

## Analysis of The Relationship between Religiosity and Psychological Well-Being in Adolescents in the Digital Age

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**Abstract.** Adolescence is a crucial developmental phase characterized by significant emotional, social, and moral changes. In the digital era, adolescents face new challenges such as social pressure, anxiety, and a decline in psychological well-being due to excessive use of social media. One of the factors believed to strengthen psychological well-being is religiosity, which refers to the extent to which individuals believe in, internalize, and practice their religious teachings in daily life. This study aims to analyze the relationship between religiosity and adolescents' psychological well-being in the digital era through a literature review approach. Data were collected from various national and international journals published between 2021 and 2025 using the Publish or Perish (PoP) application. After screening, 15 articles met the inclusion criteria and were relevant to the research topic. The analysis results consistently show a positive and significant relationship between religiosity and psychological well-being across all reviewed studies. Religiosity serves as a protective factor that helps adolescents develop positive emotions, gratitude, inner peace, and resilience in coping with life's pressures in the digital era. Therefore, it can be concluded that enhancing religiosity through character education, spiritual development, and supportive social environments can be an effective strategy to strengthen adolescents' psychological well-being holistically.

**Keywords:** Religiosity, psychological well-being, adolescents, digital age

### 1. Introduction

Adolescence is a crucial transitional period in an individual's life, during which various physical, cognitive, emotional, and social changes occur (Desmita, 2009). At this stage, adolescents begin to shift from childhood dependency to independence and personal and social responsibility (Suryatiningsih et al., 2024). Based on Kohlberg's theory of moral development in Suryatiningsih et al. (2024), adolescents are in the conventional moral stage, which emphasizes the formation of values such as honesty, discipline, and responsibility. Ideally, adolescents have the ability to assess and determine moral principles based on their own reasoning. However, not all adolescents are able to reach this developmental stage optimally.

A common phenomenon indicates that many adolescents experience difficulties adjusting to the changes taking place. This transition often gives rise to psychological problems such as stress, anxiety, and deviant behavior. Therefore, psychological well-

being is a crucial factor in ensuring adolescents can navigate their developmental stages healthily (Batubara, 2017). The challenges faced by today's adolescents are increasingly complex, particularly with increasing social pressure and mental health issues arising from the influence of the digital environment (Murniasih et al., 2024).

Psychological well-being (PWB) refers to an individual's ability to accept themselves positively, build healthy relationships with others, and have a meaningful direction and purpose in life (Linawati & Desiningrum, 2017). Ryff in Batubara (2017) mentions six main aspects of psychological well-being: self-acceptance, positive relationships, independence, environmental mastery, life purpose, and personal development. Adolescents with good PWB will be better able to adapt to developmental challenges and their social environment. Conversely, low PWB can hinder adolescents' personal and social development.

In the digital era, adolescents' psychological well-being faces new threats with the increasing use of social media. While social media facilitates interaction and self-expression, it can also lead to social pressure and excessive self-comparison (Ayunda et al., 2025). Research by Odgers & Jensen (2020) shows that excessive use of digital technology is correlated with an increased risk of mental disorders, particularly in adolescents experiencing cyberbullying or social pressure. Therefore, it is important to identify factors that can strengthen adolescents' psychological well-being amidst the challenges of the digital era.

One factor believed to play a significant role is religiosity. Liputo, in Dimyathy & Hazim (2024), explains that religiosity is influenced by various factors such as age, gender, social support, personality, and level of spirituality. Vitorino et al. (2018) define religiosity as a person's level of belief, commitment, and practice in their religious teachings, which shape their behavior and outlook on life. Meanwhile, Winurini (2019) emphasizes that religiosity reflects the depth of an individual's relationship with God and serves as a source of meaning in life.

Research shows that religiosity is positively associated with psychological well-being. Religiosity can act as a coping mechanism that helps individuals deal with stress and encourages positive emotions such as gratitude, forgiveness, and hope (Mecaa et al., 2024; Widita, 2024). Similar findings were presented by Hariyani & Sulaiman (2023), who stated that religiosity acts as a protective factor against mental health disorders such as depression and cognitive distortions.

In the context of adolescence, religiosity plays a crucial role. Religious beliefs and practices can provide moral direction, a sense of self-control, and meaning in life, which form the basis for psychological well-being. Anuštekin & Kuşat (2024) found that strong religious socialization from parents positively influences adolescents' religious experiences and psychological well-being. Therefore, it can be concluded that religiosity significantly contributes to improving psychological well-being, especially in this challenging digital era.

