A SYSTEMATIC REVIEW OF COPING STRATEGIES AND PSYCHOLOGICAL WELL-BEING AMONG B40 ADOLESCENTS

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ABSTRACT

Adolescence is a transition stage that faces many problems in psychological well-being. For Adolescents who living in the content of family poverty, the stress level, developmental of coping strategies and well-being is more complicated compare to others. Scopus and Science direct databases were searched to identify research published between 2010 and 2021 which had reports about the effect of poverty, the relationship between coping strategies and psychological well-being, and the impact of coping strategies. The findings show that poverty has a more negative impact on adolescent development which will expose them to violence, mental health issues and develop maladaptive coping strategies. The positive and negative relationship between coping strategies and psychological well-being was identified. Adaptive coping, problem-oriented, and emotional coping is more toward a positive relationship with psychological well-being. Maladaptive and avoidance coping is more to develop negative psychological well-being. The implication of this paper is also discussed on how the counsellor enhances their counselling service in helping poor adolescent maintaining good psychological well-being.

Keywords: Coping strategies, psychological well-being, adolescents

I. INTRODUCTION

The World Health Organization proposed the word "young people" in 1986. This word applies to people between the ages of 10 and 24 (Kang, Skinner, Sanci, & Sawyer, 2013). There is some ambiguity in the meaning of youth and adolescence. Later on, the concept of adolescent covers the ages of 10 to 18, although it can range from 9 to 26 years depending on the source (APA, 2002). In human life development, adolescence is a distinct period of development. This is because adolescents involve multiples transition processes such as biological, physical, cognitive, and social processes (Kang, Skinner, Sanci, & Sawyer, 2013). Besides, there are different concepts about adolescents. According to Arnett (2002), founder of adolescent sciences Stanley Hall conceptualized adolescence as the period of physical and psychosocial “rebirth” that integrates profound bodily growth with the evolution of matured existential essence. While, according to Lerner and Castellino (2002), adolescent developmental changes necessitate mutual reorganisation of the individual. It affecting the adolescent’s perceptions, actions, emotions and relationships. From the concept of career developmental, Super and Jordaan (1973) state that adolescent is in the stage of exploration, which is the second stages in career developmental theory. Exploration stage, which ranges from 15 to 24 years old. More self-examination and trial and error are carried out at this stage. Individuals will investigate which will be more fitting and interesting to them. So, the different concept has shown that adolescents are in the stage of transition between child and adult and preparing for independence. In this review, the adolescent will be the target group as it an important stage for a human being.

B40 is an abbreviation of the bottom 40. In Malaysia, household income had been divided into three categories, which is B40 as the bottom 40%, M40 as middle 40%, and T20 as top 20%. The lowest 40% household group (B40 or Bottom 40) refers to households earning below RM4360.00 (Department of Statistics Malaysia, 2017). The household group also includes poor households with monthly income less than poverty line income (PGK). The National PGK value is RM950.00 per month. This reference's expenditure habits are then used to calculate poverty lines for other groups of households in the population. Poverty's effects are multidimensional, its causes are multivariate, its course is nuanced, and its relationship to health is very complex. Movafi and Khawaja (2005)
proposed that poverty leads to poor health, it is also true that poor health will place people at risk of being poor. As a result, the social and economic determinants of wellbeing are becoming more prominent in the poverty debate. Poverty has an unavoidable effect on adolescents.

Coping Strategies and Psychological Well-Being

Coping is a process that individuals handling their demands which included internal and external. While, coping strategies are approaches for people to deal with challenging circumstances that include both behavioural and cognitive variables (Pang & Thomas, 2019). Previous research has discovered a few distinct means of categorising coping strategies. The first is categorise as ineffective and effective coping strategies (Angélica et al., 2018). The ineffective also called maladaptive, while effective coping is called adaptive coping strategies. Maladaptive coping strategies can have adverse effects such as emotional distress. Adaptive coping is a technique that helps in a quick settlement and effective crisis management (Livneh et al., 2000). The second categorise is based on Endler and Parker (1994). Coping Instrument for Stressful Situations (CISS). In this Instrument, coping strategies are divided into three dimensions which are task-oriented, emotion-oriented, and avoidance-oriented coping. Task-oriented coping strategies is coping with the tense situation (Folkman & Lazarus, 1985; Liga et al., 2019). Individuals using task-oriented coping will actively attempt to solve a problem and proposing possible solutions. Emotion-oriented is coping strategies that focus on handling the feeling and emotions during a tense situation and mitigating the stress (Liga et al., 2019; Pang & Thomas, 2019; Chin et al. 2019). Lastly, avoidance-oriented coping strategies is means making attempts to deny, mitigate, or avoid engaging specifically with traumatic situations (Liga et al., 2019). Individuals that use this coping strategy may isolate themselves or disassociate from a challenging circumstance (Litman, 2006; Pang & Thomas, 2019). Some research found out the Avoidance-oriented coping strategy is associated with a person’s destructive functioning, where is similar to maladaptive coping strategies (Pang & Thomas, 2019). While, the task-oriented and emotion-oriented are linked with positive functioning (Stowell et al. 2001; Pang & Thomas, 2019) which similar to adaptive coping strategies.

