





# Bibliometric review on psychological well-being in the Journal of Research Psychology - UNMSM (1998-2022)

## Revisión bibliométrica sobre bienestar psicológico en la Revista de Investigación en Psicología - UNMSM (1998-2022)

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### Abstract

A bibliometric analysis was carried out in the Revista de Psicología of the Universidad Nacional Mayor de San Marcos regarding Psychological Well-being, from 1998 to 2022. The exact number of published articles, the method used, the population studied, and the number of articles published were analyzed. the contents of the works. With 25 volumes, 12 research papers and 38 authors as first signatories, giving an average of 0.3 authors per paper. The results showed a greater focus on the university population with a notorious predilection in terms of the use of instruments for the Carol Ryff Psychological Well-Being Scale. Articles worked on by multiple authors predominate over individual articles; and a large part of these include variables related to academic performance, persistence, and self-esteem, which is consistent with various articles carried out in educational settings. Relevant findings and reflections on the outcomes identified from the review emerged.

**Keywords:** psychological well-being, positive psychology, psychology journal.

### Resumen

Se llevó a cabo un análisis bibliométrico en la Revista de Psicología de la Universidad Nacional Mayor de San Marcos respecto a Bienestar Psicológico, desde el año 1998 hasta el 2022. Se analizó la cantidad exacta de artículos publicados, el método utilizado, la población estudiada y los contenidos de los trabajos. Con 25 volúmenes, 12 trabajos de investigación y 38 autores como primeros firmantes, dando una media de 0.3 autores por trabajo. Los resultados mostraron un mayor enfoque en población universitaria con una notoria predilección en cuanto al uso de instrumentos por la Escala de Bienestar Psicológico de Carol Ryff. Los artículos trabajados por múltiples autores predominan sobre los artículos individuales; y gran parte de estos, incluyen variables relacionadas con el rendimiento académico, la persistencia y la autoestima, lo que es consistente con varios artículos realizados en entornos educativos. Se desprendieron hallazgos relevantes y reflexiones sobre los resultados identificados a partir de la revisión.

**Palabras clave:** bienestar psicológico, psicología positiva, revista de psicología.

## INTRODUCTION

Bibliometrics represents a relevant tool that allows access to content collected from different sources and information bases. It is then conceived as the action of quantifying bibliographic data that is susceptible to analysis (Bregman et al., 2020). In the international theoretical review, several studies on the bibliometric compilation have been found for the estimation of the various areas of cognition, the applied sciences being the ones that generally receive more attention. However, space is beginning to be made for the case of social sciences (Sanchez et al., 2018). Up to 30 years ago, it has been noticed that bibliometric studies began to expand with different objectives and orientations on psychological sciences in Latin America. Different creations can be identified in which bibliometrics is used in historical studies, the exploration of specialized studies, the analysis of scientific focus journals, and the registration of different areas of inquiry in the psychological field, among other applications. "Born in England and transformed into public at the end of the 1970s, although it was already exercised without that name both in the European state and in the United States" (Urbizagástegui, 2014), the power of bibliometrics, infometrics, and scientometrics have permeated in different disciplines and many continents. In this case, there is a relevant inquiry made in Spain (Alcaín & San Millán, 1993) in which 473 bibliometric productions were examined from data belonging to the social and human areas during the years 1981 - 1990, from which it is extracted that psychology is one of the disciplines that used bibliometrics the most. Thus, it can be said that, during the seventies, Spain was an area of great scientific production, in which bibliometrics was seen as a tool for analysis, with psychological studies representing a large part of its research (López, 1973). Although national cooperation predominates, Europe is the continent that has collaborated most with Latin America, with Brazil standing out in terms of production, impact, and participation. The Sensagent portal shows a perspective of bibliometrics as a mathematical method, using the laws of bibliometrics based on the regular statistical behavior shown by the different elements of science over time. The tools used to assess the various points of the phenomenon under investigation correspond to bibliometric indicators, which provide informative

