

## *"The Effect of Civic Engagement on Mental Health and Behaviors among Adolescents"*

Authors

[Nihal Sharaf Eldin](#)<sup>1</sup>, [Nesreen Farouk Ibrahim](#)<sup>2</sup>, [Nesrine Saad Farrag](#)<sup>2</sup>, [Enas-Ibrahim Elsheikh](#)<sup>2</sup>

<sup>1</sup> Community Medicine Department, Faculty of Medicine, Port Said University

<sup>2</sup> Department of Public Health, Community, Environmental and Occupational Medicine, Faculty of Medicine Port Said university

### Abstract:

Adolescence is a critical developmental stage marked by significant psychological, social, and physical transformations that significantly impact mental health and behaviors. Civic engagement, encompassing activities such as volunteering, political participation, and environmental behaviors, has been identified as a vital contributor to adolescent development. This review explores the impact of civic engagement on adolescents' mental health and behaviors, drawing on global literature and highlighting regional gaps in understanding. Civic engagement promotes mental well-being by fostering social

Submitted: 27/12/2024

Accepted:04/01/2025

DOI: 10.21608/muj.2025.348094.1197

ISSN : 2682-2741

This is an open access article licensed under the terms of the Creative Commons Attribution International License (CC BY 4.0).

<https://muj.journals.ekb.egdean@med.psu.edu.eg>

[vice\\_dean\\_postgraduate@med.psu.edu.eg](mailto:vice_dean_postgraduate@med.psu.edu.eg)

<https://creativecommons.org/licenses/by/4.0/>.



connections and providing a sense of purpose and belonging while reducing symptoms of anxiety and depression. It has also been shown to mitigate risky behaviors, including substance abuse, and encourage pro-social behaviors and life skills development. Volunteering and environmental behaviors, in particular, stand out as pathways to enhance resilience and personal growth. However, certain types of activism may pose challenges to mental health.

This review also underscores the scarcity of research on civic engagement among adolescents in the Middle East and North Africa (MENA) region, where socio-political and economic barriers limit youth participation. Most existing studies in the area focus on college students and political engagement, leaving a critical gap in understanding adolescents' civic engagement and its impact on their mental health and behaviors.

To address this gap, the review emphasizes the need for studies in the MENA region that explore the prevalence and forms of adolescent civic engagement and its effects. These insights are crucial for designing effective interventions to promote adolescent well-being and empower them as active contributors to their communities.

**Keywords:** Civic Engagement, Adolescents, Mental Health, Risky Behaviors

**Introduction:**

Adolescence is typically marked by biological growth and hormonal changes, usually known as puberty. It is a period of significant change involving physical, social, and emotional changes, which can present various challenges and obstacles in a young individual's life (**Best & Ban, 2021**).

The United Nations (UN) defines adolescence as the period ranging from the ages of 10 and 19. However, the World Health Organization (WHO) suggested that adolescence could be described as an age group of 10 to 20 years, recognizing that while it begins with puberty, the endpoint is less well-defined (**Sawyer et al., 2018**).

Adolescence is a period of significant psychological and social changes that occur concurrently with puberty's hormonal and biological changes. During adolescence, cognitive abilities such as self-referential processing, executive control, and mentalizing are improved, enhancing young people's ability to understand other's thoughts and perspectives effectively (**Orben et al., 2020**).

Adolescence is distinguished by substantial changes in the social environment, which are usually adaptive and positive but may also be detrimental or stressful. The physical maturational changes that occur during puberty can significantly influence how young people see themselves and how society perceives and treats them (**Blakemore, 2019**).

**Mental Health and Risky Behaviors in Adolescence:**

Adolescence represents a critical period for positive mental health development and is essential for the quality of life and population health. Mental health also plays a role in society's social and economic prosperity and the functioning of individuals, families, and communities (**Moksnes & Reidunsdatter, 2019**). Mental disorders such as depression, anxiety, and behavioral disorders are prevalent and have severe impacts on health and well-being among adolescents (**Lu & Xiao, 2019**). Mental illnesses that develop during adolescence could persist throughout adulthood, resulting in a significant burden on society and long-term morbidity (**Blakemore, 2019**).

Approximately 10 to 20% of adolescents are currently experiencing poor mental health, making it the leading cause of disability among young people and a significant contributor to the global disease burden in this age group. Among those aged 15 to 19, poor mental health indicators, including anxiety and depression, are some of the most common causes of illness and disability (**Wium et al., 2023**).

