

Exploring the Path to Self-Actualization: A Study on Youth Development and Well-being

Shazia Inayat Ali*¹, Anjum Bano Kazimi², Rozina Ruknuddin Sewani³

¹*Assistant Director QEC/ Edu Dept., Jinnah University for Women, Karachi, Sindh, Pakistan.

²Professor/Head of the Department, Education & Social Sciences, Iqra University, Karachi, Sindh, Pakistan.

³Assistant Professor, Department of Education, Iqra University, Karachi, Sindh, Pakistan.

Corresponding author: shazia.ali@juw.edu.pk

Keywords: Self-Actualization, Youth Development, Well-Being, Education

DOI No:

<https://doi.org/10.56976/rjsi.v6i1.208>

This study is focused on figuring out the effects of family, peers, and culture on discovering self, and the perception of young people about self-actualization. The problem of the study was that young people faced barriers to understanding their selves by looking at different phenomena. Due to this, they are unable to improve their lives and encounter many difficulties such as dealing with daily life problems, understanding the perceptions of others, and conflict when dealing with society (Sarici, 2018). The current study is based on Qualitative research, the study approach was inductive. The sample size was 10 participants and was selected through the purposive sampling method, the data was analyzed through the thematic approach. The highlighted themes focused on Youth empowerment require holistic development, providing students with confidence and balanced personalities that contribute to their community and society in the future. Problem-Based Education is the practical approach to the achievement of the above goals. The parental nurturing styles and peer support also contribute to youth empowerment and in their future.

1. Introduction

Everybody goes through major changes we're making large shifts in how we feel, who we convene with, and how we think; this journey of changing from a young person into an adult is significant and has a special name: self-actualization.

The idea of self-actualization based on a person's realization and fulfillment of their unique potential is central to this developmental trajectory. It is crucial to comprehend the significance of self-actualization in youth development to inform interventions, educational strategies, and policy decisions that promote young people's holistic development. The critical role that self-actualization plays in the development of young people highlights knowledge gaps about the variables that impact this complex process (Compton, 2018).

According to Abraham Maslow "self-realization," which alludes to the most noteworthy phase of mental development at which individuals work to understand and live up to their intrinsic potential. Self-completion fills in as a directing apparatus inside the domain of juvenile development, controlling people towards a more profound comprehension of their character, values, and yearnings. This cycle involves consolidating one's interests, capacities, and abilities into a brought-together self-character to lay the basis for a significant and intentional presence (Hanley and Abell, 2002). Self-realization is significant for youngsters' advancement since it can assist them with becoming tough, genuinely sound, and global.

The mission of self-realization turns into a rousing component that empowers youngsters to conquer snags and immediately jump all over opportunities for improvement as they arrange the intricacy of character development and cultural assumptions. Moreover, youngsters who have accomplished self-completion are better able to oversee connections, use sound judgment, and genuinely take part in their networks. Understanding the components that influence youth self-completion is basic for instructors, analysts, administrators, and common people. Understanding the intricacies of this formative cycle will empower partners to plan mediations that help every youngster's remarkable potential and create an environment that is strong for self-improvement (Montgomery, 2020).

Although self-actualization is commonly recognized as important for teenage development, there are still large gaps in our knowledge of the variables that help and impede this transforming process. A prominent deficiency is the scant focus on the interplay between contextual and individual elements. The literature now in publication frequently places too much emphasis on internal psychological dynamics while leaving out important external factors that significantly shape juvenile experiences.

Almost inevitably, we see how not considering different lifestyles or how we're all not starting from the same location can end up with us misunderstanding what young people go through to find themselves. Getting this right is extremely important to come up with wisdom and

ways to help consider what life is like for all individuals (Jan et al., 2017; Purwaningsih & Gulö, 2021).

1.1 Background of Study

Contemporary society places significant emphasis on the pursuit of personal development and satisfaction of individuals. The aspiration to achieve maximum capabilities and discover purpose in life represents the core objective of humanistic psychology, a field notably influenced by Abraham Maslow. The core concept known as self-actualization is a widely recognized fundamental principle. While self-actualization has been thoroughly examined in fields such as psychology, education, and sociology, its significance in the progress and welfare of adolescents continues to be a subject under current debate (D'Souza & Gurin, 2016; Gallardo-Nieto et al., 2021).

