



Adolescent Well-Being and its Relationship with Spirituality and Religiosity: Systematic Review of recent Literature [

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Analítica

The general objective of this study is to verify the relationship between spirituality and religiosity and the well-being of healthy adolescents in recent studies. Through a systematic review, 26 empirical articles, published from 2012 to 2016, were selected in six databases (Scielo, Lilacs, Medline, PsycInfo, Scopus and Web of Science). The representation of several samples was identified, with the USA with the largest number of articles; there is also an increase in the number of articles in the years investigated. Regarding the methodology, 20 papers presented a quantitative design, five were qualitative, and only one adopted a mixed design. Of the total, three had a longitudinal approach. The articles were also analyzed in relation to their conceptual definition of well-being, spirituality and religiosity, their analyses, and the results obtained. Quantitative data point to relationships, generally positive from low to moderate, between religiosity and spirituality and well-being. As far as qualitative data, the social support of the religious community, the help to deal with difficult times, and spiritual faith as a guide to behavior and decision-making stand out as factors related to well-being. Limitations in the studies were pointed out as well as suggestions for future research

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