data regarding the manifestation of the findings on scientific activity. Urbizagástegui, in 2014, details the national situation, recognizing that "Peru is not an exception in the exploration of this field. For some years now, efforts have been made to analyze and increase production in this area. However, there has been no investment in research on its origin and development, nor in the fields where this technique or method is being used in the territory". For now, Chiroque Solano (2003) is recognized as one of the few who has attempted an approach to the bibliometric field in his study on librarianship and information science covering the years 2003 to 2007, identifying only 13 documents in that period. Likewise, years later, analyses are found as lines of research in biomedical sciences through Huamaní and González in 2011, finding only 21 documents.

## METHOD

### Bibliometrics

It is a means by which information is collected by applying quantitative methods based on existing data and organizing them in such a way as to show the growth and distribution of scientific research on the subject so that they can be studied by society and contribute to applied science (Vera, 2005). The most commonly used bibliometric data are those that have been published in national and international repositories and have been duly cited according to the required formats. The quantification of existing studies or publications is a fundamental or basic part of a bibliometric study; on the other hand, the amendment of citations is directly related to the importance of the publication with respect to the subject (Arenas & Santillán, 2002). This research model was first proposed in Valencia and then expanded to Latin American countries such as Chile, Brazil, Colombia, and Peru and is currently widely used in the field of psychology (Arenas & Santillán, 2002).

### Journal of Research in Psychology of the Universidad Nacional Mayor de San Marcos

The Journal of Psychology Research is assigned as an edition with a scientific base constituted and managed by the Institute of Psychological Research of the same house of studies, located

in Lima, Peru, in charge of divulging articles elaborated by professors belonging to the Faculty of Psychology, in addition to studies elaborated by different national and international researchers and academics that allow enriching the scientific collection, contributing significantly to the knowledge environment in the country and abroad through a work financed by the Superior Council of Research through the Special Fund for University Development (FEDU). Authorizing complete articles that comply with characteristics such as being original and unpublished on the subject of scientific psychology, covering all areas of research using qualitative and quantitative approaches.

The organization in charge of the editorial team consists of a director, a general editor, three editors attached to the editorial board, a National Advisory Committee in charge of eight consultants (two of whom are currently women, which represents only a quarter of the committee), and the International Advisory Committee has 19 members, 5 of whom are women.

In 2022, the journal celebrated 25 years of uninterrupted work, thus complying with the highest standards that few publications of state universities manage to obtain. In addition, that same year, it was incorporated into the SciELO (Scientific Electronic Library Online) collection in July, representing a great academic and institutional achievement. It is worth mentioning that it is also indexed in the LATINDEX Catalog 2.0 system, with digital versions visible in the Repository of Open Access to Science (LA Referencia) as well as REDIB (Iberoamerican Network of Innovation and Scientific Knowledge), ROAD (Directory of Scientific and University Resources in Open Access), PEPSIC (Brazilian portal of psychological articles), and in Alicia, DOAJ, Sherpa Romero, MIAR databases, to name a few.

The journal offers in its 25th volume, number 2, its most recent production “publications related to mental health, identifying relevant and current topics, such as adolescents in conflict with the law, assessment instruments, intimate partner violence and psychological well-being” (García Ampudia, 2022, pp. 3-4).

