

The interconnection between positive youth development and migration: A qualitative study of mental well-being in Albanian youth

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This qualitative study examines the interconnection between Positive Youth Development (PYD), well-being, and migration tendencies among youth in Albania, focusing on the 5Cs framework: competence, confidence, connection, caring, and character. Data were collected through eight focus groups with 62 participants aged 16–24 in Tirana and analyzed using thematic analysis. Findings reveal that perceptions of personal competence and confidence, quality of social connections, and character-related values play a central role in shaping youths' well-being and their considerations of migration. The results highlight the complex interplay between individual and social resources in youth decision-making. These insights inform the design of targeted interventions to promote supportive environments, youth empowerment, and overall well-being.

Keywords: positive youth development, 5Cs, well-being, migration tendencies, youth.

La relación entre el desarrollo positivo de los jóvenes y la migración: Un estudio cualitativo sobre el bienestar mental de los jóvenes albaneses

Este estudio cualitativo examina la interrelación entre el desarrollo positivo de los jóvenes (PYD), el bienestar y las tendencias migratorias entre los jóvenes de Albania, centrándose en el marco de las «5 C»: competencia, confianza, conexión, cuidado y carácter. Los datos se recopilaban a través de ocho grupos focales con 62 participantes de entre 16 y 24 años

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en Tirana y se analizaron mediante un análisis temático. Los resultados revelan que las percepciones de la competencia y la confianza personales, la calidad de las conexiones sociales y los valores relacionados con el carácter desempeñan un papel fundamental en la configuración del bienestar de los jóvenes y en sus consideraciones sobre la migración. Los resultados ponen de relieve la compleja interacción entre los recursos individuales y sociales en la toma de decisiones de los jóvenes. Estas conclusiones sirven de base para el diseño de intervenciones específicas destinadas a promover entornos de apoyo, el empoderamiento de los jóvenes y el bienestar general.

Palabras clave: desarrollo positivo de los jóvenes, 5Cs, bienestar, tendencias migratorias, juventud.

A relação entre o desenvolvimento positivo dos jovens e a migração: Um estudo qualitativo sobre o bem-estar mental dos jovens albaneses

Este estudo qualitativo examina a interligação entre o Desenvolvimento Positivo da Juventude (PYD), o bem-estar e as tendências migratórias entre os jovens na Albânia, com foco no quadro dos 5Cs: competência, confiança, conexão, cuidado e caráter. Os dados foram coletados por meio de oito grupos focais com 62 participantes com idades entre 16 e 24 anos em Tirana e analisados utilizando a análise temática. Os resultados revelam que as percepções de competência e confiança pessoais, a qualidade das conexões sociais e os valores relacionados ao caráter desempenham um papel central na formação do bem-estar dos jovens e em suas considerações sobre a migração. Os resultados destacam a complexa interação entre recursos individuais e sociais na tomada de decisões dos jovens. Essas percepções orientam a concepção de intervenções direcionadas para promover ambientes de apoio, empoderamento dos jovens e bem-estar geral.

Palavras-chave: desenvolvimento positivo da juventude, 5Cs, bem-estar, tendências migratórias, juventude.

Statement

The authors affirm that the entirety of the research process, from its inception to completion, was conducted without external financial support which could be construed as a potential source of conflict of interest. This declaration underscores the impartiality and autonomy with which the research was undertaken.

In the field of youth development, Positive Youth Development (PYD) presents a robust framework characterized by the 5Cs: Connection, Competence, Confidence, Character, and Caring. These interconnected elements serve to promote resilience and facilitate positive outcomes for young individuals (Manrique-Millones et al., 2023). By emphasizing the importance of supportive relationships, skill recognition, self-efficacy, cultural awareness, and empathy, PYD equips youth to navigate their environments effectively (Sancassiani et al., 2015; Wiedermann et al., 2023). As Albanian youth face significant challenges stemming from economic instability, educational inequalities, and rising unemployment exacerbated by seismic events and the COVID-19 pandemic, migration emerges as a prevalent coping strategy in their pursuit of better opportunities abroad (Dervishi et al., 2024; Miconi et al., 2021; Miconi et al., 2023).

In this context, understanding how the 5Cs of PYD influence the intention to emigrate is crucial. Mental health and well-being play a pivotal role in shaping the holistic development of youth, particularly through the lens of psychological and social well-being (Abdul & Mohd, 2022; Wiium et al., 2021). Research indicates that the presence of supportive relationships and a strong sense of self-worth are essential in nurturing positive mental health, which can mitigate the impulse to migrate in search of better conditions (Frazier & Doyle, 2024; Subramanyam et al., 2024).

Numerous studies, including Benson and Scales (2009), Bowers et al. (2010), and Lerner et al. (2023), have significantly contributed to the extensive research supporting the PYD framework. Their findings highlight the role of the 5Cs in preventing mental health issues, identifying protective factors, and fostering youth contributions to their communities. This study aims to delve into how the 5Cs affect mental well-being and migration tendencies among Albanian youth.

The PYD model encompasses five key components starting with the first one, Connection recognizes the profound impact of positive relationships with peers, family, schools, and communities. The exploration of these connections highlights the importance of mutual understanding and shared experiences, underscoring the necessity of trust and security for fostering positive relationships (Gomez-Baya et al., 2022; Rubin et al., 2021; Wium et al., 2023).

Competence reflects a positive self-assessment of skills across various domains. This study will investigate components that empower youth to recognize and value their abilities, facilitating problem-solving, goal-setting, and diverse learning experiences (Min et al., 2019; Rubin et al., 2021).

Confidence denotes a strong sense of self-worth and belief in the future. This component is influenced by the roles of mentors—parents, teachers, and peers—who encourage youth by setting goals and praising their efforts, thereby fostering a resilient self-identity (Edberg et al., 2022; Roth & Brooks-Gunn, 2016; Sheehan et al., 2022).

Character encompasses societal and cultural awareness, personal responsibility, and integrity. The shaping of character through cultural respect and trust-building is critical, as it is informed by positive role models and shared experiences (Edberg et al., 2022).

And the last one, caring, emphasizes empathy, tolerance, and acceptance. Individuals who embody caring characteristics provide emotional support and engage in acts of kindness, fostering a nurturing environment (Bauer et al., 2021; Min et al., 2019; Roth & Brooks-Gunn, 2016). Moreover, caring individuals advocate for social justice and equity, playing a vital role in instilling a sense of social responsibility in youth (Bauer et al., 2021; Ssewamala et al., 2018).

