A Nationwide Study of Mental Health and Social Support among Romanian Adolescents Transitioning to Adulthood

Anna Emese Vincze 1
Dégi Laszló Csaba 2
Mária Roth 3
Teodor Paul Hărăuş 4

Abstract
The present study examines components and factors associated with mental health among Romanian adolescents transitioning to adulthood, within the context of family, peers, and school. A nationally representative sample of 3,524 high school seniors was included in our study. A self-administered online questionnaire assessed negative affect, positive resources and social support. Romanian adolescents reported average mental health. Inequalities in mental health were mostly related to low socio-economic background, lack of appropriate social cohesion.

Background
Late adolescence is a particularly difficult and vulnerable period of life when problems come to the surface and they are increased (Arnett, 2010). In this period, adolescents face many new challenges: they need to deal with physical and emotional changes associated with maturation; growing academic expectations and fluctuating social relationships with family and peers (Cole and Cole, 2006).

1. Teach. assist., researcher, PhD., Babeş-Bolyai University Cluj-Napoca, Faculty of Psychology and Educational Sciences, e-mail: vincze_anna59@yahoo.com (corresponding author);
2. Assist. prof., PhD., Babeş-Bolyai University Cluj-Napoca, Faculty of Sociology and Social Work;
3. Prof., PhD., Babeş-Bolyai University Cluj-Napoca, Faculty of Sociology and Social Work;
4. Assist. prof., PhD., Babeş-Bolyai University Cluj-Napoca, Faculty of Sociology and Social Work.