Psychological well-being is mean an image of a person's psychological health based on good psychological function (Bradburn, 1969; Muqodas et al. 2019). According to Ryff (1989), Psychological well-being is promoted by life pleasure and fulfillment. Other than that, Ryff (1989) also promotes the concept of psychological well-being emerged from the assumption that wellness is more than simply the lack of physical disease. The need to feel stronger psychologically and the admission of personal emotions characterise humans' primary objective in preserving their psychological well-being (Muqodas, et al., 2020). To focus on what it takes to be emotionally thriving at one's maximum potential, Psychological well-being has been defined into 6 dimensions which is autonomy, environmental mastery, personal growth, positive relation with others, purpose in life, and self-acceptance (Ryff, 1989; Sun et al., 2016; Muqodas et al. 2020). Adolescents involving multiple transition processes especially when it reaches puberty, so based on the psychological well-being dimension, adolescents will easily emerge with a risk factor of psychological well-being (Sun et al., 2016). It is high-risk development stages (Chin et al. 2019; Rengasamy et al., 2013).

According to Institute for Public Health (2017), depression is the second common mental health issue in Malaysian adolescents. Adolescence is one of the important development stages for everyone. Childhood poverty is constantly linked to a variety of negative outcomes, including biological stress dysregulation, psychological and physical diseases (Adler & Snibbe,2003). However, adolescents who link with the poor will always have better coping skills compare to other adolescents who have better socioeconomic in their family. This is because poor adolescents face a poor environment and stress caused by poverty. Adolescents will benefit from depression by developing coping mechanisms that can help them thrive (Santiago et al., 2016). The coping skills they build in the face of hardship can have a long-term impact on their health and growth. This has better equip them in facing their future life challenges (Santiago et al., 2016). So, in this study, the reviewer is interested to understand the relationship between coping strategies and psychological well-being among B40 adolescents.

OBJECTIVES

The objectives of this review are to explore the coping strategies and psychological well-being among B40 adolescents. The different types of coping skills and different psychological well-being were screen in the review. Furthermore, different cultural or country research was used in this review to find out whether there is a difference between the coping skills and psychological well-being of the population. Other than that, this review is expecting to identify the risk factor of psychological well-being through the literature. At the conclusion of this
study, the reader should be able to identify certain strategies and suggestions that a counsellor may use to help adolescents cope and sustain their psychological well-being. Based on objective research results, the findings were tabulated systematically. The point of view refers to the various coping mechanisms and teenagers' psychological well-being.

The following are some suggestions for the contest analysis based on the question:

1. What is the impact of poverty on adolescents and their psychological well-being?

   The focus was given to the impact of poverty on adolescent’s psychological well-being. What side effects of poverty on adolescents? We examine the findings of different studies.

2. What is the impact and relationship between coping strategies and psychological well-being among B40 adolescence?

   This question would explore the key relationship between coping strategies and psychological well-being among B40 adolescents. We just found data from some of the literature review in the introductory section. In the findings section, we'll look at the results as well as data gathered by other studies to see if there's a correlation between coping strategies and psychological well-being, and if so, how deep there is.

3. What can a counsellor be mindful of when assisting adolescents with developing coping skills and psychological well-being?

   The last attention is given to the item for a counsellor should aware assisting adolescents with developing coping skills and psychological well-being. This may be more descriptive or less evident in the study, but the majority of articles would make a recommendation.

II. METHODOLOGY

The first step of this systematic review is to use a few main terms as a starting point. The main words are coping strategies and psychological well-being, which are topics of concern. To find or retrieve quality literature relevant to the subject, a specialized search technique is used. The advantage of systematic review is that it reduces author prejudice when doing basic research. Furthermore, systematic reviews aid scholars in the exploration of new concepts from all of the literature that reviewers examine. The goals stated above are to assist reviewers in determining which journal article or literature would be the right fit for the subject. The issue above assists reviewers in gaining a clearer understanding of what they are looking for in the journal or literature.

The Search Strategy

The UPM library subscribes database was used for the literature scan. Scopus and Science Direct were used to search for related papers. The key terms coping strategies, psychological well-being, and adolescent were used to generate a list of literature in the database. A few inclusion and exclusion criteria were included in the search process to obtain applicable literature. The year in which the literature was published was the first inclusion criterion. The most recent five-year journal has been selected. 2016 to 2021 was the year selected. Since reviewers tend to write in English only, the vocabulary is limited to English. The major field of study in the hunt was social sciences and psychology. In the quest for literature, only journal articles and academic papers were selected. Since this is a quantitative synthesis, only quantitative papers would be included.

Using the main terms coping strategies, psychological well-being, and adolescent, a total of 10717 articles were found at the start of the search. After limiting the year of publication, the number of papers was reduced to 3615. Research articles were the next limited criterion. The articles were left 2302 when only English articles are selected. All the inclusive criteria were shown in Table 1. In the following Table 2 is the exclusive criterion. The non-relevant subject area was excluded 266 articles. Besides, Non-quantitative research articles were excluded from this review. At the end of the search, there are only 30 articles selected for the review.

