

ANALYSIS OF BIBLIOMETRIC OF PSYCHOLOGICAL EQUALITY RESEARCH 1995-2025 IN INDONESIA

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Abstract. This study aims to analyze the development of research on psychological wellbeing in Indonesia through a bibliometric approach. The primary focus of this study is to describe the map of research development based on keywords and linkages of key topics related to psychological wellbeing. The data used comes from international publications registered in the Scopus database from 1995 to 2025, using the keyword "psychological wellbeing". The method used in this data analysis is VosViewer to map the relationship between keywords, while the citation count filter is done using Microsoft Excel. The results showed that the number of publications related to psychological wellbeing in Indonesia experienced a significant increase in 2023, with a peak of 200 documents. The research map shows three main clusters, namely: (1) scale, positive relationships, interpersonal relationships, and emotions; (2) health effects, diabetes, and health workers; and (3) stress, symptoms, hospitals, and burnout. In addition, this study shows that although many studies have focused on measuring wellbeing, interpersonal relationships, and burnout, research involving local people and Indonesian culture is still limited. Therefore, future research is expected to expand its focus on local and cultural communities and enrich the context of psychological wellbeing by integrating more diverse social and cultural factors.

Keywords: psychological wellbeing, bibliometrics, Scopus, VosViewer, Indonesian research.

INTRODUCTION

The development of paradigms in guidance and counselling continues to change over time. In the past, individual problems focused more on organic medical aspects that tended to view psychological disorders from a narrow perspective and were limited to medical diagnosis and treatment (Binder, 2023; Di Nicola & Stoyanov, 2021). However, today the approach in guidance and counselling has shifted significantly towards an emphasis on individual strengths and the development of more inclusive and holistic positive psychology (Maree, 2013; Sheridan & Gutkin, 2000). This view has had a significant impact, as individuals' psychological problems are now viewed within a broader framework, considering the psychological state as a whole rather than focusing solely on pathological aspects (Mahmic et al., 2021; Sargeant & Yoxall, 2023).

Psychological wellbeing, defined as a description of how well an individual's psychological state functions, is one concept that is particularly relevant in this context (Kapoor et al., 2021; Van Dierendonck & Lam, 2023). This wellbeing suggests that a good psychological state can support and significantly improve an individual's mental health. In practice, despite an increased understanding of psychological wellbeing, the facts show that not all individuals have good psychological wellbeing. Problems such as stress, anxiety, and depression are still often encountered, even though these problems are closely related to the low psychological wellbeing of individuals (Barbayannis et al., 2022; Silva et al., 2021).

As indicators of psychological wellbeing, various aspects such as self-acceptance, positive relationships with others, autonomy, environmental mastery, life goals, and personal growth play a very important role (Sabouripour et al., 2021; Salleh et al., 2021). Previous studies have shown that psychological wellbeing is closely related to self-esteem, resilience, subjective wellbeing, and emotion regulation, which can influence how individuals adapt to life challenges.

Although much research has been conducted in this area of psychological wellbeing, there is still a significant research gap, especially in terms of mapping and understanding the development of psychological wellbeing research in a broader context, including through bibliometric analysis.

In recent years, the utilization of bibliometrics as a method to evaluate and monitor research progress in various disciplines has become increasingly popular. Bibliometrics allows researchers to analyze citations, author affiliations, keywords, themes covered, and methods used in published studies (Donthu et al., 2021; Manoj Kumar L. et al., 2023; Ninkov et al., 2021). This approach provides a clearer picture of research trends and helps researchers identify potential research novelty that can enrich the existing literature.

This study aims to analyze the developmental map of psychological wellbeing research through a bibliometric approach, emphasizing the interconnectedness of various topics related to psychological wellbeing. This research will explore the relationship between the most frequently occurring keywords, identify current research trends, and find gaps and opportunities for future research. Through this analysis, novelty and clarity can be found in the development of psychological wellbeing concepts that are relevant in various fields, such as family, education, and health.