Numerous substantial psychological, physiological, emotional, and social transformations transpire during adolescence and adulthood. At this juncture, individuals are endeavoring to discern their identity, navigate the realms of autonomy, and conform to the assorted social and cultural expectations imposed on them.

Maslow proposed a sequential arrangement of desires, commencing with fundamental physiological requirements such as sustenance and lodging at the foundation, and culminating in higher-level aspirations such as affiliation, recognition, and self-actualization at the pinnacle. While meeting fundamental requirements is essential, reaching one's full potential is the pinnacle of human achievement (Greene & Burke, 2007; Aguilin & Racelis, 2021).

Maslow's Order of Requirements capabilities as a broad hypothetical design that offers significant viewpoints on the movement towards self-completion Current viewpoints on adolescent growth emphasizes the significance of holistic strategies that recognize the interrelated nature of different areas of operation The core of Positive Youth Development (PYD) models revolves around nurturing the competence, self-assurance, relationships, moral values, and compassion of young individuals. Within this paradigm, self-actualization is perceived as a critical outcome of healthy youth development, representing the pinnacle of efforts to refine skills, pursue life goals, and leave a meaningful impact on society (Barlóg, 2023).

When considering the process of young individuals attaining their maximum capabilities, the socio-cultural environment holds equal significance alongside individual characteristics. The agency and opportunities for exploration among adolescents, and their access to resources, are influenced by societal norms, cultural expectations, economic circumstances, and institutional frameworks. Differences in these perspectives could introduce difficulties for minimized teenagers, frustrating their capacity to understand their maximum capacity and seek self-completion.

In addition, the environment of youth development has changed due to technological and globalization advancements, which have brought both new possibilities and new difficulties in an unprecedented manner, individuals have increased opportunities to articulate their thoughts, acquire knowledge, and engage in virtual societies due to the extensive presence of digital connectivity. However, this occurrence presents young individuals with vulnerabilities like cyberbullying, harassment, and prolonged screen time, all of which can negatively impact them and impede their path to self-discovery (Middaugh et al., 2017; Rains, 2022).

1.2 Research Questions

1. What are the impressions of youth concerning self-acknowledgment, and how do these insights connect with their personal growth and general prosperity?
2. What part does family play in youth development in terms of identifying self-actualization, and how do these interactions affect a person's general well-being?
3. What effects do social networks and peer interactions have on young people's journey toward self-actualization, and how are these effects related to general well-being?
4. How cultural element influence and distinct young populations interpret self-actualization, and how do these elements influence the differences in pathways to well-being throughout cultural contexts?

2. Literature Review

Abraham Maslow popularized the phrase "self-actualization," which is the highest level in the hierarchy of human needs. It stands for the achievement of each person's particular potential, which includes the pursuit of personal development, fulfilling experiences, and a deep comprehension of oneself. Psychologists, academics, and researchers have been fascinated by self-actualization for many years, and as a result, there is a wealth of literature that examines its definition, assessment, and consequences for human development (Nagarathna & Sreenivas, 2021).

Maslow's order of requirements fills in as the establishment for his concept of self-completion, which is the apex of mental development. Self-completed individuals, as per Maslow, are individuals who have an overwhelming inclination for independence, innovativeness, critical thinking abilities, and a nearby bond with their internal goals. Be that as it may, the thought has created past Maslow's underlying conceptualization, with present-day scientists featuring the dynamic and complex person of self-completion.

Because self-actualization is subjective and abstract, measuring it can be difficult. Maslow's Scale of Needs is one of the most famous self-report scales used in early attempts to



quantify this notion. Critics counter that social desirability biases could have an impact on self-report measurements. Objective metrics like life-satisfaction surveys, positive psychology evaluations, and behavioral indicators of flourishing are examples of recent innovations. In modern research, integrating both subjective and objective metrics is still crucial (Skirrow & Perry, n.d.).

