

A Systematic Review on the Role of Emotional Awareness and Mental Health in Building Resilience and Coping for Psychological Well-Being

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There are critical factors, such as emotional and mental health, which hold significant instrumental value in stabilising resilience and enhancing coping mechanisms for psychological well-being. Consequently, this systematic review seeks to examine the literature to clarify what emotional awareness encompasses and its effect on mental health, specifically in terms of fostering resilience and various coping strategies. Utilising qualitative research and thematic synthesis, the study interprets outcomes from peer-reviewed articles, comparing populations including young adults, working professionals, and individuals with mental health conditions. The review involved searching the PubMed, PsycINFO, and Scopus databases for articles on psychological well-being published in English and Chinese between 2020 and 2024. After applying the inclusion and exclusion criteria, 35 studies were selected, the majority of which were empirical and employed quantitative methodologies. The review identifies key themes: emotional intelligence and psychological resilience, the mediating role of mental health in relation to coping strategies, and the balance between adaptive and maladaptive responses. The research indicates that emotional understanding enhances self-management and reduces stress, while improved mental health constructs contribute to greater resilience. Emotion regulation coping styles are found to foster positive outcomes, whereas disengaging from stimuli and suppressing emotions are associated with negative behaviours. The findings support the inclusion of emotional self-awareness training in psycho-social treatment and resilience programmes for young people. Implications for training, education, and workplace wellness are discussed in relation to supporting psychological well-being. The review also highlights gaps in current research, such as the lack of longitudinal studies and culturally tailored models. This research advances the understanding of emotional intelligence and mental health as key predictors of an individual's ability

to adapt, cope, or even thrive in the face of adversity, providing valuable insights for clinicians and policymakers.

Keywords: Emotional Awareness, Mental Health, Resilience, Coping Strategies, Psychological Well-Being.

Introduction

Psycho-social well-being is an expansive concept that encompasses individuals combined affective, relational, and subjective states, which collectively define their psychological quality of life. Emotional awareness, the ability to identify, understand, and regulate one's emotions, is fundamental to psychological well-being (Akbarayam & Ketan, 2024). Mental stability is closely linked to resilience, which involves overcoming adversity and employing effective coping strategies to manage stressors. In this context, mental health serves as a crucial connection between emotional sensitivity, resilience, and coping abilities (Zhi et al., 2024). This systematic review explores these interconnections, particularly in primary groups, secondary populations, and culturally diverse groups.

Young adults encounter significant life transitions, such as attending university or beginning a career, which can induce stress and emotional challenges. These experiences, however, can act as protective factors, enhancing coping strategies and fostering emotional growth (Puspaningrum et al., 2023). Similarly, working professionals face pressures related to their jobs and the balance between work and personal life, requiring a robust mental state to sustain productivity and equilibrium over time (Ma et al., 2024). Individuals dealing with anxiety or depression often experience heightened emotional responses, yet they can benefit from developing emotional self-regulation skills, enabling them to manage stress more effectively (Agbaria, 2021).

Secondary populations, such as caregivers or survivors of trafficking, face unique emotional challenges that necessitate the development of coping skills. Those who provide both physical and emotional care to patients are particularly susceptible to compassion fatigue or burnout (Schneider et al., 2022). These individuals can be supported by helping them recognise and regulate their emotional states, thereby enhancing their caregiving abilities (Khammat, 2022). Psychological survivors, such as those who have endured traumatic events, often rely on resilience as a means of reconstructing their lives. Therapeutic interventions aimed at fostering emotional self-organisation can encourage self-forgiveness, particularly in cases of profound loss, such as the death of a child (Hadi Mousavi, 2020). Learning to track and respond to emotions in a functional manner can significantly improve the well-being and mental resilience of

such individuals. Caregivers and trauma survivors, as secondary populations, face emotional challenges that demand emotional toughness and effective problem-solving (Arnout & Almoied, 2021). Professionals in caregiving roles are similarly prone to compassion fatigue and burnout (Khammat, 2022), but cognitive and emotional awareness can help them understand and regulate their emotions, ensuring emotional stability and improving their caregiving effectiveness (Hadi Mousavi, 2020).

Emotional awareness plays a crucial role in helping individuals process their emotions, maintain emotional equilibrium, and enhance their caregiving abilities. Trauma survivors, or those impacted by significant life events, develop resilience as they rebuild their lives. Facilitating recovery and adaptive coping within this population requires the promotion of emotional awareness alongside mental health strategies (Kamboj & Garg, 2021). Moreover, adolescence represents a critical period of emotional and psychological development. Developing the ability to recognise and process emotions during this phase forms the foundation for resilience and healthy coping mechanisms, which ultimately support long-term mental health (Lucas-Mangas et al., 2022). Emotional awareness during these formative years helps establish a basis for resilience, adaptive coping, and enduring psychological well-being. However, cultural and social contexts also play a significant role in shaping emotional awareness and influencing coping strategies (Llamas-Díaz et al., 2022). Systemic barriers, such as discrimination and socioeconomic challenges, disproportionately affect marginalised communities. These stressors can undermine mental health and hinder the development of resilience (Kang & Kim, 2022). Additionally, culturally diverse groups may possess distinct emotional frameworks and coping strategies shaped by their unique cultural backgrounds (Drigas et al., 2021).

