



**ZÁRÓ SZAKMAI JELENTÉS**  
**MECENATÚRA (MEC\_21) pályázat**

**1. ALPROGRAM (MEC\_R\_21)**

**Részvétel külföldön megrendezésre kerülő nemzetközi tudományos és innovációs rendezvényeken, konferenciákon**

EPR pályázat azonosító: 141160

Pályázó kutató: Erdeiné Dr. Késmárki-Gally Szilvia

Befogadó intézmény: Budapesti Metropolitan Egyetem

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6th Canadian International Conference on Advances in Education, Teaching & Technology

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Toronto, Kanada (2022. június 25-26.)

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Kelt: Budapest, 2022. december 31.



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## CERTIFICATE OF PRESENTATION



THIS IS TO CERTIFY THAT

Szilvia, Erdeimé Készárki-Gally PhD

HAS PRESENTED A PAPER ON

*"A Systematic Literature Review of the Psychological Well-Being of Students by*

*Prisma Method"*

AT THE

**6<sup>TH</sup> CANADIAN INTERNATIONAL CONFERENCE ON  
ADVANCES IN EDUCATION, TEACHING & TECHNOLOGY 2022  
(EDUTEACH2022)**

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**PAPER PROCEEDINGS**

**Unique Conferences Canada Publication  
Toronto, Canada**



***Published by Unique Conferences Canada***

Unique Conferences Canada  
Suite 2201, 250 Young Street,  
ON M5B 2L7  
Canada  
info@uniqueca.com  
www.uniqueca.com

Published Online in Canada  
September 2022

**ISBN 978-1-988652-51-1**

ISBN 978-1-988652-51-1



9 781988 652511

@UCC September 2022  
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## A Systematic Literature Review of the Psychological Well-being of Students by the PRISMA Method

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### Abstract

*For first-year students, university opens door to a new world, successfully applying and starting university is one of the most decisive moments of their lives. Once at university, a student spends almost half of their days at the institution during their higher education. During this time, lectures, seminars, works in various group projects are attended, a network of contacts and university experiences are gathered. However, a significant proportion of students also need to generate the necessary resources to earn a living in addition to studying. Therefore, they will be both new students in higher education and new entrants to the labour market, which means that they will have to meet both needs at the same time.*

*Psychological well-being is one of the most important research areas in positive psychology, but adolescents are not expected to have fully developed the components of psychological well-being at an early age. We think that the preservation and improvement of students' mental health should be in the major focus of attention for all higher education institutions. In our view, improving the psychological well-being of students should be a priority for any higher education institution that wants to attract high achieving students and maintain a high position in national and international rankings of higher education. With the review of the literature of psychological well-being of students by PRISMA method, our main goal is to organise and synthesize the articles published in the Web of Science database in recent years.*

**Keywords:** *Mental health, Positive psychology, PRISMA model, University*

### Introduction

Researchers began to occupy themselves with quality production of literature processing. Quality production of literature processing began to occupy researchers in the 1990's. In an article in 1995, Daryl Bem describes in detail the steps to take if one wants to make a review of the literature in the Psychological Bulletin (Bem, 1995). The Quality of Reporting of Meta-Analysis (QUOROM) standards were developed at a health conference in 1996. Thirty clinicians, researchers, and statisticians were asked to develop a standardized model that includes all checkpoints that can be used to perform a meta-analysis to help systematically review health interventions. Later, in 2009, QUOROM was updated and now it is named as 'Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA)' (Moher et al., 1999; Liberati et al., 2009; Fenyvesi and Vágány, 2020).

This method is a systematic, comprehensive processing of the literature in a given field. PRISMA aims to help authors improve the reporting of systematic reviews and meta-analyses (Moher et al., 1999; Liberati et al., 2009). The method has since become more and more popular in other disciplines. According to Moher and co-authors (2009: nd): 'A systematic review is a review of a clearly formulated question that uses systematic and explicit methods to identify, select, and critically appraise relevant research, and to collect and analyse data from the studies that are included in the review.' The purpose of the literature

review is to present changes in the selected topic over a period of time and / or to summarize current knowledge of the topic. In this way, it provides the reader with an overview of the development of research results in the given field.

## Method and Materials

A quantitative systematic review was conducted to estimate the global prevalence of anxiety and fear among university students during the COVID-19 pandemic. A systematic search of cross-sectional studies was conducted on the Web of Science database using PRISMA guidelines in May 2022. A literature review synthesizes the results of several primary literatures to present coherent criteria on a particular topic or area of research to predict what research directions are needed in the discipline under study (Liberati et al., 2009; Page et al., 2021).

The PRISMA Statement consists of a 27-item checklist and a four-phase flow diagram (Moher, 2009). The PRISMA flow diagram demonstrates screening method for articles (Figure 1). It maps out the number of records identified, screened, included and excluded, and the reasons for exclusions.