Within the broader framework of PYD, these 5Cs create pathways for youth to prioritize their potential and contribute positively to their communities. Additionally, caring adults often serve as mentors, encouraging youth development and providing supportive spaces (Bowers et al., 2021; Min et al., 2019; Ilari & Cho, 2023). This integrated approach reinforces the 5Cs of PYD as a foundation for positive

youth development, promoting both personal and societal success (Porwit et al., 2022; Tirrell et al., 2022; Ilari & Cho, 2023).

In an increasingly globalized world, migration has emerged as a significant factor intersecting with the PYD paradigm (Edberg et al., 2022; Smith et al., 2017). This qualitative investigation centers around focus group discussions aimed at exploring the intricate relationships between migration intentions, the 5Cs, and mental well-being among Albanian youth. Through this lens, the study seeks to provide deep insights into the decision-making processes of young Albanians as they navigate the complexities surrounding migration within their personal and social contexts.

Participants share their thoughts on various aspects of migration, including studying abroad, seeking employment, starting businesses, and relocating permanently. The findings are expected to reveal that competence and confidence serve as key determinants in these decisions, influenced by the principles of PYD. Additionally, character—shaped by connections and cultural considerations—will guide migration decisions (Kabir et al., 2021; Norton, 2021). Caring, characterized by empathy, will play a critical role in the emotional conflicts inherent in the decision-making process, reflecting its impact on mental well-being (Kabir et al., 2021). Mental health, encompassing emotional, social, and psychological well-being, is fundamental to understanding the intentions to emigrate among youth (Moore et al., 2019; Abdul & Mohd, 2021). By examining the dynamics between PYD components, migration tendencies, and mental well-being, this research aims to contribute significantly to the understanding of youth development in Albania.

To guide this exploration, the study addresses two following questions: (1) How do Albanian youth perceive and experience the components of PYD in their lives, and how do these perceptions influence their thoughts and attitudes toward migration? and (2) In what ways do Albanian youth describe the relationship between their tendencies to migrate and their overall mental well-being, within the context of their PYD experiences?

These questions will steer the research process as we examine the complex interplay between the 5Cs of PYD, migration intentions, and mental well-being among Albanian youth.

The insights gained from this analysis aim to inform holistic approaches to youth development, enriching the understanding of scholars, policymakers, and practitioners.

Albanian youth context

The history of migration from Albania during the 20th and early 21st centuries has indeed significantly influenced the attitudes of Albanian youth towards migration (Fernandes et al., 2021; Yeo & Suárez, 2022). The passage highlights that migration has been a longstanding reality for Albanians, driven by factors such as the difficult transition from socialism to a market economy, regional conflicts, and economic hardship (Pere & Bartlett, 2019). By 2020, the stock of migrants leaving Albania and the wider Western Balkans region exceeded 4.6 million people (Milasi, 2020). This prolonged history of migration has likely contributed to the normalization of migration within Albanian society, including among the youth (Bartlett, 2023). When a significant portion of the population, including family members and peers, have experienced or considered migration as a means of seeking better economic opportunities or escaping hardships, it can diminish the stigma associated with leaving one's home country (Druga, 2020; European Commission, 2020). Moreover, the passage mentions the EU accession perspective for Albania and other Western Balkan countries, with associated benefits such as visa-free entry into the Schengen area and preferential access to EU labor markets. These opportunities further incentivize migration as a viable option for Albanian youth seeking employment and economic stability (Cenaj, 2021). In the aftermath of the seismic events of 2019 and the persistent challenges posed by the ongoing COVID-19 pandemic, the youth in Albania confront a landscape marked by intricacy and pressing demands. The COVID-19 pandemic, compounded by economic instability, a beleaguered education system, meager incomes, and escalating unemployment rates,

has cast a pervasive shadow over the mental well-being of Albanian youth, precipitating a discernible trend—an extensive migration of young individuals in search of solace and opportunities beyond their homeland, propelled by an overarching sense of insecurity and disillusionment (Wainberg et al., 2017).

The aforementioned factors have inflicted enduring economic scars on Albania, intensifying pre-existing vulnerabilities. The devastation of infrastructure and businesses has perpetuated economic challenges, resulting in a sluggish recovery leaving the youth contending with restricted economic opportunities and an overarching sense of precarity. The educational landscape, profoundly affected by the seismic events and the subsequent pandemic, teeters on the edge of collapse. The necessity for online learning, dictated by the health crisis, has deepened educational disparities, rendering many students incapable of accessing virtual education due to connectivity issues and resource deficiencies (Dervishi et al., 2024; Miconi et al., 2021).

Economic ramifications have disproportionately burdened the youth, by amplifying the already limited job market and contributing to heightened unemployment rates. The dearth of job prospects and economic uncertainty has fostered a pervasive sentiment of hopelessness among the youth, further compounded by the mental toll exacted by the compounding crises. The ensuing mental health challenges, characterized by elevated levels of stress, anxiety, and depression, underscore the pressing need for a robust mental health support system (Druga, 2020; Cenaj, 2021).

In the face of this challenging socio-economic environment, a substantial number of Albanians are opting for migration as a coping mechanism. Driven by a yearning for improved prospects abroad and a perception of higher meritocracy and enhanced living standards, this conspicuous trend reflects the profound issues and disillusionment permeating the youth demographic (Cenaj, 2021).

Method

To gain a thorough understanding of the Positive Youth Development (PYD) components presented to youth, we employed a mixed-method design that incorporated both quantitative and qualitative data collection methods. These methods were conducted simultaneously and analyzed separately. This paper specifically focuses on the qualitative data obtained through focus group discussions. The investigation involved the implementation of a qualitative research design employing eight focus groups, each lasting between 60 and 90 minutes. The project received ethical approval from the Ethical Committee of the University of Tirana. The University of Tirana and the non-profit organization facilitated the logistical aspects of the study, such as participant recruitment and venue arrangements.

Participants

According to the United Nations' definition of "youth" as individuals aged between 15 and 24 years, established initially by the Secretary-General in 1981 and subsequently supported in multiple reports and resolutions (Hennink et al., 2019), the research incorporates specific criteria for participant selection, including consideration of a maximum age limit, residency in Albania, willingness to provide informed consent, and engagement in diverse perspectives, utilizing a convenient sampling procedure.

