic proteins, and insulin-like growth factors.

Table 5 shows the parental support for spiritual well-being of youth, which is ranked as very good with a weighted mean of 4.16. The overall top three indicators are: The parent shows kindness, compassion, and forgiveness, and shows their struggles too, and apologizing when they are wrong with a mean of 4.39, teaches the youth to take responsibility for their decisions with a mean of 4.37 and explain the value of giving back and being grateful with a mean of 4.36. All of these indicators are interpreted as excellent.

**Table 5. Parental Support along with Spiritual Aspect**

Aspects	Mean	Interpretation
Shows the child kindness, compassion, and forgiveness; shows own struggles too; and apologizes when wrong.	4.39	Excellent
Teaches the child to take responsibility for their own decisions.	4.37	Excellent
Explain to the child the value of giving back and being grateful.	4.36	Excellent
Helps the child deepen spiritual connection with God through music, dance, or the arts.	4.34	Excellent
Respect the religious beliefs of the child.	4.34	Excellent
Instill in the child an appreciation and respect for nature.	4.30	Excellent
Set aside time for prayer or reflection each day with the child.	4.05	Very Good
Respect the child having a quiet time alone, pondering the meaning of life.	3.92	Very Good
Encourages the child to be involved in serving the community.	3.86	Very Good
Encourages the child to participate in a spiritual community such as a church, prayer group, or meditation center to share a contemplative experience with others.	3.69	Very Good
<b>Mean</b>	<b>4.16</b>	<b>Very Good</b>

**Legend:** Excellent (4.21-5.00), Very Good (3.41-4.20), Good (2.61-3.40), Fair (1.81-2.60), Poor (1.00-1.80)

This further denotes that parents serve as a good example to their children in terms of being a good person with kindness and other important values one person must possess. Parents ensure that their children will grow up with a strong foundation of a heart for helping others and making sound judgments in life. Parents are happy to see that their children are respectful and good community citizens. They also serve as a good role model of being a good example to their children. Parents instill in their children the importance of having faith in God. Parents also encourage children to participate in community activities that show religious practices. It is their way of preserving and helping the children to strengthen their spirituality.

Van Niekerk and Breed (2018) reveals that parents are important to their children's religious development since their interactions lay the groundwork for their faith. Attending church and catechesis with parents is critical, but parents' behavior also impacts their child's faith. They should discuss faith issues relevant to their lives and circumstances, collaborate with them, and offer a positive example. To ensure their role in their children's religious formation is completed, parents should follow practical rules and be present with them. Parents manage their children's behaviors, activities, reasoning, and decision-making in an ever-changing and responsive role. Understanding religion, praying, empathy, ethical concepts, appreciating parents, and creating goals all help to empower children's free spirits. It is critical to instill a feeling of purpose in children and allow them to pursue spirituality independently.

The result of the study is supported by Purnama, Wibowo, Narmaditya, Fitriyah, and Aziz (2022), which revealed that religious beliefs in parents could influence the parenting of applied to children. Parents' religious beliefs can affect family interactions by prohibiting something unacceptable. This happens to gain value, provide support, and determine purpose and meaning. Table 6 reveals the summary of parental support for the well-being of youth with a weighted mean of 3.88, interpreted as very good. The aspect of spiritual well-being support had a mean of 4.16, physical well-being support had a mean of 3.94, social well-being support had a mean of 3.86, psychological well-being support had a mean of 3.75, and cognitive well-being support had a mean of 3.73 all inferred as very good by the youth.

