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Global Research Trends on School-Related Quality of Life among Adolescents: A Bibliometric Analysis

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ABSTRACT

Introduction: The quality of life of adolescents in schools is influenced by not only academic and physical health factors but also emotional, social, and psychological aspects shaped by relationships with peers, teachers, family, and the school environment. **Objective:** This study aims to map research trends on adolescents' quality of life in schools, identify key journals, and analyze researchers' contributions. **Methods:** A bibliometric analysis was conducted using data from Scopus, focusing on articles published over the past five years. The analysis includes co-occurrence, co-author, and citation analyses, visualized using VOSviewer and BiblioPlot software. **Results:** Research in this area has grown significantly, with increased activity in recent years, potentially informing better educational and health policies. **Conclusions:** Limited scientific collaboration among researchers hinders further progress. An interdisciplinary approach integrating psychology, education, public health, and sociology is crucial to understanding the complex factors impacting adolescents' quality of life, with a growing emphasis on psychosocial factors and mental health.

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INTRODUCTION

Adolescent quality of life in schools has become an increasingly prominent issue in recent years, as awareness grows that their well-being is influenced not only by academic factors or physical health but also by emotional, social, and psychological aspects shaped by their relationships with peers, teachers, family, and the school environment (Sturiale & Espino-Diaz, 2024). Quality of life in school can be understood as an adolescent's experience, involving their interactions with friends, teachers, and family, as well as their participation in various activities at school. These factors contribute to shaping their feelings about themselves and the world around them (Kumari et al., 2024; Šambaras et al., 2024).

Most previous research on quality of life has focused more on a medical approach, linking well-being to the treatment of mental or physical disorders, often viewing adolescents of illness or psychological issues (Biryukova, Khalfin, & Madyanova, 2024; Rudolf, 2024). However, this approach often neglects the significant role of the social and cultural environment that also influences their well-being. For example, an adolescent who feels stressed or isolated at school is likely influenced by the quality of their relationships with peers, support from teachers, and the policies implemented in the school (Biryukova et al., 2024; Yang, 2024).

With the evolving understanding of adolescent well-being, there is now a more positive and strength-based approach that emphasizes the importance of social support, safety, opportunities for personal growth, and participation in meaningful activities (Fino et al., 2023). Quality of life for adolescents is not only measured by academic success but also considers emotional and social aspects that shape their perceptions of life at school (García-Sastre et al., 2024; Verma, 2022).

Currently, adolescent quality of life in school is viewed as a more complex and multifaceted concept, encompassing psychological well-being, social involvement, and relationships with peers and teachers. In addition, the school environment itself plays an important role in determining adolescents' quality of life (Lestari & Herliana, 2024). An ecological approach is highly relevant to understanding how various social systems, such as family, peers, schools, and educational policies, interact and influence adolescent quality of life (Nawaz et al., 2024; Šambaras et al., 2024; Sturiale & Espino-Diaz, 2024).

While many studies have addressed adolescent quality of life, an in-depth focus on their school experiences remains limited. This bibliometric study aims to fill this gap by mapping publication trends and citations in the relevant research, identifying key journals, and revealing significant contributions from researchers, institutions, and countries in the field. Furthermore, this study will explore the academic disciplines underlying research on adolescent quality of life in school, offering insights into the future directions and challenges of this field. This research is expected to deepen our understanding of the factors influencing adolescent quality of life in schools. Moreover, it aims to provide recommendations for more effective educational policies that foster an environment conducive to the emotional, social, and psychological well-being of adolescents.