Based on this description, research into the relationship between religiosity and the psychological well-being of adolescents in the digital era is relevant and important.

This research is expected to provide theoretical contributions to understanding the role of spiritual values in adolescent mental health, as well as provide practical implications for character development and the development of religious values-based adolescent counseling.

## 2. Method

The writing method applied in this research is a literature review. A literature review is a technique for proving or approaching a particular problem. It can also be said that a literature review is a scientific process that produces output in the form of a report intended to conduct scientific research or focus a study (Cahyono et al., 2019). This literature review is conducted by collecting data on the phenomenon raised from various sources, such as books, journals, and relevant references related to the topic discussed (Madidar & Muhid, 2022). The sources used are selected based on relevance, quality, publication, and collected and grouped using reference management software to facilitate analysis. All articles are retrieved from Google Books, Scopus-indexed journals, and Sinta through the Publish or Perish (PoP) application. The main intervention evaluated in this literature review is the analysis of the relationship between religiosity and psychological well-being of adolescents in the digital era, which is then collected from each of these journals (Asda, 2024).

The articles and journals used for analysis were published within the last five years, from 2021 to 2025. The articles in these journals were then evaluated based on predetermined inclusion and exclusion criteria. Afterward, the articles were analyzed and examined, paying attention to similarities and differences between them, before being compiled and concluded (Harahap & Silvianetri, 2024). The inclusion criteria in the literature review are outlined in the following table:

**Tabel 1.** Research Inclusion Criteria

Criteria	Inclusion
<b>Timeframe</b>	Articles and journals published between 2021 and 2025
<b>Theme</b>	Analysis of the relationship between religiosity and psychological well-being of adolescents in the digital era

A search using the Publish or Perish (PoP) app using the keywords "the relationship between religiosity and psychological well-being of adolescents in the digital age" yielded 100 relevant articles and journals. Further review revealed 15 articles eligible for review. This demonstrates that, despite the large number of articles available, only a small fraction met the established research criteria.

## 3. Results and Discussion

Based on the literature review process, 15 research articles were selected for analysis. This analysis will examine differences and similarities between these articles

to draw conclusions. It is hoped that the results of this literature review can serve as a basis for research addressing psychological well-being issues in adolescents. The results of the literature review are outlined in the following table:

**Tabel 2.** Literature Review Results

No	Peneliti	Metode Penelitian	Hasil Penelitian
1	(Rohmayani, 2022)	Quantitative	There is a positive relationship between the level of religiosity and psychological well-being in Islamic boarding school students.
2	(Abbas et al., 2022)	Correlation	People with high levels of conscientiousness have better psychological well-being
3	(Chui, 2023)	Quantitative	Religiosity has both direct and indirect relationships with psychological well-being, with gratitude and hope acting as mediators. This is consistent with previous studies on the relationship between religiosity and gratitude, as well as gratitude and well-being. However, a direct relationship between religiosity and hope was not found, although religiosity was indirectly related to hope through gratitude.
4	(Fatima et al., 2023)	Correlation	Religious practices can be used as a significant means to promote and enhance psychological well-being.
5	(Pratama & Fikri, 2023)	Correlation	Religiosity plays a positive role in psychological well-being
6	(Hariyani & Sulaiman, 2023)	Correlation	There is a relationship between religiosity and students' psychological well-being, the higher the religious attitude, the higher the psychological well-being.
7	(Mecaa et al., 2024)	Questionnaire survey	The existence of a moderate positive correlation between the level of religiosity and psychological well-being, indicates that an increase in the level of religiosity goes hand in hand with an increase in psychological well-being.
8	(Novita et al., 2024)	Quantitative	There is a significant positive correlation between religiosity and psychological well-being in college students. This finding supports the concept that appreciating religious values and engaging in religious