Mental health-related interventions must recognise and integrate cultural nuances. Understanding these cultural factors is essential for customising mental health interventions, which should be tailored to incorporate inclusive, culturally informed care systems that promote emotional awareness and coping strategies for diverse populations (Lábadi et al., 2022). Building on prior research, this review seeks to examine how emotional regulation and mental well-being contribute to coping strategies across different populations. Adopting a qualitative paradigm and thematic analysis, this paper presents key findings and implications for enhancing psychological well-being within established intervention frameworks, while addressing related challenges (Voon et al., 2022). The findings are of particular value to mental health professionals, educators, government bodies, and policymakers, offering useful guidelines for the development of inclusive well-being promotion programs. The systematic review aims to fill existing gaps in the literature

and support the adoption of diverse strategies for mental health promotion and stress coping. Table 1 presents the research objectives and questions underpinning this study.

Table 1
Research Objectives and Questions

Research Objectives	Research Questions
To examine the relationship between emotional awareness and mental health in enhancing resilience and coping strategies for psychological well-being.	How does emotional awareness influence mental health and its subsequent role on resilience and coping strategies?
To identify the role of emotional awareness in fostering adaptive coping mechanisms and reducing reliance on maladaptive strategies.	What coping mechanisms are predominantly shaped by emotional awareness, and how do they contribute to psychological well-being?
To evaluate the combined influence of emotional awareness and mental health on resilience and their collective role on psychological well-being across diverse populations.	What is the combined role of emotional awareness and mental health on resilience, and how do these factors enhance psychological well-being?

This systematic review aims to investigate the role of emotional awareness and mental health in enhancing personal coping resources and psychological adjustment. The primary populations of interest include adolescents, working professionals, and individuals with mental health disorders, as these groups encounter distinct challenges requiring effective coping strategies and resilience. Additionally, the review examines secondary populations such as caregivers, trauma survivors, and adolescents, due to their specific psychological and emotional needs. The review also addresses the emotional well-being of marginalized communities, considering it as an artistic concept while exploring mental health dynamics. Employing a mixed-methods approach with qualitative techniques and thematic synthesis, this study seeks to identify emerging patterns, concerns, and coping strategies for these populations from existing literature. The findings are intended to provide valuable insights into psychological functioning within diverse sociocultural contexts, offering practical knowledge to mental health professionals, educators, and policymakers. The goal is to promote diverse, empirically based approaches to improving quality of life in a global society. Figure 1 illustrates the research framework, highlighting the relationships between the research features and the techniques employed.

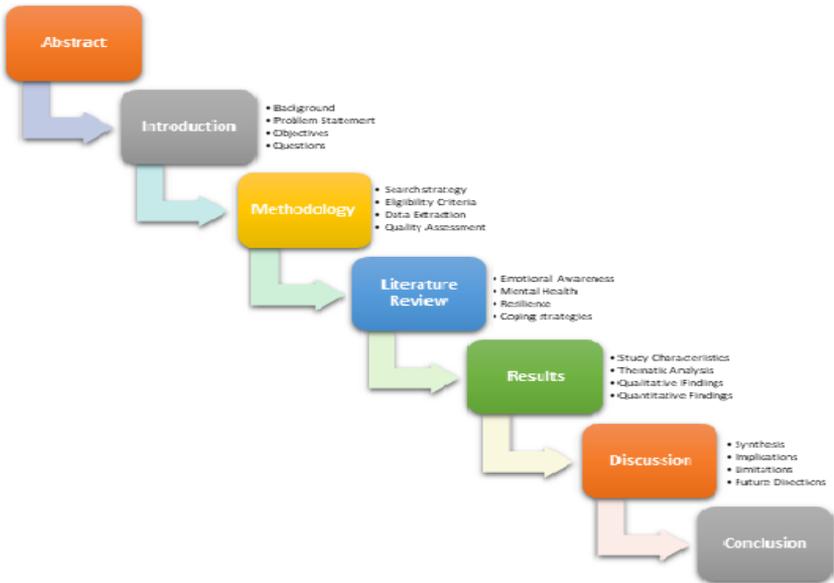


Figure 1: Study Matrix

Methodology

Search Strategy

A comprehensive literature review was conducted to examine the relationship between emotional awareness, mental health, and the enhancement of resilience and effective coping strategies for psychological well-being. This systematic review utilised targeted search techniques across several key research databases, including but not limited to PubMed, PsycINFO, Scopus, and Web of Science, which are recognised for their extensive coverage in psychology, mental health, and social sciences. PubMed provided access to both cross-sectional and longitudinal studies on mental health, while PsycINFO offered focused resources on psychological well-being and resilience. Scopus was selected for its wide range of scholarly articles and the ability to perform Boolean operations to refine search results. Additionally, Web of Science enabled the identification of keywords related to coping strategies and various populations. Google Scholar was consulted to access grey literature, such as reports and conference proceedings, offering a broader perspective on the topic. The search incorporated key terms, including "emotional awareness," "mental health," "resilience," and "coping strategies." The study aimed to maintain academic rigor by only including articles published in English in peer-reviewed journals from 2020 to 2024. Criteria for inclusion were based on the relevance of the sample to the

study's aims, the methodology employed, and the focus on specific populations. Publications were selected based on the methods used, prioritising the most recent five years to ensure the information was up to date. This approach ensured the inclusion of diverse and high-quality resources, providing a comprehensive understanding of the topic under investigation.