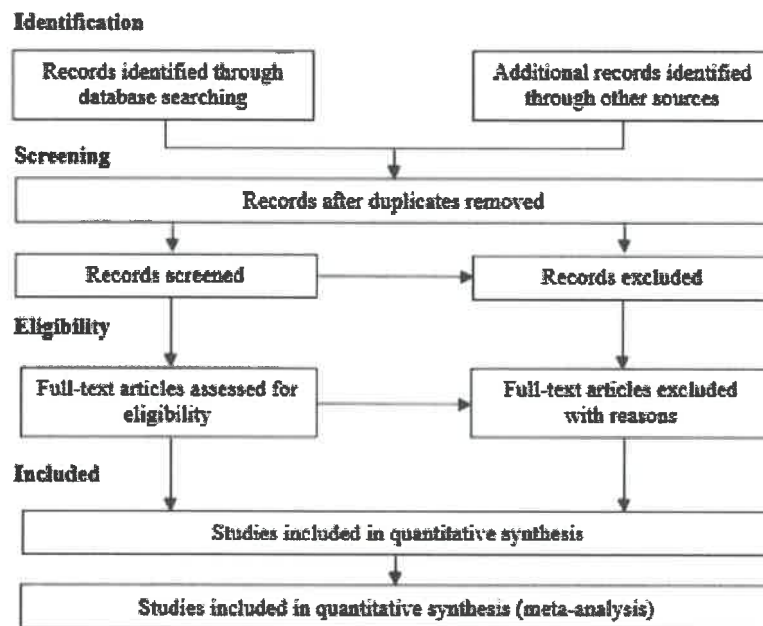


Figure 1. PRISMA flow diagram

Source: Moher (2009)

In our literature review on mental health of university students, we have aimed for completeness. The following 10 rules developed by Pautasso (2013) were used in the research.

1. Defining a topic and audience.
2. Searching and re-searching the literature.
3. Taking notes while reading.
4. Choosing the type of review.
5. Keeping the review focused but making it of broad interest.
6. Being critical and consistent.

7. Finding a logical structure.
8. Making use of feedback.
9. Including our own relevant research but being objective.
10. Being up-to-date.

The input factors of literature included in our analysis are as follows:

1. The Web of Science database was used to search the international literatures.
2. The search was carried out in May 2022.
3. The language of publications included in the analysis is English.
4. Only scientific articles were included.
5. The articles were published between 2019 and 2021.
6. The full publication must be available (directly or indirectly).

## Results and Discussion

Through the process of searching, the numbers of records have steadily decreased. The literature searching consisted of several steps. The first search term was the mental health. As shown in Figure 2, the number of records identified through database searching was 184,132 publications. Since only the Web of Science database was used, the number of additional records identified from other sources was 0. In the second step of the literature review process, we have defined our new selection criteria. The well-being, COVID and students terms were included as search criteria. The number of records identified through database searching was 347. The sexual, gender and employee terms were excluded as search criteria. The total number of excluded records was 52. We excluded publications that were not journal articles, so 29 articles were excluded. Only full-text, open access journal articles were selected. With this restriction, 43 articles were excluded. After the full-text articles assessed for eligibility, 223 records were accepted.