METHODS

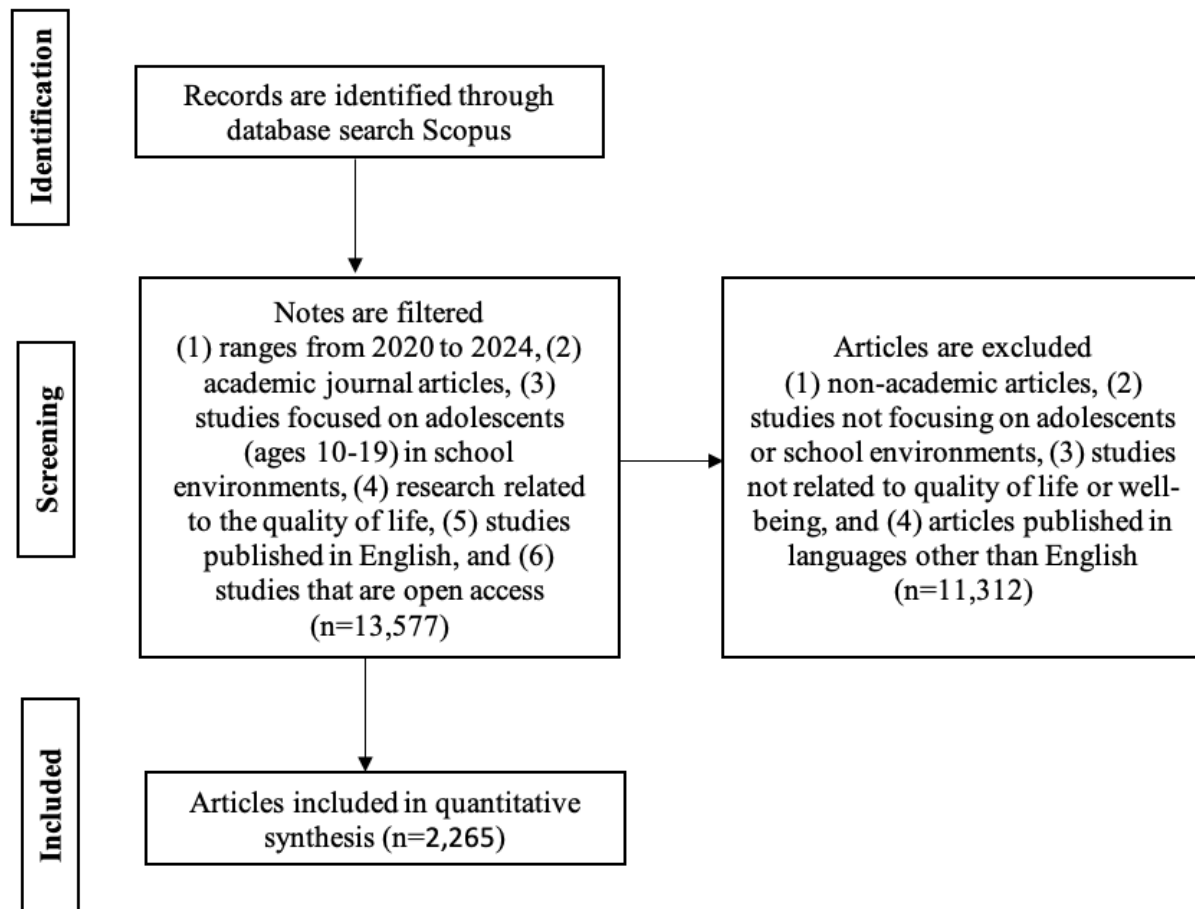


Figure 1. PRISMA Flowchart

Eligibility Criteria

Inclusion criteria for the studies included: (1) studies published between 2020 and 2024, (2) academic journal articles, (3) studies focused on adolescents (ages 10-19) in school environments, (4) research related to the quality of life, including emotional, social, psychological, or physical health aspects, (5) studies published in English, and (6) studies that are open access. The inclusion of only open-access articles ensures that the research can be freely accessed and reproduced, promoting transparency and widening the accessibility of knowledge in the field. Exclusion criteria included: (1) non-academic articles such as news or opinion pieces, (2) studies not focusing on adolescents or school environments, (3) studies not related to quality of life or well-being, and (4) articles published in languages other than English.

Information Sources

The primary data source used for this review was the Scopus database, which was searched to gather relevant articles. The Scopus database was chosen for its broad coverage of disciplines, including psychology, social sciences, health professions, and multidisciplinary fields. The search was last conducted in December 2024.

Searching Strategy

The search strategy was structured to cover all relevant terms for adolescents and quality of life in school environments. The following search terms were used ("Quality of life" OR "Life Quality" OR "Health-Related Quality of Life" OR "Health Related Quality of Life" OR HRQOL) AND ("School" OR "Primary Schools" OR "Secondary Schools") AND ("Adolescents" OR "Adolescence" OR "Youth" OR "Teens" OR "Teenagers"). The search was limited to articles published from 2020 to 2024. Additionally, filters were applied to limit results to academic journal articles in English and those available as open access.

Article Screening

The initial search yielded 13,577 articles, which were screened based on the inclusion and exclusion criteria. Two independent reviewers performed the screening process, and disagreements were resolved through discussion. The final dataset consisted of 2,265 articles that met all eligibility criteria.

Data Extraction

Data extraction focused on identifying publication trends, citation counts, the most influential journals, and author collaborations.