Eligibility Criteria

This was achieved by selecting only articles published between 2020 and 2024 in English-language peer-reviewed journals. The inclusion criteria were restricted to quantitative peer-reviewed articles, conference papers, and well-grounded grey literature, such as theses and reports. To enhance external validity, the criteria focused primarily on studies involving primary populations, secondary populations, and culturally diverse or vulnerable communities. Only prospective quantitative or qualitative studies, with clear methodological transparency and robust findings related to emotional recognition, mental health resources, and coping strategies, were considered. Exclusion criteria encompassed non-peer-reviewed articles, editorials, opinion pieces, and studies lacking methodological clarity. Additionally, articles that concentrated solely on medical or pharmacological interventions, excluding emotional and psychological factors, were excluded from the review.

Data Extraction

The data extraction process was systematically executed to enhance the reliability of this review. Data from the selected studies were summarised according to key factors such as author(s), year of publication, study design, population characteristics (e.g., age, gender, sample size), methodology, and primary findings. Special attention was given to emotional self-awareness and mental health considerations as they relate to resilience and coping skills training, particularly for primary groups, secondary populations, and vulnerable or underserved communities. These were organised around broad a priori themes and subthemes, including emotional literacy, resilience, coping strategies, and psychological health. Quantitative data related to participants, as well as overarching themes and subthemes, were recorded to construct a more comprehensive dataset. A data extraction sheet was developed to ensure a structured approach, minimising the risk of overlooking important variables or introducing errors. Any discrepancies in data analysis were discussed among reviewers to ensure the credibility of the review. Table 2 outlines the data extraction and analysis framework, following the structure provided for the systematic review on emotional awareness, mental health, resilience, and coping strategies.

Table 2
Data Extraction and Coding Process

Step	Description	Details
1. Study Selection	Identification of relevant studies based on inclusion criteria.	Selected 35 studies from a pool of 40 based on relevance to emotional awareness, mental health, and resilience in diverse populations.
2. Data Extraction	Extraction of key information from each selected study.	Key data points include authors, year of publication, study design, sample size, key findings, focus area (e.g., resilience, coping strategies), and study populations (e.g., young adults, caregivers).
3. Coding Categories	Categorization of extracted data into thematic areas.	Categories include Emotional Awareness, Mental Health, Resilience, Coping Strategies, and Demographic Groups (e.g., young adults, caregivers, marginalized communities).
4. Data Organization	Structuring the extracted data into a coherent format for analysis.	Data is organized into tables and thematic matrices to facilitate comparison and synthesis. Thematic areas include emotional awareness, coping strategies, and mental health outcomes.
5. Thematic Analysis	Identification and grouping of common themes across studies.	Themes such as Impact of Emotional Awareness, Effectiveness of Coping Strategies, and Barriers to Mental Health Recovery were identified.
6. Quality Assessment	Evaluation of the quality and relevance of the extracted data.	Assessed based on study design, sample diversity, methodological rigor, and relevance to the research questions on emotional well-being and resilience.
7. Synthesis	Integration of findings from different studies to draw overarching conclusions.	Findings synthesized to provide a comprehensive understanding of the role of emotional awareness and coping strategies in promoting mental health and resilience across diverse groups.
8. Reporting	Preparation of a detailed report summarizing the key findings and implications.	The report includes summaries of key insights, thematic analysis results, and implications for improving mental health interventions and resilience training programs.