Table 1. Inclusion criteria

<table>
<thead>
<tr>
<th>Inclusive Criteria</th>
<th>Particular Literature Identified</th>
<th>Remaining Literature</th>
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</table>
When 30 best-fit journal articles are included in the index, the reviewer stops looking. However, after screening the abstract there are not enough 30 articles in the search. So, there are some extra few articles where is between the year 2010 to 2015 that were included in the review articles. The information was filtered and entered into Table 3. Figure 1 illustrates the systematic review's search flow from start to finish to locate the article that the author is hunting for. Figure 1 depicts a simpler image of how a systematic review search was conducted using the PRISMA figure, allowing the reader to have a greater understanding of how the articles were selected.

### Table 2. Exclusive criteria

<table>
<thead>
<tr>
<th>Exclusive Criteria</th>
<th>Particular Literature Identified</th>
<th>Remaining Literature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subject type</td>
<td>Non-relevant area</td>
<td>2036</td>
</tr>
<tr>
<td>Research method</td>
<td>Non-quantitative</td>
<td>50</td>
</tr>
</tbody>
</table>

Figure 1. Flow diagram for selection review of studies
Table 3 showed the summaries of 30 selected articles. The findings of the review are presented following the sequences such as author, year, the title of articles, country, participants, and findings that are in alignment with the objective of this review.

<table>
<thead>
<tr>
<th>Author &amp; Year</th>
<th>Title of Article</th>
<th>Country</th>
<th>Participants</th>
<th>Relevant Findings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ryu, W. (2020)</td>
<td>The Effect of Traumatic Experiences of North Korean Adolescent Refugees upon Their Negative Health Perception: Focusing on Multiple Moderating Effect of Problem-Focused versus Social Support-Focused Coping Strategies</td>
<td>South Korean</td>
<td>202 Refugee adolescents</td>
<td>The analysis found that “social support-focused coping” alleviates the negative relationship between traumatic experience and health perception, acting as a protective factor. Contrary to our prediction, the protective effect of adopting “problem-focused coping” in this study was not verified. The findings suggest that providing interventions for developing appropriate coping strategies helps them live healthier, both physically and mentally, in South Korean society.</td>
</tr>
<tr>
<td>Cicognani, E. (2011)</td>
<td>Coping Strategies With Minor Stressors in Adolescence: Relationships With Social Support, Self-Efficacy, and Psychological Well-Being</td>
<td>Italy</td>
<td>342 14- to 19-year-old adolescents</td>
<td>Adolescents’ coping strategies differed according to a problem domain. The most frequently used strategies were active and internally focused. Females used a wider range of coping strategies than did males. Significant correlations were found among coping strategies and coping resources. Moreover, the adoption of some strategies significantly affected</td>
</tr>
<tr>
<td>Authors</td>
<td>Title</td>
<td>Country</td>
<td>Sample Size</td>
<td>Findings</td>
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<tr>
<td>Li, C. K., Yin, X.C., Jiang, S. (2017)</td>
<td>Effects of multidimensional child poverty on children’s mental health in Mainland China</td>
<td>China</td>
<td>1440 Junior high school students</td>
<td>Results showed that multidimensional child poverty had a significant effect on both negative mental health and positive mental health of children, and the seven indicators of multidimensional child poverty all had slightly different effects on children’s mental health.</td>
</tr>
<tr>
<td>Freire, C., Ferradás, M.D.M., Valle, A., Núñez, J. C., and Vallejo, G. (2016)</td>
<td>Profiles of Psychological Well-being and Coping Strategies among University Students</td>
<td>Spain</td>
<td>1072 students</td>
<td>An optimal four-profile solution, reflecting significant incremental shifts from low to very high psychological well-being, was obtained. As predicted, the profile membership distinguished between participants in positive reappraisal, support-seeking, and planning. Importantly, the higher the profile of psychological well-being was, the higher the use of the three coping strategies. Gender differences in coping strategies were observed, but no interaction effects with psychological well-being were found. Age and degree were not relevant in explaining the use of coping strategies.</td>
</tr>
<tr>
<td>Hickey, E., Fitzgerald, A., Dooley, B. (2017)</td>
<td>The Relationship Between Perceived Family Support and Depressive Symptoms in Adolescence: What is the Moderating Role of Coping Strategies and Gender?</td>
<td>Ireland</td>
<td>6062 young people aged 12 to 19 years</td>
<td>Findings suggest that the strength of the relationship between perceived family support and depressive symptoms depends on the level of engagement with a particular coping strategy and this engagement is a consistently stronger moderator for females.</td>
</tr>
<tr>
<td>Hong, J. S., William-Butler, A. B., Garthe,</td>
<td>Relationship Between Coping Strategies and</td>
<td>USA</td>
<td>534 low-income African</td>
<td>Coping strategies of adolescents’ psychological well-being.</td>
</tr>
</tbody>
</table>

Angélica M. González-Echevarría, Ernesto Rosario, Summer Acevedo & Idhaliz Flores (2018) Impact of coping strategies on quality of life of adolescents and young women with endometriosis


Christin Lang, Anne Karina Feldmeth, Serge Brand, Edith Holsboer-Trachsler, Uwe Pühse & Markus Gerber (2016) Effects of a physical education-based coping training on adolescents’ coping skills, stress perceptions and quality of sleep

American youth avoidance and establishing a reputation was not significantly associated with peer victimization.

positive and maladaptive strategies to deal with the symptomatology, which were associated with QoL levels and mental health status. Associations between QoL and maladaptive coping strategies (e.g. auto criticism, social withdrawal) were uncovered. The cognitive restructuring was identified as an adaptive coping strategy that impacts QoL positively.