Data Analysis

Data analysis was performed using VOSviewer software to visualize the bibliometric network. This tool allowed for mapping publication trends, identifying influential authors and journals, and conducting co-authorship and co-citation analysis. Keywords were analyzed using a minimum occurrence threshold of 16 times, resulting in 55 key terms for further exploration. The data were normalized to minimize bias caused by differences in publication volume among authors and institutions. Additionally, BiblioPlot software was used to complement VOSviewer's results. BiblioPlot enabled the analysis of publication dynamics over time and the identification of prolific authors and influential journals (Wijaya & Hermawan, 2022). It also helped visualize the strategic position of research themes based on density and centrality, contributing to a better understanding of the research landscape in this field. The combined use of VOSviewer and BiblioPlot allowed for triangulation of findings, offering a more comprehensive interpretation of the research trends.

RESULT

The bibliometric network visualization using VOSviewer reveals three main clusters in research trends concerning adolescent quality of life in school environments. Cluster 1 (Red) focuses on psychosocial aspects and the school environment, with keywords such as adolescence, mental health, resilience, stress, and well-being indicating a primary focus on mental health and psychological adaptation in adolescents. Research in this cluster tends to evaluate quality of life based on risk and protective factors in the school environment, as well as the role of social and school support in enhancing adolescent well-being. Cluster 2 (Green) focuses on chronic diseases in adolescents and the role of family support, with keywords such as cancer, epilepsy, and type 1 diabetes, highlighting the significance of family involvement in adaptation and care processes.

Cluster 3 (Blue) addresses public health issues and lifestyle factors, with topics such as obesity, asthma, and oral health, reflecting a shift toward common health risk factors among adolescents. Additionally, 14 items did not consolidate into a specific cluster, covering topics such as ADHD, autism, and COVID-19, which reflect the increasing diversity in approaches to assessing adolescent quality of life. The rise of qualitative research methods is also evident, as reflected in keywords such as qualitative and intervention, signaling a growing focus on adolescents' subjective experiences.