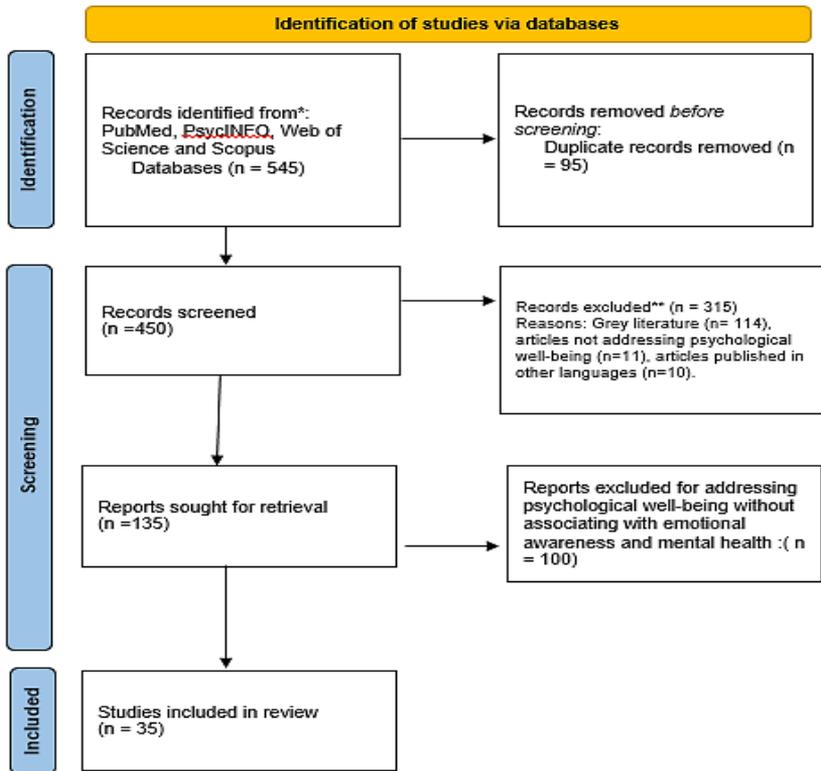


Figure 2: Flowchart of Search Strategy, Eligibility Criteria, and Data Extraction

Figure 2 demonstrates the systematic workflow that led to study selection in the systematic review concerning emotional awareness together with mental health and psychological well-being. Finally, the review process included 35 studies by excluding duplicates along with non-relevant articles as well as articles written in languages other than English

Quality Assessment

To ensure the quality of the methodology, several quality assessments were applied. The research design used in each study was evaluated to determine its alignment with the research objectives and goals. Quantitative and mixed-methods studies were deemed methodologically valid due to their provision of detailed and comprehensive insights into emotional self-awareness, mental health, and coping strategies across various populations. The sample size and sampling methods were carefully examined to assess the external validity of the research findings. Studies with larger sample sizes, rigorous sampling strategies, and more

extensive participant inclusion were considered to have higher quality, as these features enhance the applicability of the findings to primary populations, such as young adults, working professionals, and individuals with mental health issues, as well as secondary populations, including caregivers, trauma survivors, adolescents, and culturally diverse groups. The validity and reliability of data collection methods were reviewed, with higher ratings given to studies employing validated instruments and protocols. Outcome measures were also assessed for validity to ensure the assessments were accurate and consistent. Furthermore, ethical considerations, including informed consent and participant safety, were reviewed to ensure compliance with established ethical norms. Table 3 presents the quality assessment, evaluating the methodological rigor of studies included in the systematic review on emotional awareness, mental health, and resilience.

Table 3
Quality Assessment

Criteria	Description	Assessment Details	Rating (Low/Moderate/High)
Study Design	Appropriateness of study design to research question and objectives	Studies using qualitative methods, mixed methods, and randomized controlled trials (RCTs) were favoured.	High
Sample Size and Sampling Methods	Adequacy and representativeness of sample size and sampling methods	Studies with large, diverse, representative sample sizes and transparent sampling strategies were preferred.	High
Data Collection Methods	Rigor and validity of data collection techniques	Research using validated instruments and established protocols for emotional awareness and mental health.	High
Outcome Measures	Relevance, validity, and reliability of outcome measures	Studies with objective, reliable, and consistent outcome measures (e.g., emotional regulation, resilience) were rated higher.	High
Data Analysis Methods	Appropriateness and rigor of data analysis techniques	Studies using thematic analysis, appropriate statistical methods, and clear justifications for analytical choices were prioritized.	High
Ethical Considerations	Adherence to ethical principles and guidelines	Studies providing clear information on ethical approval, informed consent, and participant safety were rated highly.	High

Thematic Analysis

The analysis method employed in this systematic review was thematic analysis, which involved categorising key themes related to emotional

awareness, psychological well-being, stress, guardianship, resilience, and coping strategies across different populations. The analysis identified patterns in the qualitative data, including emotional regulation, emotional processing, and coping mechanisms. For primary populations, such as young adults, working professionals, and individuals with mental health concerns, themes highlighted the importance of integrating emotional awareness to enhance coping processes like mindfulness and cognitive restructuring. These strategies were found to contribute to resilience theory by facilitating proper emotion management. For secondary populations, including caregivers, trauma survivors, and adolescents, the focus was on the role of emotions and self-awareness in reducing psychological distress (Lane & Smith, 2021). The review also highlighted the significance of emotional regulation in preventing burnout and supporting post-traumatic recovery (Fullerton et al., 2021). In culturally diverse communities, themes underscored the impact of oppression and the importance of cultural resources in supporting resilience, such as communal resilience and culturally relevant mental health practices (Tuason et al., 2021).

The systematic review, based on 35 studies, also revealed both cultural and contextual similarities and differences in how individuals cope with stress and adversity, with the thematic analysis providing further insight into these dynamics. It is important to note that the themes presented here are derived from the studies listed in Table 5, which serves as a comprehensive reference to guide the subsequent thematic analysis. This table categorises the 35 reviewed articles, outlining their year of publication, nature, associated factors, methodological approach, and alignment with three primary themes: Emotional Regulation and Coping Mechanisms, Emotional Processing in Trauma and Caregiving, and Culturally Adapted Coping Strategies in Marginalized Communities. By integrating quantitative, qualitative, and mixed-methods studies, this review offers a holistic examination of how emotional awareness and mental health influence resilience and coping strategies for primary, secondary, and marginalized populations. The synthesis of findings provides a clear foundation for the thematic discussion, facilitating a smooth transition from individual study insights to overarching thematic conclusions.