			practices can positively contribute to students' psychological well-being.
9	(Dimyathy & Hazim, 2024)	Correlation	There is a positive relationship between religiosity and psychological well-being in students. Students with high religiosity tend to have high psychological well-being, while students with low religiosity tend to have low psychological well-being.
10	(Novita et al., 2024)	Quantitative	There is a significant positive correlation between religiosity and psychological well-being in college students. This finding supports the concept that appreciating religious values and engaging in religious practices can positively contribute to students' psychological well-being.
11	(Suryatining sih et al., 2024)	Correlation	Resilience and religiosity can simultaneously influence the psychological well-being of Islamic boarding school students.
12	(Lalruatfeli et al., 2024)	Correlation	This study demonstrates that higher levels of religiosity are associated with improved psychological well-being. These findings highlight the important contribution of religiosity to mental health and may also underscore the need for religious education in schools for improved psychological well-being and resilience to health.
13	(Khoerani et al., 2024)	Quantitative	Religiosity and social support influence psychological well-being. Partial analysis results showed a significant positive relationship between religiosity and social support and psychological well-being. Hierarchical regression results indicated that, when tested together with religiosity and social support, gender had a significant influence on psychological well-being. Gender also influenced the strength and weakness of the influence of religiosity and social support on psychological well-being.
14	(Hapsari & Darodjat, 2025)	Correlation	a moderate positive correlation between religiosity and mental well-being. This suggests that higher levels of religiosity are associated with better mental well-being

			among college students.
15	(Anuštekin & Kuşat, 2024)	Correlation	A significant positive relationship was found between psychological well-being and the level of religiosity of adolescents.

Based on the synthesis of fifteen previous studies, it was generally found that religiosity has a significant positive relationship with psychological well-being across various age groups, particularly adolescents, Islamic boarding school students (santri), and university students. Nearly all of the studies analyzed, including those by Rohmayani (2022), Pratama & Fikri (2023), Hariyani & Sulaiman (2023), and Mecaa et al. (2024), showed that the higher an individual's religiosity, the higher their psychological well-being. These findings indicate that religious values play a significant role in shaping emotional balance, self-control, and a more positive sense of life for individuals.

These studies consistently confirm that religiosity acts as a protective factor against various psychological stresses. As explained by Novita et al. (2024) and Dimyathy & Hazim (2024), internalizing religious values and engaging in religious activities such as worship and religious communities can strengthen self-concept and provide a sense of inner peace. This aligns with Ryff's concept of psychological well-being, as cited in Batubara (2017), which emphasizes self-acceptance, positive relationships, and a meaningful purpose in life as indicators of psychological well-being.

Findings from Suryatiningsih et al. (2024) add that religiosity, along with resilience, simultaneously contributes to improving the psychological well-being of Islamic boarding school students. This means that internalized spiritual values not only provide emotional calm but also increase individual resilience in facing life's pressures. Meanwhile, research by Khoerani et al. (2024) shows that religiosity does not work alone but can interact with other factors such as social support and gender to influence psychological well-being. These results enrich the understanding that the relationship between religiosity and psychological well-being is multidimensional, influenced by social context and individual characteristics.

Chui (2023) findings deepen the dimensions of this relationship by demonstrating the mediating role of gratitude and hope in the link between religiosity and psychological well-being. Religious individuals tend to have higher levels of gratitude and optimism, which in turn contributes to improved mental well-being. This mechanism explains how spiritual values operate internally to shape positive emotions and adaptive attitudes toward life.

Furthermore, international studies such as those by Fatima et al. (2023), Lalruatfeli et al. (2024), and Anuštekin & Kuşat (2024) also strengthen the evidence that religious practice and the socialization of spiritual values contribute significantly to improving psychological well-being and mental health. Lalruatfeli et al. (2024) even emphasize the importance of religious education in schools as a preventative measure

against mental disorders and as a foundation for psychological resilience for adolescents.

Overall, this pattern of findings demonstrates strong consistency in showing that religiosity is a key factor supporting an individual's psychological well-being. Religiosity not only provides moral guidance but also forms spiritual coping mechanisms, strengthens the meaning of life, and enhances an individual's ability to cope with social and emotional stress. Therefore, it can be concluded that the higher a person's level of religiosity, the better their psychological well-being.

These findings support previous theories about the role of spirituality and religious values in mental health. In the context of adolescents in the digital age, these findings are even more relevant, given that they face high levels of social pressure due to exposure to social media and complex environmental dynamics. Therefore, strengthening religiosity through education, character development, and religious activities can be an effective strategy for sustainably improving adolescents' psychological well-being.

#### 4. Conclusion

Based on the results of the literature review, it can be concluded that religiosity has a positive and significant relationship with the psychological well-being of adolescents in the digital era. Religiosity plays a crucial role as a protective factor, helping individuals manage emotional stress, find meaning in life, and develop positive attitudes toward themselves and their environment. Deeply internalized religious values not only strengthen inner peace and gratitude but also increase adolescents' resilience and adaptability to social challenges and the negative influences of digital media. Therefore, strengthening religiosity through character education and spiritual activities can be an effective strategy for holistically improving adolescents' psychological well-being.

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