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RELATIONSHIP BETWEEN ADOLESCENT'S PARTICIPATION IN ACTIVITY CENTRE AND FLOURISHING

[HUBUNG KAIT ANTARA PENGLIBATAN REMAJA DI PUSAT AKTIVITI REMAJA DENGAN KEMAKMURAN]

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Abstract

Adolescence is an important transitional phase in a life, but limited studies have focused on the positive experiences of adolescence, like flourishing in Malaysia. This study examines how adolescent involvement in an after-school youth activity centre can contribute to flourishing. Focusing on Kafe@TEEN in Penang, this study looks at the link between adolescents' involvement in creative activities and social connectedness can contribute to flourishing. A total of 132 adolescents who are members of the Kafe@TEEN youth activity centre in Penang, aged 13 to 18 years old, took part in this study. They were selected based on purposive sampling. A questionnaire consisting of five sections, namely demographic information, involvement in Kafe@TEEN, involvement in creative activities, social connectedness and flourishing, was distributed to the participants. The findings of this study indicate that there is a

significant relationship between adolescent involvement in Kafe@TEEN and social connectedness and flourishing. However, there is no significant relationship between creative activities and flourishing. The findings of the study show the importance of involvement in the youth activity centre outside of school hours, such as the Kafe@TEEN youth activity centre, to flourishing. The study also highlights the clearer and more specific role of involvement in leisure activities outside of school hours in contributing to flourishing. Adolescents should be encouraged to be more involved in leisure activities outside school hours, especially at youth activity centres such as Kafe@TEEN, in order to increase their flourishing. Parents encouragement and government initiatives to increase the number of such youth activity centres are also required. More research in the future needs to be conducted to look at how other factors, such as social entrepreneurship, can contribute to the flourishing of adolescents, especially in the context of activities outside of school hours. © Penerbit Universiti Sains Malaysia, 2025.

Author keywords

adolescents; adolescents' centres; creative activitiesocial connectedness; flourishing

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