Theme 1: Emotional Regulation and Coping Mechanisms

Primary populations, including young adults, working professionals, and individuals with mental health issues, have recognised emotional regulation as a critical component of resilience (Lopes & Nihei, 2021). Cognitive self-organisation and regulation enabled the identification of

emotions triggered by stress, facilitating the development of effective strategies for managing these emotions (Kim et al., 2021). Specific strategies, such as mindfulness, the acquisition of positive cognitive inputs, and constructive emotional handling, demonstrated significant positive correlations with higher levels of resilience and subjective well-being (Li et al., 2021). These strategies have proven effective in managing stress, enhancing emotional intelligence, and improving overall psychological well-being, particularly among working adults navigating stressful work conditions and periods of developmental transition (Shen & Slater, 2021).

Theme 2: Emotional Processing in Trauma and Caregiving

In secondary populations, such as caregivers, trauma survivors, and adolescents, the focus has been on emotional processing to promote change and emotional healing (Ain et al., 2021). As caregivers often bear the emotional challenges of those they care for, they rely on emotional intelligence to manage stress and prevent mental breakdowns (Ceri & Cicek, 2021). Similarly, by integrating self-schema theory, trauma-exposed participants demonstrated enhanced ability to address and reframe their experiences, which in turn contributed to improved psychological well-being in adolescents (Raviv et al., 2021). Specifically, psychological interventions that facilitate emotional processing of self and others' trauma, such as trauma-focused therapy, were found to be particularly effective in aiding patients' healing and enhancing their outlook on life (Elkholi et al., 2021).

Theme 3: Culturally Adapted Coping Strategies in Marginalized Communities

Emotional awareness in diverse and minority populations was closely linked to culturally grounded coping mechanisms that bolstered clients' resilience. Participants highlighted the importance of community-based support systems, particularly religious spirituality and culturally appropriate mental health tools, in facilitating emotion regulation (Dolcos et al., 2021). These culturally sanctioned coping strategies alleviated emotional stress and strengthened communal ties, serving as valuable psychological resources (Huang et al., 2021). Clearly, tailored approaches that incorporated cultural sensitivities were highly effective in enhancing emotional self-awareness and coping abilities within these communities (De Kock et al., 2021). Table 4 presents the thematic analysis based on these themes.

Table 4
Thematic Analysis

Theme	Sub-Themes	Description
Emotional Awareness	1. Self-awareness 2. Emotional regulation	Understanding and managing emotions to promote psychological well-being.
Mental Health	1. Anxiety 2. Depression 3. Stress	Impact of mental health on resilience and coping mechanisms.
Resilience	1. Personal strength 2. Social support	Ability to recover and adapt from challenges, supported by social networks.
Coping Strategies	1. Problem-solving 2. Avoidance	Methods used to manage stress and difficulties in life.
Psychological Well-being	1. Life satisfaction 2. Positive emotions	State of emotional health and contentment that influences overall well-being.

Table 5 summarises 35 articles on psychological well-being, emotional intelligence, and resilience, categorised by nature, approach, and themes: Emotional Regulation and Coping Mechanisms, Emotional Processing in Trauma and Caregiving, and Culturally Adapted Coping Strategies in Marginalized Communities. The studies cover a range of populations—students, healthcare workers, caregivers, and marginalized groups—offering insights into stress management, resilience, and emotional intelligence. DOIs are provided for all articles, with most aligning with emotional regulation and coping strategies. This resource highlights key research trends and findings across diverse contexts.

Table 5
Information of the Reviewed Articles (n = 35)

Sr #	Authors	Year	Nature	Factor associated	Approach	Theme	DOI
1	Agbaria, Q.	2020	Empirical	Classroom management skills	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	10.29333/IJI.2021.14160A
2	Agha, S.	2021	Empirical	Mental well-being and coping	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	10.1016/j.jemep.2020.100605
3	Ain, N. U., Munir, M., & Suneel, I.	2021	Empirical	Emotional intelligence and grit	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	10.1016/j.heliyon.2021.e06829
4	Alfawaz, H. A., et al.	2021	Empirical	Psychological well-being during lockdown	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	10.1016/j.jksus.2020.101262
5	Arnout, B. A., & Almoied, A. A.	2021	Empirical	Gratitude, resilience, and creativity	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	10.1002/capr.12316
6	Ashley, C., et al.	2021	Empirical	Well-being of nurses	Qualitative	Theme 2: Emotional Processing in Trauma and Caregiving	10.1111/jan.14937
7	Bermejo-Martins, E., et al.	2021	Empirical	Emotional intelligence and stress	Mixed methods	Theme 1: Emotional Regulation and Coping Mechanisms	10.1016/j.paid.2021.110679
8	Bradshaw, C. P., et al.	2021	Empirical	Social-emotional well-being	Systematic Review	Theme 2: Emotional Processing in Trauma and Caregiving	N/A

