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Academic Stress, Procrastination, and Psychological Well-Being Among Youth: A Bibliometric Analysis of Global Research Trends

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ABSTRACT

Academic stress, procrastination, and psychological well-being have emerged as important areas of research due to the growing mental health challenges faced by young people in academic settings. The increasing pressure to achieve academic success, combined with poor self-regulation and delayed task completion, has significantly affected students' emotional health and overall well-being. This study presents a bibliometric analysis to examine the global research landscape on academic stress, procrastination, and psychological well-being among youth. A total of 100 open-access research articles were selected using predefined inclusion and exclusion criteria and analyzed through bibliometric techniques, including annual scientific production, citation analysis, author and source productivity, co-authorship networks, and keyword co-occurrence analysis. The findings reveal a steady growth in scholarly publications, with a remarkable increase after 2021, reflecting heightened research interest in youth mental health, particularly following the COVID-19 pandemic. Citation analysis identifies several influential studies and leading contributors that have significantly shaped this research domain. Keyword mapping highlights major themes such as academic stress, anxiety, depression, psychological well-being, self-regulation, mindfulness, and resilience, while recent trends indicate a growing emphasis on preventive interventions and well-being-oriented approaches. The study also demonstrates strong interdisciplinary collaboration among researchers from psychology, education, behavioral sciences, and public health. Overall, this bibliometric review provides a comprehensive understanding of the intellectual structure, emerging research trends, and future research directions in the field. The findings offer valuable insights for researchers, educators, policymakers, and mental health professionals seeking to develop effective strategies for improving the psychological well-being and academic functioning of youth.

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INTRODUCTION

In recent years, the mental health and psychological well-being of youth have become central concerns within educational and behavioral research, particularly in the context of increasing academic demands and performance pressures. Academic stress is widely recognized as a significant source of psychological strain among students, often arising from examinations, workload, competitive environments, and future career uncertainties (Pascoe et al., 2020). When sustained over time, such stress can adversely affect emotional stability, motivation, and overall well-being.

Alongside academic stress, procrastination has been identified as a prevalent self-regulatory failure among youth, closely associated with poor academic performance, anxiety, and reduced psychological well-being (Steel, 2007; Sirois & Pychyl, 2013). Procrastination not only delays task completion but also intensifies stress and negative emotions, creating a cyclical pattern that further undermines students' mental health. Empirical studies suggest that youth who frequently procrastinate are more vulnerable to emotional distress, burnout, and diminished life satisfaction (Tice & Baumeister, 1997).

Psychological well-being among youth is a multidimensional construct encompassing emotional balance, positive functioning, self-acceptance, and resilience (Ryff, 1989). Prior research has consistently demonstrated that high levels of academic stress and maladaptive behaviors such as procrastination are negatively associated with psychological well-being, while adaptive coping mechanisms and self-regulation strategies can mitigate these effects (Duffy et al., 2019). As a result, scholarly interest in this domain has expanded rapidly across disciplines such as psychology, education, behavioral sciences, and public health.

Despite this growing body of literature, research on academic stress, procrastination, and psychological well-being among youth remains fragmented, with studies dispersed across diverse theoretical perspectives, methodologies, and contextual settings. This fragmentation makes it challenging to identify influential contributions, dominant research themes, and emerging trends within the field. In this context, bibliometric analysis serves as a robust and objective methodological approach for mapping the intellectual structure of a research domain by systematically analyzing publication outputs, citation patterns, and keyword networks (Donthu et al., 2021; Aria & Cuccurullo, 2017).

By employing bibliometric techniques, this study aims to provide a comprehensive overview of global research trends related to academic stress, procrastination, and psychological well-being among youth. Such an analysis not only identifies the most influential studies and contributors but also reveals thematic evolutions and research gaps, thereby offering valuable insights for scholars, educators, and policymakers seeking to promote healthier academic environments and improved youth well-being.

The objectives of this bibliometric study are to:

To Analyze the growth and temporal evolution of scholarly publications on academic stress, procrastination, and psychological well-being among youth.

To Identify the most influential authors, journals, institutions, and countries contributing to this research field.

To Map the intellectual structure of the domain using citation, co-citation, and bibliographic coupling analyses

To Examine keyword co-occurrence patterns to uncover major thematic clusters and emerging research trends.

To Highlight underexplored areas and future research directions to advance theory and practice related to youth mental health and academic functioning.

Research Methodology

Research Design

The present study adopts a systematic bibliometric research design to analyze scholarly literature related to Heartfulness meditation, mindfulness-based practices, academic procrastination, stress tolerance, and psychological well-being among youth. Bibliometric analysis was chosen as it allows for an objective, quantitative, and reproducible assessment of research trends, thematic structures, and intellectual development within a specific domain.

Data Source and Search Strategy

The literature for this study was retrieved from a reputed academic database using a comprehensive and structured keyword search strategy. The search string was developed to capture studies focusing on meditation-based interventions, academic behavior, and mental health outcomes among youth and students.

The following keywords were used in combination with Boolean operators:

"Heartfulness meditation" OR "Heartfulness practices" OR "mindfulness-based meditation" OR "meditation intervention" OR "academic procrastination" OR "study habits" OR "academic self-regulation" OR "stress tolerance" OR "perceived stress" OR "psychological resilience" OR youth OR "college students" OR "university students" OR adolescents OR "mental well-being"

This strategy ensured broad coverage of both intervention-based and psychological outcome–oriented studies.