This study holds significant importance, both theoretically and practically. The results of this study can enrich the literature on psychological wellbeing and provide deeper insights into current research trends and potential future research directions. Practically, this study is expected to provide recommendations for guidance and counseling practitioners, academics, and policymakers to develop a more holistic and evidence-based approach in improving individual psychological wellbeing, especially in the context of Indonesia's diverse culture and society.

As such, this study not only makes an important contribution to understanding the dynamics of psychological wellbeing research but also paves the way for the development of more effective interventions to support the mental health and psychological wellbeing of Indonesians as a whole.

METHODS

This study used international publication data obtained from the Scopus database. The period of articles analyzed included publications from 2015 to 2025 using the keyword "psychological wellbeing". The data selected were from international journals published in English and stored in CSV format. The analysis was conducted using the VosViewer tool, while Microsoft Excel was employed to filter the data based on the number of citations.

RESULTS AND DISCUSSION

Based on a search in Scopus, there are 699 international journals related to psychological wellbeing in Indonesia. Which can be seen in the following figure:

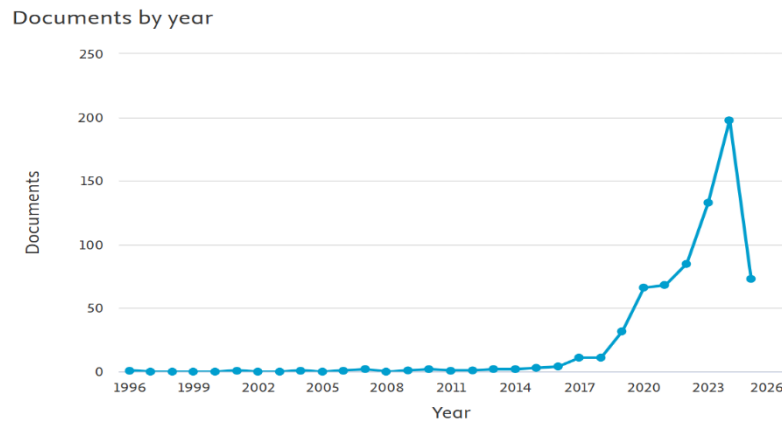


Figure 1. Number of documents

Figure 1 shows that the number of documents in that period peaked in 2023, with a total of 200 documents. This increase in the number of documents is undeniably caused by the growing awareness among researchers in Indonesia who wish to publish their scientific papers in international journals with a global reputation. This data was then analyzed using VosViewer, which produced a map as shown below:

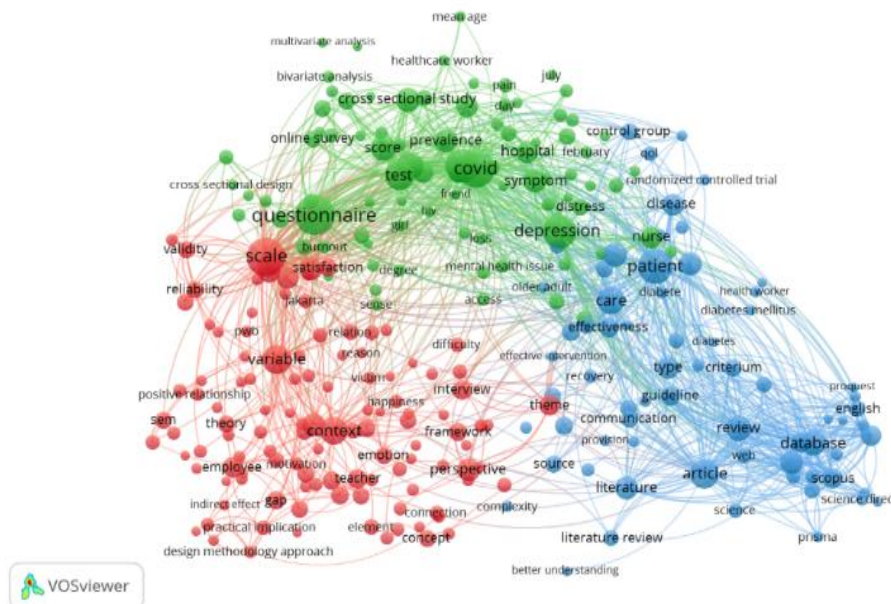


Figure 2: Research clusters

Based on Figure 2, it can be seen that the distribution of other widely researched variables related to psychological wellbeing includes questionnaires, depression, and scales. In addition, the cluster categorization seen in the figure shows that there are three main cluster categories, namely: 1) Cluster 1: Scale, positive relationships, and emotions, 2) Cluster 2: Care, diabetes, and health workers, 3) Cluster 3: Symptoms, hospitals, and burnout. In addition, the highest number of citations of the accessed journals is as follows:

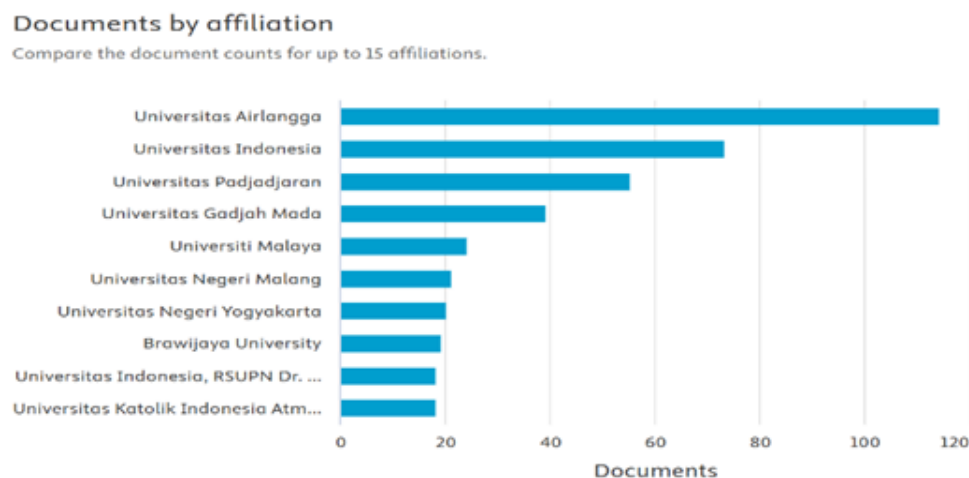


Figure 3. Most number of cysts

The data in Figure 3 shows that the highest number of citations is 628 citations, with the research title *"The Multidimensional Work Motivation Scale: Validation evidence in seven languages and nine countries"*, published in 2015. This study involved researchers investigating worker motivational scales in nine countries, including Indonesia. In addition, the institution that published the most papers related to psychological wellbeing was Airlangga University Surabaya, with more than one hundred research documents.

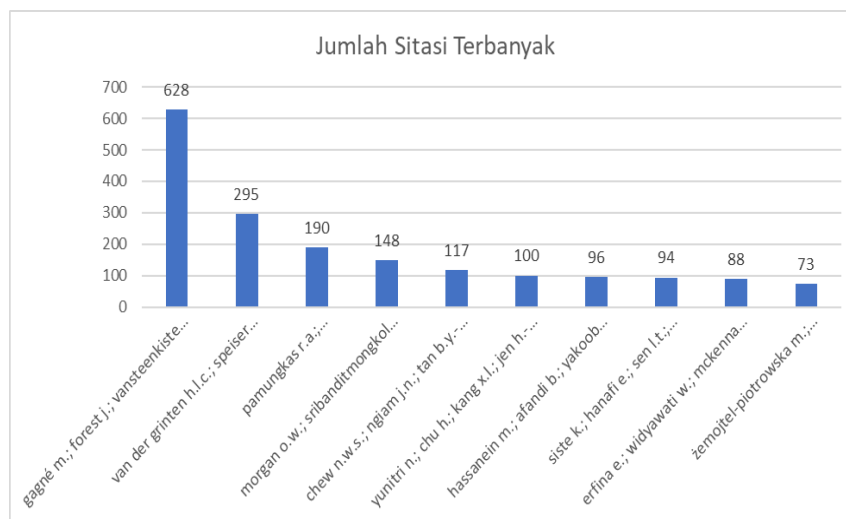


Figure 4: Most institutions in psychological wellbeing research

Researchers in Indonesia whose scientific articles on psychological wellbeing are widely cited can be seen in the figure below:

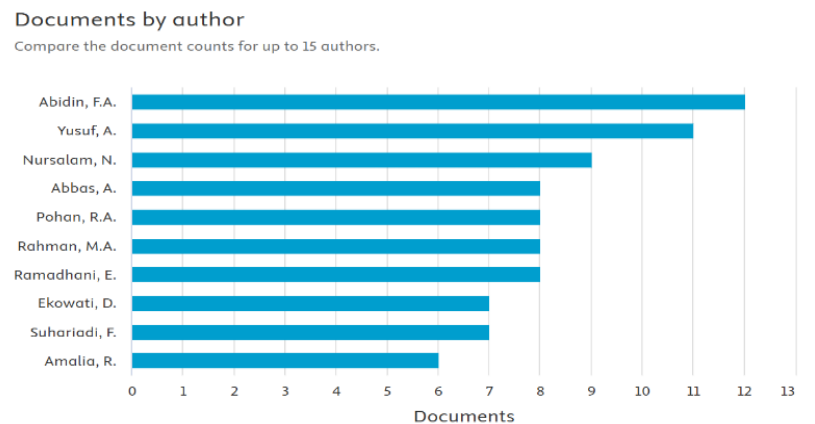


Figure 5: Number of articles by the most researchers

Abidin FA has 12 documents and 34 citations, and Abas has eight and 150 citations. The number of citations indicates that the work has an impact, as other researchers cite it in their articles.

DISCUSSION

When looking at the data above, research on psychological wellbeing in Indonesia has experienced rapid development in the last few decades; this can be seen in publications and the quality of research conducted. Based on the data obtained in Scopus, the number of articles related to psychological wellbeing has increased significantly, especially in 2023, which reached 200 articles. This phenomenon shows the awareness of researchers in Indonesia who are starting to see the importance of international publications within academia to disseminate knowledge about the dynamics of psychological wellbeing in Indonesia through scientific forums or research globally.

Based on the resulting research map, the themes that frequently emerge and are linked to the theme of psychological wellbeing include the themes of measurement, interpersonal relationships, stress, and burnout. Measurement themes show measurement is important in psychological wellbeing research (du Plessis & Jordaan, 2024; Mancini et al., 2024; Üstündağ, 2024). This theme aims to develop a research construct that, based on scientific principles and statistical standards, can be justified regarding the validity of the measuring instrument and the reliability of the scale. Interpersonal relationships also show a significant influence on psychological well-being research. Researchers see a significant positive relationship between interpersonal relationships and psychological wellbeing (Ali et al., 2024; An et al., 2024). In addition, the pressure conditions of work or study that make individuals experience burnout also play a role in psychological wellbeing research (Ahmad et al., 2025; Kolutek et al., 2024). This shows that burnout experienced by individuals is often used as an object of research because this condition is a stressor in increasing individual psychological wellbeing.

The research above also shows that the themes of psychological wellbeing with local community respondents are still rarely explored. In Indonesia alone, there are hundreds of tribes that are likely to have varying levels of psychological wellbeing. This shows that research attention

is still fixated in the context of urban communities and not yet towards research oriented to local communities and culture.

CONCLUSION

The results of this study suggest that research on psychological wellbeing can continue to grow. It is possible to link psychological wellbeing to broader contexts such as family and education. This research has limitations, including the use of only Scopus as a search source. Future research can utilize a variety of data sources, such as Scopus, Sciedirect, WoS, or Google Scholar. Additionally, this research should be reviewed in relation to the author's analysis.

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