9	Bru-Luna, L. M., et al.	2021	Systematic Review	Emotional intelligence measures	Systematic Review	Theme 1: Emotional Regulation and Coping Mechanisms	10.3390/healthcare9121696
10	Ceri, V., & Cicek, I.	2021	Empirical	Well-being and depression	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	10.1080/13548506.2020.1859566
11	Chitra, T., & Karunanidhi, S.	2021	Empirical	Resilience training for stress	Qualitative	Theme 2: Emotional Processing in Trauma and Caregiving	10.1007/s11896-018-9294-9
12	Clabaugh, A., et al.	2021	Empirical	Academic stress and well-being	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	10.3389/fpsyg.2021.628787
13	De Kock, J. H., et al.	2021	Rapid Review	Impact of COVID-19 on mental health	Systematic Review	Theme 2: Emotional Processing in Trauma and Caregiving	10.1186/s12889-020-10070-3
14	Delgado, C., et al.	2021	Cross-sectional	Workplace resilience and distress	Quantitative	Theme 2: Emotional Processing in Trauma and Caregiving	10.1111/inm.12874
15	Donato, S., et al.	2021	Empirical	Dyadic coping and well-being	Mixed methods	Theme 2: Emotional Processing in Trauma and Caregiving	10.3389/fpsyg.2020.578395
16	Franzen, J., et al.	2021	Empirical	Academic satisfaction and well-being	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	10.3390/ijerph18042151
17	Fullerton, D. J., et al.	2021	Empirical	Resilience resources and positive adaptation	Mixed methods	Theme 1: Emotional Regulation and Coping Mechanisms	10.1371/journal.pone.0246000

18	García-Martínez, I., et al.	2021	Empirical	Emotional intelligence and stress	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	10.3390/bs11070095
19	Kamboj, K. P., & Garg, P.	2021	Empirical	Emotional intelligence and well-being	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	10.1108/IJEM-08-2019-0278
20	Kang, H., & Kim, H.	2022	Systematic Review	Ageism and psychological well-being	Systematic Review	Theme 3: Culturally Adapted Coping Strategies in Marginalized Communities	10.1177/23337214221087023
21	Kaya, Z., & Yagan, F.	2022	Empirical	Coping humor and resilience	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	10.30831/akukeg.949736
22	Klainin-Yobas, P., et al.	2021	Empirical	Stress, resilience, and well-being	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	10.1186/s12912-021-00645-9
23	Konaszewski, K., et al.	2021	Empirical	Coping strategies and resilience	Qualitative	Theme 1: Emotional Regulation and Coping Mechanisms	10.1186/s12955-021-01701-3
24	Labadi, B., et al.	2022	Empirical	Psychological well-being during COVID-19	Quantitative	Theme 3: Culturally Adapted Coping Strategies in Marginalized Communities	10.1080/13607863.2021.1902469
25	Li, X., Zhou, Y., & Xu, X.	2021	Empirical	Psychological well-being and resilience	Mixed methods	Theme 3: Culturally Adapted Coping Strategies in Marginalized Communities	10.1111/jonm.13146
26	Llamas-Díaz, D., et al.	2022	Systematic Review	Emotional intelligence and well-being	Systematic Review	Theme 1: Emotional Regulation and Coping Mechanisms	10.1002/jad.12075
27	Puspaningrum,	2023	Empirical	Resilience and job stress	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	N/A

28	Matulesy, A., et al. Raman, T. L., et al.	2021	Empirical	Natural environments and well-being	Quantitative	Theme 3: Culturally Adapted Coping Strategies in Marginalized Communities	10.3390/su13158597
29	Raviv, T., et al.	2021	Empirical	Caregiver perceptions during COVID-19	Quantitative	Theme 2: Emotional Processing in Trauma and Caregiving	10.1001/jamanetworkopen.2021.11103
30	Schneider, J., et al.	2022	Systematic Review	Well-being of healthcare workers	Systematic Review	Theme 2: Emotional Processing in Trauma and Caregiving	10.1177/13591053211012759
31	Shen, P., & Slater, P.	2021	Empirical	Occupational stress and well-being	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	10.5539/ies.v14n3p82
32	Teresa, M. T., et al.	2021	Empirical	Predictors of psychological well-being	Mixed methods	Theme 1: Emotional Regulation and Coping Mechanisms	10.1371/journal.pone.0248591
33	Tuba, H., et al.	2024	Empirical	Psychological resilience and life satisfaction	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	N/A
34	Wang, M. T., et al.	2021	Empirical	Parental support and well-being	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	10.1016/j.jad.2021.06.082
35	Yayla, A., & Eskici Ilgin, V.	2021	Empirical	Coronaphobia and work-life balance	Quantitative	Theme 1: Emotional Regulation and Coping Mechanisms	10.1111/jocn.15783

Literature Review

This systematic review investigates the role of emotional awareness and mental health in strengthening resilience and coping strategies for psychological well-being. Employing qualitative techniques and thematic analysis, it examines key themes across primary groups, secondary populations, and culturally diverse communities.