Inclusion Criteria

To maintain relevance and methodological consistency, the following inclusion criteria were applied:

- Subject areas limited to Arts and Humanities, ensuring a psychological, educational, and behavioral perspective
- Population focus on youth, college students, university students, and adolescents, including both male and female adult students
- Studies addressing mental health outcomes, such as stress, anxiety, depression, attention, motivation, emotional regulation, mental recall, social support, and personality
- Geographical focus restricted to India, to ensure cultural and contextual consistency

- Language limited to English
- Document type restricted to open-access research articles, ensuring transparency and accessibility of data

Exclusion Criteria

Studies were excluded if they:

- Focused on non-student or non-youth populations
- Were conducted outside the Indian context
- Were review articles, editorials, conference abstracts, or non–open-access publications

Final Sample Selection

After applying all inclusion and exclusion criteria and removing duplicates, a total of 100 research papers were selected for final analysis. These papers collectively represent empirical and intervention-based research examining the relationship between meditation practices, academic procrastination, stress tolerance, self-regulation, and mental well-being among youth and students in India.

Data Analysis Techniques

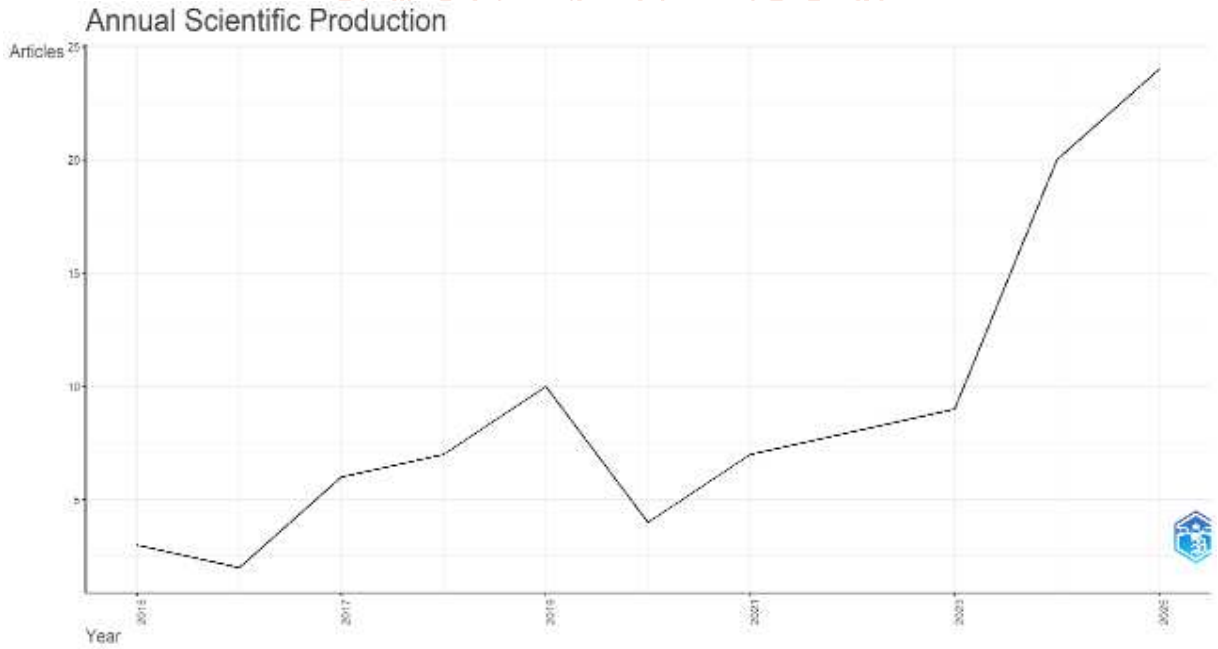
The selected 100 papers were analyzed using bibliometric techniques, including:

- Annual scientific production analysis to examine publication growth
- Citation analysis to identify influential studies
- Source and author productivity analysis to determine leading contributors
- Co-authorship analysis to explore collaboration patterns
- Keyword co-occurrence and overlay analysis to identify dominant themes and emerging research trends

Analysis and Finding

Annual Scientific Production:

This figure shows the year-wise growth of publications on academic stress, procrastination, and psychological well-being among youth. Research output increases gradually from 2016 to 2019, followed by a temporary decline around 2020, likely due to disruptions during the early pandemic period. From 2021 onward, publication activity rises steadily, with a sharp surge after 2023, indicating growing scholarly interest and the consolidation of this topic as an important research area.



Citation trend overtime;

This table shows how the citation impact of publications has changed over time. Earlier studies (2015–2018) have higher average citations, mainly because they have had more time to be cited and often represent foundational work in the field.

In later years, especially after 2019, the number of publications increases, but average citations per article decline due to the citation time-lag effect. Notably, 2021 shows relatively high citations per year, indicating rapid scholarly attention, likely linked to growing concern over youth mental health during the pandemic period.

Overall, the table reflects both the long-term influence of early research and the emerging impact of recent studies in this domain.