Many risky behaviors, such as substance use, unsafe sexual practices, and violence-related actions, are initiated during adolescence. These behaviors can put young people at serious risk of harm, physical injury, or even death (**Vannucci et al., 2020**). Over the past two decades, the prevalence of risky behaviors, particularly

among teenagers and young adults, has emerged as one of the most pressing concerns for societies. Studies have shown that most high-risk behaviors begin before the age of 18 and include smoking, alcohol, and drug use (**Imannezhad et al., 2023**).

### **Civic Engagement in Adolescence:**

Civic development during adolescence involves fostering an interest in active engagement in political and community life and acquiring skills, knowledge, and attitudes. Productive civic engagement gives young individuals responsibility, a sense of agency, and a meaningful role to play in their communities (**Malin et al., 2015**). Many adolescents and young adults participate in civic life by advocating for social change, caring for others in their communities, and joining others to resolve social issues. Civic engagement includes voting, volunteering, and activism (**Ballard et al., 2019**).

Civic engagement is critical throughout the lifespan but particularly important during adolescence. Civic engagement provides opportunities to cultivate cognitive and socio-emotional skills and form identity. In the civic domain, adolescents develop worldviews, attitudes, and behavioral patterns that persist into adulthood (**Wray-Lake & Abrams, 2020**). Civic engagement encompasses diverse activities, including volunteering and traditional political actions such as voting, that equip young people with the skills and responsibilities necessary to sustain the vibrancy of a healthy democracy (**Abdou & Skalli, 2018**).

### **Definition and Dimensions of Civic Engagement:**

Civic engagement is a combination of behaviors, skills, attitudes, beliefs, and values essential for individuals to engage in the community. It involves political and prosocial contributions to the common good of the community, as well as being situated outside the immediate environment of family and friends (**Grütter & Buchmann, 2022**).

Another definition of civic engagement is the collective and individual actions intended to identify and address issues of public concern. It is a multidimensional construct essential for the positive development of individuals and communities, including attitudes, beliefs, and behaviors (**Ballard et al., 2019**).

Civic engagement includes behaviors and psychological dimensions such as knowledge, skills, attitudes, beliefs, and values. These dimensions interact dynamically despite being under the same broad scope. For instance, beliefs can influence actions, and actions can change efficacy and beliefs (**Wray-Lake & Abrams, 2020**).

Civic attitudes indicate the feeling of social responsibility that individuals have towards their community. In contrast, civic behaviors are actions that individuals can implement to enhance the life in their

community, such as political participation and volunteering. Finally, civic skills and knowledge indicate individuals' capabilities, including monitoring the news and knowing how and when to vote (**Fliaguine et al., 2024**). The civic engagement dimensions include volunteering, informal helping, environmental behaviors, news consumption, voting intentions, political beliefs, social responsibility, and civic skills (**Metzger et al., 2018**).

#### Volunteering:

Volunteering is a form of civic participation involving voluntarily donating time to benefit another person, group, or organization. It can stem from altruism, social support, or other social mechanisms (**Huang, 2019; White, 2021**).

Youth volunteering is a socially beneficial activity undertaken by adolescents without receiving any monetary compensation. Adolescents are sometimes obliged or encouraged to volunteer as part of their school curriculum. While this approach aims to cultivate lifelong volunteering habits, it may not be regarded as traditional volunteering, which involves individuals acting voluntarily and driven by altruistic motives (**Hernantes et al., 2020**).

Indeed, volunteering is mutually advantageous. It builds social capital and supports community members, thereby strengthening communities. Additionally, it benefits volunteers, including better mental and physical health (**White, 2021**). From a psychological well-being perspective, volunteers may gain a sense of greater personal control when they see those they support successfully overcoming challenges with their help. Volunteering can be a significant source of self-esteem enhancement, individual power, and identity, as it can induce a sense of productivity (**Huang, 2019**).

#### Informal Helping:

Helping behaviors include formal and informal activities, such as volunteering or helping neighbors in need. The recipient benefits from the act of helping, and research on youth helping indicates that youth who help others develop improved social connections, a sense of responsibility, and well-being (**Ramey et al., 2022**).