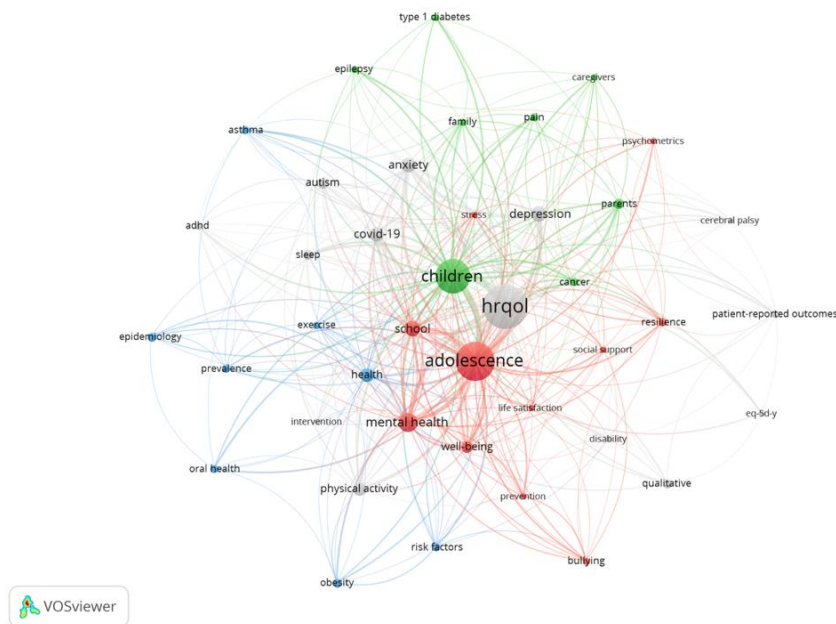


Figure 2. Network Visualization of Adolescent Quality of Life in Schools

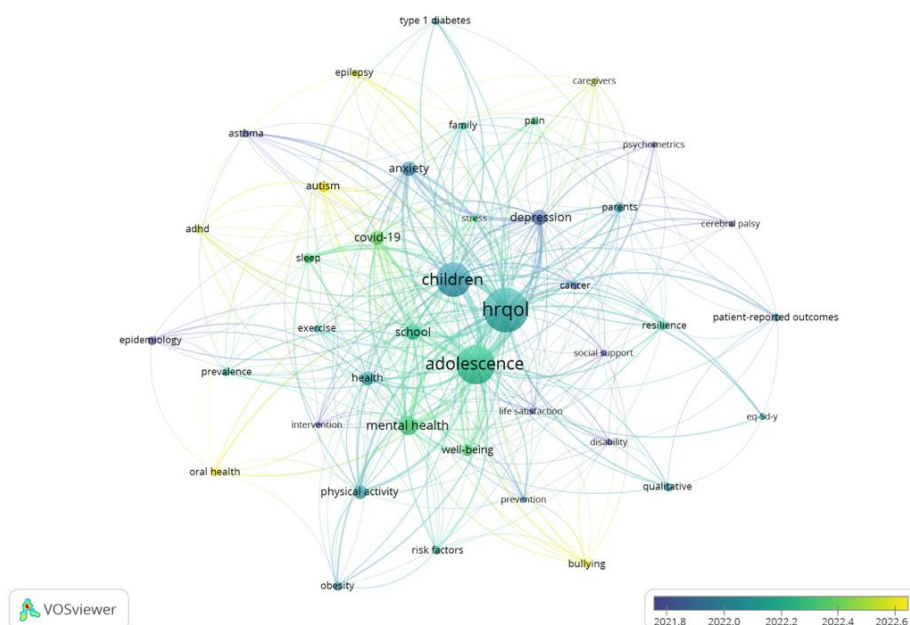


Figure 3. Overlay Visualization of Publication Year for Adolescent Quality of Life in Schools

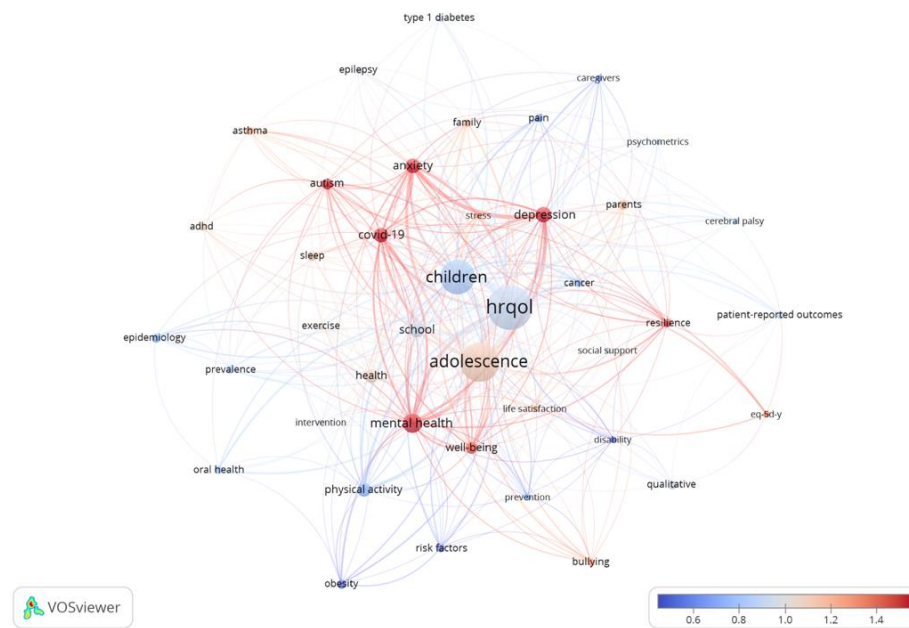


Figure 4. Overlay Visualization of Citation Networks for Adolescent Quality of Life in Schools

This figure illustrates a visual mapping of the relationships between frequently appearing topics in academic publications using the overlay visualization method. In this network, keywords such as *hrqol* (health-related quality of life), *adolescence*, *children*, and *school* occupy central positions, highlighting that these topics remain primary focuses in research on adolescent health. The node size reflects the frequency of keyword occurrences in the literature, with larger nodes indicating more intense discussions. The color of each node indicates the average publication year, with a color gradient from dark blue to bright yellow. Dark blue refers to topics that were predominantly discussed in earlier periods (around 2018), while yellow indicates topics that have emerged more recently, especially since 2022.

From this visualization, it is identified that topics such as *children*, *adolescence*, *hrqol*, and *school* have long-term relevance and remain central in research. Meanwhile, keywords in yellow such as *telehealth*, *COVID-19*, and *intervention* signal a shift in research focus towards contemporary issues related to the pandemic's impact and technological advancements in health services. Furthermore, themes like *mental health*, *obesity*, and *bullying*, which range from green to yellow, show ongoing research interest in recent years. Overall, this visualization reflects the dynamic nature of research trends, adapting to contextual developments with an emphasis on quality of life related to health and emerging issues in adolescent health research.