The research recruited a cohort of 62 youth aged between 16 and 24, consisting of 32 females and 30 males, actively engaging in the conducted focus group discussions. A detailed breakdown of the demographic characteristics of the participants is presented in Table 1, with a total number of participants $N = 62$ (Females = 32, Males = 30).

The analysis of the sample's educational distribution reveals that the predominant proportion (90.4%) was affiliated with university enrolment, contrasting with a minority (9.6%) possessing secondary high school qualifications. Further examination of age distribution within the participant cohort indicates that 25.8% were aged 16-18

years, 41.9% fell within the 18-20 age range, and 32.3% belonged to the 21-24 age category. These nuanced demographic insights contribute to a comprehensive understanding of the participant sample, thereby enriching the contextual framework of the study.

Table 1

The demographic characteristics of participants

Characteristics	N	%
Education level		
Secondary high school	6	9.6
University	56	90.4
Total	62	100.0
Gender		
Female	32	51.6
Male	30	48.4
Total	62	100.0
Age		
16-18 years old	16	25.8
18- 20 years old	26	41.9
21-24 years old	20	32.3
Total	62	100.0

Note. (n = 62).

Participant recruitment

The recruitment of participants for this study involved a targeted approach within two specific institutions. Invitations were extended to youths within these institutions, utilizing institutional contacts to facilitate the recruitment process. Institutional email channels were employed to formally invite eligible individuals to take part in the focus group discussions.

The recruitment criteria necessitated that selected individuals meet specific requirements, including being aged 16 years or older, residing in Tirana city, and demonstrating a willingness to engage in focus group discussions scheduled at the Faculty of Social Science.

Interested individuals, who met the outlined criteria, were requested to confirm their participation in the study. For participants under 18 years old, their parents or guardians were sent informed consent forms, which they were required to review and sign on behalf of the minors. Once consent was obtained from the parent or guardian, the minors were provided with age-appropriate information about the study and guided through the process of assenting to participate. Subsequently, during their activities within the institution, participants were provided with informed consent forms and were guided to complete them. Furthermore, participants were required to register for the focus group discussions, facilitating the organization of meetings at times convenient for both the participants and the research team.

Ultimately, participants were afforded the flexibility to choose the date and time that best suited their schedules, reinforcing the participatory nature of the study.

Following ethical standards, the audio recordings of the focus group discussions, which contained personal information, were securely handled and stored to ensure participant confidentiality. The recordings were encrypted and stored on password-protected devices accessible only to authorized members of the research team. Additionally, all identifiable information, such as names and contact details, was anonymized during transcription and analysis to further protect participant privacy.

Procedure

The study was conducted in Tirana during the month of April-May 2023. The focus groups in this study consisted of eight sessions, with six participants in each session, along with two sessions accom-

modating seven participants each. This arrangement resulted in a total of eight groups living in Tirana, Albania's metropolitan city, which boasts the highest population density in the country. The facilitation of these focus group discussions was undertaken by a team comprising experienced researchers. The dialogues occurred within the confines of the classroom facilities situated in the Faculty of Social Science, where they were systematically recorded in audio format for subsequent analytical purposes. The procedural framework for the focus group discussions adhered to the methodology elucidated by Hennink, et al. (2019) and Azarian et al. (2023) adopting a phenomenological approach as articulated by Bradbury-Jones et al. (2009). The primary aim was to gain insight into the participants' perceptual framework regarding their positive developmental growth. This objective guided the duration of the study, which spanned six weeks, occurring between April and May 2023, during which all focus group discussions were conducted.

Participants engaged in discussions that addressed the five components of PYD explored their intentions concerning migration and examined their mental health status. These discussions served as a platform for an open exchange of diverse experiences among the participants. The structured discussion guide, as delineated in Table 2, was formulated by the authors to systematically query the youth on the facets of interest.

The two moderators who proficiently administered each focus group were researchers possessing expertise in facilitating such discussions.

Table 2

Focus group discussion guide

Focus group question	Probing question
In your opinion, what skills or abilities make someone competent?	Can you share an experience from your life where you felt competent, and how did it impact your personal development?
How does confidence play a role in facing challenges or trying new things?	Can you recall a specific situation where your confidence influenced the outcome, positively or negatively?
What does having good character mean to you?	Can you share a story where someone's character, including your own, was tested or demonstrated in a particular situation?
How important are personal and social connections in your life?	Can you think of a time when a connection with others helped you navigate a difficult situation or achieve a personal goal?
How does expressing care and concern contribute to personal and community well-being?	Can you provide an example from your experiences where someone's caring attitude had a positive impact on you or those around you?
When reflecting on your own experiences, how do you define and cultivate emotional well-being?	Can you share specific activities or circumstances that contribute to your feelings of happiness, interest in life, and overall satisfaction?
In the context of social well-being, how do you perceive and foster your connections with others?	Can you share instances where you felt a sense of social contribution, integration, and acceptance? How do these experiences contribute to your overall well-being?
Exploring psychological well-being, what practices or aspects of your life contribute to self-acceptance, environmental mastery, positive relations with others, personal growth, and autonomy?	Can you think of specific challenges where these dimensions played a role in maintaining or improving your mental health?

Focus group question	Probing question
Exploring participants' thoughts about various aspects of emigration, such as studying abroad, seeking employment opportunities, starting a business, living and working abroad for an extended period, and permanently moving abroad.	From your perspective, how do these specific themes resonate with the considerations of young individuals when contemplating emigration? Can you share any insights or experiences related to these themes from your own or your peers' perspectives?
Exploring the frequency of thinking about emigration-related themes on a scale from never to all the time.	How do you think the frequency of these thoughts reflects the mindset of young people regarding emigration? Can you provide examples or anecdotes that might shed light on the factors influencing the intensity and frequency of these thoughts among your peers?

Data analysis

The process of data analysis commenced with the extraction of transcriptions from the focus group discussions, which were systematically documented in a Word file. Each participant was assigned a unique identification (ID) for anonymity and clarity. Before the coding phase, a meticulously crafted codebook was developed, aligning with the overarching objectives of the study as articulated in the discussion guide and research questions. This coding endeavor was conducted by two members of the research team, employing a deductive approach grounded in predetermined codes (Table 3). As the team members gained greater familiarity with the dataset, an inductive approach was subsequently integrated, leading to the inclusion of additional codes, particularly those germane to mentee concerns such as the 5 Cs components, intention to migrate, and the well-being of Albanian youth.