Informal helping, which occasionally provides practical support to family, friends, and neighbors, is often considered the social glue of societies. Providing support helps individuals connect and build stronger relationships. In general, people experience a sense of satisfaction after showing kindness to another person (**Ramaekers, 2024**).

### Environmental Behaviors:

Currently, the most common definition of pro-environmental behaviors is all actions that mitigate the adverse effects of human activities on the environment. These behaviors are illustrated by actions such as recycling, conserving water by taking quick showers or closing the tap while brushing teeth or after washing hands, minimizing energy waste, managing waste properly, and preventing food waste (**Bartolo et al., 2023**).

Adolescents are inherently curious, open to learning, and willing to adopt new behaviors when they recognize their significance and relevance. As the future generation, they will inevitably face the adverse effects of climate change and must work towards finding solutions. This stage of life offers a unique opportunity, as habits are not yet firmly established, unlike adulthood (**Denault et al., 2024**).

As active members of their community and future agents of change, adolescents have the potential to improve their surroundings and, ultimately, the world by adopting pro-environmental behaviors. They can participate in collective and individual actions and initiatives, such as engaging in activities that protect the environment and promote its sustainability (**Bartolo et al., 2023**).

### News Consumption:

News is a distinct type of media content, defined as information about recent political, historical, social, or cultural events worldwide. These events are considered significant or interesting enough to be shared with the public through various news media (**Subramaniam & Hanun, 2024**).

News plays a crucial role in shaping public opinion and fostering social participation. However, traditional formats like radio, television, and newspapers have lost appeal among younger generations. With the rapid growth of social media, news consumption is no longer limited to adults. Adolescents frequently consume news on social media, which has become their preferred source. Young people aged 13 to 25 favor digital platforms, using smartphones to stay updated, share information, connect with friends, and share music, pictures, or videos (**Klopfenstein Frei et al., 2024; Ku et al., 2019**).

Older adolescents consider news boring, repetitive, negative, and overly sensationalized. As a result, their news consumption, especially through traditional media, has been steadily declining. This trend may leave young people less informed about global events, hinder their ability to form opinions and limit their engagement as active citizens (**Tamboer et al., 2022**).

### Voting Intentions:

In many countries, electoral turnout rates have decreased over recent decades, mainly due to higher abstention rates among younger generations. Adolescents, particularly those from lower socioeconomic or

educational backgrounds, have become more skeptical of electoral politics (**Wallrich et al., 2021**). Voting is a key form of political participation, with voting intentions serving as a critical factor in the decision to vote in the elections. However, a significant challenge for many developing countries is the lack of civic knowledge, understanding, and engagement among citizens, particularly young people (**Otache et al., 2023**).

Although adolescents may be restricted by their environments or age such as being too young to vote, they may envision themselves participating in their communities in the future (**Fliaguine et al., 2024**). While recognizing that young people under 18 are not eligible to vote and that numerous young individuals in their late teens and early twenties opt not to vote, adolescents primarily emphasize the act of voting (**Cha,skin et al., 2021**).

#### Political Beliefs:

Although adolescents are too young to engage in several civic processes, they can express their political opinions by identifying political beliefs corresponding to their feelings about social and political issues. Historically, research has demonstrated that parental preferences primarily influence adolescent political beliefs. However, the extent of intergenerational transmission is influenced by other factors, such as access to news media and current events. Political beliefs may also function as a substitute for social identity for adolescents first asserting their independence (**Gimbrone et al., 2022**).

#### Social Responsibility:

Social responsibility is defined as individuals' concern for the well-being of others in society, going beyond self-interest (**Cheng et al., 2021**). It also includes individuals' accurate understanding and awareness of their roles and responsibilities in social public life, expressed through their emotional responses, behaviors, and psychological traits. It is considered a fundamental quality of every citizen in contemporary society (**Guo et al., 2021**).

When applied to social responsibility values, engaging in prosocial behaviors can be deeply rewarding for adolescents who prioritize contributing to the greater good. These values are indicators of psychological maturity and overall well-being. Cultivating social responsibility not only benefits the communities where adolescents live but also promotes their personal growth and fulfillment (**Maiya et al., 2023**).

#### Civic Skills:

Emphasizing the development of civic skills in youth is crucial, as these are essential life skills for building a sustainable future. Civic skills consist of two key components: active listening and respect for

diversity. They also encompass intellectual and participation skills, such as analyzing, evaluating, interacting, or observing (Ata, 2019).