The provided visualization depicts a keyword network and their associations related to adolescent quality of life in schools, specifically based on citation patterns in academic literature. Each node in this network is connected by edges, with the strength and direction of these connections reflecting the frequency and relevance of these terms in the scientific literature. At the center of the network, the node labeled *HRQOL* (Health-Related Quality of Life) indicates the importance of this concept in adolescent health studies. Surrounding this core concept are various key terms such as *children*, *adolescence*, *physical activity*, *mental health*, *diabetes*, *school environment*, *psychosocial well-being*, and *academic performance*, representing various domains that affect or are affected by adolescent quality of life in school settings.

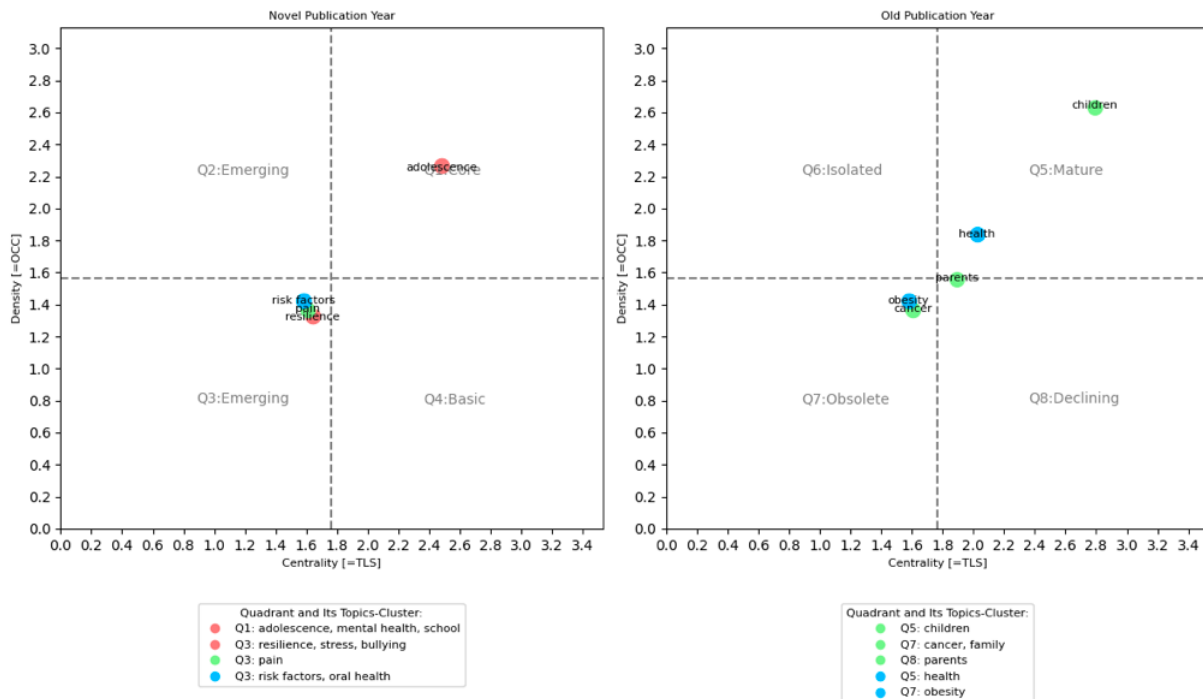


Figure 5. Enhanced Strategic Diagram Plot

The color gradient of the edges, ranging from red to blue, likely indicates the strength of the relationships between these terms. Red edges represent stronger relationships or higher citation frequency, while blue edges show weaker associations or less frequent citations. Terms like *children* and *adolescence* have very close relationships, indicating that studies on the quality of life concerning children's health are highly interconnected with studies on adolescents, emphasizing the importance of developmental stages in understanding quality of life outcomes. Terms like *physical activity* and *mental health* are grouped together, reflecting significant attention to the role of both physical and mental well-being in determining adolescent quality of life, especially in school settings.

The presence of terms related to specific health conditions such as *diabetes* shows how chronic diseases impact adolescents' quality of life and underscores the need for more focused interventions in school environments to address these health issues. The inclusion of *school environment* highlights the direct impact of educational settings on students' health and well-being.