One of the main themes of the literature is understanding the elements that either support or obstruct self-actualization. Self-actualization is facilitated by internal elements such as cognitive processes, emotional regulation, and personality attributes like resilience and openness. An individual's path to self-actualization is also greatly influenced by external variables such as social support networks, educational possibilities, cultural influences, and socioeconomic status. Culture introduces differences in values, objectives, and the meaning of a fulfilled life, which in turn impacts how self-actualization is perceived and pursued. collectivist social orders might put a higher worth on reliance and social prosperity than individualistic societies do on private achievement and freedom It is imperative to comprehend these cultural subtleties to formulate a thorough and culturally aware understanding of self-actualization (Marks, 1979).

The discourse on self-actualization has been further enhanced by the advent of positive psychology. Academics who have studied human strengths and virtues, such as Martin Seligman, have broadened the scope of the field beyond disease. Positive brain science intercessions have been related to work on self-completion and general prosperity. These intercessions incorporate qualities-based techniques, care activities, and appreciation diaries (Seligman and Csikszentmihalyi, 2000).

The idea of self-actualization is not without its detractors, despite its popularity. The hierarchical nature of Maslow's hierarchy of needs has been contested, with some contending that it oversimplifies the complexity of human motivation. Furthermore, it has been accepted that Maslow's original research contained cultural bias, which has prompted requests for a more inclusive and diverse understanding of self-actualization.

The literature on self-actualization offers a comprehensive analysis of this intricate phenomenon. The notion of self-actualization has been nuanced by scholars who have contributed to its conception, assessment, and range of impacting elements. As the field develops further, taking into account insights from positive psychology, and cultural perspectives, and addressing obstacles and critiques, researchers are in a better position to understand how people strive for and realize their full potential in a variety of settings and life stages. This continuing conversation has a lot of potential to guide interventions, teaching strategies, and legislative initiatives that support people's holistic development from a variety of backgrounds and experiences.

A complex and transforming process, youth development is closely related to the idea of



self-actualization. This review sheds light on how events and interventions during formative years impact the path toward realizing one's full potential by examining the dynamic relationship between youth development and self-actualization.

The physical, mental, social, and emotional development of people as they move from adolescence to adulthood is referred to as youth development. Numerous ecological systems, including families, peer groups, schools, towns, and larger societal influences, lay the groundwork for this process. These surroundings have a significant impact on how young people develop their values, abilities, and goals (Rich, 2001).

The formation of a personality and the quest for independence are essential parts of youth advancement. Teenagers set out a way towards self-revelation as they clear their path through the examination of jobs and values. The development of a strong feeling of personality, which is essential for self-realization, is worked with by this exploratory period. Youth growth is greatly impacted by educational surroundings, which also aid in the acquisition of knowledge and skills. A sense of competence and mastery can be fostered by good educational experiences, understanding teachers, and chances for personal development. This paves the way for the pursuit of self-actualization through ongoing learning and success.

One important factor influencing young people's development is the caliber of their social connections, both with their peers and with their families. Interpersonal skill development, risk-taking, and exploration are all made safer by supportive connections. These connections support the emotional health required for people to set out on their path to self-actualization.

Understanding the connection between youth development and self-actualization is made easier with the help of the Positive Youth Development (PYD) framework. PYD places a strong emphasis on developing competencies, confidence, connection, character, and caring exactly the qualities that Maslow identified as characteristics of self-actualized people (Barlóg, 2023). Building coping mechanisms and resilience in youth is part of youth development, as these are vital for overcoming life's unavoidable obstacles and disappointments. Having the resilience to overcome setbacks and turn misfortune into an opportunity is part of the psychological toughness needed to pursue self-actualization.

Cultural influences have a big impact on how young people develop and strive for self-actualization. Young people's priorities and paths are influenced by cultural values, societal expectations, and the available resources. Understanding the many paths to self-actualization in various situations requires an awareness of these cultural quirks.

Self-actualization is a common component of effective interventions and programs created to support youth development. Young people are empowered to realize their full potential through efforts that promote a growth mindset, positive psychology interventions, and mentoring programs.