Chronic exposure to poverty from birth to early adolescence (age 13) was prospectively associated with increases in the use of disengagement versus engagement coping four years later. Increased use of disengagement coping between the ages of 13 and 17 explained the indirect link between poverty exposure since birth and both externalizing and internalizing symptoms at age 17. The findings provide evidence for a coping pathway underlying the link between prolonged exposure to childhood poverty and mental health sequelae.

Over time, IG students significantly increased their adaptive coping compared to CG students, while stress and sleep remained relatively stable for both. Regularly completing one’s homework reinforced this effect because it was significantly associated
<table>
<thead>
<tr>
<th>Author(s)</th>
<th>Title</th>
<th>Location</th>
<th>Sample Size/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Francesca Liga, Cristiano Inguglia, Maria Cristina Gugliandolo, Sonia Ingoglia &amp; Sebastiano Costa (2019)</td>
<td>The socialization of coping strategies in adolescence: the modeling role of parents</td>
<td>Italy</td>
<td>154 families include father, mother, and adolescents</td>
</tr>
<tr>
<td>Margarida Gaspar de Matos, I. Camacho, M. Reis, D. Costa, D. Galvão &amp; Team Aventura Social (2016)</td>
<td>Worries, coping strategies and well-being in adolescence: highlights from HBSC study in Portugal</td>
<td>Portugal</td>
<td>3869 adolescents</td>
</tr>
<tr>
<td>Pang, L. H. G., &amp; Thomas, S. J. (2019)</td>
<td>Exposure to Domestic Violence during Adolescence: Coping Strategies and Attachment Styles as Early Moderators and their Relationship to Functioning during Adulthood</td>
<td>Australia</td>
<td>218 participants</td>
</tr>
<tr>
<td>Perzow, S.E.D., Bray, B.C., Wadsworth, M.E., Young, J.F., Hankin, B.L.</td>
<td>Individual Differences in Adolescent Coping: Comparing a Community Sample and a Low-SES Sample to Understand Coping in Context</td>
<td>USA</td>
<td>678 adolescents</td>
</tr>
</tbody>
</table>

Results showed the mediation of adolescents coping strategies in the relations between parental coping strategies and adolescents well-being. The majority of adolescents got worried frequently, part of them let worries interfere significantly with their lives, and that the best coping strategies are either trying to fix the problem or distraction. Family, peers (social support) and leisure time (distraction) are important factors in ensuring young people’s well-being.

Domestic violence exposure during adolescence was positively correlated with engagement in avoidance-focused coping strategies and insecure attachment, during adolescence, and negative functioning during adulthood. Low Engagement Copers profile was also identified in the low-SES sample, suggesting that adolescents employ similar coping strategies across contexts, but fewer low-SES adolescents engage in lower levels of coping. Profiles differed by gender and symptoms of internalizing psychopathology. Inactive copers in both samples were more likely to be male. Engaged Copers reported the lowest symptom levels whereas Active Copers reported higher with students’ reflection and compliance.


Arslan, G. (2017) Psychological maltreatment, coping strategies, and mental health problems: A brief and effective measure of psychological maltreatment in adolescents Turkey 783 adolescents

Copers reported higher levels of anxious and depressive symptoms in the low-SES sample. The association between being bullied and depressive symptoms were both moderated and partially mediated by emotional coping. Heightened reactivity as indicated by cortisol, heart rate, and blood pressure was associated with increased interpersonal competence and anger regulation. However, these findings were context-dependent such that, for youth high in self-reported child maltreatment, heightened reactivity was associated with decreased interpersonal competence and anger regulation. Reported better emotion-focused coping were .80 times less likely to report suicidal ideation. However, even after controlling for coping skills, adolescents with sexual abuse histories were 3.08 times more likely to report suicidal ideation. Findings from mediation analyses demonstrated the mediating effect of active and avoidant coping strategies on the association between psychological maltreatment and mental health problems. The outcomes support adolescents use more avoidant coping strategies and fewer active coping strategies.
in the face of psychological maltreatment experiences, and this affects their mental health.

Ferran Viñas, Ferran e Casas, Desirée P. Abreu, Stefania C. Alcantara, Carme Montserrat,

Social disadvantage, subjective well-being and coping strategies in childhood: The case of northeastern Brazil

Brazil 864 adolescents

Results indicate that the social disadvantage index predicts subjective well-being as measured by any of the three indicators used here; however, the perception of social disadvantage reported by children using different indicators seems to increase with age. Children reporting situations of greater social disadvantage according to this index exhibit significantly lower subjective well-being scores; children using the distraction coping strategy tend to display higher scores and children using the acting out coping strategy tend to display lower scores on the subjective well-being indicators.