This diagram presents bibliometric analysis results that divide research themes on adolescent quality of life in schools into two publication periods: newer (Novel Publication Year) and older (Old Publication Year). The analysis uses two main indicators: *centrality*, which indicates how important and connected a topic is in the research network, and *density*, which reflects the internal development or strength of the topic. In the newer publication period, two prominent theme groups emerge. First, core themes such as *adolescence*, *mental health*, and *school* occupy positions with high centrality and density, indicating that these topics are central to the research and well-established in recent studies. Second, there is a growing interest in themes like *resilience*, *stress*, *bullying*, *pain*, *risk factors*, and *oral health*. These themes have lower density but are gaining influence and broader connection within the research network, signifying that they are emerging areas of study with potential for further growth.

In the older publication period, research focus tends to be on well-established themes such as *children* and *health*, which show high centrality and density, marking their importance and internal strength as the foundation of earlier research. On the other hand, topics such as *cancer*, *family*, and *obesity* have seen a decline in relevance and attention, placing them in the "obsolete" category. The theme of *parents* shows a downward trend and is considered to be gradually abandoned in recent research.

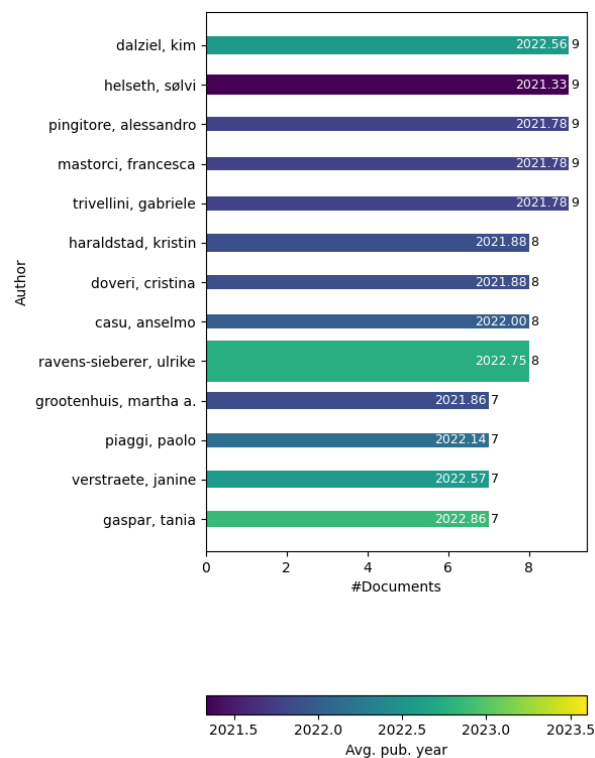


Figure 6. Prolific and Influential Authors

This graph presents information about the most productive and influential authors in research on adolescent quality of life in schools. The graph displays the number of documents authored by each researcher along with their average publication year. Dalziel, Kim stands out as the most prolific contributor with 9 documents, averaging a publication year of 2022.56, indicating a significant contribution to the literature in recent years. Helseth, Selvi also contributed 9 documents, with an average publication year of 2021.33, showing a sustained contribution over recent years, particularly in 2021. Other authors such as Pingitore, Alessandro, Mastorci, Francesca, and Trivellini, Gabriele each contributed 9 documents with an average publication year around 2021.78, reflecting their active presence in this field during the same period. Ravens-Sieberer, Ulrike and Casu, Anselmo each published 8 papers, with an average year of 2022, indicating their more recent involvement in this field. Authors like Grootenhuis, Martha A., Piaggi, Paolo, Verstraete, Janine, and Gaspar, Tania contributed slightly fewer documents, averaging between 7 and 8 publications, with their contributions mostly in 2022 and 2023, reflecting growing interest in this topic.