### Identification

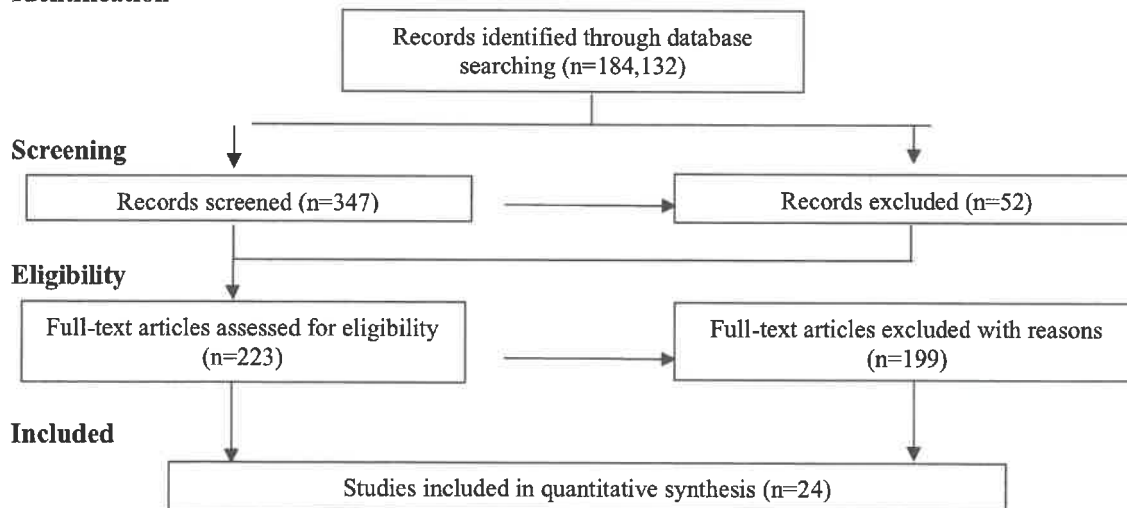


Figure 2. PRISMA flow diagram

Source: author's own research

In the next step, the irrelevant articles were excluded by titles and abstracts of publications (n=199). Thus, the number of studies included in quantitative synthesis was 24 (Table 1).

Finally, the synthesis of these international scientific publications was carried out. To sum up, at the end of 2019, the COVID-19 coronavirus outbreak appeared in China and then spread to all the continents. The disease since its first detection in China in 2019 spread to over 200 countries in the world. The emergence of pandemic and its consequences have led to fears, anxieties and distress among individuals worldwide. Increasing competition in higher education and the changing environment make it clear to more and more higher education institutions that protecting the mental health and psychological well-being of their students, staff and faculty will be essential to ensure long-term student and faculty satisfaction.

The majority of the 24 publications reviewed agree that the mental health in public upper education (college, university) have become increasingly important over the last 3 years. As can be seen from the table, the selected literature comes from all over the world, as COVID-19 has led to new teaching methods in almost all countries due to partial or complete closures. It can be concluded that the same problems are encountered by higher education institutions and university students worldwide, as can be seen from the publications.

Table 1. PRISMA results

|     | <b>Authors</b>            | <b>Publ. year</b> | <b>Article title</b>                                                                                                                                                                                     |
|-----|---------------------------|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.  | Ahammed B. et al.         | 2021              | Exploring the association between mental health and subjective sleep quality during the COVID-19 pandemic among Bangladeshi university students                                                          |
| 2.  | Bartos L.J. et al.        | 2021              | Developing resilience during the COVID-19 pandemic: yoga and mindfulness for the well-being of student musicians in Spain                                                                                |
| 3.  | Bolatov A.K. et al.       | 2021              | Online or blended learning: the COVID-19 pandemic and first-year medical students' academic motivation                                                                                                   |
| 4.  | Browning M.H.E.M. et al.  | 2021              | Psychological impacts from COVID-19 among university students: Risk factors across seven states in the United States                                                                                     |
| 5.  | Cobo-Rendon R. et al.     | 2020              | Perceived social support and its effects on changes in the affective and eudaimonic well-being of Chilean university students                                                                            |
| 6.  | Eden A.L. et al.          | 2020              | Media for coping during COVID-19 social distancing: stress, anxiety, and psychological well-being                                                                                                        |
| 7.  | Egcas R.A. et al.         | 2021              | After over a year of pandemic: mental well-being and life satisfaction of Filipino college students                                                                                                      |
| 8.  | Finnerty R. et al.        | 2021              | Extra-curricular activities and well-being: results from a survey of undergraduate university students during COVID-19 lockdown restrictions                                                             |
| 9.  | Fuller K.A. et al.        | 2020              | A paradigm shift in US experiential pharmacy education accelerated by the COVID-19 pandemic                                                                                                              |
| 10. | Hagedorn R.L. et al.      | 2021              | My entire world stopped: college students' psychosocial and academic frustrations during the COVID-19 pandemic                                                                                           |
| 11. | Huang L. and Zhang T.     | 2021              | Perceived social support, psychological capital, and subjective well-being among college students in the context of online learning during the COVID-19 pandemic                                         |
| 12. | Kecojevic A. et al.       | 2020              | The impact of the COVID-19 epidemic on mental health of undergraduate students in New Jersey, cross-sectional study                                                                                      |
| 13. | Li H. et al.              | 2021              | COVID-19 and pretentious psychological well-being of students: a threat to educational sustainability                                                                                                    |
| 14. | Loda T. et al.            | 2020              | Medical education in times of COVID-19: German students' expectations - A cross-sectional study                                                                                                          |
| 15. | Lopes A.R. and Nihei O.K. | 2021              | Depression, anxiety and stress symptoms in Brazilian university students during the COVID-19 pandemic: Predictors and association with life satisfaction, psychological well-being and coping strategies |