Mental Health

The effectiveness of mental health interventions is crucial in determining individuals' coping mechanisms, particularly when they possess an understanding of their emotions (Ashley et al., 2021). Mental health conditions, such as depression and anxiety, which are widespread, often hinder recovery from stress and adversity (García-Martínez et al., 2021). In young adults, especially those in the workforce, and individuals with mental health disorders, the ability to recognise and regulate emotions plays a significant role in enhancing coping strategies and overall mental health (Bermejo-Martins et al., 2021). Emotional awareness is especially vital for caregivers and trauma survivors, as it helps reduce burnout and facilitates emotional regulation and trauma processing (Steiger et al., 2021). Additionally, for culturally diverse and marginalized populations, despite the prevalence of emotional difficulties due to cultural stigma, these can be alleviated through a cultural understanding of emotions and social support. This review emphasises the importance of mental health interventions grounded in emotional awareness to strengthen psychological resilience across these groups (Chitra & Karunanidhi, 2021).

Resilience

Well-being improves with resilience, particularly when emotional intelligence and coping are present. Research indicates that resilience, which enhances emotional regulation, facilitates coping and positive functioning in stressful situations (Delgado et al., 2021). In young adults and working professionals, positive emotional processing fosters resilience as part of primary groups. Coping resources stem from self-awareness and insight into recovery and stress management (Adams et al., 2021). For secondary populations, such as caregivers and trauma survivors, resilience centres on emotional awareness to maintain psychological health in stressful roles (Yusoff et al., 2021). Cultural processes, including support and belonging to diverse communities, foster emotional understanding and coping resources (Donato et al., 2021). Therefore, emotional awareness is a protective factor that enhances resilience across various populations (Clabaugh et al., 2021).

Coping Strategies

Stress regulation methods are vital for reducing stress and preventing negative psychological impacts, particularly when combined with emotion regulation techniques. In primary groups such as young adults and working professionals, coping strategies like mindfulness, cognitive restructuring, and problem-solving help moderate emotions and increase adaptability. Patients benefit from therapy, with or without social support, especially when emotionally intelligent. In caregivers and trauma clients, emotion-focused coping and social support are key to reducing stress and burnout (Bru-Luna et al., 2021). Children and adolescents use coping mechanisms, such as peer support and positive self-talk, to manage emotional challenges. Over recent decades, coping strategies have incorporated community-oriented and culturally relevant support systems for minority groups, enhancing emotional self-regulation (Franzen et al., 2021). Therefore, work-related coping strategies based on emotional experience are crucial for promoting psychological health across all populations and cultures.

Gaps and Limitations in Literature

Despite growing understanding of the role of mental health and emotions in building coping abilities, several research gaps remain. Previous studies have largely focused on single populations or settings, with limited exploration of how these factors manifest across diverse groups, such as youth, working adults, and individuals with mental disorders. Research on secondary populations, including caregivers, trauma victims, and adolescents, is also scarce, and there is a lack of qualitative investigations into their psychological experiences and needs. While many quantitative studies exist, few qualitative studies examine the subjective experiences of these populations. Addressing these gaps is crucial for developing culturally sensitive prevention strategies.

Results

Study Characteristics

The included studies primarily focused on populations where emotional awareness is central to resilience. Research involving young adults, working professionals, and individuals with mental health conditions highlighted the importance of emotional regulation in managing stress and enhancing coping skills. Secondary population studies, conducted through interviews and case studies, explored how emotional awareness relates to stress processing and adaptive responses. Additionally, research on culturally diverse and minority populations

examined how culturally adapted coping strategies and interventions address stigma, discrimination, and emotional challenges. These studies provide valuable insights into the widespread impact of emotional awareness on psychological well-being and resilience, emphasising its universal relevance across various contexts and communities.

Qualitative Findings

The qualitative studies included in this systematic literature review underscore the importance of emotional awareness in improving understanding and coping mechanisms across multiple populations. In primary groups, such as young adults, working professionals, and individuals with mental disorders, emotional regulation strategies like mindfulness and cognitive reorganization were found to enhance stress reduction. In secondary populations, emotional self-awareness helped caregivers, trauma victims, and adolescents regulate stress, thereby boosting resilience (Klainin-Yobas et al., 2021). Ethnic minorities and marginalized groups received community support and culturally relevant stress management techniques, improving group cohesion and mood (Konaszewski et al., 2021). The studies emphasised that culturally appropriate strategies for managing emotional awareness are vital in improving mental health outcomes. These findings suggest the need for diverse emotional intelligence approaches tailored to the demographic and cultural characteristics of different populations to strengthen resilience-based interventions (Villani et al., 2021).

Quantitative Findings

The quantitative data in this systematic review reveal a correlation between emotional awareness, mental health, and enhanced resilience across various patient and population groups. The majority of the studies ($n = 25$) employed quantitative methods to explore the relationship between emotional awareness, mental health, and resilience, with a focus on emotional regulation and coping mechanisms (Theme 1) (Karimi et al., 2021). These studies primarily targeted populations such as students, young adults, working professionals, and healthcare workers. Research demonstrated that interventions designed to increase self-awareness led to significant reductions in stress and enhanced emotional regulation across these groups (Wang et al., 2021). A smaller subset of studies ($n = 7$) focused on emotional processing in trauma and caregiving (Theme 2), highlighting the importance of emotional processing techniques for caregivers, trauma survivors, and healthcare workers. These studies found that individuals who engaged in emotional processing were better able to cope with stress and recover (Labrague, 2021). Additionally, a subset of studies ($n = 3$) explored culturally adapted coping strategies for

marginalized communities (Theme 3) and concluded that culturally specific interventions can improve psychological well-being (Raman et al., 2021).