Table 3

Themes, Categories, and Representative Codes Derived From the Thematic Analysis of Focus Group Discussions

Themes	Categories	Representative Codes
Navigating Intention to Migrate Through Competence and Confidence	Pessimistic Perceptions of Skills	Social interaction difficulties; low academic self-efficacy; perceived lack of personal strengths
	Impact of Mentoring and Guidance	Problem-solving support; goal-setting strategies; diverse learning experiences; recognition and improvement of skills
	Insecurities Related to Limited Support	Need for academic and emotional support; lack of guidance in skill development
	Migration as a Coping and Advancement Strategy	Seeking opportunities abroad; valuing skills in different environments; migration as personal advancement
	Frustration With Limited Local Opportunities	Limited job prospects; perceived inadequacies in educational and employment systems
	Migration as a Viable Alternative	Better career opportunities abroad; escaping career stagnation; aspirations for professional growth
Character, Connection, and Well-Being in the Context of Migration	Character-Testing Experiences	Self-reflection following personal challenges; questioning identity and integrity
	Need for Authentic Connections	Difficulties fitting into society; loneliness and isolation; desire for meaningful relationships
	Intergenerational Communication Challenges	Communication gaps between generations; lack of understanding from family members
	Search for Belonging and Recognition	Desire for acknowledgment; need for social inclusion and belonging
	Emotional Challenges Related to Well-Being	Struggles with life satisfaction; uncertainty about future purpose; feelings of being lost

Themes	Categories	Representative Codes
Psychological Well-Being and the Migration Decision-Making Process	Desire for Meritocracy and Recognition	Feeling undervalued in the home country; lack of opportunities and recognition
	Psychological Well-Being and Personal Growth	Resilience in adversity; striving for autonomy and self-development
	Migration as a Pathway to Self-Actualization	Pursuing education abroad; seeking employment opportunities; aspirations for entrepreneurship
	Perceived Opportunity Structures Abroad	Belief in greater success outside national borders; exploration of opportunities abroad
Social Well-Being, Personal Connections, and Frequency of Migration Thoughts	Emotional Ambivalence Toward Migration	Hopefulness about the future abroad; humor and coping regarding migration aspirations
	Strength of Personal Connections and Migration Intentions	Limited support beyond family; reliance on familial trust; weak external support networks
	Social Networks and Migration Considerations	Peer influence on migration intentions; normalization of migration among youth
	Psychological Well-Being and Migration Decision-Making	Difficulties with self-acceptance and environmental mastery; relationship between mental well-being and migration thoughts
	Influence of Family Support and Expectations	Parental encouragement to migrate; family pressure to seek opportunities abroad
	Frequency and Intensity of Migration-Related Thoughts	Recurrent consideration of migration; association between limited support and migration intentions

Note. Themes and categories were derived through deductive and inductive thematic analysis of focus group discussions with Albanian youth. Representative codes reflect recurrent patterns identified across participant narratives related to Positive Youth Development (PYD), migration intentions, and psychological and social well-being.

The coding process featured constant comparisons to ensure coherence of meaning and to detect any nuances in the interpretation of codes. This methodological approach aimed to elucidate the meaning of the codes, mitigating potential biases and safeguarding consistency and reliability throughout the analysis. Subsequently, thematic content analysis was conducted by scrutinizing the codebook and discerning recurrent themes within the coded data.

Relevant sets of codes were methodically amalgamated to elucidate overarching meanings and construct thematic frameworks. The iterative reading of the dataset, with periodic reviews of prior groupings, served to affirm the relevance and consistency of identified themes. Thematic frequency connections and patterns were then harnessed to further categorize the data and unveil interrelationships. Noteworthy attention was given to themes that exhibited higher frequencies or recurrent co-occurrences within more confined subsets of the data, suggesting the salience of certain thematic elements and the interplay among them.

Repetition of the data review process allowed for a nuanced understanding of the data, unveiling a comprehensive depiction of fluidity and interconnectedness among themes while concurrently delineating discrete categories. This rigorous approach to data analysis facilitated a robust exploration of the nuanced patterns and meanings inherent in the dataset.

Results and discussion

Four main themes emerged from the thematic analysis of the focus group discussions related to the topics that aim to explore more deeply the intention to migrate to the 5 components of PYD (competence, confidence, character, connection, caring, and compassion) and mental well-being: a) intention to migrate through competence and confidence; b) character, connection, and well-being in the context of migration; c) psychological well-being and the migration decision-

making process and; d) social well-being, personal connections, and the frequency of migration thoughts. The first and second themes showed a clear indication of interconnectedness and answered the first research question about the five components of PYD that influence the tendencies to migrate among youth. The third and fourth themes answered the second research question reflecting the ways migration tendencies impact the relationship between the five components and their mental well-being. These themes revealed an interplay between PYD components, migration tendencies, and mental well-being among Albanian youth.

Navigating tendencies to migrate through competence and confidence

This analysis emphasizes the significant relationship between perceived competence, confidence, and the intention to migrate among youth. Addressing these challenges through effective intervention plans and support systems emerges as a potential strategy to reduce migration driven by feelings of inadequacy. Participants shared their doubts about their skills and how these doubts contributed to their consideration of emigration.

I always feel like “I’m not good enough to make it here like. I don’t have the skills for it.”. Teachers aren’t always there to help us figure things out or set goals that could make me feel more capable. Without guidance, I haven’t improved much, and it’s frustrating. I think moving abroad could give me better chances to learn and be appreciated for what I can offer. (Female, 19 years)

This reflection highlights how a perceived lack of competence, coupled with insufficient guidance, fosters feelings of insecurity. The participant expresses frustration with the lack of support in recognizing and improving skills, which may push her toward considering migration in search of better opportunities.

I've had similar thoughts. It's hard to know what I'm good at because no one really helps you discover that here. If we had mentors to help set goals or solve problems, I think I'd feel more confident. Right now, I'm thinking that maybe going abroad is the only way to grow and succeed. (Male, 24 years)

This response emphasizes the role of mentors in fostering competence and confidence. Without that support, the participant feels that emigration might offer better opportunities for personal growth and success. The need for diverse experiences and guidance is seen as a way to strengthen self-awareness and reduce the likelihood of migration.