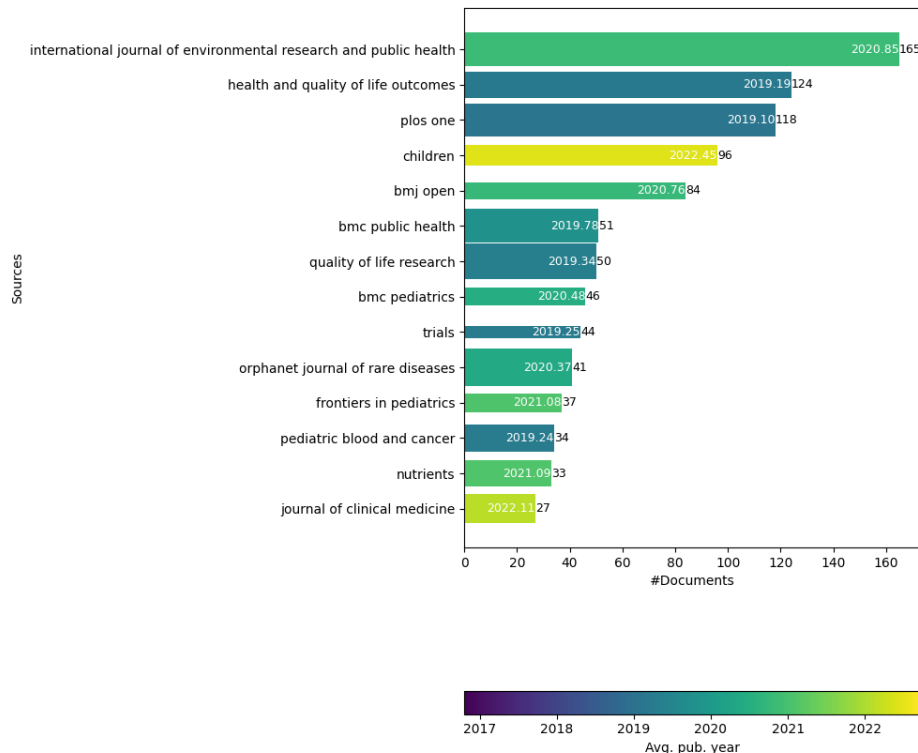


Figure 7. Prolific and Influential Sources

This graph provides an overview of the distribution of publications published in various influential journals related to adolescent quality of life in schools. The analysis of this graph reveals important trends regarding publication activity in this field over the years and the journals that have contributed. Most Prolific Source: *International Journal of Environmental Research and Public Health* stands out as the most productive source, with a significant peak in 2020 (165 documents). This journal serves as a primary source for research on adolescent quality of life, particularly related to environmental and public health aspects, likely covering studies on health and well-being in schools. Other Notable Sources: *Health and Quality of Life Outcomes* and *PLOS ONE* are also major contributors to the literature. Both journals maintained significant publication levels throughout the years, with *Health and Quality of Life Outcomes* showing a peak in 2019, and *PLOS ONE* demonstrating stable output during the early 2020s.

Publication Trends: Data shows a gradual increase in publications from 2017 to 2022, with a sharp rise in 2020. This surge may be influenced by the global pandemic, which drove an increase in research related to health, especially regarding adolescent well-being in schools, considering the pandemic's impact on children and adolescents. Variation in Journal Focus: Journals like *BMJ Open* and *BMC Pediatrics* show varying publication activity, with spikes in 2020 and 2022, indicating that these journals may have focused on specific topics related to adolescent health and quality of life in particular years, reflecting shifts in research priorities or available funding. Journal Popularity and Publication Timing: *International Journal of Environmental Research and Public Health* and *BMC Public Health* reflect the growing interest in public health and environmental perspectives in adolescent quality of life research. This trend highlights increasing

recognition of broader determinants of adolescent well-being, including factors outside the classroom, such as social and environmental influences.

DISCUSSION

The bibliometric analysis conducted in this study reveals a significant development in the volume of publications concerning adolescent quality of life in school settings. In recent years, especially since 2020. The surge in publications since 2020 can be linked to the global impact of COVID-19, which significantly raised awareness of adolescent mental health challenges. This shift in focus may reflect the urgent need to address psychological stress and the changing social dynamics within school environments (Branje, 2023; Jost et al., 2023). This surge in publications reflects a growing awareness of the psychosocial factors influencing adolescents in schools, such as stress, bullying, and social interactions (Cahyadi et al., 2024; Fu et al., 2023). This trend indicates that the topic of adolescent quality of life is not only an academic issue but also a deeply social one that is increasingly receiving attention from various disciplines, ranging from psychology to social sciences and public health. The analysis shows that publications related to adolescent quality of life have been progressively expanding from 2017 to 2022, signaling that this theme has gained increasing attention in more in-depth scientific research.

The results of the bibliometric analysis also provide insight into the most productive and influential authors and sources in research on adolescent quality of life in schools. Authors like Dalziel, Kim and Helseth, Selvi have made significant contributions, with each author publishing 9 documents, indicating their influential role in the recent literature. Their contributions are ongoing, with average publication years in 2022 and 2021, showing consistent involvement in this topic. On the other hand, journals such as *International Journal of Environmental Research and Public Health* have emerged as one of the most productive sources, with a significant peak in publications in 2020. This journal plays a key role in disseminating research on adolescent quality of life, especially related to environmental health and public well-being in schools. Additionally, *Health and Quality of Life Outcomes* and *PLOS ONE* have also played a major role in the development of this research, with steady publications over time, reflecting sustained and increasing interest in this topic. The presence of these authors and sources indicates that adolescent quality of life has become a widely accepted topic among researchers and is increasingly seen as an important issue in educational and health policies.