There is a reciprocal relationship between self-actualization and youth growth; each shapes

and influences the other. The early years' experiences, connections, and interventions set the stage for the quest for self-actualization, a path entailing ongoing development, identity creation, and competency building. Consequently, recognizing and supporting positive youth development is crucial for equipping young people not just for the rigors of adulthood but also for realizing their full potential in the quest for self-actualization (Johnson, 2015).

The concepts of self-actualization and well-being are fundamental to the study of human flourishing and ideal growth. The interaction between these two concepts is investigated in this research review, along with the ways that self-actualization enhances general well-being. The integration of studies from many fields clarifies the complex interrelationships between these occurrences and their consequences for the well-being of individuals and society.

A person's overall state of being is a multifaceted concept that includes many different facets of their life. According to Ruff and Keyes, psychological well-being encompasses elements like self-acceptance, positive relationships with others, environmental mastery, personal progress, autonomy, and a purpose in life. Conversely, an individual's total life satisfaction, positive affect, and lack of negative affect are all components of subjective well-being. Together, these aspects offer a thorough assessment of a person's well-being.

Based on Maslow's hierarchy of requirements, self-actualization is frequently seen as a crucial element of general well-being. Self-actualized people, according to Maslow, are people who live lives that are in line with their values and passions and who reach their maximum potential. The mission for self-completion is seen as an extraordinary encounter that incorporates imagination, self-improvement, and a solid feeling of direction which are all fundamental for further developing prosperity overall. Concentrates in the field of positive brain science exhibit the connection between self-completion and mental prosperity. People with high psychological well-being scores frequently display characteristics linked to self-actualization, such as a strong sense of self, wholesome relationships, and a dedication to personal development. Pleasant psychology therapies that aim to improve well-being frequently use self-actualization concepts, which emphasize strengths, pleasant emotions, and the pursuit of meaningful objectives. The connection between life fulfillment, positive effect, and self-realization has been broadly investigated in the domain of examination of abstract prosperity. Observational examinations have uncovered a good association between self-realization and emotional prosperity, recommending that people who take part in self-awareness and accomplish satisfaction are more disposed to encounter sensations of fulfillment and joy. The emotional view of carrying on with a significant and satisfying life gives off an impression of being personally connected to the quest for self-realization.

In the field of positive psychology, interventions crafted to improve well-being frequently encompass components that align with the principles of self-actualization. Approaches directed at nurturing well-being and self-actualization commonly feature activities that encourage

introspection, establishment of goals, and enhancement of personal strengths. These interventions aim to enable individuals in their pursuit of optimal functioning by acknowledging the interconnectedness of these concepts.

Contextual and cultural variables impact the link between self-actualization and wellbeing. The search for self-actualization and the expression of well-being are shaped by cultural values and societal expectations. Differences in cultural viewpoints draw attention to the necessity of a sophisticated understanding that recognizes various paths to flourishing in various situations (Nagarathna & Sreenivas, 2021).

3. Research Methodology

The review "Exploring the Path to Self-Actualization: A Study on Youth Development and Well-being" utilizes a subjective examination procedure that expects to propose top to bottom bits of knowledge into the encounters, discernments, and factors impacting youngsters' excursion towards self-actualization. This study utilized a phenomenological technique to explore youngsters' self-perception and the influence of culture, family, and peers in the development of self-actualization (Greening, 2019). The study is based on an inductive approach and focused on research questions. The research strategy was based on a survey method and semi-structured interviews were used to gather information, the methodology was based on a Qualitative type of research, and the data was analyzed through a thematic analysis (Jain, 2021).

Data gatherings were analyzed to assist with recognizing normal subjects and investigating shared encounters. Ten individuals were selected for interview as a sample for the study. The thematic analysis includes the collections, recording of the interviews, coding, information acclimation, and focused common themes (Roldugin, 2023). Throughout the research procedure, ethical considerations were given top priority. These included getting informed consent, maintaining participant confidentiality, and resolving potential imbalances between the researcher and participants (Rani & Sharma, 2012).