## **Psychological well-being in the Journal of Psychology Research of the Universidad Nacional Mayor de San Marcos**

Regarding the psychological wellbeing variable, an analysis of the research that has been found in this journal during the last 24 years has been made. Thus, Velásquez et al. (2008) evaluated the variable by means of the Ryff psychological wellbeing scale, also using the Rauthus inventory, with the objective of studying psychological wellbeing, assertiveness, and academic performance in 1244 students from different faculties of the UNMSM (medicine, law, education, mathematics, industrial engineering and administration) as it was quantitative, correlational-descriptive research, the findings mention a significant nexus on assertiveness, psychological wellbeing and academic performance. Similarly, 2014 proved to be a very productive year for the publications that the journal has had: Velásquez et al. (2014) developed a study where the focus was to establish the links between peer aggression and psychological wellbeing in different faculties of the UNMSM, for this study, they used two scales: Ryff's Psychological Wellbeing and Espelage's Peer Violence. This research was descriptive-correlational, in which they used a non-probabilistic sampling of the population. The authors psychometrically analyzed the instruments since they were adapted to their reality. The results showed that people with supportive behaviors would be linked to self-approval, namely, taking advantage of their abilities and clarity in personal goals; likewise, it was shown that people who agree with aggressive behaviors are those who do not achieve self-acceptance and, finally, they found differences in terms of age, gender and professional areas.

Eguiluz and Mera (2014) analyzed the measurement of risks of suicidal behaviors, psychological wellbeing, and family structure in first-cycle students of health sciences professionals. The measurement was given through the FACE IV scale, the suicide risk inventory, and the subjective wellbeing scale, with the participation of 329 students. It was found that 87% of the participants described their family structure as chaotic, and 28% believed that it was not cohesive. Likewise, 8 of the 329 students were identified with suicidal risk and, 11 of them with elevated levels of depression, 71 of the students presented very low levels of psychological wellbeing. On the other

hand, Morales (2014) evaluated a sample of 393 students of poor socioeconomic level through a quantitative approach study in order to evaluate high school performance and performance in intellectual variables; for this purpose, he used the Coopersmith inventory, the SV.RES scale and the BIEPSI scale, finding as a result that academic performance was found within the expected age ranges; likewise, the disparity was identified between superior academic performance, self-esteem, resilience, and psychological comfort.

Matalinares et al. (2016) conducted an exploration with the aim of analyzing the nexus between stress coping and psychological comfort, 934 participants were evaluated, and the COPE scale and Ryff's SOWB scale were applied. Among the results, a significant relationship was found between problem-focused stress coping and psychological wellbeing.

Continuing with the review, we found Escudero (2017), who determined the relationship between psychological wellbeing and involvement with religion in students in Lima; there were 297 participants to whom the BIEPS scale and the religious involvement questionnaire were applied. It was found that at high levels of psychological wellbeing and according to the dimension of form projects, the relationship with religious involvement will be significant.

That same year, Morales and Guzmán (2017) worked on meaningful life experiences, psychological wellbeing, and resilience in 502 students, using the BIEP-J, SVRES, and VVS scales, evidencing differences corresponding to psychological wellbeing in the dimensions of purposes and control, as well as in resilience in the factors of goals, projects, self-efficacy, and learning.

Later, Falcón (2019) developed a personal program to determine its effectiveness within a group of adults between 65 and 87 years of age who belonged to a geriatric center. To carry out such work, they had as a sample 15 residents of both sexes; such research was of quasi-experimental design applied in two moments before and after to two different groups, applying the Spanish adaptation of Ryff's Psychological Wellbeing scale, corresponding to the results indicated by the author have been favorable for the participants since, on the other hand, in the sociodemographic variable, it was concluded that the male participants only had completed

secondary education, in them a high level of psychological wellbeing was found.

Calero (2020) conducted a study with the aim of finding out if there is any correspondence between resilience and psychological wellbeing in psychology professionals, for which he selected 93 graduate students of Clinical Psychology; the sample was evaluated with the scales of psychological wellbeing and resilience, his findings show a significant link between the variables, explaining that these professionals increase their ability to transform adversities, this allows them to adapt faster and project themselves successfully, increasing their satisfaction in the same way. An important study by Díaz et al. (2020) elaborating the psychometric adaptation focused on Ryff's Psychological Wellbeing scale in adolescents from different districts of Lima through an instrumental methodology, concluding that the scale requires a reduction from 34 to 12 items for a better statistical analysis, in addition, the use of the dimensions self-acceptance, purpose, autonomy and growth was reaffirmed, resulting in the instrument being viable for its use.

