Association Between Friendship Quality and Subjective Wellbeing Among Adolescents: A Systematic Review

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Abstract : Social integration with friends has an important role in shaping adolescents' behavior and determining their well-being. Friendship features such as companionship, trust, closeness, intimacy, and conflicts all form the concept of friendship quality. The quality of friendship relationships can either enhance or impede mental development during adolescence. Therefore, this systematic review was conducted to understand the association between friendship quality and adolescents' mental wellbeing. The evidence was synthesized from a search of five databases (Medline, Embase, ProQuest, Scopus, and PsycINFO). Thirty-two articles out of 18801 records were included in the review. The relationship between friendship quality and depression has been investigated extensively in the literature and negative (beneficial) associations were found in twelve studies out of sixteen. Poor peer relationship was linked to loneliness in eight studies out of nine. All five studies on life satisfaction and quality of peer connection found a positive association. In five studies, optimal peer relationship was found to be associated with happiness. A positive association between friendship quality and self-esteem in four out of five applicable studies. Friendship quality was found to be correlated with subjective well-being in all of three included studies focused on this area. The review demonstrates the paramount value of promoting healthy friendship to adolescents' subjective well-being constructs. Interventions that aim to promote subjective wellbeing among adolescents should consider the development and maintenance of healthy friendships.
Keywords : adolescents, friendship quality, peer, wellbeing
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