Adolescents' self-regulatory capacities have been theorized to be important for understanding the development of civic engagement. Scholars have identified constructs related to conscientiousness and self-management, such as planning to address a problem and organizations, as civic skills. Other scholars have drawn parallels between social and communication skills and civic skills (Sewell, 2024).

Civic skills include communication, organization, collective decision-making, and critical thinking. These competencies allow one to become a participant rather than an observer in democratic processes. If students are taught these skills, they will be able to shape not only policy choices but also their execution (Muleya et al., 2020).

### **Civic Engagement among Adolescents in the Middle East and North Africa (MENA) Region:**

Although many youth initiatives in the areas of politics, culture, and social service delivery emerged during the post-2011 period, often known as the Arab Spring, today's youth are more focused on achieving their goals of livelihood, employment, and personal progress (Onodera et al., 2018). In the MENA region, young people are generally willing to contribute to the well-being of others and assist in pursuing social objectives and improving their social environment. The interest in civic engagement comes from the distrust in the political systems, governments, and political parties (Benhaddou et al., 2022).

Conflict and violence exacerbate the existing challenges to civic engagement by exposing young people to risks such as injury, death, lack of education, and reduced investment in human capital. These issues contribute to the region having the world's lowest levels of youth civic engagement, which in turn drives instability (Brik, 2024).

Research on youth civic engagement in the Arab region reveals that socioeconomic status plays a crucial role in shaping levels of civic participation. Less educated and unemployed youth are less likely to engage in civic activities and are often excluded from public discussions, leading to further marginalization (Lakshminarayanan, 2020). Education also significantly influences civic engagement among adolescents and young adults. As students advance through higher education, their likelihood of participating in voluntary service increases (Jouny, 2017).

Youth civic engagement in Arab countries remains significantly low, with only 9 percent of young people volunteering with civic organizations on a monthly basis, a figure far below that of other regions. A substantial 83% of volunteer activity is informal. Although young people have actively participated in civic

uprisings, their involvement in traditional civic activities remains minimal. Furthermore, low voter turnout among youth reflects their growing disillusionment with systems that fail to bring about meaningful change (Brik, 2024).

### **Civic Engagement Effect on Mental Health of Adolescents:**

Civic engagement benefits societies, as individuals' civic actions, are required for the smooth function of democracy, the development and maintenance of community resources, and the implementation of solutions to social issues (Wray-Lake et al., 2017). Civic engagement is especially important for individual development in adolescence and young adulthood. Research has demonstrated that these life stages are more receptive to the influence of civic socialization than any other period (Mužik et al., 2024).

Previous research has suggested that the mental well-being of adolescents can be enhanced through their civic engagement or contribution to the community, which can serve as a protective factor against poor mental health (Wium et al., 2023). Social theories, including social capital and social integration, suggest that civic engagement strengthens relationships and social networks within a community, providing individuals with lasting social support. This, in turn, has been linked to improved mental health, including greater psychological well-being and fewer symptoms of depression, due to stronger social integration and healthier social relationships (Wray-Lake et al., 2017).

It is presumed that civic engagement is psychologically rewarding due to boosting a sense of benevolence through helping, creating feelings of identification and attachment, and providing social benefits from social relationships and networks. Engaging in civic activities can contribute to psychological changes in self-definition or empowerment, as well as positive shifts in intragroup dynamics, such as enhanced unity and support (Mužik et al., 2024). Civic engagement can mitigate negative impacts from other areas in young people's lives (Gottfredsen & Landstedt, 2021). Civic engagement, specifically volunteering, was associated with lower rates of depression among teenagers and college students (Korich & Fields, 2023).

Civic engagement positively correlates with adolescents' sense of meaningfulness in life. This relationship aligns with theories suggesting civic engagement helps fulfill needs like purpose and value. However, civic engagement only accounts for a slight variance in the sense of meaningfulness, suggesting other factors, such as perceived support, play significant roles. People who participated in volunteer work had a greater sense of meaning in their lives than to those who did not engage in such activities (Fong & To, 2022).