**Table 6. Summary of Level of Parental Support to Well-Being of Youth**

Aspects	Mean	Interpretation
Spiritual	4.16	Very Good
Physical	3.94	Very Good
Social	3.86	Very Good
Psychological	3.75	Very Good
Cognitive	3.73	Very Good
<b>Mean</b>	<b>3.88</b>	<b>Very Good</b>

**Legend:** Excellent (4.21-5.00), Very Good (3.41-4.20), Good (2.61-3.40), Fair (1.81-2.60), Poor (1.00-1.80)

The study further implies that parental support for the well-being of children is being given proper attention. This implies that parents make sure that support for their children in the Municipality of Prieto Diaz is given importance. Despite the modern world, the value of proper rearing of children is still the priority. The municipality is a rural area, and the manifestation of parent-child involvement is very good. The ways and customs of raising and supporting their children's needs are still observed. It also indicates that parents inculcate a strong relationship with God in their children and youth. The parent's role is to inculcate to their children the belief and faith in God. The community greatly supports spiritual activities as they serve as a good role model for the younger ones. They involve the children in order to preserve good practices for future generations. The study of Owusu Sarfo (2022) identified parents' role in their children's spiritual formation. The findings showed that parents often believe they are responsible for teaching their children about religion and spiritual topics, but most don't engage in religious discussions. They rely on their church for religious education. Parents take the lead in academic performance, sports, and recreational pursuits, but few feel confident and competent in raising their children

spiritually. Current statistical data suggests a need for a project to increase parental involvement in children's spiritual development. Among these indicators of parental support, the variables with the lowest rank are psychological and cognitive well-being. This means that parental support for the psychological well-being of the children might need improvement in identifying options on how the youth will openly discuss their emotions and feelings. The children's problem-solving skills can be improved through open communication between the parent and child. Through an open discussion with parents, the children can easily share their worries and problems. Support for the cognitive well-being of children can be fostered when parents allow their children to solve their problems with proper guidance.

Abidin, Yudiana, and Fadilah (2022) study analyzed the relationship between supportive parenting styles (warmth, structure, and autonomy support) and emotional well-being in 394 Indonesian adolescents aged 11-15. The research found that basic psychological needs satisfaction fully mediated the relationship between supportive parenting styles and emotional well-being, while basic psychological needs frustration fully mediated the relationship between thwarting parenting styles and emotional ill-being. The findings suggest supportive parenting enhances adolescents' well-being by satisfying their basic psychological needs. However, thwarting parental behaviors did not guarantee satisfaction. The study also discussed the perception of thwarting parenting styles among Indonesian adolescents.

### 3.2 Well-Being of Youth

Table 7 indicated the status of the well-being of youth along psychological aspects, with a weighted mean of 4.59 inferred as excellent. The overall indicator with the highest mean includes recognizing whenever stressed and taking steps to relax through exercise, quiet time, or other activities with an overall mean of 4.76, friends regarding them as a stable, emotionally well-adjusted person with an overall mean of 4.69, and finding it easy to laugh about things that happen in life and flexibility to adapt to change with an overall mean of 4.67. This finding revealed that the youth can cope with difficult situations. They are not easily affected by the effects of the problem and can face other people positively. The youth displays a positive attitude whenever they face difficult situations. The youth does not engage in activities that might cause self-harm or towards other people that surround them. Due to the fact that parents established a healthy environment for their children, they grow up having a sense of health and well-rounded, and have the coping skills to deal with day-to-day life.

**Table 7. Status of Well-Being of Youth Along With Psychological Aspects**

Aspects	Mean	Interpretation
Recognize when stressed and take steps to relax through exercise, quiet time, or other activities	4.76	Excellent
Regarded by friends as a stable, emotionally well-adjusted person	4.69	Excellent
Find it easy to laugh about things that happen in life.	4.67	Excellent
Flexible and adapt or adjust to change positively	4.67	Excellent
Avoid using alcohol as a means of helping to forget problems.	4.64	Excellent
Feel good about yourself and believe in being accepted by others no matter what.	4.60	Excellent
Talk to others when upset and actively try to work through problems	4.51	Excellent
Not easily influenced by people with strong opinions.	4.34	Excellent
Try to let others know when angry in non-confrontational and non-hurtful ways.	4.28	Excellent
Can express feelings without feeling silly.	4.27	Excellent
<b>Weighted Mean</b>	<b>4.54</b>	<b>Excellent</b>