New research on mental wellbeing during the COVID-19 pandemic has shown that the mood of the general population is low (Dodd et al., 2021). Also, increased levels of stress, anxiety, and depressive thoughts, including fear and worry about the health of self and loved ones, have been reported (Son et al., 2020). In addition, a number of longitudinal studies have also evidenced a reduction in psychological wellbeing and mental health in the university population (Savage et al., 2020).

In this regard, Franco (2021) investigated with the aim of developing a scale of psychological wellbeing in university students. There were 417 students of both sexes between 17 and 35 years of age from a university in Lima. They worked with topics of Mental Health (MH) and Family and Interpersonal Relations (FR). The method was instrumental, with a scale of 35 items and seven components. The results showed that the scale fits adequately to the 2PL model ( $\chi^2 = .58, 1.73, p > .05$ ), meeting the assumptions of unidimensionality and local independence for the items for each component. The author recommended continuing revisions of the model presented and complementing the analysis with components oriented to educational needs and the development of soft skills.

Finally, Loli et al. (2022) conducted a study to find out the relationship between organizational justice and psychological wellbeing in higher education teachers. The study had a quantitative, non-experimental, and correlational approach and involved 224 university teachers in a virtual pandemic context. Colquitt's Organizational Justice Scale and Ryff's Psychological Wellbeing Scale were used. The results showed a significant and positive association between organizational justice and psychological wellbeing, and the effect size is small. Likewise, the components of the variables were analyzed, where it was demonstrated that there is a significant and positive association between them, except in the

autonomy component of psychological wellbeing, with the components of organizational justice and personal growth, which was only related to procedural justice, and not to distributive, interpersonal and informational justice.

## RESULTS

Most of the articles published in this journal on psychological wellbeing between 1998 and 2022 have the following characteristics:

**Table 1**

*Articles by title, year of publication and authors published in the Journal of Psychological Research between 1998-2022*

TITLE	AUTHORS	YEAR
Psychological well-being, assertiveness and academic performance in San Marquino university students	Velásquez et al.	2008
Peer aggression and psychological well-being in students of a public university in Metropolitan Lima.	Velásquez et al.	2014
Measurement of suicidal risk, psychological well-being and family structure in first-time students entering health careers.	Eguiluz y Mera	2014
Students from vulnerable sectors with high school performance and their performance in intellectual variables, resilience, self-esteem and psychological well-being.	Morales	2014
Psychological well-being and religious involvement in university students of Lima	Escudero	2017
Coping with stress and psychological well-being in university students from Lima and Huancayo	Matalinares	2017
Life experiences of high relevance, psychological well-being and resilience of high-achieving students from vulnerable sectors.	Morales y Guzmán	2017
Effectiveness of a psycho-geriatric well-being program.	Falcón	2019
Psychometric properties of Carol d. Riff's Psychological Well-Being Scale SPWB in high school students of UGEL 02.	Díaz et al.	2020

Analyzing job strain of psychologists in the clinical setting through their resilience and well-being.	Calero	2020
Item Response Estimates of Parameter Parameters of a Brief Measure of Student Psychological Well-Being in the University Context.	Franco	2021
Organizational Justice and Psychological Well-Being in Peruvian Teachers in a COVID-19 Pandemic Situation	Loli et al.	2022

Source: Own elaboration based on the Revista de Investigación en Psicología de la UNMSM.

Note: In 2008, 1 article was published, which contains 7 authors, all of male gender; in 2014 3 publications were identified, with a total of 8 authors, of which 7 are male and one female; in 2017 3 publications were found with a total of 10 authors 7 authors belong to a research, two authors to another and one author to a research, of which 8 are men and two women, in 2019 there is one publication with female authorship, in 2020 there are only 2 publications in which the female gender has predominated, which indicates that there is a greater presence of women in relation to the publications of previous years. For 2021 and 2022, we have 2 publications and 6 authors together, finding in the most recent one only a female researcher. A total of 12 publications referring to the variable Psychological Well-being are then evidenced with 38 authors involved, of which 28 are men and 10 are women.