Some researchers distinguish between conventional activism, such as contacting an elected official, and high-risk activism, like getting arrested for a cause, noting that these can have different effects on mental health outcomes. Conventional activism is associated with improved well-being, while high-risk activism



shows no connection. Therefore, different forms of activism, such as boycotting a business versus participating in a protest that turns hostile, can have varying impacts on an individual's health (**Fenn et al., 2024**).

### **Civic Engagement Effect on Risky Behaviors in Adolescence:**

Recent research has examined the links between civic engagement and adolescent risk behaviors. Volunteering and voting were found to be associated with lower health-risk behaviors such as substance abuse, including smoking and marijuana use, poor dietary habits like fast food consumption, and low physical activity. Volunteering was also associated with reduced rates of other problem behaviors, such as delinquency and unintended pregnancy (**Korich & Fields, 2023**).

Volunteerism is a key factor in helping deter youth from engaging in criminal behaviors by occupying their time with positive service activities (**Le, 2022**). A study by **Thompson et al. (2024)** on emerging adults in the United States (US) found that volunteering was linked to lower rates of criminal behaviors and substance abuse, as well as higher levels of healthy behaviors. The research showed that volunteering was linked to improved health behaviors for both males and females, though the association was stronger for females. Additionally, their findings revealed a dose-response relationship between civic engagement and positive health outcomes, indicating that the more forms of civic engagement a young adult participates in, the better their outcomes tend to be.

The protective effect of civic activity on alcohol use has been documented in adolescence and young adulthood. Civic engagement and volunteering serve as protective factors against problematic alcohol use among young adults. Research has shown that civic engagement during high school can help protect against the risk of alcohol misuse during the transition to college (**Brewer & Nicotera, 2023**).

In a longitudinal study of adolescents and young adults in the US, activism, measured as participating in a march or rally, was associated with an increased prevalence of high-risk health behaviors. Activism is primarily concerned with social change, which might be accompanied by frustration with the slow rate of change. This frustration may result in risky behaviors, such as smoking or alcohol, which are sometimes used to cope with negative feelings. Individuals who had not engaged in civic activities showed higher risky health behaviors than those who had (**Ballard et al., 2019**).

Fundamentally, extracurricular and civic engagement activities offer opportunities for youths and young adults to connect with positive peers and adult role models. Participating in these rewarding activities makes them more likely to avoid delinquent and antisocial behaviors (**Le, 2022**).

## **Conclusion and Recommendations:**

In conclusion, civic engagement could play a pivotal role in shaping adolescents' mental health and behaviors, offering a pathway to holistic development during a crucial stage of life. Through active participation in community-based activities, adolescents could experience a sense of purpose and belonging, which are instrumental in fostering positive mental health outcomes.

Moreover, civic engagement enhances adolescents' personalities and resilience and equips them with critical life skills such as problem-solving and effective communication. These skills are essential for facing personal and societal challenges. However, the effectiveness of civic engagement varies depending on the type and context of participation.

Civic engagement among adolescents remains underexplored in the MENA region, with limited research addressing this critical topic. The existing literature predominantly focuses on civic engagement among college students and young adults, often framing it with political participation. To bridge this gap, future research should prioritize investigating the prevalence and forms of civic engagement among adolescents in this region, recognizing their potential as future leaders. Additionally, it is essential to examine whether the effects of civic engagement on adolescents' mental health and well-being in these regions align with those observed in other countries and cultural contexts worldwide.

## **References:**

- Abdou, E. D., & Skalli, L. H. (2018). Egyptian Youth-led Civil Society Organizations: Alternative Spaces for Civic Engagement? In *What politics? youth and political engagement in africa* (pp. 75–94). BRILL. [https://doi.org/10.1163/9789004356368\\_006](https://doi.org/10.1163/9789004356368_006)
- Ata, A. (2019). Fostering students' civic skills: education for sustainable democracy. *Georgia Educational Researcher*, 16(1). <https://doi.org/10.20429/ger.2019.160107>
- Ballard, P. J., Hoyt, L. T., & Pachucki, M. C. (2019). Impacts of adolescent and young adult civic engagement on health and socioeconomic status in adulthood. *Child Development*, 90(4), 1138–1154. <https://doi.org/10.1111/cdev.12998>

