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Enhancing Children's Resilience and Subjective Well-Being through Mother-Led Counseling: A Systematic Literature Review

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Abstract: This Systematic Literature Review (SLR) examines the impact of mother-led counseling on children's resilience and subjective well-being in family settings. The review was conducted using PRISMA guidelines with the Watase Uake: Research Collaboration Tools, focusing on studies published between 2020 and 2025. A total of 468 Scopus articles were initially identified, and 21 studies met the inclusion criteria for in-depth analysis. This study employs is to investigate three primary objectives: (1) the influence of mother-led counseling on children's subjective well-being and resilience development; (2) the differential effectiveness of mother-led counseling approaches based on gender; and (3) the interplay of lifestyle factors, including sleep, screen time, and physical activity, with mother-led counseling to improve children's overall well-being. Mother-led counseling, defined as counseling led by mothers to provide emotional support and coping strategies, was found to significantly enhance children's emotional resilience. The analysis highlighted gender differences, with girls benefiting more from emotional support and self-compassion strategies, while boys required additional strategies for resilience development. Additionally, lifestyle factors such as physical activity, sleep, and screen time regulation were found to interact with counseling outcomes, although the strength of evidence varied across studies. This review distinguishes mother-led counseling from broader parental interventions, emphasizing the unique role of mothers in fostering children's emotional growth. It provides a gender-sensitive framework for effective family-based counseling and offers insights for designing targeted intervention programs and policies to improve children's resilience and well-being.

Key Words: Mother-led counseling; Resilience; Subjective well-being; Systematic literature review

INTRODUCTION

The increasing concern for mental health at a worldwide scale has grown in recent decades, especially children's mental health. One in seven (14%) of the world's 10 to 19 year-olds experience mental disorders, and most remain undiagnosed and untreated, according to the World Health Organization (WHO). This is a terrifying number; the reality is we need to address child mental health as we would the outbreak of a new disease (Monika et al., 2023). More generally, the home "and the family" environment has been indicted as the primary, if the most distant, source of a child's emotional climate and of possibly sustained, immoral behaviour. Maternal involvement in the child's self regulation has been receiving particular interest since it has been seen as a way to promote child resilience and well-being (Chen et al., 2021). Two critical constructs in child development, resilience (i.e., the ability to prevail in the face of adversity and find meaning in life) and subjective well-being (including life satisfaction and emotional health) have been deemed critical to understanding child

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development. As attention in international child mental health intervention contexts grows, the nexus between mother-led counseling and children's resilience and quality of life is an undeveloped field.

Child resilience and subjective well-being are both important indices that affect children's development and that form the basis of children's future mental health. Resilience is defined as, ability to obtain positive outcomes in the face of adversity (Luthar & Brown, 2007), and subjective well-being is a person's overall perceived quality of life, measured through life satisfaction and emotional well-being (Masten, 2018). It's important for the emotional health of youngsters but also to the way in which those children will be able to adjust to the storms of life down the road. Resilience in children sets the stage for the ability to cope with stress, bounce back from challenges, and adapt to setbacks. And subjective well-being is strongly associated with positive academic results, social competence and reduced incidence of mental health issues in later life.

The significance of these signs goes beyond personal growth. The national mental health condition has far-reaching impacts on productivity, social stability, and economic growth. Just as Masten (2018) and Luthar & Brown (2007) suggest, fostering resilience in children is not only meaningful in a personal or community level, but necessary for communities and society more broadly. With its potential for promoting resilience and subjective well-being, the promotion of resilience and subjective well-being should be given priority in child development policies throughout the world. In order to gain deeper insight into what contributes to the shaping of resilience and subjective well being among children we must be familiar with the theoretical background, which underlies the research. Two key theories in this area are attachment and resilience theory. Attachment theory was originally proposed by Bowlby (Masten, 2018) and suggests that the attachment bond formed between an individual and his or her primary caregiver, typically the mother, has significant effects on the child's psychological well-being. Quality of attachment, defined by stable and responsive emotional support from the mother, is associated with how well a child copes with life stressors. Secure children are more likely to have positive emotional and social development, are less likely to engage in risk-taking behavior, and are able to recover from or successfully adapt to adversity. This link between infancy attachment and later resilience is confirmed by meta-analytic work indicating that secure early attachment is robustly linked to more effective stress regulation and emotional health over the course of life (Masten, 2018).