**Legend:** Excellent (4.21-5.00), Very Good (3.41-4.20), Good (2.61-3.40), Fair (1.81-2.60), Poor (1.00-1.80)

This is similar to the presentation of *Psychological wellbeing in children* (n.d.), who states that psychological well-being in children is crucial for their overall development, as it encompasses both mental and emotional health. It is as important for their physical health as it is for their overall well-being. Family, school, and the environment can influence a child's psychological well-being, as mental and physical health are closely linked. One can lead to problems with the other, such as a child experiencing low moods, not engaging in social activities, or getting enough exercise to maintain physical fitness. Overall, psychological well-being is an essential part of a child's overall health.

Table 8 presents the status of the well-being of youth along the cognitive aspect with an overall weighted mean of 4.87, interpreted as excellent. The overall indicators with the highest mean include learning from mistakes and trying to act differently next time, with an overall mean of 5.16, following directions or recommended guidelines, and acting in ways likely to keep others and own safety, with an overall mean of 5.00, and to solve a problem; there is a need to study each part of it in detail with an overall mean of 4.93.

**Table 8. Status of Well-Being of Youth Along With Cognitive Aspects**

Aspects	Mean	Interpretation
Learn from mistakes and try to act differently next time.	5.16	Excellent
Follow directions or recommended guidelines and act in ways likely to keep everyone safe.	5.00	Excellent
Study each part of the problem in detail to resolve it.	4.93	Excellent
Tend to let emotions get the better of self and think first before doing an action	4.90	Excellent
Actively try to learn all reasonably about an issue before making decisions	4.88	Excellent
Alert and ready to respond to life's challenges in ways that reflect thought and sound judgment.	4.86	Excellent
Consider the alternatives before making decisions.	4.85	Excellent
Think about self-talk and then examine the real evidence for perceptions and feelings	4.76	Excellent
Tend to evaluate how the day went.	4.71	Excellent
Always pay attention to detail before reaching a conclusion.	4.64	Excellent
<b>Weighted Mean</b>	<b>4.87</b>	<b>Excellent</b>

Legend: Excellent (4.21-5.00), Very Good (3.41-4.20), Good (2.61-3.40), Fair (1.81-2.60), Poor (1:00-1.80)

Meanwhile, this result reveals that the youth has a high capacity to think critically when dealing with learning from mistakes. The youth also displays accountability toward the welfare of other people. They know how to listen to advice and can execute it properly. In dealing with problems, the youth understands the importance of identifying the problem first. Their childhood experiences, especially the parental support, helped them to enhance their cognitive skills. Their thinking abilities help them perform better in school activities.

According to *Chen, Ren, Yang, and Zhou (2018)*, childhood experiences, including families, peer groups, schools, and communities, significantly impact children's development. Infancy and toddlerhood are crucial, with family structure, spousal relationships, and parenting styles being major factors. A cognitively stimulating home environment and nurturing caregiver-child relationships are essential for social and cognitive growth. Schools provide opportunities for social and emotional skills while teaching quality and resources facilitate student attainment. The community plays a significant role in children's well-being, with factors like neighborhood safety, poverty, social support networks, and access to social service facilities playing crucial roles. The findings of *Fuhrmann, Van Harmelen, and Kievit (2022)* revealed that interventions aimed

at addressing behavioral problems and fostering verbal skills could be promising for improving cognition and well-being outcomes. Small individual differences in externalizing in childhood may set children on different planning trajectories. The study shows that cognition and well-being are complex systems in and of themselves and interact with one another during development, generating yet further dynamic processes.

Table 9 shows the status of the well-being of youth and social aspects, with an overall weighted mean of 4.87, interpreted as excellent. The overall indicators with the highest mean include getting along well with the members of the family, with an overall mean of 5.12; making time to be with friends and family, with an overall mean of 5.09; open, honest, and getting along well with others with an overall mean of 5.01. All of these are interpreted as excellent. This further explains that the youth has a good relationship with their family or loved ones. The youth have enough time to socialize with their families or friends. This also implies that the youth has a high capability of dealing with other people and finds it easy to build strong relationships with other people. This also implies that children interact positively with the people around them. The parental support in developing their social skills has helped them be a better citizen of the community.