Sometimes I doubt myself in almost everything. If I'm struggling with school, I start wondering if I'm good enough. Trying something new? I always think I'll fail. In Albania, it feels like everything's harder, and that lack of confidence makes me want to leave and start somewhere new. (Female, 16 years)

This participant's response reflects how low competence and confidence in social, academic, and personal spheres can drive youth toward migration. The consistent feeling of inadequacy, particularly in a challenging local environment, makes the prospect of finding validation and success abroad more appealing.

It feels like working hard here doesn't get you anywhere. Even if you study a lot, there's no guarantee of a good job. Without support or opportunities, I'm probably going to end up in a call center or job I don't like. I feel like moving abroad would give me a better shot at doing something meaningful. (Male, 23 years)

This response illustrates the frustration young people feel when there's a disconnect between their efforts and the limited job opportunities in their home country. The lack of opportunities challenges their competence and confidence in the local labor market, increasing the appeal of emigration as a pathway to better prospects.

The accounts presented offer valuable insights into the challenges youth face when contemplating migration, specifically regarding their

perceived lack of competence and confidence. The recurring theme revolves around limited support and opportunities in their local environment, which motivates them to consider emigration for better prospects.

Honestly, it's tough here. Studying hard doesn't always lead to a decent job, and without some solid support, it's easy to get stuck in a dead-end job like a call center. Sometimes it feels like leaving the country is the only way to have a good future. (Female, 18 years)

This participant captures the frustration many youths feel regarding the gap between educational efforts and job opportunities. The lack of support or clear pathways to meaningful careers reinforces feelings of incompetence, which pushes them toward the option of migration.

In this country, hard work and education don't always pay off. You might end up without a job or doing something unfulfilling. If you don't have a strong support system, going abroad seems like the smartest move to build a future you actually want. (Male, 22 years)

This statement further reflects a sense of disillusionment with the current environment. The participant perceives migration to overcome local limitations, seeking opportunities abroad that they believe will better recognize their competence and provide a fulfilling future.

The participants repeatedly stressed the importance of mentoring and support systems in building their competence and confidence. Without such structures, many felt they were left to navigate challenges alone, increasing their desire to seek opportunities abroad where they could feel more supported.

If we had mentors to help us set goals and figure out what we're actually good at, it'd make a huge difference". I think I'd feel more confident in my abilities. Right now, it feels like the only way to grow and succeed is by moving abroad. (Male, 24 years)

This participant reinforces the idea that mentoring and guidance are crucial in fostering personal development. Without that support, the appeal of emigration increases to escape a stagnant environment.

It's tough to feel confident when I don't really have friends or support at school. If I had more help, maybe I wouldn't feel like running away to another country to try and make something of myself. (Female, 16 years)

This response highlights the significant role social and academic support systems play in shaping young people's confidence and decisions about their future. The lack of such support increases feelings of inadequacy, further fueling the intention to migrate.

The participants express a sense of disillusionment with the limited prospects in their current environment. The option of emigrating emerges as a response to the perceived inadequacies in the local systems supporting education and employment. Going abroad is projected as a viable alternative, offering the promise of better opportunities and a chance to break free from potential career stagnation.

The discussions vividly portray how the intersection of competence, confidence, and a supportive environment play a pivotal role in shaping the intention to migrate among the youth. The perceived shortcomings in local systems, particularly regarding the link between education and employment, fuel a desire to seek a better future elsewhere. As we navigate discussions on migration, it becomes imperative to address the underlying issues of competence, confidence, and the availability of supportive structures to foster a sense of empowerment and fulfillment among youth. The consideration of migration often stems from a quest for a more promising future, emphasizing the need for holistic approaches to enhance opportunities and confidence within their home country.

Perceived limited competence and confidence among youth increase the risk of migration. When individuals feel insecure about their skills, lack guidance, or face challenges in social and academic domains (Butler, 2021; Cohen, 2004), the prospect of seeking better

opportunities abroad becomes more appealing as they seek environments that recognize and appreciate their capabilities (Butler, 2021).

To summarize, the participants expressed various perspectives and experiences related to navigating their tendencies to migrate through competence and confidence. Some participants shared feelings of inadequacy and pessimism regarding their skills, particularly in social interactions, academic performance, and personal strengths. They expressed doubts about their ability to succeed in their current environment. Participants discussed the influence of mentoring techniques on their confidence and competence. They highlighted the importance of receiving guidance and support in recognizing and improving their skills, particularly in problem-solving, goal-setting, and diverse learning experiences. Many participants expressed insecurities stemming from a lack of support, both academically and socially. They felt that the absence of guidance and encouragement hindered their personal and professional development, leading to feelings of inadequacy. Due to frustrations over limited local opportunities and perceived inadequacies in education and employment systems, some participants considered migration as a viable solution. They viewed moving abroad as an opportunity to seek better prospects and break free from potential career stagnation. Participants expressed frustration over the limited opportunities available to them in their local environment. They felt constrained by the lack of job prospects and perceived barriers to personal and professional growth. Despite the challenges they faced, some participants perceived migration as a viable alternative. They believed that moving abroad offered better opportunities for personal and professional advancement, as well as the chance to escape the limitations of their current situation.

Character, connection, and well-being in the context of migration

Intergenerational communication gaps can deepen feelings of disconnection and alienation among youth, complicating their efforts to align their beliefs, values, and actions in an ever-changing world

(Araï et al., 2020; DuBois & Karcher, 2014). These challenges often lead to self-reflection, compelling individuals to take ownership of their choices while navigating their obligations with honesty, integrity, and trustworthiness. Recognizing and valuing differences within and among communities becomes essential for fostering inclusivity and equity (Genkova et al., 2022; Palladino et al., 2020). This drive encourages individuals to advocate for social justice, equality, and human rights amidst the complexities of modern life (Thoits, 2011).

Participants shared their experiences and perspectives regarding the interplay of character, connection, and well-being, and how these elements influence their tendencies to consider migration. The exchange was a vibrant mix of voices, each echoing the struggles and aspirations of a generation trying to find their place in a challenging landscape.

I often feel misunderstood, especially with my dad. It's like he just doesn't get me; he still treats me like a kid, and I'm trying to navigate adulthood. I wonder if he realizes how hard it is for me to fit into this society that sometimes feels alien. What was I thinking trying to talk to him about my dreams? He just doesn't get it. (Female, 22 years old)

This reflection highlights the disconnection between generations, revealing a struggle to bridge the gap in understanding and communication. The participant's need for acknowledgment from her father underscores the broader challenge of seeking validation and belonging in a world that often feels isolating.