4. Data Analysis

4.1 Theme1: Function in Self-Actualization and Well-Being for Individual Perception and Personal Development

The course of ceaselessly working on one's capacities, information, and abilities to achieve individual goals and carry on with a seriously fulfilling life is alluded to as self-improvement. It incorporates a scope of perspectives, including physical, social, close-to-home, and scholarly prosperity.

A person's interpretation and understanding of their experiences, relationships, and environment are all aspects of their perception. It is influenced by prior experiences, attitudes, values, and beliefs. While negative perceptions can impede personal development and self-

actualization, positive and constructive perceptions can support resilience, a feeling of purpose, and general well-being.

A sense of authenticity and purpose are fundamental components of self-actualization, and they depend on this alignment. A dedication to one's growth cultivates an attitude of perpetual learning and adjustment. Accepting new information and abilities enhances general well-being by fostering a sense of competence and mastery.

Through self-awareness, individuals can work on their ability to appreciate people on a profound level, which will assist them with better figuring out others, dealing with their feelings, and structuring profound associations.

By and large life fulfillment is straightforwardly connected with close-to-home prosperity. People who take part in self-improvement are better prepared to deal with hindrances and disappointments with strength. Strength is vital for supporting prosperity under attempting conditions. Self-reflection is empowered by both individual points of view and self-improvement. Accomplishing self-completion requires figuring out oneself, tolerating one's gifts and deficiencies, and laying out sensible goals.

The combination of personal growth and unique perspective forges a strong basis for well-being and self-actualization. Youth can improve their general sense of fulfillment and happiness in life by actively participating in their development and fostering positive views. Families and the Educational system are required to play their role in developing the high criteria for the achievement of self-actualization goals.

4.2 Theme 2: Family ties are very important in determining one's route to self-actualization.

During a child's formative years, the relationships within the family are extremely important in determining the path to self-actualization. The dynamics in a family setting have a significant effect on a person's general well-being.

Emotional stability is a foundation that supportive family contexts offer, and it is necessary for seeking self-actualization and identity exploration. Youth who grow up in unique and expressive families feel more independent and self-assured.

Families habitually grant moral and social qualities to their youngsters, which shapes their feeling of direction and fills in as an ethical compass on the way to self-realization. Families that put a high worth on training and scholarly development give their kids a steady climate in which to investigate their inclinations and procure new capacities, which assists them with turning out to be more self-realized. A feeling of self-improvement is cultivated by strong familial relations that advance interest and the examination of numerous open doors. But sometimes the lack of attachment due to any reason effects on child's personality and develop a sense of insecurity.



Family types and culture also effect on people's personalities and due to a strict environment people are unable to think about their present and future. Family love, security, strong communication, and an empathic environment are necessary for the achievement of self-understanding.

4.3 Theme 3: Interpersonal organizations and companion connections are significant elements that influence youngsters' excursion towards self-completion.

Informal communities and friend communications are significant elements that influence youngsters' excursion towards self-completion. Peer connections and cooperation support numerous features of human development. However, the discussion point is to evaluate the friend circles and their intentions.

Social learning happens when individuals notice and draw in with each other to get new ways of behaving, abilities, and points of view. Collaborating on projects and participating in group activities with colleagues promotes collaboration and communication skills, which are beneficial for both professional and personal growth. But sometimes it is difficult due to the lack of a support system from the educational or social environment.

Peer interactions are important for the discovery and growth of one's own identity. Young people frequently discuss various facets. when people interact with their peers these interaction connections can provide helpful criticism, which promotes personal cognition development that is the point when people learn the acceptance of their self and see the realities about their self and the world around them. Support and constructive criticism help people become more self-aware and better. Peers create a network of support that extends beyond the family. This network can offer more tools and viewpoints, promoting a more comprehensive strategy for self-actualization.

Constructive peer competition can be an incentive or dangerous but it is necessary for the social development of the youth and the Higher educational system provides them a platform for the development of social skills in effective ways. Through a healthy competition environment, people are motivated towards self-improvement strategies by comparing their objectives and accomplishments with those of their supportive peer group.