Perfectionism, Coping, Social Support, and Depression in Maltreated Adolescents

Canada 58 adolescents

findings highlight the roles of poor coping and social support as contributors to the emotional distress experienced by maltreated adolescents. Moreover, it is suggested that the distress experienced by perfectionistic youth with a history of maltreatment reflects, in part, the role of maladaptive coping styles and coping resource deficits.


Internalizing symptoms and polyvictimization in a clinical sample of adolescents: The roles of social support and non-productive coping strategies

Spain 144 adolescents

non-productive coping and social support were good predictors of internalizing symptoms. Besides, non-productive coping acted as a mediator in the relationship between polyvictimization and
Carlos Salavera, Pablo Usán, Silvia Pérez, Andrea Chato, Raquel Vera, (2016) Differences in happiness and coping with stress in Secondary Education students Spain 1402 students (11-18 years)


Wenjing Xiong, Hongjian Liu, Ping Gong, Qi Wang, Zheng Ren, Minfu He, Ge Zhou, Juan Ma, Xia Guo, Xinwen Fan, Meitian Liu, Xiaodi Yang, Yue Shen, Xiumin Zhang, (2019) Relationships of coping styles and sleep quality with anxiety symptoms among Chinese adolescents: A cross-sectional study China 3081 adolescents

Marjan Mohammadzadeh, Hamidin Awang, Suriani Ismail, Hayati Khadir Shahr, (2019) Improving coping mechanisms of Malaysian adolescents living in orphanages through a life skills education program: A multicentre randomized controlled trial Malaysia 139 adolescents


internalizing symptoms. differences for gender and year of studies in the strategies they adopted to cope with stress. Happiness reduced as age increased. The coping strategies that address others and unproductive coping strategies influenced happiness, while productive coping strategies did not.

moderation analyses revealed that for children high on problem-focused coping; meaning-focused coping, purpose, and optimism worked as buffers against negative affect.

Higher negative coping style scores increased the prevalence of anxiety symptoms (OR = 2.101, 95% CI = 1.894–2.332), whereas higher positive coping style scores were related to reduced odds of anxiety symptoms.

Results showed the mean scores of self-distraction, active coping, use of emotional support, use of instrumental support, positive reinterpretation, planning, and acceptance, at post-test, were significantly increased compared to the pre-test values. Denial, substance abuse, behavioural disengagement, and self-blame significantly decreased.

Poverty such as low level of income, food security and education were an indicator for depression. Children's trauma, physical abuse, and psychological abuse had a high risk of later depressive symptoms.
<table>
<thead>
<tr>
<th>Author(s)</th>
<th>Title</th>
<th>Location</th>
<th>Sample Size</th>
<th>Findings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guo, Y., Hopson, L. M., &amp; Yang, F. (2018)</td>
<td>Socio-ecological Factors Associated with Adolescents’ Psychological Well-being: A multilevel analysis</td>
<td>USA</td>
<td>19767 middle and high school students</td>
<td>Greater family income and social support predicted better psychological well-being. Our findings suggest that family income was positively associated with adolescents’ psychological well-being.</td>
</tr>
<tr>
<td>Jiang, S. (2020)</td>
<td>Psychological well-being and distress in adolescents: An investigation into associations with poverty, peer victimization, and self-esteem</td>
<td>Hong Kong</td>
<td>1280 adolescents</td>
<td>Relational victimization and self-esteem partially mediate the relationship between poverty and psychological well-being and fully mediate the relationship between poverty and psychological distress after gender, age, hukou status, and family socioeconomic status are controlled.</td>
</tr>
<tr>
<td>Reiss, F., Meyrose, A. K., Otto, C., Lampert, T., Klasen, F., &amp; Ravens-Sieberer, U. (2019)</td>
<td>Socioeconomic status, stressful life situations and mental health problems in children and adolescents: Results of the German BELLA cohort-study</td>
<td>Germany</td>
<td>2111 7- to 17-year-old participants</td>
<td>Children and adolescents with a low SES suffer from multiple stressful life situations and are exposed to a higher risk of developing mental health problems.</td>
</tr>
</tbody>
</table>

The Systematic review was designed to answer the questions from the objectives. The findings where relate to the questions were summarized as below.

**Effect of Poverty on Adolescents**

*Expose to violence*
Few of the works of literature were stressing poverty is exposing to violence. For adolescent or poor children, they mostly live in the place there are high rates of crime and delinquency. One of the studies were examined the low-income of African American Youth about the coping strategies and peer victimisation. Results found that poverty was associated with violence and victimization. While avoidance coping strategies were not significant with peer victimisation. This may due to the environment of poor youth living cannot avoid conflict and victimisation (Hong et al., 2019). There is also youth from low-income communities who may demonstrate violent behaviour by engaging in threatening behaviours. This result was supported by the later research done by research in Hong Kong. According to Jiang (2020), Poverty in adolescents will result in more regular peer victimisation encounters. The more impoverished the youngsters, the more likely it is that they would be abused by their peers. Poverty had made adolescents facing power imbalance. Lacking economic resources makes them feel less empowered and additional drawbacks. The lacking power in poor adolescents leads them to suffer in peer victimisation. One previous research also found that adolescent well-being is affected by the household environment, community, and school environment. Poor adolescents who live in areas with poor local resources are more likely to engage in risky behaviour, harassment, and crime (Viñas et al., 2019).