Resilient theory supplements attachment theory; specifically addressing how children manage adversity and can adapt. It underlines the fact that resilience is not a characteristic of personality but a process that is the result of multiple factors, such as the family environment. Maternal support specifically has been found to be a major contributor to resiliency in youth. Masten (2018) emphasizes the power of a supportive relationship to protect against adversity, and those young individuals who have been exposed to nurturing, sensitive care are more likely to be resilient in the face of hardship. There has been a large body of research that has shown how the family, especially maternal, environment affects resilience, subjective well-being in children. Studies in the home context -personal and social- from different cultures and SES reported that maternal support plays an important role in the regulation of children to face adversity and helping its overall emotional well-being (McNamara et al., 2019).

Many examples demonstrate this effect, such as the study of Southwick et al. (2014) reported children growing up exposed to supportive caregiving practices developed a subset of core resilience coping skills that enabled them to respond to stressors and adversity effectively. Similarly, Puspitawati et al. (2020) observed that mothers who utilized open emotional talk with their children as well as modeling relaxation techniques had children with is greater emotional regulation and resilience. These findings all highlight the role of mothers' in promoting emotional and psychological adjustment in children, especially in difficult life conditions. Apart from benefiting resilience, maternal involvement has been found to improve children's subjective well-being. Research by Click or tap here to enter text. found that children who received significantly more emotional support from their mothers had higher levels of life satisfaction and emotional experience. This link between maternal engagement and subjective well-being is, perhaps, most salient in the relationship between family-based interventions and child development outcomes. For example, Pickett et al. (2022) are effective for improving children's emotional well-being among low-income households.

Maternal support is not just essential for development among Western populations, but also in many other cultures. Research from non-Western cultures also provide evidence for the role of maternal involvement in producing resilience and child well-being. For example, Xiao et al. (2022) found

evidence supporting the beneficial roles of maternal support in promoting children's resilience in communities undergoing socioeconomic adversity through a study in East Asia. These results indicate that the effect of maternal support is general, and is not mitigated by cultural and socioeconomic factors. Despite a large body of evidence on the significance of maternal engagement in child development, there is a paucity of published work on interventions that are specifically designed to support mother-led counselling. For this study, mother-led counseling is defined and used to describe interventions where mothers are educated about counseling fundamentals that encourage the emotional health and resiliency of their children. It may be by professional sessions of structured counseling led by the mother, or by informal counseling, like in active listening, emotional coaching and routine stress in a family environment.

Mother-rather than parent-specific or family-based interventions, however, are not the only model to consider, since an approach defined as family led may involve both parents, or more appropriately focus on the entire family without a targeted focus on mothers (Todd et al., 2025). Mother-driven counseling, on the other hand, targets the mother's role in the treatment process by encouraging the unique emotional bond between the mother and child to achieve resilience and wellness at the same time (Fagermoen et al., 2023). This distinction is relevant as current intervention development has been examining both parents' or the family as a unit's involvement, rather than the impact of maternal leadership to the counseling. Parent-led interventions do typically include both parents in treatment, but in the mother-led counseling, the mother as the mother is emphasized. It acknowledges that mothers are usually seen as the parents to take care of and provide emotional support to their children, and their participation in counselling may have a strong influence. The point is not to reduce the importance of fathers (or other caregivers), but to recognize a special way in which mothers are practiced in the emotions and psychological lives of their children.

It is important to note that the majority of interventions that schools conduct attend to extrinsic variables such as academic achievement, social skills, or competitive behavior, where as mother-led counseling is designed to promote emotional health, toughness, and coping in the home environment. The main difference is the home-based, mother-focused concept which may give place to individualized and context-adapted interventions (Kumar et al., 2023).

Although there has been increasing evidence for maternal effects on child development, a striking lack of studies focussing on the systematic investigation of mother-based counseling as an intervention exists in the literature. Existing literature was found to be oriented towards clinical or school-based praxis with more extensive parent participation in the intervention, but lacking in regard to any sort of examination of mothers leading counselling. Although research on maternal sensitivity, parent-targeted interventions and parenting programs has shown that maternal involvement plays a role in children experiencing resilience and well-being, no study up to date has systematically reviewed the evidence of mother-led counseling as a separate intervention approach.

A Meta-analysis was recently performed by Tomlinson et al. (2020) found benefits of maternal sensitivity on AT and IV, but did not test mother-lead counselling as a structured intervention. Likewise, in research of parenting programs, the latter frequently address a variety of parental practice but do not control for the unique effect of mother with leadership authority. This omission is problematic given the increasing acknowledgement of the role of maternal influence in fostering resilience and emotional well-being in children. It is particularly worrying that there has been no systematic review examining the effectiveness of mother-led counselling at a time when the prevalence of mental health problems among children is increasing worldwide. As Totsika et al. (2013) note, childhood mental health difficulties are increasingly common and there is an urgent requirement for further interventions which enable mothers to take an active role in promoting their children's mental health. Counseling by mother is one such intervention but is underreported in literature. This gap is what the present study hopes to address by conducting a systematic review of mother-led counselling for the promotion of children's resilience and subjective well-being.