4.4 Theme 4: Sense of Self-Actualization is influenced by cultural

People are influenced by culture and it shapes their views, opinions, and thoughts. These values aren't only for the show they actively guide what young people see as a success but also develop their understanding of the dreams they chase.

The journey of discovering ourselves is a complex process but culture facilitates people to find their selves which is a special way of figuring out identification. But nowadays in mixed cultures, it is not possible to follow the right path. Each culture provides a special, rare map to finding happiness and discovering ourselves, which affects everything from our goals to how we fit into society.



Culture also pressures people and modifies them that is the time when the sense of actualization helps people to see the right path of life especially in multicultural societies. Most of the time these pressures aren't discussed because of stress, anxiety, and social status. Social media is the main factor which changing the current situations of societies and their cultures.

5. Conclusion and Recommendations

The path to figuring out who we are and reaching our best version is a significant part of different characteristics, phenomena, content, things, and items. We know that our friends and family, with things in our culture play an enormous part. It is important to focus on how young people grow and what factors influence their personalities. We see that having support from our family, communication with friends, and the way our culture motivates us towards being our true selves need to be analyzed. Further, holistic development most urgent requirement for the future of youth.

A comprehensive understanding of these complex elements provides insight into the various routes that young people select to navigate the complex landscape of self-discovery and fulfillment. As the complexities of youth development continue to be untangled, it is becoming more and more obvious that nurturing environments, and diversity in familial, social, and cultural contexts are essential to supporting the next generation's well-being as they pursue self-actualization.

Discussing the quest for self-discovery, we see that multi-dimensional aspects contribute to shaping the personality and achievement of self. Our family plays an important part in discovering our journey to figuring ourselves out. They're like our guides, motivators providing us the initial motivation, comfort, direction, and details on right, and wrong, and shaping who we are. The support from family grounding us with values, beliefs, and a feeling of self that is key to getting to know who we are.

It's not only about family, our friends, or the community around us that forces us to self-finding. There's a whole world out there outside of home that influences us. Our peers can play a crucial part; they challenge myths we might blindly follow, and provide the emotional backup we need. Moreover, these peer relationships help us unlock new levels in speaking, relating to others, and managing to swim through society's complex sea of interactions an outright necessity for self-discovery.

Moreover, we can't ignore the large shadow society and our cultural setup cast on this process. Each culture has its own playbook rules, and expectations. This reality affects young people variably depending on their true selves, honoring the wide variety of experiences that motivate us towards the direction that helps us to realize our potential. These varying cultural backgrounds color the journey of youth growing, when we discuss figuring out self-amidst societal pressures, family influence, etc., all-encompassing affair effects. This discussion lays out the clear picture that reaching towards the adult stage of life allows us to find ourselves and motivate the

realization that involves a mix and match of influences from our inner impulses to outer forces like family, society, and our circle of peers.

Self-actualization is a multifaceted approach that involves the active participation of families, friends, culture, and society. The families need to understand the mental and emotional aspects of the child. Provide an open communicative environment, and proper checks and balances about the friend's circle which provide detailed information about the child. Society, social media, and families are the role models for the child and try to develop the youth empowerment program. Further, urgent need for quality enhancement to empower the youth, the education system promotes inquiry and problem-based teaching methods. The problem-based teaching methodology develops the cognition, effective, and psychomotor capability to think better. Parents' committees and connections with the educational institution are needed to promote in our society. Also, short courses, webinars seminars, guidance, and counseling sessions for the development of parents, teachers, and students to learn how to develop a good environment which helps to explore the self and find the right direction. Educational Institutions should step it up with their youth development programs.