**Table 2**

*Number of articles on Psychological Well-Being published in the Journal of Psychological Research between 1998-2022.*

TITLE	YEAR
1998	0
1999	0
2000	0
2001	0
2002	0
2003	0
2004	0
2005	0
2006	0
2007	0
2008	1
2009	0
2011	0
2012	0

2013	0
2014	3
2015	0
2016	0
2017	3
2018	0
2019	1
2020	2
2021	1
2022	1
<b>Total</b>	<b>12</b>

Source: Own elaboration based on the Journal of Psychology Research of the UNMSM.

Note: Between the years 1998 and 2007, no published article has been found regarding Psychological well-being; in 2008 1, one publication was found; between 2009 and 2013, zero publications; in 2014 3, were found; between 2015 and 2016, zero publications; in 2017 three publications, were made, in 2018 zero publications, in 2019 one and 2020 two publications, similar to

the situation in 2021 and 2022 that report a total of 2 research articles, which leads us to interpret that the years with the most research in the journal are those of the interval 2020 - 2022 (4 publications), which indicates that confinement and its repercussions at the social, educational and mental health levels may have influenced the amount of production.

**Table 3**

*Percentage contribution of countries with respect to the psychological well-being variable in the Journal of Psychological Research between 1998-2022.*

COUNTRY	N° OF ITEMS	PERCENTAGE
Perú	9	75%
México	1	8.3%
Chile	2	16.7%
<b>Total</b>	<b>12</b>	<b>100%</b>

Source: Own elaboration based on the Journal of Psychology Research of the UNMSM.

Note: It can be seen that, in terms of country contribution to the study, Peru contributes 75%, i.e., more than half, compared to the rest of the countries, such as Mexico with 10% and Chile with 20%.



## CONCLUSIONS

The objective of the present investigation has been to carry out a bibliometric review on the study of the variable psychological well-being in the virtual journal of psychology of the Universidad Nacional Mayor de San Marcos; we have resorted to the information from the journal above to obtain the data presented above, this research has been based on studies from 1998 to 2022, the study has focused on the most relevant points of research and that gives importance to the production of science, population, design, and instrument. Within the virtual journal, only 12 research works have been found regarding the variable of psychological well-being between the mentioned years, which means that in 22 years, only 12 research works have been published on a really important topic such as psychological well-being, in contrast with the reality of studies focused on Health Sciences which have a greater scenario for this and other realities.

Since the UNMSM is the most important among the national universities of prestige in our country and Latin America, it is appropriate to make a call for reflection and finally to the action of the researchers of this house of studies and for those who promote scientific research in students in training, it is important to make known at what level of psychological well-being is our society, even more in the difficult junctures given by the pandemic, it is necessary and timely to promote, disseminate and contribute on mental health studies. The few studies found that most of them are focused on a young population and specifically on university students. Attention should be given equally to infants, young people, adults, and older adults, since within society, the problems complain and damage in different ways and on different scales. On the other hand, there is also a notorious disproportionate participation by gender, with a total of 23 men and 10 women.

Finally, it is concluded that there are very few works that carry out numerical studies of scientific production in specific disciplines, so there is a need to emphasize this field of research. In relation to the empirical data resulting from bibliometric techniques, there is evidence of a relationship in accordance with the progress of science in our national context, the improvement in production by researchers, as well as the provision of relevant data for these studies. However, bibliometric research in the

country still needs a strong base. To this end, it is suggested the implementation of various techniques in the development of bibliometric studies and the introduction of Bibliometrics as an object and research tool in private and public universities, thus representing a starting point and even having an impact on the institutions in charge of watching over the written or digital cultural heritage, such as the National Library in Peru.

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## AUTHORS ROLES

TDF: Conception of the design, drafting of the manuscript.

EBZ: Manuscript drafting, analysis and interpretation of results.

AGM: Revision.

## COMPETING INTERESTS

The authors declare under oath that they have no conflict of interest in the preparation of this article.

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