

Examining the interplay between resilience, mental health and young adults: insights from bibliometric analysis on historical, contemporary and future trends

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Abstract

Purpose – This study aims to conduct a complete bibliometric analysis of published research to develop a solid roadmap for future research into developing young adults' mental health and resilience and to further the body of knowledge and scientific advancement in this area.

Design/methodology/approach – A literature search using VOSviewer, through Web of Science, was conducted to identify young adult mental health and resilience studies. A total of 226 studies were identified between 1993 and the end of June 2022, as the number of published studies increased. Extracted data included citation, co-citation, keyword and co-word analyses.

Findings – This study evaluates the current knowledge structure of young adult mental health and resilience through co-citation analysis and discovers the directions and trends of popular topics in young adult mental health and resilience through co-word analysis. It suggests that legislators and physicians should aim to provide social support via screening and interventions, especially for young adults struggling with disruption in their social lives.

Originality/value – Using a bibliometric approach, the findings provide a robust roadmap for further investigation into young adult mental health and resilience evolution. This method will further advance the knowledge and progress of this field, as this research is the first attempt at doing so – to the best of the authors' knowledge.

Keywords Young adults, Mental health, Resilience, Well-being, Bibliometric analysis

Paper type Research paper

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1. Introduction

Mental health is a crucial aspect of young adult life, as it impacts their overall health and the potential economic growth of a nation. The World Health Organization (WHO) states that mental and physical health are intertwined, and the COVID-19 pandemic has exacerbated mental health issues among young adults (World Health Organization, 2014). The pandemic has increased stress, anxiety and depression among young adults, with 71% experiencing stress and anxiety due to the outbreak (Luo *et al.*, 2020; Sun, 2020). Job security is also a significant predictor of mental health, with 10%–20% of young adults globally predicted to have a mental illness (Sheng and Griffin, 2023).

Resilience is critical for young adults, enabling them to adapt to everyday life amidst societal drawbacks or antagonistic circumstances. However, the world continues to face a decline in resilience thinking among young adults, as they have not been taught how to develop daily habits that build mental strength. The lack of resilience thinking can imperil the vision of transforming nations into resilient and educated societies, essential for advancing the global economy.

The authors would like to thank the reviewers for their insightful comments on the article.