Subjective Well-Being of Adolescents in Luxembourg, Germany, and Brazil During the COVID-19 Pandemic

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## Sample

The sample is composed of 1,515 adolescents between 10 and 16 years, from Luxembourg (n = 397), Germany (n = 456), and Brazil (n = 662). The mean chronological age of the entire sample was 12.8 years (standard deviation = 1.93 years) and 58% were girls.
(Pascale M. J. Engel de Abreu, Ph.D., Sascha Neumann, Ph.D., Cyril Wealer, Ph.D., Neander Abreu, Ph.D., Elizeu Coutinho Macedo, Ph.D., and Claudine Kirsch, Ph.D., 2021, page 2)

## Implications For Educators About

School innovation

# Abstract

Purpose: This study explores adolescent well-being during the first wave of the COVID-19
pandemic in two high-income countries from Europe and one middle-income country from
South America. The aim is to investigate the correlates of different dimensions of subjective wellbeing
in 10- to 16-year-olds from different cultural contexts.
Methods: An online, self-report questionnaire was completed by 1,613 adolescents in Luxembourg,
Germany, and Brazil between May and July 2020. The outcome variables were measures of life
satisfaction and emotional well-being during the COVID-19 pandemic. The study included a range
of sociodemographic, interpersonal, and intrapersonal covariates. Data were analyzed using
descriptive statistics and latent variable structural equational modeling.
Results: A two-factor model of subjective well-being, consisting of life satisfaction and emotional
well-being latent constructs, fitted well with this sample data for Luxembourg, Germany, and
Brazil. Results showed that gender, socioeconomic status, intrapersonal factors, quantity and type
of schoolwork, and relationships with adults were important common predictors of individual
differences in subjective well-being during COVID-19. Fear of illness emerged as the strongest
correlate of emotional well-being across the three countries.
Conclusions: This study indicates that girls and adolescents fromlow-income homesmay be especially
vulnerable to negative secondary impacts of COVID-19 that can affectmental health. It identified several
common correlates of subjective well-being in adolescents from different cultural settings, including
factors thatmay be changeable, such as the following: theway adults listen to adolescents, schoolwork
during distant learning, and fear of illness. Findings can inform the development of quality interventions
for promoting thewell-being of adolescents during a global pandemic.

# Outcome

On the SWB (subjective well-being) variables form Luxembourgish participants had the highest scores and were significantly higher than those from Brazilian participants (German participants were placed in the middle).
“Nine significant predictors were common for the three countries: gender, life satisfaction before the pandemic, fear of illness, satisfaction with freedom, difficulty/quantity of schoolwork, content of schoolwork, passive activities, cultural possessions, and satisfaction with the way adults listen. Additionally, screen time was a significant predictor for the Luxembourg sample”
(Pascale M. J. Engel de Abreu, Ph.D., Sascha Neumann, Ph.D., Cyril Wealer, Ph.D., Neander Abreu, Ph.D., Elizeu Coutinho Macedo, Ph.D., and Claudine Kirsch, Ph.D., 2021, page 4)

Screen time during the pandemic for Luxembourg: M = 4.52 (1.52), for Germany: M = 4.41 (1.50), for Brazil: M = 4.96 (1.57) F(2, 1.508) = 28.32, p