**Table 9. Status of Well-Being of Youth Along With Social Aspects**

Aspects	Mean	Interpretation
Get along well with the members of the family.	5.12	Excellent
Can make time to be with friends and family.	5.09	Excellent
Open, honest, and get along well with others.	5.01	Excellent
Feel valued by friends and family.	4.98	Excellent
Have a good relationship with classmates and teachers.	4.96	Excellent
Feel good about the impression of self when meeting new people	4.93	Excellent
Open and accessible to a loving and responsible relationship	4.89	Excellent
Consider the feelings of others and do not act in hurtful or selfish ways	4.74	Excellent
Have someone to talk to about private feelings	4.63	Excellent
Participate in various social activities and enjoy being with people who are different from themselves.	4.38	Excellent
<b>Weighted Mean</b>	<b>4.87</b>	<b>Excellent</b>

**Legend:** Excellent (4.21-5.00), Very Good (3.41-4.20), Good (2.61-3.40), Fair (1.81-2.60), Poor (1:00-1.80)

According to [Dunaeva \(2018\)](#), well-being comprises three components: emotional, psychological, and social. Researchers emphasize the distinction between personal and public life and present well-being as a social phenomenon. Social well-being encompasses positive interactions with family, community, and society. It can be divided into two main components: social adjustment and social support. Social adjustment involves personal satisfaction with relationships and fulfilling social roles, while social support refers to the quality of social connections and the sense of protection they provide.

Table 10 shows the status of the well-being of youth and physical aspects, with an overall mean of 4.49, interpreted as excellent. The indicators with the highest mean include engaging in exercises such as brisk walking, with an overall mean of 4.75; feeling good about the body's condition, with an overall mean of 4.65; and doing exercises designed to strengthen muscles and joints, with an overall mean of 4.62. All of these are interpreted as excellent.

**Table 10. Status of Well-Being of Youth Along With Physical Aspects**

Aspects	Mean	Interpretation
Engage in exercises such as brisk walking.	4.75	Excellent
Feel good about the condition of the body.	4.65	Excellent
Do exercises designed to strengthen muscles and joints.	4.62	Excellent
The immune system is strong and able to avoid most infectious diseases.	4.59	Excellent
Listen to body; seek professional advice when something is wrong	4.57	Excellent
Warm-up and cool down by stretching before and after vigorous exercise.	4.54	Excellent
Maintain a desirable weight.	4.37	Excellent
Body heals itself quickly when sick or injured.	4.31	Excellent
Have lots of energy and get through the day without being overly tired.	4.25	Excellent
Get 7-8 hours of sleep at night.	4.20	Very Good
<b>Weighted Mean</b>	<b>4.49</b>	<b>Excellent</b>

**Legend:** Excellent (4.21-5.00), Very Good (3.41-4.20), Good (2.61-3.40), Fair (1.81-2.60), Poor (1.00-1.80)

This explains that the youth emphasize simple activities to enhance their physical well-being. They are comfortable with their body and have enough time to do exercises to improve their body condition. They are aware of the importance of getting physically fit and know what to do to improve it. It means they are conscious of the importance of a healthy body. According to Ha, Ng, Lonsdale, Lubans, and Ng (2019), physical activity improves physical and psychological health outcomes, including low blood lipids, low prevalence of overweight and obesity, high bone mineral density, and few depression symptoms. Developing fundamental movement skills (FMS) during childhood can establish a lifelong commitment to physical activity, leading to increased engagement, cardiorespiratory endurance, higher self-esteem, and lower overweight and obesity risks. Improving primary school children's FMS can increase their engagement in physical activity and lead to a healthy lifestyle.