Hanging out with people from different backgrounds can be awkward sometimes. I mean, you think you're connecting, but there are moments when it feels forced. The stress of fitting in is real. It's like there's this constant pressure to be someone I'm not just to belong. (Female, 17 years old)

This sentiment captures the complexities of navigating social connections in diverse environments. The participant emphasizes the emotional toll of trying to fit in and how it contributes to a sense of

alienation, fueling the desire to seek communities abroad that may feel more accepting.

You know, sometimes I feel like I'm invisible in my own community. It gets lonely. I see everyone around me making connections, and I just can't seem to break through that barrier. I want to be heard, but it feels like I'm shouting into a void. (Male, 19 years old)

The struggle for recognition and belonging resonates throughout the discussions, as the participant shares feelings of loneliness and a yearning for meaningful connections. The profound need for genuine relationships underscores the importance of community in shaping well-being.

Honestly, feeling good about life is a nonstop struggle" I keep thinking about what my future could look like, but it's hard to envision a place where I actually contribute something meaningful. It feels like I'm floating through life without a clear purpose. (Female, 17 years old)

This confession reveals the emotional rollercoaster associated with well-being, as participants express their struggles with feelings of purpose and impact. The difficulty in visualizing a fulfilling future exacerbates the sense of uncertainty that many youths face.

At times, I reflect on my character and wonder if I'm really making the right choices. I've had moments that tested my integrity, and I often feel lost. Am I doing enough to connect with others? What does it mean to truly belong? Sometimes it just feels easier to think about leaving all of this behind and starting fresh somewhere else. (Male, 20 years old)

This moment of introspection highlights the challenges youth face in navigating their personal and social identities. The mention of migration as an option underscores their desire for new beginnings and more fulfilling connections.

As the discussion wrapped up, it was clear that the youth experience a dynamic interplay of character, connection, and well-being,

particularly when contemplating the prospect of migration. The trials of self-discovery, societal integration, and the deep need for authentic relationships paint a complex portrait of modern youth.

It's not easy trying to figure out who I want to be while dealing with everyone else's expectations". Despite my doubts, I continue to dream big and navigate the uncertainties of the future. I believe that with the right connections, I can find a place where I feel valued, far from here. (Female, 18 years old)

This statement emphasizes the importance of community and understanding in fostering resilience and determination. The participants' aspirations to dream big reflect their hope for a supportive environment where they can flourish. The discussions further highlighted the significance of fostering genuine connections among youth. Participants expressed a shared yearning for a sense of community, understanding, and recognition. Embracing diversity and bridging generational gaps is crucial for creating a supportive environment that encourages dreams to flourish.

When I think about my character being tested, I remember moments where I felt isolated or undervalued. "I really need people who actually care and listen to what I have to say". Moving abroad sometimes feels like the only way to find those authentic connections that I crave. (Male, 22 years old).

This reflection emphasizes the need for genuine connections and emotional well-being in shaping decisions about migration. Participants articulated the complexities they face while navigating their identities and the desire for a sense of belonging.

The narratives shared during the discussion reveal the intricate dynamics of character, connection, and well-being in the context of migration. They express the challenges of navigating personal and social identities, the importance of authentic relationships, and the quest for emotional fulfillment.

In the tapestry of these reflections, youth emerge as a force fueled by a desire for purpose and impact. As they navigate the maze of character, connection, and well-being, they forge their unique paths, determined to shape a future where their voices are heard, their connections are meaningful, and their well-being is prioritized.

Psychological well-being and the migration decision-making process

This emerging theme explores the dimensions of psychological well-being, such as self-acceptance, environmental mastery, positive relations with others, personal growth, and autonomy, in the context of considering migration. In our focus group discussion on psychological well-being and its intricate connection to the migration decision-making process, the voices of youth resonated with shared concerns about the challenges they face, particularly within the context of meritocracy and equal opportunities. Three poignant accounts encapsulate the emotional depth of their experiences.

I want to make something of myself, but I see so many hardworking Albanians leaving the country and doing really well abroad". Here, it feels like if you stay, you fade into the background. I'm studying hard, hoping to leave soon because I believe that's where I can actually achieve something meaningful. (Female, 18 years old)

This sentiment echoes the aspirations of countless youth who feel their dreams are stifled by a lack of recognition and opportunities within their homeland. The yearning for meritocracy is palpable, as young individuals grapple with the notion that success seems more attainable beyond their national borders.

As we delved deeper into the discussion on psychological well-being, participants shared practices that contribute to self-acceptance, positive relations, personal growth, and autonomy. Many highlighted the resilience required to maintain mental health in the face of challenges. The participants collectively acknowledged how societal constraints significantly impact their psychological well-being,

emphasizing the need for an environment that nurtures individual growth and autonomy.

The following statement reflects a shared understanding among participants that migration often represents a pathway to opportunity and self-actualization: “I excel academically, and I’m actively seeking a scholarship abroad. My aspirations lie outside this country; I’m determined to work hard and pave my way toward a future I believe holds greater promise” (Female, 19 years old). The exploration of themes such as studying abroad, seeking employment opportunities, and starting a business often leads to the conclusion that leaving their home country may be the only way to pursue their dreams fully.

The next lighthearted comment highlights the tension between youthful aspirations and parental concerns: “I once thought about going to England, but my dad didn’t let me. I just had to care for plants (referring to cannabis illegal house in England) and make good money—sounds fun, right? (laugh)” (Male, 16 years old). It illustrates the challenges youth face in navigating their desires for independence and success and risks while considering future expectations. The laughter serves as a coping mechanism for the frustration many feel when contemplating the obstacles to their dreams.

The thematic analysis of this discussion reveals a resounding concern among youth regarding their psychological well-being, intertwined with the challenges posed by an environment lacking in meritocracy and equal opportunities. The sentiment expressed by the 18-year-old female underscores the prevailing belief that leaving one’s home country is viewed as a pathway to personal growth and recognition that remains elusive within their current situation.

Furthermore, the participants’ discussions illuminated the link between psychological well-being and the decision to migrate. The emotional toll of aspiring for recognition, coupled with the desire for personal and professional growth, creates a complex emotional landscape for youth. The quest for opportunity, recognition, and autonomy is deeply ingrained in their decision-making processes.

It feels like I'm always struggling with what success really means for me". The pressure to succeed weighs heavily, and it's hard to find that success here. Sometimes, it just seems easier to think about moving abroad, where it feels like I could really make something of myself. (Female, 20 years old)

This account emphasizes the internal conflict many youths experience as they assess their circumstances. The allure of migration emerges as a potential solution to escape the limitations they face and pursue their aspirations in an environment that acknowledges their efforts.