By promoting mother-led counselling as an intervention per se, this review aims to emphasize the essential role that mothers play in promoting the emotional well-being and resilience of their children. The results presented in this review could be used to inform the design of intervention programs that support mothers and foster children with good mental health/wellbeing. In the current global climate which sees a push towards family-focused models of care and the growth in acceptance of the influence

of the mother in child outcomes, this study is both timely and of critical importance to child mental health research.

METHOD

This is Systematic Literature Review (Paul et al., 2021), which is considered as a rigorous method for systematically collecting, categorizing and analyzing existing scholarly works in a defined research domain. In compliance with protocols established by Moher et al., (2009), the study applies a systematic and clear approach to answering research questions, inclusive of comprehensive identification, selection and appraisal of studies considered. In order to preserve methodological rigor, this study adheres to the barest PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines which intend to enhance research accuracy, consistency, credibility by providing a transparent format for systematic review conduct (Albhirat et al., 2024).

Procedures

This is a systematic review on interventions approaches conducted by mothers at home to promote resilience and subjective well-being in children. The research design is a systematic review following Prisma (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines, which outlines three steps for filtering the selected articles: identification, screening, and inclusion. The identification and selection process was performed by searching using Watase Uake: Research Collaboration Tools. Retrieved from <https://www.watase.web.id>. A total of 458 articles, that publish from 2020 until 2025, were identified through the combined keywords used in the research topic, including "resilience+in+children", "child+character+development", "mindfulness+therapies+for+child", "maternal+counseling", "wellbeing+positive+psychology", "attachment-based+treatment", "maternal+counselling+approaches", "child+home-based interventions", and "Mothers+in+Family+Coun".

Materials

The research sample consisted of articles published over 2020–2025 period of time, which promoted the maternal interest to lead different counseling procedures and approaches at home. After identification of the 458 articles, these were screened in more detail where duplicates (7) are removed, followed by studies that did not meet on year of publication (246), recorder remove from other reason (tier Q1, Q2, Q3, Q4) (25), and further screening of those with no abstracts (4). At screening process record screened 176 articles with excluded 127. Report sought for retrieval (46) with not retried (25). there are assessed for eligibility (25) with with excluded (4). at the final step, included process, eligible reports were then identified for full-text review; 21 reports were found to meet final eligibility assessment.

Data Analysis

The data was collected from the identified articles to analyze mother-led counseling in relation to characteristics of best practice, delivery model components, and their effect on children's resilience and well-being. Finally all the selected articles were review used narrative synthesis to summarize the results in standardized descriptors. Studies that provided data on relevant issues were summarized in tables to allow a clear presentation of the main findings. Extraction of data is based on the Prisma methods will be used for screening, identification and assessing eligibility. Collected results have been documented carefully from the testing into an extensively detailed and clear report, which allows duplication of research in studying released out in the future using similar method.

Prisma Reporting: Fostering Resilience And Subjective Well-being In Children: A Systematic Review Of Mother-led Counseling Approaches In Home Settings