In the study of Ugwueze, Agbaje, Umoke, and Ozoemena (2021), physical activity is crucial in maintaining good health. Physical activity has been conceptualized as any bodily movement produced by skeletal muscles that requires energy expenditure and includes activities completed while working, playing, household chores, and exercising or sports. Adequate physical activity is associated with considerable health benefits in young people who can progress into adulthood. Young adults engage in physical activity for several reasons. Table 11 reveals the status of the well-being of youth and spiritual aspects, which is assessed as excellent with a weighted mean of 5.18. The overall top three indicators are: don't get that much support from God, which is a reversed scored item with an overall mean of 5.48; life doesn't have much meaning, which is also a reversed scored item with an overall mean of 5.47, and belief that there is some real purpose in life with an overall mean of 5.30. All of these are interpreted as excellent.

**Table 11. Status of Well-Being of Youth Along With Spiritual Aspects**

Aspects	Mean	Interpretation
Don't get much personal strength and support from God.	5.25	Excellent
Life doesn't have much meaning.	5.13	Excellent
I believed there was some real purpose in life.	5.06	Excellent
Believe that being loved and cared for by God	4.98	Excellent
Relationship with God contributes to a sense of well-being.	4.96	Excellent

Believe that God is concerned about problems.	4.93	Excellent
Have a personally meaningful relationship with God.	4.91	Excellent
Don't know about oneself and the direction of life	4.72	Excellent
Feel good about the future.	4.67	Excellent
Feel very fulfilled and satisfied with life.	4.48	Excellent
<b>Weighted Mean</b>	<b>4.90</b>	<b>Excellent</b>

**Legend:** Excellent (4.21-5.00), Very Good (3.41-4.20), Good (2.61-3.40), Fair (1.81-2.60), Poor (1:00-1.80)

This implies that the youth strongly believe they receive support from God. They know that through good and challenging days, they get support from God and enough courage through that belief and faith. The youth are optimistic about their lives despite being challenged with difficult situations. They also display giving value to their lives and continue to seek the meaning of it.

Kor, Pirutinsky, Mikulincer, Shoshani, and Miller (2019) state that spirituality is a specific, distinct area of character strength that longitudinally contributes to positive development during adolescence. Specifically, a latent spirituality factor was found to represent a unique category of strengths and be longitudinally related to subjective well-being (positive emotions, life satisfaction). The study results indicated that spirituality is slightly more stable than interpersonal, intrapersonal, and intellectual strengths. That is, it appears that spirituality among youth is largely stable over time. Adolescents with high spirituality and interpersonal strengths had the highest scores on subjective well-being and prosociality measures. In contrast, adolescents with relatively low spirituality, high intellectual strengths, and low interpersonal strengths revealed the poorest level on these measures.

Table 12 reveals the summary of the status of the well-being of youth with a weighted mean of 4.72, interpreted as excellent. The aspect of spiritual well-being had a mean of 5.18, social well-being had a mean of 4.87, cognitive well-being had a mean of 4.86, psychological well-being had a mean of 4.54, and physical well-being support had a mean of 4.49, all inferred as excellent.

**Table 12. Summary of Status of Well-Being of Youth**

Aspects	Mean	Interpretation
Spiritual	4.90	Excellent
Social	4.87	Excellent
Cognitive	4.86	Excellent
Psychological	4.54	Excellent
Physical	4.49	Excellent
<b>Weighted Mean</b>	<b>4.72</b>	<b>Excellent</b>

**Legend:** Excellent (4.21-5.00), Very Good (3.41-4.20), Good (2.61-3.40), Poor (1.81-2.60), Very Poor (1:00-1.80)

The study further implies that youth can cope with the pain and difficulties. The youth is certain about their existence and their identity as an individual. They are also certain about their future. The youth know what they want and can focus on things that will help their success. The belief in the existence of God gives them personal strength to face life's hurdles. The youth are living in a rural area. With this, they observe the practices of parents and influence them to have stronger religious beliefs. Many are still engaged in spiritual traditions, which is why the belief is positively high and their spiritual convictions are greatly affected.