|     |                           |      |                                                                                                                                                                                          |
|-----|---------------------------|------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 16. | Marzoli I. et al.         | 2021 | Effects of emergency remote instruction during the COVID-19 pandemic on university physics students in Italy                                                                             |
| 17. | Oducado, R.M.F. et al.    | 2021 | Personal resilience and its influence on COVID-19 stress, anxiety and fear among graduate students in the Philippines                                                                    |
| 18. | Peixoto E.M. et al.       | 2021 | The role of passion for studies on academic procrastination and mental health during the COVID-19 pandemic                                                                               |
| 19. | Plakhotnik M.S. et al.    | 2021 | The perceived impact of COVID-19 on student well-being and the mediating role of the university support: evidence from France, Germany, Russia, and the UK                               |
| 20. | Schindler A.K. et al.     | 2021 | A longitudinal investigation of mental health, perceived learning environment and burdens in a cohort of first-year German medical students' before and during the COVID-19 'new normal' |
| 21. | Schwartz K.D. et al.      | 2021 | COVID-19 and student well-being: stress and mental health during return-to-school                                                                                                        |
| 22. | Spasovski O. and Kenig N. | 2021 | Psychological well-being in students during self-isolation due to the COVID-19 pandemic                                                                                                  |
| 23. | Varadarajan J. et al.     | 2021 | Biomedical graduate student experiences during the COVID-19 university closure                                                                                                           |
| 24. | Wu J. et al.              | 2021 | Flow as a key predictor of subjective well-being among Chinese university students: A chain mediating model                                                                              |

Source: author's own research (or: compilation)

## Conclusions

When we want to do scientific research, we need to show that our topic has contribution. To justify that we are contributing to the current body of knowledge we need to do a good literature review. If we do a good literature review then, we can find the gaps that we do not know. Thus, to identify what we do not know, first we need to know what we know. In other words, how we know what we know, we need to do literature review. In our research, a quantitative systematic review was conducted to estimate the global prevalence of anxiety and fear among university students during the COVID-19 pandemic. A systematic search of cross-sectional studies was conducted on the Web of Science database using PRISMA guidelines in May 2022. It is important to note that further research is needed to obtain results that are more detailed.

To sum up, it can be concluded that the same problems are encountered by higher education institutions and university students worldwide, as can be seen from the publications. Some of the students are severely affected and need rapid and immediate help to improve their mental health and psychological well-being. A review of the academic literature suggests that mental health and life skills advisory networks operate very differently across universities and that students and staff attach different levels of importance to mental health.

## Acknowledgments

The authors say thank for the National Research, Development and Innovation Office (Hungary) (MEC\_R\_21) for their support (MEC\_R\_141160).

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**ABSTRACTS**

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## **Mental Health and Psychological Wellbeing in the Hungarian Higher Education in Economy**

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In our study we focus on the mental health of first-year students in higher education in economics, which is a relevant topic worldwide and also in Hungary. University is the gateway to a new world for the 18-20-year-old students: many of them consider the successful admission and the start of their university studies as one of the most important moments in their lives. Young people leaving secondary school enter a new phase in their lives. It is also an important stage in the journey to adulthood, which is not experienced in the same way by all young people. The process of becoming independent from the family will accelerate and an independent self-image will emerge. The familiar friends and peers from secondary school no longer provide security: new relationships and alliances are formed in a new, unfamiliar environment, and a new way of life becomes dominant.

From time-to-time universities are evaluated by different rankings and one important indicator is performance. High performance is associated with high mental health indicators, not only in sport but also in learning and work.

In our study, we present the situation of Hungarian higher education in the field of economics, and then based on literature sources we identify the most important characteristics of the age group under study.

Having university websites analysed, we explore the network of mental health, life management and psychological counselling services in Hungarian higher education institutions and also introduce the programmes they offer to support students' mental health.

**Keywords:** *Mental health, Hungarian higher education in economy, Life management and psychological counselling services, Emerging adulthood*

## **A Systematic Literature Review of the Psychological Well-Being of Students by Prisma Method**

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For first-year students, university opens door to a new world, successfully applying and starting university is one of the most decisive moments of their lives. Once at university, a student spends almost half of their days at the institution during their higher education. During this time, lectures, seminars, works in various group projects are attended, a network of contacts and university experiences are gathered. However, a significant proportion of students also need to generate the necessary resources to earn a living in addition to studying. Therefore, they will be both new students in higher education and new entrants to the labour market, which means that they will have to meet both needs at the same time.

Psychological well-being is one of the most important research areas in positive psychology, but adolescents are not expected to have fully developed the components of psychological well-being at an early age. We think that the preservation and improvement of students' mental health should be in the major focus of attention for all higher education institutions. In our view, improving the psychological well-being of students should be a priority for any higher education institution that wants to attract high achieving students and maintain a high position in national and international rankings of higher education.

With the review of the literature of psychological well-being of students by PRISMA Method, our main goal is to organise and synthesize the articles published in the Web of Science, Google Scholar database in recent years.

**Keywords:** *Mental health, Positive psychology, Prisma Model, University*