Year	MeanTCperArt	N	MeanTCperYear	CitableYears
2015	92.00	3	7.67	12
2016	37.00	2	3.36	11
2017	48.50	6	4.85	10
2018	48.71	7	5.41	9
2019	24.30	10	3.04	8
2020	10.75	4	1.54	7
2021	39.43	7	6.57	6
2022	22.25	8	4.45	5
2023	3.67	9	0.92	4
Occurrences				3

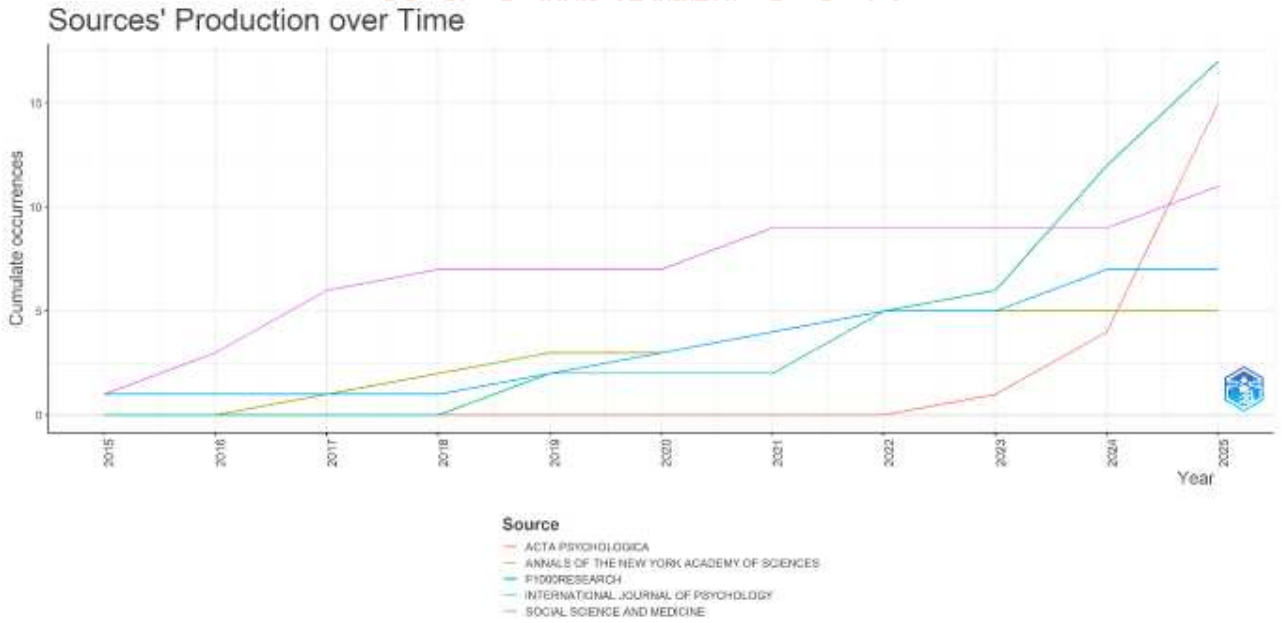
Source Production overtime:

This figure shows how key journals (sources) have contributed to research on academic stress, procrastination, and psychological well-being among youth over time. The vertical axis represents the cumulative number of publications, while the horizontal axis shows the year of publication. Together, this helps identify early contributors, consistent sources, and rapidly emerging journals in the field.

Among the sources, Social Science & Medicine stands out as the most consistent and influential journal. It shows a steady increase in publications starting from 2015, with continuous growth across the years. This pattern indicates that the journal has played a foundational and sustained role in shaping research on youth academic stress and well-being.

The International Journal of Psychology also demonstrates gradual and stable growth, particularly after 2018. Its steady rise suggests an increasing psychological focus in the literature, emphasizing individual-level factors such as emotional regulation, stress responses, and behavioral outcomes among youth.

In contrast, Acta Psychologica shows minimal activity in the early years, followed by a sharp rise after 2022. This sudden increase indicates that the journal has recently emerged as an important outlet for publishing research in this domain, reflecting growing interest in cognitive and behavioral perspectives related to academic stress and procrastination.



Top most relevant authors:

This table shows the most productive authors working on academic stress, procrastination, and psychological well-being among youth. It uses two measures: the number of articles, which shows how many papers an author has published, and fractionalized authorship, which shows how much each author actually contributed when papers are written by multiple authors.

Based on the total number of publications, Kamble, Shanmukh Vasant and Sharan, Pratap are the most productive authors, with three articles each. However, when co-authorship is considered, their contributions look different. Kamble has a higher fractional score (0.42), meaning he contributed a larger share to his papers. In contrast, Sharan's lower fractional value (0.14) suggests that his work was mostly done in larger research teams, where individual contribution is shared among many authors.

Some authors, such as Barman, Pranab and C.S. Sowndaram, published only two articles, but their fractionalized scores are relatively high (0.67 and 0.50). This indicates that they made strong individual contributions, likely working in smaller teams or playing leading roles in their studies. This shows that research influence is not just about publishing more papers, but also about how much an author contributes to each paper.

On the other hand, authors like Bhargava, Rachna, Buono, Serafino, and Cooray, Sherva Elizabeth have lower fractional scores even though they published more than one article. This suggests that their research was part of highly collaborative projects, which is common in interdisciplinary studies that combine psychology, education, and health research.

Authors	Articles	Articles Fractionalized
KAMBLE, SHANMUKH VASANT	3	0.42
SHARAN, PRATAP	3	0.14
BAJAJ, GAGAN	2	0.37
BARMAN, PRANAB	2	0.67
BHARGAVA, RACHNA	2	0.13
BHAT, JAYASHREE S.	2	0.37
BUONO, SERAFINO	2	0.13
C.S, SOWNDARAM	2	0.50
COORAY, SHERVA ELIZABETH	2	0.13
Occurrences		0.50

Author production overtime;

Author	year	freq	TC	TCpY
BAJAJ, GAGAN	2024	1	0	0.000
BAJAJ, GAGAN	2025	1	0	0.000
BARMAN, PRANAB	2019	2	8	1.000
BHARGAVA, RACHNA	2022	1	11	2.200
BHARGAVA, RACHNA	2024	1	1	0.333
BHAT, JAYASHREE S.	2024	1	0	0.000
BHAT, JAYASHREE S.	2025	1	0	0.000
BUONO, SERAFINO	2022	1	11	2.200
BUONO, SERAFINO	2024	1	1	0.333
Occurrences			1	0.200