The findings of Madrigal, Erillo, Oracion, and Silliman University (2020) examined the religiosity and spiritual well-being of Catholic senior high school students in a rural school. The findings revealed that students demonstrated a very high extent of religiosity, but they significantly differ when compared by grade level, church involvement, mass attendance, and Catholic identity. They had moderate spiritual well-being, but a significant difference was noted between males

and females. They exhibited strong Catholic religious beliefs and practices while having an average positive relationship with God and a sense of life satisfaction and purpose as adolescent Catholics. Therefore, the study concluded that Catholic students who are highly exposed to religious organizations and their activities, are involved in Church Ministry, regularly attend masses, and fervently observe the teachings and practices of the Catholic Faith have achieved growth and maturity in their personal experience of God, sense of life satisfaction, and purpose.

Among these parental support indicators, the lowest variable is physical well-being. After the onset of the pandemic, a lot of restrictions were implemented. Most of the affected sectors are the children and youth. Due to this event, physical activities were affected. Most of the time, children and youth are at home to avoid being infected by the virus. Their usual routines were greatly affected. With this, using social media and other online platforms became their escape.

The study by [Sancho, Mondragon, Santamaria, and Munitis \(2021\)](#) examined the well-being of children in lockdown from a holistic perspective, employing physical, emotional, social, and academic indicators. According to the study's findings, children have the lowest levels of well-being in physical activity and the highest levels of well-being in routine. The findings also show that most children played games and activities with other family members throughout the day. Parents participated in creative activities, albeit at a lower cost. Parents claim that their children did little or only some physical activity during the day or that they did not move their bodies enough, factors that could lead to weight gain or even cardio-respiratory problems.

### 3.3 The Influence of Parental Support on the Status of Well-Being of the Youth

Table 13 displays the influence of parental support on the well-being of youth as rated by themselves. The parameters include parental support for aspects of the well-being of youth and the status of well-being. The influence is interpreted as very highly significant. Thus, it was inferred that parental support strongly influences the status and well-being of youth. Based on the above findings, the spiritual support of parents has a very significant influence on the child's social well-being.

**Table 13. Influence of Parental Support on the Status of Well-Being of Youth**

Parental Support	Coefficient of Determination ( $r^2$ )				
	Status of Well-Being				
	Psychological	Cognitive	Social	Physical	Spiritual
Psychological	0.1429	0.1406	0.2490	0.2256	0.1764
Cognitive	0.2421	0.2498	0.3341	0.2905	0.2070
Social	0.2714	0.2788	0.3204	0.3306	0.2153
Physical	0.3318	0.3114	0.3660	0.4045	0.2767
Spiritual	0.3648	0.4032	0.4409	0.3272	0.3493

Legend: p 0.001 very highly significant, p 0.01 highly significant, p 0.05 significant, p >0.05 not significant

Parents are a child's first and most influential teachers. Their actions and words profoundly impact their children's spiritual development. It can shape and mold a child's character, values, and world views. As parents, there is a unique opportunity to be the spiritual leaders for the children. The Bible has a lot to say about parental influence. In Deuteronomy 6:7, the children of Israel were commanded to teach their children diligently about God. Moses instructed them: "These words, which I am commanding you today, shall be on your heart. You shall teach them diligently to your sons and shall speak of them when you sit in your house, walk by the way, lie down, and rise up." In this generation, this rule still applies. This includes talking to them about God and His word at home, at the grocery store, doing homework, and even going to bed or getting up in the morning for school or work.

Providing spiritual support to children establishes a path for their spirits that will last into adulthood. "Train up a child in his way, and even when he is old, he will not depart from it," stated King Solomon. According to Proverbs 22:6, "Since it is axiomatic that early training secures lifelong habits, parents must insist upon this way, teaching God's word and enforcing it with loving discipline consistently through the child's upbringing." If given time and attention to instill godly values and truths into children's hearts for the rest of their lives. Identifying the well-being of children is important as it allows us to understand how children cope in their world. It is also essential to develop a clear understanding of how young children strive for their physical well-being. A child's mental and emotional well-being are equally as crucial as physical development. It is essential to lead a happy and quality life. A child's relationships with those around them and society are critical to their well-being. Maintaining some engagement with the people around them is important.