Participants discussed specific challenges where these psychological well-being factors played a role in maintaining or improving mental health while contemplating moving abroad. They articulated their perspectives on the intersection of psychological well-being and the migration decision-making process. Many expressed a strong desire for acknowledgment and opportunities that align with their abilities, often feeling stifled by the limited recognition and prospects available in their homeland.

I try to stay positive and motivated. I know I need to be in an environment that promotes my personal growth. I often wonder if migration is my best option to find that space where I can truly thrive. (Male, 21 years old)

This reflection captures the importance of resilience and the active pursuit of environments that support mental well-being. It underscores the participants' aspirations to carve out a future that aligns with their potential.

As we consider the narratives shared by youth, it becomes evident that fostering an environment of meritocracy and equal opportunities is crucial for retaining talent and cultivating the psychological well-being of the younger generation. The challenges they face should not drive them to seek fulfillment beyond borders but should instead inspire positive change within their communities. Addressing these concerns can pave the way for a future where youth can flourish emotionally and professionally within the borders they call home.

In summary, participants articulated a nuanced understanding of the complex interplay between psychological factors, aspirations for recognition, and considerations in the decision to migrate. The emotional landscape they navigate is fraught with challenges, yet it is also filled with hopes for a brighter future. As they continue to confront these realities, their voices highlight the importance of creating an environment that nurtures their potential, allowing them to thrive both personally and professionally.

Social well-being, personal connections, and the frequency of migration thoughts

In our recent discussion, youth shared their insights regarding how social factors and personal connections influence their thoughts about migration. They expressed how feelings of support, or lack thereof, significantly shaped their intentions to consider moving abroad.

Honestly, keeping my grades up is really tough for me. My teacher is asking for money to give better grades, and even though I do really well in math, my scores are slipping. It's frustrating because it's costing me the chance to get a scholarship. Besides my family, I don't feel like I can trust anyone else around here. (Male, 17 years old)

This statement underscores the impact of external pressures on academic performance and mental well-being. The participant's frustration reflects a sense of isolation, highlighting how limited connections beyond family can increase the desire to find opportunities elsewhere.

The influence of parental encouragement emerges clearly here: "My dad's always been like, 'You need to get out of this place'. He says there's nothing for me here and that I should build my future somewhere better" (Male, 20 years old). This statement reinforces the notion that family support can steer youth towards the idea of migration as a viable option for a brighter future.

During the discussion, participants frequently reflected on their social connections and how these relate to their psychological well-being. They noted that when they feel supported, their intentions to

stay in their home country tend to strengthen, but when connections are weak, thoughts about migration become more pronounced.

I really appreciate my friends, but there are times when I still feel pretty alone. If I had more people to lean on outside my family, maybe I wouldn't think so much about leaving. It's hard to feel like you belong when the support around you feels so limited. (Female, 19 years old)

This expression reveals the emotional toll that a lack of external connections can take on youth. The desire for a sense of belonging drives the thought of seeking better social environments abroad.

When I see my friends talking about studying or working in other countries, I can't help but think about it too. It feels like everyone is looking for a way out, and honestly, it sometimes feels like the best option to succeed. (Male, 21 years old)

This participant captures the collective mindset among peers. The frequent conversations about migration among friends can reinforce the intention to leave, highlighting how social networks can shape decisions.

The dominant categories identified were the strength of personal connections and migration intentions, psychological well-being and migration decision-making, and the frequency of migration-related thoughts and perceived support systems. In terms of social well-being, participants highlighted the importance of personal connections and their impact on the propensity to consider migration. Those who perceived limited support beyond familial ties expressed a heightened inclination toward migration. This underscores the significance of external social networks in shaping youths' mindsets regarding their future, particularly in the context of migration considerations. Furthermore, participants discussed the role of psychological well-being in the decision-making process related to migration. Challenges in dimensions such as self-acceptance, environmental mastery, and positive relations with others were associated with a heightened frequency

of thoughts related to migration. This suggests a reciprocal relationship between mental health and migration considerations. Parental influence emerged as a significant factor, with participants reporting that their parents actively encouraged them to seek opportunities in other countries for a safer and better life. The exploration also extended to the frequency of thinking about migration-related themes, revealing a correlation between perceived support systems, parental encouragement, and the intensity of these thoughts.

Overall, the study reveals a complex interplay of social and psychological factors influencing young migration intentions. Addressing the challenges faced by young individuals in fostering robust social networks and promoting psychological well-being is crucial for policymakers and stakeholders seeking to understand and mitigate the underlying factors driving youth toward the consideration of migration as a viable life path.

In conclusion, this study unveils a complex web of social and psychological factors influencing the intention to migrate among youth. The findings suggest that a dearth of external support, coupled with parental encouragement, contributes significantly to the frequency and intensity of thoughts related to migration. As we navigate these intricate connections, it becomes imperative to address the challenges faced by the youth in fostering robust social networks and promoting psychological well-being. Such insights are pivotal for policymakers and stakeholders seeking to understand and mitigate the underlying factors that propel the youth toward the consideration of migration as a viable life path.

Limitations

While the focus group discussions yielded valuable insights into the interplay of the 5C components, migration tendencies, and youth mental health, several limitations should be acknowledged. Firstly, the sample size of 62 participants may not fully capture the diversity of perspectives within the entire youth population in Albania. The findings

may not be entirely generalizable, and caution should be exercised in extrapolating the results to broader contexts. Moreover, the predominantly urban setting of Tirana may introduce a bias, as rural youth experiences could differ significantly.

The study's reliance on self-reported data from focus group discussions may introduce response bias and social desirability effects. Participants may be inclined to present themselves in a favourable light or conform to perceived societal expectations. Additionally, the cross-sectional nature of the study limits the ability to establish causal relationships between the identified themes and migration intentions or mental well-being. Longitudinal research would provide a more complete picture of dynamics throughout time.

The study's temporal context, conducted in Tirana during April 2023, might not fully capture the evolving sociopolitical landscape or the impact of external events that could influence youth perceptions and intentions.

Implications of findings

The study's findings carry significant implications for policy development, educational initiatives, and mental health interventions targeted at Albanian youth. Addressing the identified themes of competence, confidence, character, connection, and caring requires a multifaceted approach.