Most Global cited documents:

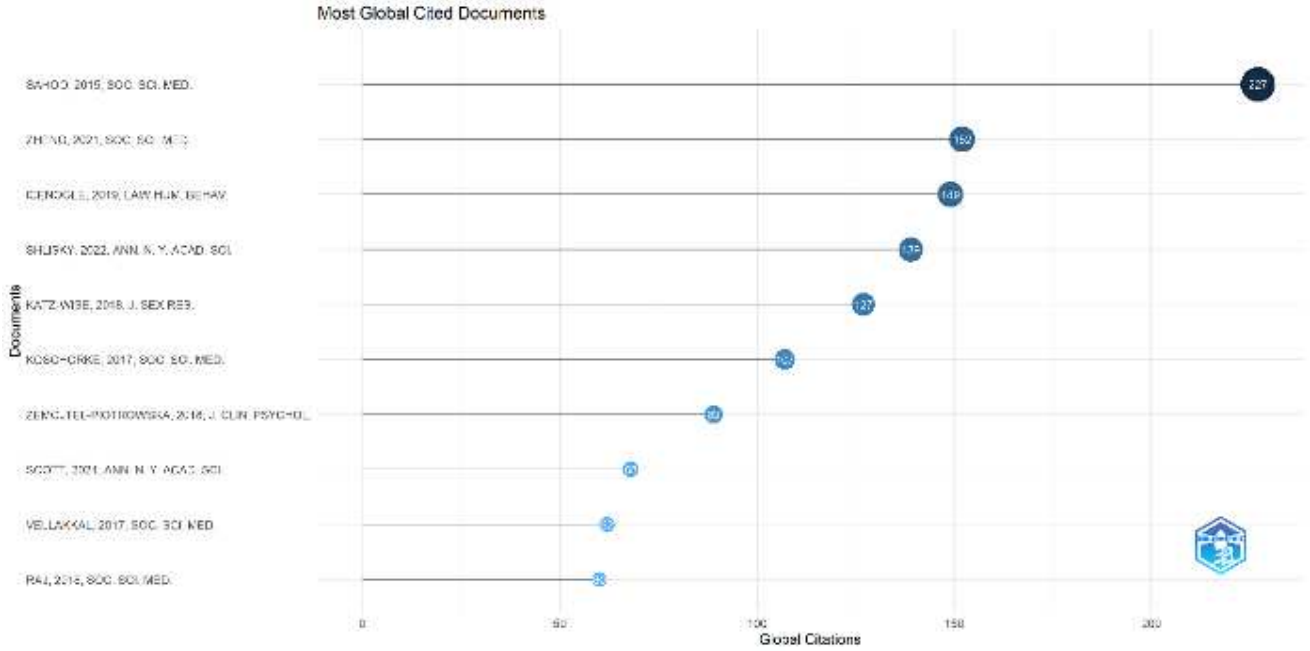
This figure presents the most globally cited documents within the research domain of academic stress, procrastination, and psychological well-being among youth, highlighting the foundational and high-impact studies that have shaped the intellectual core of the field. Global citations reflect the extent to which a publication has influenced scholarly work across disciplines and geographical boundaries, making them a reliable indicator of academic prominence and knowledge diffusion.

The analysis shows that Sahoo (2015) published in *Social Science & Medicine* emerges as the most influential document, receiving 227 global citations. This indicates that early empirical work addressing stress and well-being has played a pivotal role in establishing the conceptual foundations of subsequent research. The sustained citation impact of this study suggests its relevance across health, psychology, and social science domains.

More recent contributions, such as Zheng (2021) and Scott (2021) published in *Social Science & Medicine* and *Annals of the New York Academy of Sciences*, respectively, also demonstrate strong citation performance. Their high citation counts despite relatively recent publication years indicate a rapid uptake of contemporary research, reflecting growing scholarly interest in youth mental health, stress dynamics, and behavioral outcomes in modern educational contexts.

Several highly cited documents originate from interdisciplinary journals, including *Law and Human Behavior*, *Journal of Sex Research*, and *Journal of Clinical Psychology*. This pattern underscores the multidisciplinary nature of the field, where psychological well-being and stress-related behaviors among youth are examined through educational, clinical, social, and behavioral lenses.

Notably, publications between 2015 and 2019 dominate the upper range of global citations, suggesting that this period represents a critical growth phase in the literature. During this phase, researchers moved beyond descriptive stress models toward more nuanced examinations of behavioral regulation, emotional functioning, and psychosocial outcomes. At the same time, influential studies published after 2020 signal a thematic shift toward complex, integrative perspectives, including resilience, coping mechanisms, and broader societal influences.



Author Local Impact:

This table presents the leading authors in the research domain of academic stress, procrastination, and psychological well-being among youth, evaluated using author-level bibliometric indicators. These metrics collectively capture productivity, citation impact, and sustained scholarly influence over time.

The h-index reflects an author's balanced contribution in terms of both publication quantity and citation quality. In this dataset, Kamble Shanmukh Vasant emerges as the most influential contributor with an h-index of 3, supported by a g-index of 3 and a notably high total citation count (TC = 249) across three publications. This indicates not only consistent productivity but also strong recognition of the author's work within the global research community.