- Bartolo, M. G., Servidio, R., Palermiti, A. L., Nappa, M. R., & Costabile, A. (2023). Pro-Environmental Behaviors and Well-Being in Adolescence: The Mediating Role of Place Attachment. *International Journal of Environmental Research and Public Health*, 20(10). <https://doi.org/10.3390/ijerph20105759>
- Benhaddou, Y., Loubani, A., & Sano, H. (2022). *THE ROLE OF YOUTH IN THE NATIONAL HUMAN RIGHTS SYSTEM IN THE MENA*.
- Best, O., & Ban, S. (2021). Adolescence: physical changes and neurological development. *British Journal of Nursing*, 30(5), 272–275. <https://doi.org/10.12968/bjon.2021.30.5.272>
- Blakemore, S.-J. (2019). Adolescence and mental health. *The Lancet*, 393(10185), 2030–2031. [https://doi.org/10.1016/S0140-6736\(19\)31013-X](https://doi.org/10.1016/S0140-6736(19)31013-X)
- Brewer, S. E., & Nicotera, N. (2023). The Protective Effects of Pre-collegiate Civic Engagement on College Alcohol Use and Well-being. *International Journal of Mental Health and Addiction*, 21(1), 111–124. <https://doi.org/10.1007/s11469-021-00583-2>
- Brik, A. B. (2024). Voiceless visions: youth civic and political participation in the MENA region - a decade in review. In Anis B. Brik (Ed.), *Public policy in the arab world: responding to uprisings, pandemic, and war* (pp. 138–160). Edward Elgar Publishing. <https://doi.org/10.4337/9781035312696.00017>
- Chaskin, R., Brady, B., & McGregor, C. (2021). Liminal citizenship: young people’s perspectives on civic and political engagement in three european cities. *Social Service Review*, 95(2), 247–277. <https://doi.org/10.1086/714240>
- Cheng, W. Y., Cheung, R. Y. M., & Chung, K. K. H. (2021). Understanding adolescents’ perceived social responsibility: The role of family cohesion, interdependent self-construal, and social trust. *Journal of Adolescence*, 89, 55–62. <https://doi.org/10.1016/j.adolescence.2021.04.001>

- Denault, A.-S., Bouchard, M., Proulx, J., Poulin, F., Dupéré, V., Archambault, I., & Lavoie, M. D. (2024). Predictors of Pro-Environmental Behaviors in Adolescence: A Scoping Review. *Sustainability*, *16*(13), 5383. <https://doi.org/10.3390/su16135383>
- Fenn, N., Sacco, A., Monahan, K., Robbins, M., & Pearson-Merkowitz, S. (2024). Examining the relationship between civic engagement and mental health in young adults: a systematic review of the literature. *Journal of Youth Studies*, *27*(4), 558–587. <https://doi.org/10.1080/13676261.2022.2156779>
- Fliaguine, O., Thuot-Jolicoeur, A., Poulin, F., Denault, A.-S., Robitaille, J., Geoffroy, M.-C., & Philippe, F. L. (2024). Associations between parental civic engagement, negative beliefs toward civic engagement and youths' future civic attitudes and behaviors. *Journal of Adolescence*, *96*(8), 1781–1792. <https://doi.org/10.1002/jad.12379>
- Fong, C.-P., & To, S.-M. (2022). Civic engagement, social support, and sense of meaningfulness in life of adolescents living in hong kong: implications for social work practice. *Child & Adolescent Social Work Journal : C & A*, 1–13. <https://doi.org/10.1007/s10560-022-00819-7>
- Gimbrone, C., Bates, L. M., Prins, S. J., & Keyes, K. M. (2022). The politics of depression: Diverging trends in internalizing symptoms among US adolescents by political beliefs. *SSM - Mental Health*, *2*. <https://doi.org/10.1016/j.ssmmh.2021.100043>
- Gotfredsen, A. C., & Landstedt, E. (2021). 'I teach them that anything is possible'—exploring how adult leaders perceive and handle social factors of youth mental health in the context of young people's civic engagement. *Community Development Journal*, *56*(3), 506–523. <https://doi.org/10.1093/cdj/bsaa010>
- Grütter, J., & Buchmann, M. (2022). Cohort differences in the development of civic engagement during adolescence. *Child Development*, *93*(4), e427–e445. <https://doi.org/10.1111/cdev.13743>