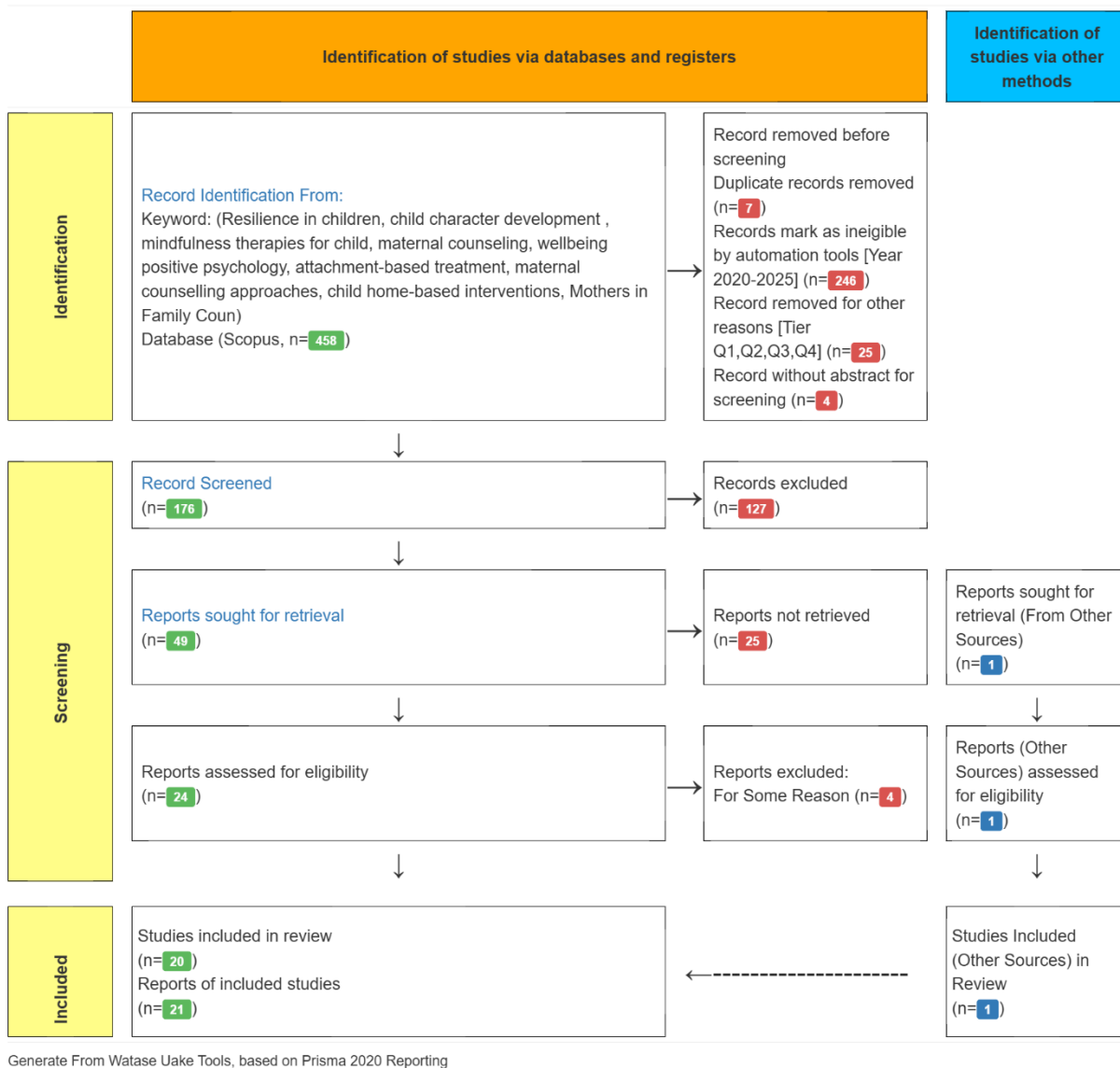


Figure 1. Flowchart PRISMA in Article Selection using Watase Uake Tools

RESULTS

From twenty-four journal articles were analyzed, 10 articles that discuss resilience outcomes, outlining how various interventions, including maternal engagement, develop children's resilience and such other populations. 6 articles examining gender differences, specifically the variances between resilience and well-being and emotional outcomes in boys and girls and how maternal impact might differ with gender, and 8 articles discussing lifestyle and how factors like physical activity, sleep, screen time, as well as additional environmental factors can affect well-being and resilience

Mother-Led Counseling And Children's Resilience

At the core of many such studies is the effort to highlight how mother-led counseling facilitates children's resilience. Research by Asanjarani et al. (2023) underlines the importance of maternal involvement in disaster education, where it is revealed that it has a positive impact on the resilience of children, particularly in times of crisis, such as during an outbreak of a pandemic such as COVID-19. Their results demonstrate that maternal support buffers not only loneliness but also emotional distress, highlighting the protective nature of maternal support for resilience promotion. This base, leading to a

sense of emotional safety, is critical for resilience building. Resilience in this framework is not limited to the capacity to manage adversity or to overcome hardship. It's about developing a mindset of perseverance and buoyancy of the emotions — capacities for competent, healthy kids.

Moreover, Tsormpatzoudi et al. (2023) underscore that the resilient coping concept becomes increasingly relevant when it comes to coping with cognitive decline while retaining optimal psychological functioning. Their study highlights the importance of resilience not only for mental health but overall child development, especially in the setting of maternal counseling. Embedded in the lives of their children, mothers demonstrate coping resources that enhance their children's ability to deal with negativity. This is consistent with the idea that resilience is something that can be developed with consistent support and involvement.

In addition, maternal participation in counseling interventions is frequently necessary for instruction of effective coping skills, including distress management, conflict resolution, and assistance seeking. And these coping strategies are crucial for children's ability to manage future stresses." Resilience is more than just our children's natural predisposition to overcome adversity; when moms encourage and support their kids, it nurtures an environment where kids learn how to adapt and survive, no matter what life throws their way.