The g-index, which gives greater weight to highly cited publications, further highlights authors such as Sharan Pratap, whose g-index of 3 suggests that a small number of publications have generated disproportionate scholarly attention. This pattern reflects the presence of high-impact contributions, even among authors with relatively recent entry into the field.

The m-index, which normalizes the h-index by the number of years since an author's first publication (PY_start), provides insights into research momentum and career-stage impact. Authors such as Adali Inci and Sharan Pratap exhibit comparatively higher m-index values, indicating rapid citation accrual and growing influence despite shorter publication histories.

Author	h_index	g_index	m_index	TC	NP	PY_start
KAMBLE SHANMUKH VASANT	3	3	0.333	249	3	2018
BARMAN PRANAB	2	2	0.250	8	2	2019
KANNURI NANDA KISHORE	2	2	0.200	50	2	2017
MURALI LAKSHMI	2	2	0.250	6	2	2019
SHARAN PRATAP	2	3	0.400	21	3	2022
SHEWADE HEMANT DEEPAK	2	2	0.250	6	2	2019
ABRAMS STEVEN A.	1	1	0.200	139	1	2022
ADALI INCI	1	1	0.500	2	1	2025
ADAMS BYRON GREGORY	1	1	0.111	89	1	2018
AFSANA KAOSAR	1	1	0.167	68	1	2021

Most Global Cited documents:

This table showcases the most influential studies in research on academic stress, procrastination, and psychological well-being among youth. By combining total citations, citations per year, and normalized citation scores, it provides a balanced view of both long-standing impact and recent research momentum.

The work by Sahoo (2015) in Social Science & Medicine stands out as the most cited study, with 227 citations, highlighting its role as a cornerstone contribution that has strongly shaped later research in this area. In comparison, more recent studies such as Zheng (2021) and Shlisky (2022) show higher citation rates per year and stronger normalized impact, suggesting that these papers quickly attracted scholarly attention and are actively influencing current research discussions.

Most of the highly cited papers are published in well-established, interdisciplinary journals, including Social Science & Medicine, Law and Human Behavior, Journal of Sex Research, and Annals of the New York Academy of Sciences. This reflects the cross-disciplinary nature of the field, where issues of youth stress and well-being are examined from psychological, social, health, and behavioral perspectives.

Overall, the table illustrates that the field is shaped by a combination of influential early studies with lasting relevance and newer publications that are rapidly gaining attention, together forming the intellectual backbone of research on youth academic stress and psychological well-being.

Paper	DOI	Total Citations	TC per Year	Normalized TC
SAHOO, 2015, SOC. SCI. MED.	10.1016/j.socscimed.2015.06.031	227	18.92	2.47
ZHENG, 2021, SOC. SCI. MED.	10.1016/j.socscimed.2021.113687	152	25.33	3.86
ICENOGLE, 2019, LAW HUM. BEHAV.	10.1037/lhb0000315	149	18.63	6.13
SHLISKY, 2022, ANN. N. Y. ACAD. SCI.	10.1111/nyas.14758	139	27.80	6.25
KATZ-WISE, 2018, J. SEX RES.	10.1080/00224499.2017.1415291	127	14.11	2.61
KOSCHORKE, 2017, SOC. SCI. MED.	10.1016/j.socscimed.2017.01.061	107	10.70	2.21
ŻEMOJTEL-PIOTROWSKA, 2018, J. CLIN. PSYCHOL.	10.1002/jclp.22570	89	9.89	1.83
SCOTT, 2021, ANN. N. Y. ACAD. SCI.	10.1111/nyas.14531	68	11.33	1.72
VELLAKKAL, 2017, SOC. SCI. MED.	10.1016/j.socscimed.2017.01.059	62	6.20	1.28
RAJ, 2018, SOC. SCI. MED.	10.1016/j.socscimed.2017.11.042	60	6.67	1.23

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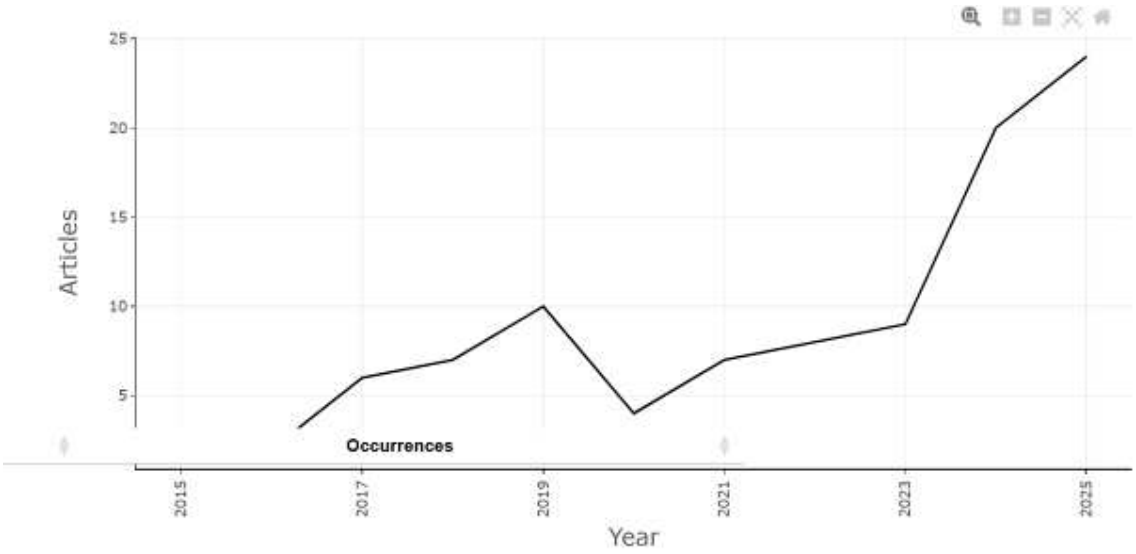