6. References

- Aguiling, M. A., & Racelis, A. (2021). Virtuous leadership for the new normal: Identifying leadership virtues in a Philippine leadership program. *Philippine Academy of Management*, 4(1), 23-34.
- Barlóg, M. (2023). *The theory of positive youth development – Polish adaptation of the PYD-SF and PYD-VSF questionnaires*. 53(1). <https://doi.org/10.34766/fetr.v53i1.1146>
- Compton, W. C. (2018). *Self-Actualization Myths: What Did Maslow Say?* <https://doi.org/10.1177/0022167818761929>
- D'Souza, J., & Gurin, M. (2016). *The Universal Significance of Maslow's Concept of Self-actualization*. <https://www.researchgate.net/publication/303889840>
- Gallardo-Nieto, E. M., Espinosa-Spínola, M., Ríos-González, O., & García-Yeste, C. (2021). Transphobic violence in educational centers: Risk factors and consequences in the victims' wellbeing and health. *Sustainability*, 13(4), 1638.
- Greene, L., & Burke, G. C. (2007). *Beyond self-actualization*. 30(2), 25-39.
- Greening, N. (2019). *Phenomenological Research Methodology*. Retrieved from <https://doi.org/10.31364/SCIRJ/V7.I5.2019.P0519656>
- Hanley, S. J., & Abell, S. C. (2002). *Maslow and Relatedness: Creating an Interpersonal Model of Self-Actualization*. 42(4), 125-141. <https://doi.org/10.1177/002216702237123>
- Ivtzan, I., Gardner, H. E., Bernard, I., Sekhon, M., & Hart, R.. (2013). *Wellbeing through Self-Fulfilment: Examining Developmental Aspects of Self-Actualization*. 41(2), 55-69. <https://doi.org/10.1080/08873267.2012.712076>

- Jain, N. (2021). *Survey Versus Interviews: Comparing Data Collection Tools for Exploratory Research*. 26(2), 115-128. <https://doi.org/10.46743/2160-3715/2021.4492>
- Jan, M., Soomro, S. A., & Ahmad, N. (2017). *Impact of Social Media on Self-Esteem*. 13(23), 131-145.
- Johnson, A. (2015). *The Reciprocal Relationship Between Self and Social: The Impact of Individual Identity Development on National Identity*. *Sustainability*, XL(VIII), 115552
- Marks, S. (1979). Culture, Human Energy, and Self-Actualization: A Sociological Offering to Humanistic Psychology. 19(3), 15-31. <https://doi.org/10.1177/002216787901900308>
- Middaugh, E., Clark, L. S., & Ballard, P. J. (2017). *Digital Media, Participatory Politics*, Positive Youth Development. 140, 75-89. <https://doi.org/10.1542/PEDS.2016-1758Q>
- Montgomery, D. (2020). Trends in Creative Youth Development Programs. *Sustainability*, 31, 25-39.
- Mueller, M. K., Phelps, E., Bowers, E. P., Agans, J. P., Urban, J. B., & Lerner, R. M.. (2011). *Youth Development Program Participation and Intentional Self-Regulation Skills: Contextual and Individual Bases of Pathways to Positive Youth Development*. 34(6), 45-57. <https://doi.org/10.1016/J.ADOLESCENCE.2011.07.010>
- Nagarathna, M. L., & Sreenivas, D. (2021). Psychological Wellbeing of Self-Actualized and Non-Self-Actualized Individuals. *Sustainability*, 9, (4), 234942
- Purwaningsih, N., & Gulö, I. (2021). Representation of Reynhard Sinaga in Bbc News and the Jakarta Post. *Linguistics and Literature Journal*, 2(1), 50-61.
- Rains, C. L. (2022). *Exploring the Perceptions and Experiences of Middle and High School Teachers in an Independent PreK-12 School in North Carolina: A Qualitative Case Study* (Doctoral dissertation, Amridge University).
- Rich, G. J. (2001). *Positive Psychology: An Introduction*. Retrieved from <https://doi.org/10.1177/0022167801411002>
- Roldugin, I. (2023). *Thematic Analysis*. Retrieved from https://doi.org/10.1007/978-3-031-04394-9_72
- Sarici, S. (2018). Obstacles to Self-Actualization of College Students--*The Case of Gazi Faculty of Education*. 6(10), 135-148. <https://doi.org/10.13189/UJER.2018.061026>
- Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology, *An introduction*, 55(1), 69-82.
- Nagarathna, M. L., & Sreenivas, M. (2021). Psychological Wellbeing of Self-Actualized and Non-Self-Actualized Individuals. *International Journal of Indian Psychology*, 9(4), 115-131.