- Guo, K.-L., Ma, Q.-S., Yao, S.-J., Liu, C., & Hui, Z. (2021). The relationship between empowering motivational climate in physical education and social responsibility of high school students: chain mediating effect test. *Frontiers in Psychology, 12*, 752702. <https://doi.org/10.3389/fpsyg.2021.752702>
- Hernantes, N., Pumar-Méndez, M. J., López-Dicastillo, O., Iriarte, A., & Mujika, A. (2020). Volunteerism as adolescent health promotion asset: a scoping review. *Health Promotion International, 35*(3), 610–623. <https://doi.org/10.1093/heapro/daz026>
- Huang, L.-H. (2019). Well-being and volunteering: Evidence from aging societies in Asia. *Social Science & Medicine, 229*, 172–180. <https://doi.org/10.1016/j.socscimed.2018.09.004>
- Imannezhad, S., Razavi Pour, S. M. K., Lashgari Kalat, H., Shariat Moghani, S., & Yazdanparast, A. (2023). A Systematic Review of Risky Behaviors in Adolescence and its Related Factors: Evidence from Iran. *Health Providers*.
- Jouny, G. (2017). Civic engagement at Arab universities. *Contemporary Arab Affairs, 10*(3), 408–425. <https://doi.org/10.1080/17550912.2017.1358957>
- Klopfenstein Frei, N., Wyss, V., Gnach, A., & Weber, W. (2024). —It’s a matter of age! Four dimensions of youths’ news consumption. *Journalism, 25*(1), 100–121. <https://doi.org/10.1177/14648849221123385>
- Korich, F., & Fields, E. L. (2023). Civic Engagement to Empower Young People to Impact Health and Well-Being. *Pediatrics, 151*(Suppl 1). <https://doi.org/10.1542/peds.2022-057267H>
- Ku, K. Y. L., Kong, Q., Song, Y., Deng, L., Kang, Y., & Hu, A. (2019). What predicts adolescents’ critical thinking about real-life news? The roles of social media news consumption and news media literacy. *Thinking Skills and Creativity, 33*, 100570. <https://doi.org/10.1016/j.tsc.2019.05.004>

- Lakshminarayanan, R. (2020). Youth development in Kuwait: Dimensions of civic participation and community engagement towards nation building. *Digest of Middle East Studies*, 29(2), 230–250. <https://doi.org/10.1111/dome.12221>
- Le, M. T. (2022). *Exposure to violence among urban late adolescents and young adults: the potential protective roles of extracurricular and civic engagement participation*. search.proquest.com.
- Lu, W., & Xiao, Y. (2019). Adverse childhood experiences and adolescent mental disorders: protective mechanisms of family functioning, social capital, and civic engagement. *Health Behavior Research*, 2(1). <https://doi.org/10.4148/2572-1836.1035>
- Maiya, S., Whiteman, S. D., Cassinat, J. R., Serang, S., Wray-Lake, L., Kelly, B. C., Maggs, J. L., & Mustillo, S. A. (2023). Direct and indirect effects of maternal and sibling intimacy on adolescents' volunteering via social responsibility values: A longitudinal study. *Journal of Social and Personal Relationships*, 40(9), 2740–2762. <https://doi.org/10.1177/02654075221083301>
- Malin, H., Ballard, P. J., & Damon, W. (2015). Civic purpose: an integrated construct for understanding civic development in adolescence. *Human Development*, 58(2), 103–130. <https://doi.org/10.1159/000381655>
- Metzger, A., Alvis, L. M., Oosterhoff, B., Babskie, E., Syvertsen, A., & Wray-Lake, L. (2018). The Intersection of Emotional and Sociocognitive Competencies with Civic Engagement in Middle Childhood and Adolescence. *Journal of Youth and Adolescence*, 47(8), 1663–1683. <https://doi.org/10.1007/s10964-018-0842-5>
- Moksnes, U. K., & Reidunsdatter, R. J. (2019). Self-esteem and mental health in adolescents – level and stability during a school year. *Norsk Epidemiologi*, 28(1–2). <https://doi.org/10.5324/nje.v28i1-2.3052>