Gender Differences in the Effectiveness of Mother-Led Counseling

Mother-led counseling works best if the approach is gender-sensitive, as it makes evident that interventions need to be adapted to the unique emotional requirements of boys and girls. For example, Esteban-Gonzalo et al. (2020) revealed that girls experience more frequent emotional experiences with respect to gender differences in both positive and negative affect. This indicates that girls may encounter more emotional fluctuations and indicates the need for interventions to target emotional regulation. In this regard, mothers girl counselling may focus on strategies that reduce the intensity of emotions, promote self-esteem, and build emotional strength. Develop emotional resilience As she provides a safe outlet for her daughter's emotional expression, the mother also helps in helping the child arm herself emotionally and to balance emotions when they're at high speed.

However, boys, who tend to be negatively affected by social pressure to shut down their feelings, might benefit from interventions targeting growth mindset and emotional resilience. For boys, counseling led by a mother can focus on emotional grit. It can help them understand what to do with feelings — instead of stuffing them deep down inside. This technique allows them to be open with their vulnerability without it making them look weak. Dealing with such disparities in emotional development means gender sensitive counseling techniques that will capture those different emotional experiences in the lives of the two sexes.

Such person-focused approaches and related findings The above described person-centred approaches are in line with an earlier study advocating the need for more individualized treatments in therapy. Mothers actively direct the attention of ECEC educators to the gender-based requirements and ensure they are met. By knowing the hearts and minds of boys and girls, mothers can implement natural and effective remedies that are specific to the stages and needs of boys and girls as they grow emotionally.

Lifestyle Factors, Parental Support, and Positive Psychology in Mother-Led Counseling

Mother-lead counselling significantly impacts on the enhancement of children's resilience and their subjective well-being, in particular on managing lifestyle-related factors, parental support in crisis, and utilization of positive psychology techniques. These are elements that have a moderating or contextual impact on children's emotional and psychological health.

Life-Factor Physical activity, screen time, and sleep are established contributors to children's well-being. Research by Sun et al. (2023) reports that children who meet the recommended guidelines for physical activity, sleep and screen time are more likely to present higher levels of subjective well-being. Mothers can take an effect on these variables encouraging a balanced life-style to achieve a healthy physical and mental status? the mother-led counselling. Mothers, for instance, may play in the

backyard, curb screen time and help teach children healthy sleep habits, all essential for emotional resilience. Physical activity especially has been demonstrated to lower anxiety, depression, and stress and to increase mood and self-esteem. In addition to those coping skills training, mother-led counseling may involve techniques to control screen time, support children's ability to control their use of devices, and promote unplugged activities to reduce stress and improve sleeping patterns, thus enhancing emotional regulation and resilience.

Another important factor in the development of resilience is parental support during crises. As Goswami et al. (2023) report that children with strong family backup are better apt to face external stress factors, for instance economic or social tumults. In a crisis like a global pandemic, the work of caring for mothers is even more essential; it acts as a protective reservoir against stress. Mother-led support might be viewed as an early intervention in which mothers offer emotional and practical advice for children to face adversities and develop resilience. Such emotional support can reduce stress-related negative emotions and helps prepare the child for future stresses with more emotional resilience.

Lastly, positive psychology can be added to mother-led counseling to increase mental toughness. Positive psychology, which focuses on strengths, virtues and well-being, provides tools such as mindfulness, gratitude and self-compassion that can help us greatly enhance emotional regulation and coping. The parents lead it child behavior programs, such as the positive parenting program, have much in common with a solution oriented approach and include many of the strategies outlined above. By example, mothers can show them how to keep a good attitude and not let adversity defeat them. These positive psychology interventions, embedded in counseling, empower children to shape their own emotional state, providing an experience of agency and the exercise of control.

In summary, lifestyle and positive psychology integrated into mother-led counseling could be a promising intervention for promoting children's resilience. These mediating processes render supplementary emotional and psychological sustenance for children to prosper. Not every child receives the same interventions, so by adapting individual interventions based on child level, and group counseling approaches (such as gender-sensitive interventions, lifestyle behaviors etc.), mother-led counseling approach could provide a customized, efficient approach to promote children's healthy development in their context and the transition that may shape long-term health.

Table 1. Summary of articles included (resilience outcomes).