Co-Authorship Analysis:

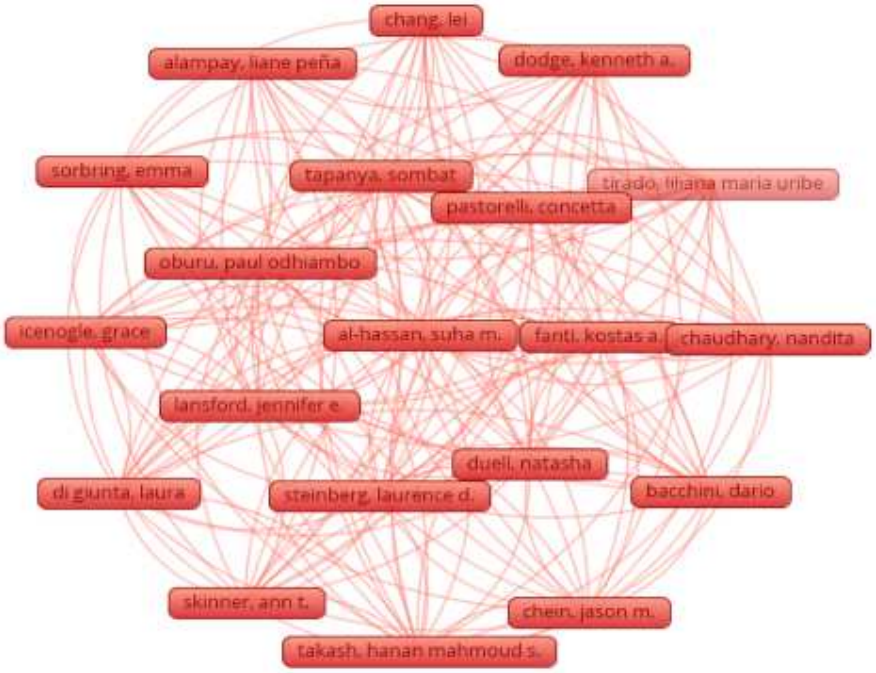
All author keyword

The figure illustrates an author collaboration network in which each node represents an individual author and each connecting line indicates a co-authorship relationship. Cluster 1 consists of 20 authors, forming a single, densely connected group, which suggests a strong pattern of collaboration among these scholars.

The network shows that authors such as Chang, Lei; Dodge, Kenneth A.; Lansford, Jennifer E.; Steinberg, Laurence D.; and Skinner, Ann T. are closely linked with several other researchers in the cluster. Their central positioning indicates frequent co-authorship and sustained engagement in joint research activities. This reflects their active role in producing influential and collaborative research within the field.

The dense interconnections among all authors in the cluster suggest that the research community is well-established and cohesive. Most authors have collaborated with multiple members of the group, indicating shared research interests, common methodological approaches, and long-term academic partnerships. Such collaboration is often observed in studies involving large datasets, cross-cultural perspectives, or longitudinal research designs.

Overall, Cluster 1 represents a strong and integrated scholarly network, highlighting the presence of a core group of researchers who collectively contribute to the development and advancement of the research domain. The close collaboration within this cluster demonstrates intellectual convergence and reinforces the maturity of the field.



Co-occurance-Author keyword analysis

The keyword co-occurrence analysis shows how frequently specific keywords appear together in the selected studies, helping to identify the main research themes. The results reveal **four distinct clusters**, each representing a dominant focus area in the literature. The size of each keyword reflects its **occurrence frequency**, indicating its relative importance.

Cluster 1 mainly focuses on mental health issues in the Indian context. The keyword India shows the highest occurrence (58), indicating that a large number of studies are geographically centered on India. Other frequently appearing keywords such as mental health (18), COVID-19 (15), anxiety (13), and depression (13) suggest that much of the research examines psychological well-being and mental health challenges during the pandemic period. This cluster highlights strong attention to stress, emotional distress, and well-being among populations affected by COVID-19.

Cluster 2 represents the general population and clinical orientation of the studies. Keywords such as human (85), humans (80), clinical study (74), adolescent (71), and article (56) occur most frequently, indicating that the literature is largely based on human-subject research, with a strong emphasis on adolescents and clinical or controlled study designs. The presence of child (20) further shows the inclusion of younger age groups.

Cluster 3 captures psychological and experience-based research, particularly in educational settings. The keyword psychology (33) appears most frequently in this cluster, followed by human experience (18), student (14), and behaviour (6). This cluster reflects studies that explore emotions, attitudes, and behavioral responses, often using surveys and questionnaires among student populations.

Cluster 4 highlights age-related population groups. The keyword adult (69) shows high occurrence, along with male (69), young adult (50), middle-aged (28), and aged (15). This cluster indicates that many studies focus on adults and young adults, while also considering gender and different stages of adulthood.

Co-occurance-Author keywords:

The figure presents an author keyword co-occurrence network using an overlay visualization, which illustrates both the conceptual structure of the research field and the temporal evolution of research themes. In this map, each node represents an author keyword, while the connecting lines indicate how frequently keywords appear together in the same publications. The color gradient reflects the average publication year, with darker shades representing earlier studies and lighter yellow shades indicating more recent research trends.