**Expose to mental health issues**

According to Li et al. (2019), poverty having a significant relationship with children’s mental health. In their report showed that poverty will always with anxiety and depression. It is because poor families will have low family social capital where will indirectly affect children's mental health. Parent-child relationship and communication were predicting children's development were included the anxiety and depression levels. In their report also found that positive mental health such as self-esteem and self-efficacy also will affect by poverty. Poverty is mediate by peer social capital which will affect children's mood and behaviour. Decreasing poverty will increase peer social capital and will enhance the self-esteem and self-efficiency of children or adolescents. In the following year, Li et al. (2020) conducted another study on multidimensional child poverty and mental health. The findings are consistent with previous research, which found that multidimensional poverty harms mental health. The high level of poverty, the lower the mental health. This research has revealed that poverty has a significant negative influence on negative mental health as opposed to positive mental health. Furthermore, diet, schooling, health care, and information are critical in reducing children's negative mental health and developing positive mental health. So, by helping adolescents in building their mental health, the resources of food, schooling, health care, and information can’t be removed. The result is similar to Viñas et al. (2019) research that showed that economic pressure, parent education, and material deprivation will give a negative impact on adolescent’s psychological well-being and behaviours. Hatcher et al. (2019) also found out that poverty such as low level of income, food security, and education was an indicator for children's depression. Poverty leads children to easily experiencing childhood trauma such as physical, sexual, and psychological abuse. The trauma experiences will cause adolescents at high risk of later depressive symptoms.

Another new research links adolescent mental health to poverty. According to Guo et al. (2018), family income influencing the adolescent’s psychological well-being. Better family income will indicate better social support where will be helped in building better psychological well-being. Family income is positively associated with adolescent’s psychological well-being. Adolescent from the lower-income family will have more psychological issues compared to those who from higher family income. Besides, Low Socioeconomic Status (SES) is accompanying by a high rate of mental issues in adolescents. Low SES families will be easier to face stressful life situations. A stressful life situation, such as a financial crisis, job loss, education problems, or separation. This is due to lower SES families are subjected to several social segregation and detriment processes. The relationship between parent and adolescent is one of the factors that mental health problem occurs. The impact of negative mental health on children or adolescents will continue to affect their mental health in adulthood (Reiss et al., 2019). Reiss et al. (2019) also stated that parent education is important in maintaining adolescent mental health. The higher education level of the parent will have better mental health for their children. Jiang (2020) stated that poverty is negatively significant with the positive mental health of adolescents. According to the study findings, family and social influences play an important role in adolescent mental health development. Poor adolescents will often have low families and social connections. As a result, they can find it easier to deal with mental health problems.

**Develop coping skill**

Another impact of poverty is the growth of coping skills among adolescents. Kim et al. (2015) did a longitudinal study with adolescents found that Adolescents who have experienced extreme poverty as children will learn
stronger coping skills or mechanisms later in life. Poverty has brought multiple stress to children and adolescents; it forces the adolescent to learn self-control skills to defend themselves. While disengaging coping skills such as avoidance coping will more related to poverty young adolescents. Problem-solving coping skills will slowly develop in older adolescents. Cook et al. (2012) found out that children maltreatment where will affect their interpersonal competence and anger regulation. The adolescent who lives in a poverty area always involves in maltreatment. Maltreatment led to an increase in stress levels. Cook et al. (2012) research found that the high-stress level is associated with a high level of anger regulation. It means that emotional-oriented coping is formed when the adolescent is been maltreated and facing a high level of stress. However, there is one research that has a different result from the two studies above. According to Perzow et al. (2021), Adolescents from low socioeconomic backgrounds can be classified into five groups: inactive, low engagement, cognitive, engaged, and active copers. Different profiles would be engaged with varying levels of tension. Some profiles of low-income adolescents partake in lower levels of coping. This is due to they face less stress and thus lower demand to cope. The report also states that cognitive coping strategies such as avoidance are one of the strategies used for adolescents when facing issues. Avoidance is more adaptive for low-level stress groups but not for chronic groups.

**Relationship Between Coping Strategies and Psychological Well-Being**

**Negative relationship**

There are many research indicate the relationship between coping strategies and psychological well-being. According to Cicognani (2011) found that coping strategies have a significant effect on adolescent’s psychological well-being. Withdrawing or avoidance coping strategies have a negative relationship with psychological well-being. A high withdrawal attitude will cause low psychological well-being. Withdrawal does not change any situation and will lead the adolescent to get more worry due to the problem still exists. This result was supported by Flett et al. (2011) research. The research showed that depression is correlated with internalized emotion-oriented coping and avoidant-oriented coping. A high level of depression among adolescents is accompanied by high distancing and internalizing coping responses. Avoidant-oriented coping does not reduce the stress level of adolescents but increasing it. Maladaptive coping always linking with a history of childhood maltreatment. Guerra et al. (2016) also found that non-productive coping strategies will lead to problems in internalizing symptoms. Besides, the adolescent where will chooses to use non-productive coping strategies got a high chance of having a history of maltreatment. Another result found that coping strategies are the factor that causal of depression. The high level of emotional coping and low task-oriented and high avoidant coping will lead indiuval or adolescents to maladaptive coping strategies (Undheim et al., 2016). The way they suppress their emotion may cause them to fall into depression. This is because they have no way to express their emotional stress. High level of avoidant-oriented make adolescent avoids the problem which included internal and external issues. The more they hide and avoid, the higher the depressive level. Liga et al. (2019) reported that emotion-oriented coping is associated with a low level of psychological well-being.