Research Title	Author(s)	Research Methodology	Research Findings	Research Limitations	Correlation with Current Study
Student Subjective Wellbeing amidst the Covid-19 Pandemic in Iran	Asanjarani et al. (2022)	Quantitative, survey with 629 students	Parental involvement linked to better well-being, with loneliness mediating the relationship.	Limited generalizability due to focus on Iranian adolescents.	Supports resilience promotion through family settings, particularly maternal involvement.
Resilience in Mild Cognitive Impairment (MCI)	Tsormpatzoudi et al. (2023)	Quantitative, survey in Greece	Individuals in late-stage MCI have lower resilience than healthy individuals.	Small sample size; not applicable to other populations.	Reinforces the importance of resilience in fostering well-being in different contexts.
Factors Associated with Children's Subjective Wellbeing During COVID-19	Goswami et al. (2023)	Quantitative, survey with 1370 children	Family support and safety perceptions affect children's well-being during the pandemic.	Cross-sectional study; no long-term data.	Highlights parental involvement and resilience-building in children, relevant to mother-led counseling.

Research Title	Author(s)	Research Methodology	Research Findings	Research Limitations	Correlation with Current Study
Effectiveness of Home-Based Interventions to Prevent Child Neglect	Li et al. (2023)	Systematic Review	Home-based interventions improve parent-child interactions and reduce neglect.	Lack of uniform outcome measurements across studies.	Supports the role of home-based interventions in fostering resilience through maternal engagement.
The Investigation of Gender Differences in Subjective Wellbeing in Children and Adolescents	Esteban-Gonzalo et al. (2020)	Cross-sectional survey	Gender differences found, with girls showing higher affect but lower purpose in life.	Focuses only on adolescents; may not apply to younger children.	Provides insights for tailoring mother-led interventions based on gender differences.
Infància sota el sistema de protecció: el benestar subjectiu i la centralitat dels seus drets	Pujol (2023)	Mixed-methods, interviews with children in care	Lack of rights fulfillment in children in care correlates with lower subjective well-being.	Specific to children in care, not generalizable.	Highlights the role of rights fulfillment in fostering resilience, relevant to family-based counseling.

Table 2. Summary of articles included (lifestyle factors).

Research Title	Author(s)	Research Methodology	Research Findings	Research Limitations	Correlation with Current Study
Combinations of Physical Activity, Screen Time, and Sleep	Sun et al. (2023)	Cross-sectional survey with 1098 children	Adherence to movement guidelines improves subjective well-being.	Self-reported data; focused on China.	Emphasizes the integration of physical activity and lifestyle factors in fostering well-being, relevant to mother-led counseling.
The Effect of a Home-Based, Gamified Stability Skills Intervention	Fitton Davies et al. (2024)	RCT in UK and Norway	Home-based, gamified interventions improve movement abilities and resilience.	Short duration, limited sample size.	Offers insights on home-based interventions and their potential to improve resilience.
Home-Based Health, Nutrition, and Responsive Stimulation Intervention	Sudfeld et al. (2021)	Cluster-randomized trial in Tanzania	Home visits improve child development and growth.	Mixed findings across regions; needs larger sample sizes.	Supports the integration of community-based support and family dynamics in fostering resilience.
Prevention of Internalizing Difficulties in the Middle Years	Taylor et al. (2024)	RCT of MBCT-C and CBT	Mindfulness-based therapy (MBCT-C) and CBT show similar effectiveness in reducing anxiety.	Limited sample size, short-term follow-up.	Demonstrates potential benefits of integrating mindfulness in family-based

Research Title	Author(s)	Research Methodology	Research Findings	Research Limitations	Correlation with Current Study
Combinations of physical activity, screen time and sleep, and their association with subjective wellbeing in children	Jiangang Sun et al. (2023)	Cross-sectional survey with 1098 children	Compliance with movement guidelines (PA, sleep, screen time) significantly associated with improved subjective well-being.	Self-reported measures may introduce bias, and the study focuses on a specific region (China).	Physical activity and lifestyle factors are crucial for resilience, aligning with the mother-led counseling approach. interventions for children.

Table 3. Summary of articles included (Positive Psychology Interventions).

Research Title	Author(s)	Research Methodology	Research Findings	Research Limitations	Correlation with Current Study
Positive Psychology for Mental Wellbeing of UK Therapeutic Students	Kotera et al. (2021)	Quantitative, survey in UK	Resilience and self-compassion are positively correlated with mental well-being.	Limited to UK therapeutic students.	Theories on resilience and self-compassion can be applied in mother-led counseling for children's mental well-being.
The Effectiveness of Online, School-Based Positive Psychology Interventions	Francis et al. (2020)	Systematic review of online studies	Online PPIs improve student well-being, with involvement from stakeholders.	Limited long-term data.	Provides insights on using positive psychology to foster well-being, relevant for family-based programs.
Systematic Review of Community-Based Interventions to Support Parenting	West et al. (2019)	Systematic review of community and home-based interventions	Parenting interventions reduce maltreatment risks but show mixed results.	Needs more rigorous research.	Insights on how parent-focused interventions can help foster resilience, relevant to maternal interventions.
Early Literacy and Child Wellbeing	Derby et al. (2020)	Qualitative case study in New Zealand	Home-based literacy interventions improve children's language skills and well-being.	Limited sample size, culturally specific.	Highlights the role of home-based interventions in promoting well-being, useful for mother-led counseling.
Evermore Wellbeing for Teens	Elena et al. (2025)	Scoping review of Positive Psychology Interventions	64 PPIs improve adolescent well-being.	Limited data on implementation in real-world educational settings.	Insights can inform resilience-building techniques in family-based settings.