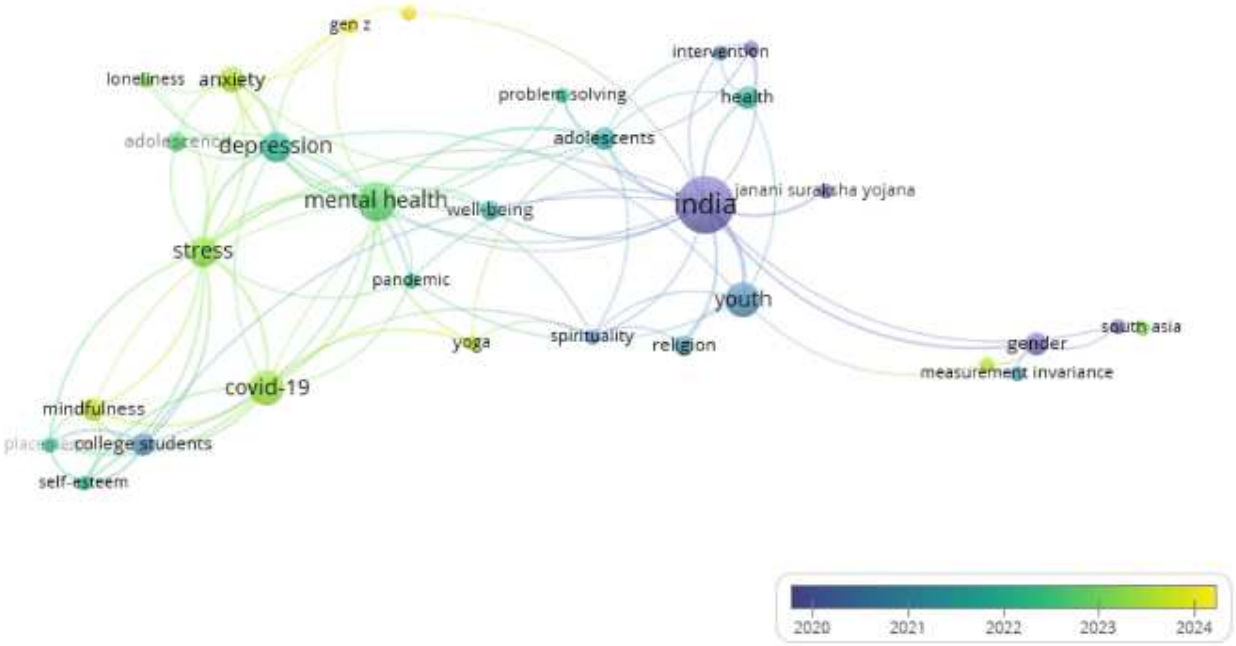
The keyword “India” appears as a central and highly connected node, indicating its strong role in linking multiple research themes. It is closely associated with keywords such as youth, adolescents, health, and intervention, suggesting that a significant portion of the literature focuses on youth-related health and mental health issues within the Indian context, often linked to policy initiatives such as Janani Suraksha Yojana.

On the left side of the network, a dense group of keywords related to mental health is visible. Frequently co-occurring keywords include depression, anxiety, stress, loneliness, well-being, and mental health, indicating a strong thematic concentration on psychological distress and emotional outcomes. The close links between COVID-19, pandemic, and these mental health terms show that many studies examine the psychological impact of the pandemic, particularly among vulnerable groups.

Keywords such as college students, self-esteem, and mindfulness are also strongly connected to the mental health cluster, suggesting that recent research has increasingly focused on student populations and coping mechanisms. The lighter color of keywords like Gen Z, mindfulness, and yoga indicates that these are emerging themes, reflecting a shift toward preventive and well-being-oriented approaches in recent years.

On the right side of the visualization, keywords related to measurement and methodological considerations, such as gender, South Asia, and measurement invariance, appear with fewer but meaningful connections. Their more recent coloration suggests growing attention to comparative analysis, gender sensitivity, and scale validation in mental health research.

Overall, this co-occurrence map reveals that the literature has evolved from a primary focus on mental health problems and COVID-19 impacts toward youth-centered interventions, well-being practices, and methodological rigor, with India remaining a central context throughout the research period.



Co-Occurance :Index Keywords analysis:

The co-occurrence index keyword analysis illustrates the conceptual structure and temporal evolution of the research field based on index keywords. Each node represents an index keyword, and the connecting lines show how frequently these keywords appear together in the same studies. The size of the nodes reflects the frequency of occurrence, while the color gradient indicates the average publication year, with darker shades representing earlier studies and lighter shades indicating more recent research.

At the center of the network, keywords such as human, humans, article, and India appear prominently, indicating their high frequency and strong connections with multiple themes. This suggests that the literature is largely composed of human-based studies conducted in the Indian context, forming the core of the research domain.