Besides, Hickey et al. (2017) also found that internal coping resources are low and bad when young people using avoidance-oriented coping strategies. The depressive symptom will increase when their internal coping resources are low. The study also found that perceived family support can help those young people who are highly in avoidant coping to reduce their stress level. Arslan (2017) state that active and avoidance coping strategies is related with adolescent’s psychological maltreatment and mental health problems. Avoidance coping strategies were positively correlated with psychological maltreatment and mental health problems. The result showed psychological maltreatment always accompany by avoidant coping strategies especially a high level of maltreatment. While this situation will always bring along high-level internal and external mental health problems. One research regarding adolescent happiness done by Salavera et al. (2017) showed adolescents will have different coping strategies at different ages. Results also found that unproductive coping strategies such as worry, self-blame, avoidance, and reduce stress were negatively associated with adolescent’s happiness. Researchers found that adolescent found their happiness by linking with group activities and support. Those coping strategies which bring adolescent away from group will be less adaptive. Next, Pang and Thomas (2019) also state that avoidance-focus coping strategies are positively correlated with psychological distress.

**Positive relationship**

Some results differ from the above research. the researcher found that coping strategies are positively related to psychological well-being. First, Research done in Sweden with adolescents found that adolescents who use meaning-focused coping strategies are less getting negative effects on the mental health. When the adolescents
using the correct coping strategies, they will be experienced more in life satisfaction, general positive affect, purpose, and optimism (Ojala, 2012). When they have a better internal feeling, the negative effect will away from them. Next, Freire et al. (2016) found that students with academic stress can be reduced by using adaptive coping strategies. Psychological well-being will increase when adaptive coping such as planning, support-seeking, and positive reappraisal is using as coping strategies among students. When everything is well planning the stress level face will reduce. In the same year, Lang et al. (2016) done one research with vocational students regarding coping training on their stress and quality of sleep. The research found that Adaptive coping skill is the key for stress management and it helps in the prevention of stress-related disorder for adolescents in their daily life. Adolescents with adaptive coping skills will have better problem-solving skills and better-coping abilities. Besides, Matos et al. (2016), states that adolescents who use social support coping strategy and distraction coping strategy will cope better with stress and behave better. Support from family peers and leisure time is the key in the coping strategy in Matos et al. (2016) research. When adolescents’ worries can be reduced by family and friend support and also by having their own leisure time which helps them to distract from the problem.

Arslan (2017) also found that coping strategies not only negatively correlated with psychological well-being. There are also coping strategies that are positively associated with psychological well-being. Arslan (2017) explain that in the long term of adolescent mental health and well-being treatment, active or problem-focused coping strategies is the best selection for adolescents. It helps in reducing mental health issues and increasing psychological well-being. Task-oriented coping strategies are showing a positive relationship with psychological well-being in Liga et al. (2019) report. Adolescents with task-oriented coping strategies are with lower behavioural problems. When they found there is stress or problems, problem-solving will be done for them to reduce the stress. A cross-sectional study was conducted in China for relationship coping style, sleep quality, and anxiety symptoms among adolescents. The result shows that a higher positive or adaptive coping style is related to lower anxiety symptoms (Xiong, 2019). When the adolescent coping with positive coping strategies, the optimism of the adolescent will increase. Optimism will reduce anxiety symptoms in adolescents. González-Echevarría et al. (2018) states that cognitive restructuring was involved in adaptive coping strategies. It will bring a positive impact on adolescent quality of life where will help in develop better well-being. This is because adolescents with cognitive restructuring will have better cognitive behaviour, rational and emotional control compare to those who do not apply adaptive coping strategies. Another research with refugee adolescents had found that Social support-focused coping strategies were helping to maintain adolescent well-being and to control their traumatic experiences (Ryu, 2020).

There are two Malaysia study were related with coping strategies and adolescent’s psychological well-being. First, Chin et al. (2019) state that Problem-focused coping strategies were negatively correlated with depression symptoms among Malaysian adolescents. The report proposes that when adolescents who use problem-focused coping strategies to deal with stress will come along with high self-esteem. When they having good feelings about themselves it helps reduces the risk of stress and depression. Next, Mohammadzadeh et al. (2020) found emotional and problem-focused coping strategies helpful and efficient compare to other coping strategies in dealing with daily life stress among Malaysian adolescents.