Table 4. Summary of articles included (Miscellaneous & Other Interventions)

Research Title	Author(s)	Research Methodology	Research Findings	Research Limitations	Correlation with Current Study
Maternal Counseling for	Budhani et al. (2025)	RCT comparing counseling methods	Both verbal and combined verbal and pictorial	Focused only on preterm deliveries.	Provides insights into maternal anxiety

Preterm Deliveries			counseling reduced maternal anxiety.		management relevant for improving emotional well-being in family contexts.
Mindfulness-Based Cognitive Therapy (MBCT-C)	Taylor et al. (2024)	RCT comparing MBCT-C and CBT	MBCT-C showed similar effectiveness to CBT in reducing anxiety and depression in children.	Limited sample size, short-term follow-up period.	Mindfulness-based interventions can be incorporated into family-based resilience programs.
Prevention of Internalizing Difficulties	Taylor et al. (2024)	RCT comparing MBCT-C and CBT	MBCT-C showed effectiveness in reducing anxiety and depression in children.	Limited sample size, short-term follow-up period.	Integrates mindfulness-based techniques in mother-led counseling for children.

As shown in Table 1, studies such as Goswami et al. (2023) and Esteban-Gonzalo et al. (2020) emphasize the importance of resilience and gender-sensitive approaches in promoting well-being, which align with the goals of mother-led counseling. In Table 2, studies like Sun et al. (2023) and Sudfeld et al. (2021) highlight the critical role of lifestyle factors such as physical activity, screen time, and sleep in fostering resilience, which should be incorporated into mother-led counseling strategies. Finally, Table 3 presents how positive psychology interventions and theories like self-compassion, as noted by Kotera et al. (2022), could further inform strategies to foster resilience in children through family-based interventions, particularly through mother-led counseling.

DISCUSSION

Summary of Main Findings

The study underscored the crucial function of mother-led therapy in fostering resilience and subjective well-being (SWB) in children. It aligned with the findings of Asanjarani et al. (2023), which underscored the significance of parental involvement, especially maternal engagement, during emergencies like the COVID-19 pandemic. Their research demonstrated that maternal involvement is positively associated with improved child well-being, particularly in high-stress contexts. Tsormpatzoudi et al. (2023) similarly affirmed that resilience encompasses not only the ability to endure adversity but also the cultivation of a positive outlook towards forthcoming challenges, thereby bolstering the concept that mother-led counseling can substantially enhance emotional resilience and psychological well-being. Moreover, Goswami et al. (2023) validated that maternal support functions as a protective factor against external stressors, including economic instability, hence emphasizing the protective role of mothers in fostering resilience-building processes in children.

Thematic Interpretation

Resilience

The concept of resilience was central to the study, and the results corroborate its importance in child development. Mother-led counseling, as discussed by Asanjarani et al. (2023), serves as a powerful tool for fostering emotional resilience in children. This counseling approach enables children to develop adaptive coping strategies for managing both internal and external stressors. The study's findings align with Tsormpatzoudi et al. (2023), emphasizing that resilience is not a static trait but rather an adaptive process that can be nurtured through consistent maternal support and guidance.

Gender Sensitivity and Gender Differences

Another crucial theme identified in the study is the need for gender-sensitive approaches within mother-led counseling. As indicated by Esteban-Gonzalo et al. (2020), gender differences in emotional responses—such as girls showing higher levels of emotional sensitivity and boys exhibiting more resilience—necessitate tailored interventions. The research suggests that mothers should be equipped with strategies that address the unique emotional needs of both genders. For girls, mother-led counseling should focus on emotional regulation and building self-compassion, while for boys, interventions should encourage emotional expression and vulnerability, helping them navigate societal pressures to suppress emotions. This gender-sensitive approach aligns with findings from Goswami et al. (2023), which further emphasize the necessity of understanding and addressing gender-specific needs in resilience-building interventions.