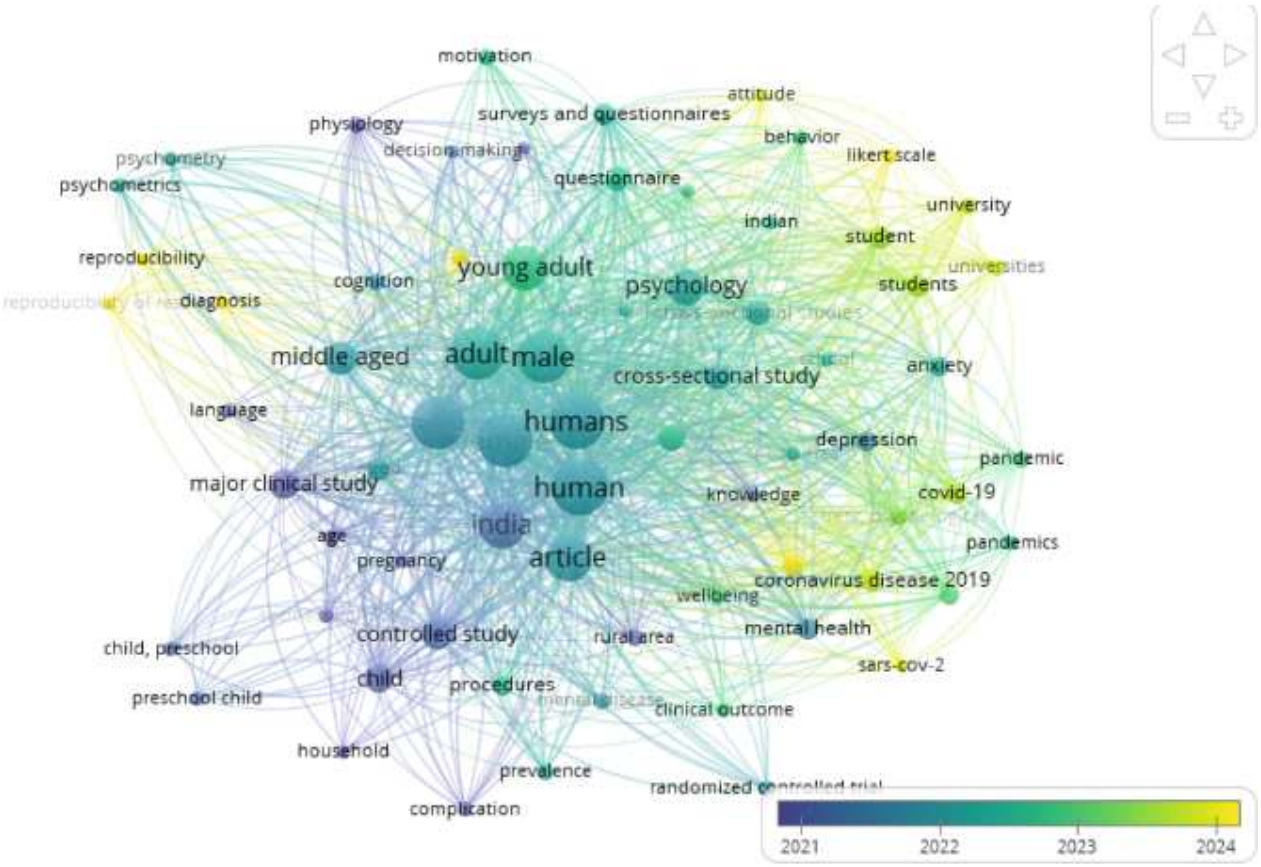
Keywords related to population characteristics, such as adult male, young adult, and middle-aged, are strongly interconnected with central nodes. This indicates that adult populations, particularly males and young adults, are frequently examined in the studies. The close association of these keywords with psychology and cross-sectional study reflects the widespread use of psychological approaches and survey-based research designs.

On the right side of the network, keywords associated with mental health and the COVID-19 pandemic, including mental health, well-being, anxiety, depression, COVID-19, pandemic, and coronavirus disease 2019, appear in lighter colors. This suggests that these topics have gained greater attention in more recent years, highlighting a growing research focus on the psychological impact of the pandemic.

The upper part of the visualization shows keywords related to measurement and research instruments, such as questionnaire, surveys and questionnaires, Likert scale, attitude, behavior, and psychometrics. Their strong co-occurrence indicates extensive reliance on standardized measurement tools for assessing psychological and behavioral outcomes.

The lower section of the network includes keywords such as controlled study, randomized controlled trial, clinical outcome, prevalence, and rural area, reflecting the presence of clinical and epidemiological research designs alongside survey-based studies.

Overall, the co-occurrence index keyword analysis reveals a research field that is methodologically diverse, combining clinical studies and survey research, with a strong emphasis on human populations, psychological outcomes, and COVID-19-related mental health issues, particularly within the Indian context. The overlay visualization further indicates a shift in recent years toward pandemic-related mental health research and well-being studies.



Conclusion:

This bibliometric analysis provides a comprehensive overview of global research trends on academic stress, procrastination, and psychological well-being among youth, revealing the intellectual structure, thematic evolution, and scholarly contributions shaping this growing field. The findings indicate a steady increase in research output over time, with a notable surge in publications after 2021, reflecting heightened academic and societal concern regarding youth mental health, particularly in the context of the COVID-19 pandemic

The citation analysis highlights the enduring influence of foundational studies published between 2015 and 2019, which continue to shape contemporary research. At the same time, more recent publications demonstrate rapid citation growth, signaling emerging relevance and sustained scholarly attention. This balance between early influential work and newer high-impact studies suggests that the field has reached a stage of theoretical maturity while continuing to evolve.

Source and author analyses reveal that the literature is highly interdisciplinary, drawing contributions from psychology, education, public health, and behavioral sciences. A small group of journals and authors plays a central role in knowledge production, while collaborative author networks indicate a well-connected and cohesive research community. Importantly, fractionalized authorship metrics show that research influence is not solely determined by publication volume but also by depth of contribution and collaborative engagement.

Keyword co-occurrence analyses further demonstrate that the field is organized around several dominant themes. These include mental health challenges among youth, particularly stress, anxiety, depression, and well-being; pandemic-related psychological impacts, especially in the Indian context; and population-focused research, with strong emphasis on adolescents, students, and young adults. The presence of measurement-related keywords highlights increasing methodological rigor, while overlay visualizations indicate a recent shift toward preventive approaches, such as mindfulness, coping strategies, and well-being interventions.

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