Youth expressed feelings of inadequacy and pessimism regarding their skills, particularly in social interactions, academic performance, and personal strengths. The influence of mentoring techniques on participants' confidence and competence was highlighted, suggesting that guidance and support are crucial in recognizing and improving skills such as problem-solving and goal setting. Frustrations over limited local opportunities and perceived inadequacies in education and employment systems led some participants to consider migration as a viable solution.

Mentorship programs, as suggested by the findings related to competence and confidence, could be instrumental in fostering a supportive environment for youth development. Educational institutions and policymakers should consider implementing mentorship initiatives to guide and empower young individuals in recognizing and utilizing their skills effectively.

Participants discussed moments where their character was tested, often involving challenges in fitting into society, feelings of loneliness and isolation, and struggles with life satisfaction. Genuine connections were deemed essential in fostering a sense of belonging and well-being, particularly when contemplating migration. The emotional toll of navigating these character-testing moments in the context of considering migration underscores the importance of emotional well-being in decision-making processes.

The themes related to character, connection, and well-being underscore the importance of creating inclusive spaces that acknowledge the struggles of youth in navigating societal expectations. Initiatives promoting social integration, diversity acceptance, and genuine connections within communities can contribute to improved well-being and potentially reduce the inclination toward migration.

Youth articulated struggles with feelings of loneliness, isolation, and a lack of satisfaction in their current circumstances. They expressed a yearning for purpose and impact, highlighting the importance of resilience, self-determination, and seeking environments conducive to personal growth and autonomy. While acknowledging the allure of seeking opportunities abroad, participants emphasized the need for acknowledgment and opportunities commensurate with their abilities.

For psychological well-being, the study emphasizes the need for policies that foster meritocracy and equal opportunities within the home country. Investments in educational and professional development opportunities, coupled with efforts to create an environment that recognizes and values individual contributions, may mitigate the perceived need for youth to seek fulfilment abroad.

Participants discussed the role of psychological well-being in the decision-making process related to migration. Challenges in dimensions such as self-acceptance, and positive relations with others were associated with a heightened frequency of thoughts related to migration. This implies a reciprocal relationship between mental well-being and migration considerations. Parental encouragement was identified as a significant factor influencing youths' attitudes toward migration. Participants reported that their parents actively encouraged them to seek opportunities in other countries for a safer and better life. This demonstrates the importance of parental support and guidance in young people's migratory decisions.

The findings related to social well-being and the frequency of migration thoughts highlight the role of family dynamics and support systems. Policies and interventions should take into account the influence of family encouragement and the availability of external support networks. Strengthening family bonds and community connections can contribute to a more positive social environment, potentially reducing the intensity of thoughts related to migration.

Conclusion

The outcomes emanating from the focus group discussion illuminate four salient themes germane to the intention to migrate among young individuals in Albania, establishing cogent connections between these intentions and the 5 Cs components of Positive Youth Development (PYD) as well as mental well-being (Holt-Lunstad et al., 2015; Uchino et al., 2018). In this discussion, we will scrutinize these findings through a comprehensive lens, undertaking an in-depth analysis informed by existing scholarship, thereby enriching our comprehension of the intricate interplay involving competence, confidence, character, connection, caring, and the decision to migrate (Dustmann et al., 2013; Keyes, 2002).

The first theme accentuates the pivotal role of competence and confidence in shaping the proclivity to migrate. Participants articulate

a pervasive sense of insecurity concerning their skills, attributing this uncertainty to a perceived dearth of support impeding their capacity to recognize and appreciate their capabilities. This resonance aligns with extant studies underscoring the pivotal role of educational and career guidance in youth development (Abdul & Mohd, 2022; Miconi et al., 2023; Wium et al., 2021). The nexus between competence, confidence, and migration tendencies accentuates the exigency for comprehensive mentorship programs designed to empower young individuals, aligning seamlessly with the findings of studies advocating for mentorship in career decision-making (Cenaj, 2021; Roth, 2016; Wainberg et al., 2017).

The second theme delves into character traits, social connections, and caring attitudes in the context of migration decisions. The youth articulate challenges associated with societal expectations, the struggle to fit in, and a yearning for authentic connections. This aligns with the existing literature emphasizing the critical importance of social support in shaping well-being and decision-making (Dervishi et al., 2024; Miconi et al., 2023; Wium et al., 2021). The struggle for recognition and a sense of belonging mirrors studies elucidating the profound impact of social integration on mental health (Butler, 2021; Palladino et al., 2020; Uchino et al., 2018). This theme underscores the exigency of interventions fostering genuine connections and addressing the nuanced psychological toll inflicted by societal expectations.

The third theme delves into the dimensions of psychological well-being and their role in the migration decision-making process. The youth articulate a fervent desire for recognition and opportunities beyond their national borders, attributing their motivations to challenges within their homeland. This resonates with studies highlighting the multifaceted impact of economic and educational opportunities on migration decisions (Fussell & Massey, 2004; Guo et al., 2022; Zarrett et al., 2021). The findings accentuate the importance of cultivating environments that not only nurture individual growth and autonomy but are also instrumental in retaining

talent and fostering psychological well-being (Butler, 2021; Kozina & Wium, 2023).

The fourth theme investigates the influence of personal and social connections on social well-being and the frequency of thoughts related to migration. Participants elucidate the correlation between perceived support systems, parental encouragement, and the intensity of migration-related thoughts. This aligns seamlessly with research emphasizing the pivotal role of family influence and social networks in migration decisions (Kozina & Wium, 2023; Fernandes et al., 2021; Uchino et al., 2018; Zarrett et al., 2021). The findings underscore the compelling need for policies that fortify social support structures and thoughtfully consider family dynamics in shaping migration considerations. This comprehensive analysis deepens our understanding of the nuanced factors contributing to the intention to migrate among the youth, paving the way for more informed policy interventions and scholarly inquiries.

In conclusion, this study delves into the complex interplay of competence, confidence, character, connection, and caring in shaping the migration tendencies and mental well-being of Albanian youth. While acknowledging the study's limitations, the identified themes provide valuable insights for policymakers, educators, and mental health professionals.

The study suggests that a holistic approach, addressing multiple facets of youth development, is essential for creating an environment that fosters positive well-being and reduces the inclination toward migration. Future research should explore the longitudinal impact of these factors and assess the effectiveness of interventions aimed at enhancing the positive youth development components and mental well-being within the Albanian context

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