According to Wang et al. (2021), parenting is crucial for children's social skills development, with research highlighting the role of parents in the process. Both family and school environments are essential microsystems for early learning and development. Children's interactions with parents and teachers are closely related to their socialization. Parenting is now understood as a transactional process, with both parents and children contributing to a child's development in a bidirectional manner. The influence of parenting practices may vary depending on other experiences, and classroom interaction experiences may interact with parenting practices to differentially contribute to children's social functioning. The influence of parental support on a child's well-being is very high. As a result, the well-being of children is also high, which implies that they are happy and doing well. Youth is feeling capable, happy, well-supported, and satisfied with life. This could also mean that the youth is a positively functioning individual. It involves the experience of positive emotions such as happiness and contentment, as well as the development of one's potential, having some control over one's life, having a sense of purpose, and having positive relationships.

Children's psychological well-being involves their mental and emotional health; it is just as vital to their growth as their physical health. Children with good psychological well-being have the highest chance of developing into well-rounded, healthy individuals with the coping abilities to deal with daily living. Various circumstances, including family, school life, and the larger environment, can influence a child's psychological well-being. Children begin exploring their identities during puberty and adolescence through their relationships with groups and self-presentation. This shift in emphasis from family to peer relationships results in beneficial consequences such as self-confidence, improved school performance, and general adjustment. On the other hand, feeling isolated and lacking close peer interactions can lead to poor performance, confrontation with authoritative figures, and lower self-esteem.

This finding is also similar to the Baig et al. (2021) study, which shared that the parent-adolescent relationship plays a key role in adolescent development, including behavior, physical health, and mental health outcomes. The parent-child relationship remains an undeniable influence over the child's development into adulthood, although their peers also influence this period. The influence of psychological parental support on children's cognitive well-being is the lowest determinant, yet it is still recognized as a significant influence. This suggests that parental psychological support significantly impacts their children's cognitive well-being, although other factors may also play a role. In the current study, parental psychological support was centered on the child's presence in any setting. It also determined parental support when dealing with difficult situations and the significance of a child's mental health in this context.

This is similar to the study of Ramberg (2021), who found that adolescents have extensive social networks and relationships that include, for example, peers, schoolmates, school staff, siblings, and parents, who can serve as sources of support. Students experiencing more support from their parents also report fewer internalizing problems. Likewise, high levels of parental support are associated with better self-esteem, social well-being, and lower depression among adolescents, just as low parental support is linked to psychological distress and psychological complaints to a greater extent than found among those having high levels of parental support.

## 4 CONCLUSION AND RECOMMENDATIONS

Parents are the most significant person in the lives of every child. The parents have an irreplaceable impact on the child's physical, cognitive, social, psychological, and spiritual well-being. Parents help in every step of the child's life. Parents are still considered the most influential people even when the child spends most of his life in school. The relationship between the child and the parent impacts the child's life, not just in childhood but throughout their life. It affects all areas of the child's life, including his development.

One of the parent's main responsibilities is to support the child in mastering key development tasks. Maintaining good parental support is crucial. Starting from the child's birth, parents should be aware of the enormous impact they have on children's lives. The influence of parental support on the child sets the stage for a confident, well-adjusted, and secure young adult ready to face life challenges.

The present study revealed that parental support is significant for the child's well-being. The study showed that in Prieto Diaz Sorsogon, parental spiritual support greatly contributes to the social well-being of the children. Although the results showed that all the aspects of parental support and its influence on the child's well-being are very highly significant, there were still areas that need improvement. With this, parents also need support to sustain good practices when dealing with their children's upbringing.

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