**Impact of coping strategies on psychological well-being**

Pang and Thomas (2019) found that the combination of the level of exposure to maltreatment and frequencies or level of using avoidance-oriented coping strategies during the stage of adolescence will have some impact on adulthood psychological well-being. An individual who had faced a high level of maltreatment such as domestic violence and accompanies by a high level of avoidance-oriented coping strategies will face high psychological distress during adulthood. The problem occurs is because the individual does not have the proper way to release themselves and also solve the problems. Avoidance will be led them to stack more unfinished business which will make them more depressed. The negative function will occur when the individual is in a depressive situation. Besides, Yoon et al. (2018) found that emotional-oriented coping is protective for maltreatment adolescents. The report result showed that adolescents who had sexual abuse were .80 less likely to report suicidal ideation when they applied an emotional-oriented coping strategy compare to others strategies. By using emotional-oriented coping, adolescents learn how to cope with the stress they facing and indirectly reduce the suicide risk. However, Yoon et al. (2018) also found that adolescents coping skill development is depending on the parent-child relationship. Adaptive coping skills come with good relationship support.

**Implications of the Study**
As a counsellor in helping adolescents in maintaining their psychological well-being, counsellor needs to know the relationship between coping strategies and psychological well-being. The finding of the review found that the coping strategies have a significant relationship with adolescent’s psychological well-being. However, not all coping strategies are suitable to maintain good psychological well-being. As a result, counsellors will learn that the pacing of applying strategies, the degree of use, and the type of strategies used are all essential factors in promoting well-being. So, Counsellor have to aware of the application of coping strategies by adolescents when they coping with their mental health problems. Depending on the problems, right timing applying right coping strategies will benefit adolescent’s psychological well-being. The relationship will be positive. If an adolescent implements the incorrect form of coping strategy at the incorrect time and the incorrect stage of implementation, it causes negative effect on psychological well-being. From the review result, we found out, high level of emotional-oriented and a low level of emotional-oriented will have a different effect on psychological well-being. Using the appropriate amount of coping strategy will aid in the maintenance of well-being, but excessive usage will have the opposite impact. Counsellors must assist adolescent clients, particularly those who are poor and have experienced maltreatment, in understanding the types of coping strategies and levels to employ.

To assist the poor adolescent in keeping their psychological well-being in good standing. Counsellors must be mindful of their relationships with their parents, peers, and society. The finding found that family support, peers, and social support have mediated effect on psychological well-being (Guerra et al., 2016; Flett et al., 2012; Cicognani, 2011; Reiss et al., 2019). Family and peer support will increase poor adolescent psychological well-being. This is because when adolescents have psychological issues, they can get help from a parent or peer members. Besides, the support can help an adolescent in developing coping strategies. According to Liga et al. (2019), parent coping strategies can transmission to their children. When the parent has an adaptive coping strategy, their child will have a higher chance to adopt the adaptive coping strategy. This is because their children will look at their parents when they facing problems. Similar to peer and society support, the experiences sharing and the support giving when the adolescent is down, it helps adolescent understand that they are not alone to face the problems.

To enhanced poor adolescents in their psychological well-being, counsellor needs to help them build up self-esteem and self-efficacy. Self-esteem and self-efficacy are mediating the effect between coping strategies and psychological well-being (Chin et al., 2019; Jiang, 2020). Self-esteem helps adolescents in building up their confidence in facing problems. It will decrease avoidance behaviours occur when adolescents have high self-esteem. Self-efficacy is believing on they can finish or complete the task given. High self-efficacy in adolescents will help them better in coping with stress because they know they have the ability to cope with it.

IV. CONCLUSION

Poverty has some effect on adolescent’s development. Negative effects will make adolescents involve in maltreatment and also develop mental health issues. Adolescents lack control and expertise due to a lack of opportunities, putting them in a precarious position. Victimization is common among deprived teenagers. Furthermore, it will come with a mental health problem such as stress and depression. Poor adolescents are normally accompanied by bad family support background. Parents are facing stressful life situations in a poor family where it causes the lack of time taking care of their children and may put their children in a dangerous situation because of the parent is dealing with a stressful situation. Consequently, maltreatment on child and adolescents easily happen in a poor family. The parent-child relationship is important in helping the adolescent to develop in a better way. However, there is some exception on the poverty effect on adolescents. Poverty not only brings negative effects on adolescents’ development. It helps them in developing coping strategies. The result showed that poor adolescent has better coping skill compare to those who from standard income family.

This paper also discussed the relationship between coping strategies and psychological well-being. From the works of literature reviewed, the reviewer was able to discover the positive and negative relationship between coping strategies and psychological well-being. In term of a positive relationship, adaptive coping strategies, problem-solving and emotional coping strategies work as mediated with self-esteem and self-efficacy on regulating adolescent’s psychological well-being. The level of applied coping strategies is the main point on adjusting adaptive and maladaptive coping strategies. The negative relationship between coping strategies and psychological well-being also discussed where the negatives relationship are those maladaptive coping strategies and avoidance coping. Emotional coping
can be a negative relationship if adolescents overusing it. Last but not least, the impact of coping strategies on psychological well-being is reviewed also. The negative mental health impacts on adolescents later life if they wrongly apply coping strategies in childhood or adolescents’ time.

In conclusion, coping strategies are important for poor adolescents to maintain their psychological well-being. Either it will be a positive or negative impact is depending on the way to apply. Self-esteem, self-efficacy, family support, peer and social support are important variables that need to know by a counsellor to help poor adolescents maintaining the well-being. This paper also discussed the implication of this study on counsellors.

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