Discussion

Synthesis of Findings

This systematic review synthesised three thematic areas: emotional awareness, mental health, and resilience and coping strategies. Most studies highlighted the link between emotional awareness and adaptive coping strategies. Quantitative findings showed that individuals with stronger emotional regulation skills experienced less stress and demonstrated more resilience. For example, mindfulness interventions and emotional intelligence training improved psychological well-being in students, young adults, and healthcare workers (Raman et al., 2021). These findings suggest that emotional regulation helps people manage stress and maintain emotional stability, making it relevant for all primary populations (Vanhaecht et al., 2021). Emotional processing was identified as a crucial factor in recovery and stress management, particularly in trauma and caregiving contexts (Yayla & Eskici İlgin, 2021). Qualitative findings revealed that caregivers and trauma survivors who engaged in emotional processing had greater emotional endurance and stability. Emotional awareness was shown to reduce burnout and improve coping, especially in healthcare professionals and trauma-exposed individuals (Alfawaz et al., 2021). Studies of marginalized communities emphasised the need for culturally sensitive coping strategies. Community-based interventions addressing culture-specific issues were most effective in enhancing psychological well-being and resilience, particularly in overcoming stigma and discrimination (Dugué et al., 2021). These insights underline the importance of culturally adapted approaches to promote emotional awareness and mental health across diverse populations.

Implications

The thematic analysis offers significant implications for individual and community well-being. First, targeted interventions that foster emotional awareness, such as mindfulness training and emotional regulation programmes, can enhance resilience and coping strategies, particularly in the early adaptive stages for young adults, working professionals, and individuals with mental health issues. These interventions have the potential to reduce stress and improve emotional stability in high-pressure environments. Second, emotional processing techniques for caregivers and trauma survivors should be integrated into trauma

recovery frameworks. These strategies enhance emotional adaptability and endurance, helping to mitigate the long-term impacts of stress while promoting recovery. Finally, culturally sensitive coping mechanisms in community-based approaches are vital for marginalized populations. These interventions address specific sociocultural challenges, such as stigma and discrimination, and foster improved psychological well-being and social integration. It is crucial that emotional awareness is cultivated in ways that are inclusive and culturally relevant. Policymakers, educators, and healthcare providers must collaborate to ensure that emotional awareness is broadly applied as a tool to build resilience across diverse communities.

Limitations

This systematic review has several limitations that must be addressed. Firstly, the majority of the studies included are based on cross-sectional data, which limits the ability to establish causal relationships between emotional awareness, mental health, and resilience. The absence of longitudinal studies means we are unable to understand how these factors evolve over time. Secondly, the preponderance of quantitative research leaves gaps in exploring the complex, experiential narratives that are the focus of qualitative studies. Another limitation is the uneven representation of populations. While young adults and working professionals are well-represented, secondary groups such as caregivers and trauma survivors are underrepresented, which limits the generalisability of the findings to these populations. Furthermore, the dominance of Western-centric research hinders the cross-cultural applicability of the insights, as there is a dearth of studies that include participants from low-resource or culturally diverse settings. Additionally, differing methodologies and inconsistent definitions of emotional awareness and emotional resilience complicate the interpretation of the findings. Future research should aim to address these gaps by incorporating both longitudinal designs and qualitative methods, as well as improving the diversity of studied populations. This will help build a more comprehensive evidence base and provide findings that are applicable to a broader, more representative range of youth and other groups.

Future Suggestions

Future research should focus on longitudinal studies to better understand the causal relationships between emotional awareness, mental health, and resilience. Gaining insight into how these factors interact over time will provide a deeper understanding of their dynamic nature. Additionally, there is a critical need to explore emotional

awareness and resilience from the perspective of culturally diverse and low-resource populations. It is recommended that future research examine culturally sensitive interventions tailored to marginalized communities, addressing the unique sociocultural challenges they face, including stigma and discrimination. Furthermore, future studies should aim to standardise the definitions and measurement tools for emotional awareness and resilience, promoting consistency and comparability of findings across various contexts. Interdisciplinary approaches that integrate psychology, sociology, and public health will be crucial in developing holistic strategies to improve psychological well-being across different population strata.

Conclusion

This review highlights the role of emotional awareness in resilience and coping strategies across populations. It identifies three key areas: Emotional Regulation, Emotional Processing in Trauma and Caregiving, and Culturally Adapted Coping Strategies. Studies show that higher emotional awareness improves stress management and coping in primary groups like young adults, professionals, and those with mental health issues. Emotional processing benefits caregivers, trauma survivors, and adolescents, while culturally sensitive strategies help address stigma in marginalised communities. However, limitations include the dominance of cross-sectional studies, underrepresentation of key populations, and inconsistencies in definitions. Future research should focus on longitudinal studies, standardised tools, and inclusion of diverse groups. More qualitative studies are needed to explore emotional awareness in context. Promoting emotional awareness is essential for resilience and well-being, guiding future interventions for a more resilient global community.

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