The visual map produced through the Enhanced Strategic Diagram Plot provides an in-depth view of the position of research themes based on density and centrality. In this study, themes such as *adolescence*, *mental health*, and *school* occupy central positions, indicating that these topics are well-established and dominant in the discourse on adolescent quality of life in schools. These three themes have high centrality and density, reflecting their significant influence in the scientific landscape and deepening in current research. In this case, mental health-related themes such as stress and psychological adaptation continue to evolve as the main focus of research. On the other hand, there are also emerging theme groups with lower density values, such as *resilience*, *stress*, and *oral health*. While these topics are still in development, they show strong potential to become focal points in future research. This also highlights the increasing awareness of the importance of adolescent mental resilience and the impact of lifestyle on their quality of life at school

(Ostaszewski, 2020; Salticova & Iurchevici, 2024). Additionally, older themes such as *children* and *health* still show high centrality, indicating that research related to the quality of life in children has been a foundation in this field. However, some themes like *cancer*, *family*, and *obesity* have seen a decline in relevance in recent studies. These themes appear to be losing their relevance over the last few years, which could reflect a shift in focus towards more contemporary issues directly related to adolescents' experiences in schools.

The results of this analysis provide a clear view of the direction and potential of research in the field of adolescent quality of life in schools. First, it is important to note that mental health topics and social support for adolescents, particularly related to stress, bullying, and psychosocial well-being, will continue to be a central focus in this research. These themes are not only socially relevant but also crucial in the educational context aimed at creating a more supportive environment for adolescents. In the future, research should delve deeper into emerging topics such as mental resilience, lifestyle impacts, and the role of physical health in determining adolescents' quality of life at school. This theme is becoming increasingly relevant given the growing attention to lifestyle factors affecting adolescent well-being. The focus on resilience and bullying suggests that school programs should integrate mental health support and conflict resolution strategies. Policies aimed at promoting a positive school culture could help mitigate the psychological risks identified in this study.

The involvement of more researchers from various countries and disciplines in cross-cultural and international research will further enrich insights into adolescents' experiences in schools, particularly in countries that are currently underrepresented in this research. Future studies should also focus on collaboration among researchers across different countries and institutions to encourage the exchange of ideas and expand understanding of adolescent quality of life in schools, taking into account cultural, social, and policy differences in each country. Future research should consider interdisciplinary collaborations between psychologists, educators, and public health experts to create more holistic approaches to adolescent well-being. Longitudinal studies could provide deeper insights into the long-term effects of school environments on mental health, while qualitative research could explore adolescents' personal experiences with bullying and resilience.

The dynamics of publication trends, influential authors and sources, and visualized positions of research themes provide a comprehensive picture of the depth and direction of research development in adolescent quality of life in schools. The increase in publications, especially since 2020, highlights the importance of this topic in addressing the challenges faced by adolescents in schools, both psychologically and physically. Therefore, the findings of this study have significant implications for the formulation of educational and health policies, especially those related to creating school environments that support adolescents' mental and physical well-being. One limitation of this study is its reliance on Scopus as the primary database, which only includes English-language articles. Additionally, the exclusion of grey literature, such as unpublished theses or reports, may have led to the omission of valuable insights from non-peer-reviewed sources.

CONCLUSION

This study maps the literature on adolescent quality of life in school settings over recent years, revealing a rapidly growing research field. The bibliometric analysis shows a significant

surge in publications, particularly in recent years. Research on adolescent quality of life plays a crucial role in shaping our understanding of adolescent well-being in schools, informing the development of better educational and health policies. However, scientific collaboration among researchers remains limited, which may hinder further progress in this area. The research is published across various journals, reflecting its interdisciplinary nature, involving psychology, education, public health, and sociology. This interdisciplinary approach highlights the complexity of factors influencing adolescents' quality of life in schools, including psychological, social, and physical aspects. This study provides a comprehensive overview of the current state of research, challenges, and future potential in this field, with a growing focus on psychosocial and mental health issues, which are gaining increasing attention across multiple disciplines.

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