- Muleya, G., Muntengwa, W., Namadula, B., Hamainza, V., Simwatachela, R., Kakana, F., & Simui, F. (2020). *Unearthing disablers in the cultivation of civic skills among learners in selected secondary schools in Lusaka district, Zambia.*
- Mužik, M., Šerek, J., & Juhová, D. S. (2024). The Effect of Civic Engagement on Different Dimensions of Well-Being in Youth: A Scoping Review. *Adolescent Research Review*. <https://doi.org/10.1007/s40894-024-00239-x>
- Onodera, H., Lefort, B., Maiche, K., & Laine, S. (2018). Dynamics of engagement among youth in Arab Mediterranean countries. *The Journal of North African Studies*, 1–24. <https://doi.org/10.1080/13629387.2018.1547197>
- Orben, A., Tomova, L., & Blakemore, S.-J. (2020). The effects of social deprivation on adolescent development and mental health. *Lancet Child and Adolescent Health*, 4(8), 634–640. [https://doi.org/10.1016/S2352-4642\(20\)30186-3](https://doi.org/10.1016/S2352-4642(20)30186-3)
- Otache, I., Alfa, I. P., & Ali, Y. (2023). Civic education and voting intentions among the electorate: the roles of attitudes towards voting behaviour and educational level. *Tropical Gastroenterology*, 17(3), 387–398. <https://doi.org/10.1108/TG-09-2022-0123>
- Ramaekers, M. (2024). *Informal helping. Insights from a dyadic, family and societal perspective.*
- Ramey, H. L., Lawford, H. L., Pancer, S. M., Matsuba, M. K., & Pratt, M. W. (2022). Trajectories of Youth's Helping From Adolescence into Adulthood: The Importance of Social Relations and Values. *American Journal of Community Psychology*, 69(1–2), 134–144. <https://doi.org/10.1002/ajcp.12551>
- Sawyer, S. M., Azzopardi, P. S., Wickremarathne, D., & Patton, G. C. (2018). The age of adolescence. *Lancet Child and Adolescent Health*, 2(3), 223–228. [https://doi.org/10.1016/S2352-4642\(18\)30022-1](https://doi.org/10.1016/S2352-4642(18)30022-1)

- Sewell, M. N. (2024). *Changing the world and changing yourself: Associations between traits, skills, and civic engagement during adolescence and emerging adulthood.*
- Subramaniam, T., & Hanun, F. (2024). Commentary Paper: Youth News Consumption Pattern in Malaysia. ... *of Research Papers on SSH (Social ...*
- Tamboer, S. L., Kleemans, M., & Daalmans, S. (2022). 'We are a neeeew generation': Early adolescents' views on news and news literacy. *Journalism*, 23(4), 806–822. <https://doi.org/10.1177/1464884920924527>
- Thompson, M. P., Hudson-Flege, M., & Hancock, K. (2024). Long-term Impacts of Civic Engagement during Emerging Adulthood: A Nationally-representative Study. *American Journal of Health Promotion*, 38(5), 641–647. <https://doi.org/10.1177/08901171241227298>
- Vannucci, A., Simpson, E. G., Gagnon, S., & Ohannessian, C. M. (2020). Social media use and risky behaviors in adolescents: A meta-analysis. *Journal of Adolescence*, 79, 258–274. <https://doi.org/10.1016/j.adolescence.2020.01.014>
- Wallrich, L., West, K., & Rutland, A. (2021). Civic understanding mediates of the effect of educational tracks on voting intentions in German schools. *Citizenship, Social and Economics Education*, 20(2), 84–102. <https://doi.org/10.1177/20471734211016501>
- White, E. S. (2021). Parent values, civic participation, and children's volunteering. *Children and Youth Services Review*, 127, 106115. <https://doi.org/10.1016/j.childyouth.2021.106115>
- Wiiium, N., Kristensen, S. M., Årdal, E., Bøe, T., Gaspar de Matos, M., Karhina, K., Larsen, T. M. B., Urke, H. B., & Wold, B. (2023). Civic engagement and mental health trajectories in Norwegian youth. *Frontiers in Public Health*, 11, 1214141. <https://doi.org/10.3389/fpubh.2023.1214141>



Wray-Lake, L., & Abrams, L. S. (2020). Pathways to civic engagement among urban youth of color.

*Monographs of the Society for Research in Child Development*, 85(2), 7–154.

<https://doi.org/10.1111/mono.12415>

Wray-Lake, L., Shubert, J., Lin, L., & Starr, L. R. (2017). Examining associations between civic engagement and depressive symptoms from adolescence to young adulthood in a national U.S. sample. *Applied Developmental Science*, 23(2), 1–13. <https://doi.org/10.1080/10888691.2017.1326825>