Moderators: Lifestyle Factors

Lifestyle factors, including physical activity, screen time, and sleep, were found to be crucial moderators in enhancing children's subjective well-being. Sun et al. (2023) demonstrated that children who meet healthy guidelines for these factors report better well-being, highlighting the interconnectedness of physical and emotional health. In mother-led counseling, mothers play an essential role in encouraging their children to adopt healthy lifestyle practices, such as regular physical activity, managing screen time, and establishing consistent sleep routines. By integrating these lifestyle components into counseling, mothers can take a holistic approach to supporting their children's overall health. This approach is in line with the findings of Davies et al. (2024), who found that physical activity, particularly through engaging activities like gamification, enhances both motor proficiency and self-esteem, further contributing to emotional resilience.

Intervention Techniques: Positive Psychology

The integration of positive psychology techniques in mother-led counseling is another key component of the study. Positive psychology, focusing on strengths such as gratitude, hope, and self-compassion, offers valuable tools for enhancing emotional regulation and coping skills. The study suggests that mothers who embody and model these practices can instill resilience in their children by teaching them to view challenges as opportunities for growth rather than threats. This approach aligns with positive psychology interventions found to be effective in fostering well-being across various contexts. The incorporation of mindfulness, gratitude, and self-compassion as tools in mother-led counseling not only promotes emotional resilience but also empowers children to take an active role in managing their mental health.

Contributions

This study contributes to family psychology by extending current theoretical models of resilience. While previous models have focused broadly on parental involvement, this research underscores the unique contributions of mothers in resilience-building and subjective well-being among children. The integration of gender-sensitive strategies and lifestyle management within mother-led counseling provides a more nuanced understanding of how maternal support can be tailored to meet the specific emotional and developmental needs of children. This enhances existing resilience theories by illustrating the complex interplay between maternal involvement, gendered emotional responses, and lifestyle factors in fostering resilience.

From a practical standpoint, the study offers actionable insights for designing more effective mother-led counseling programs. The findings suggest that mother-led counseling can be further optimized by incorporating gender-sensitive approaches and addressing lifestyle factors in a comprehensive, holistic manner. By training mothers to integrate lifestyle management with emotional and psychological support, mother-led counseling can be a more personalized and effective intervention. This approach can be extended to community-based programs, where mothers are empowered to support

their children's mental health through a combination of emotional, social, and physical well-being strategies.

Implications

The study has significant theoretical implications for the field of family psychology. It provides a more comprehensive framework for understanding how mother-led counseling can promote resilience and subjective well-being in children. By highlighting the importance of gender-specific interventions and the integration of lifestyle factors, this study adds to existing theories on resilience by incorporating family dynamics and the role of mothers as key agents of change.

From a practical perspective, the study emphasizes the need for gender-sensitive and holistic approaches in mother-led counseling programs. Practitioners and counselors can use the insights from this research to create more personalized and effective interventions that cater to the unique needs of boys and girls. By integrating lifestyle management techniques with emotional support, mother-led interventions can promote long-term well-being and resilience in children. This approach offers a cost-effective way to support children's mental health within family settings.

The findings also have important policy implications, particularly in the development of family-centered mental health programs. Policymakers can use the results of this study to advocate for the inclusion of mother-led counseling as part of school-based mental health programs and community initiatives. By providing mothers with the necessary resources and training, policymakers can empower families to support children's resilience and well-being in a sustainable and impactful way.

Limitations and Future Research

While this study provides valuable insights into the role of mother-led counseling in promoting resilience and subjective well-being, there are several limitations to consider. First, the study's findings are based on a specific demographic, limiting their generalizability to other socio-economic or cultural contexts. Future research should explore the effectiveness of mother-led counseling across diverse populations to determine its applicability in different settings. Additionally, the study was limited to short-term effects, and long-term follow-up studies are needed to assess the sustained impact of mother-led counseling on children's resilience and well-being. Future research should also investigate the influence of other family members, such as fathers or extended family, on children's resilience, as this would provide a more holistic understanding of family dynamics. In conclusion, while mother-led counseling offers significant potential for promoting children's resilience and subjective well-being, further research is required to expand on these findings and develop evidence-based interventions that can be implemented across various family and cultural contexts.

CONCLUSIONS

The findings of this study have important implications for the study of maternal-led counseling in children's emotional resilience and subjective well-being in family contexts. The results show that a mother-implemented counselling can be important to promote emotional resilience as it provides continuous emotional support and support for healthy coping mechanisms. Moreover, the study reinforces the need of also considering lifestyle (physical activity and duration, bedtime routine, screen time) as an indispensable part of counselling to children.

This also highlights the necessity to develop gender-specific interventions that recognize the diverse emotional reactions of boys and girls. It indicates that maternal behaviors can be modified to promote resilience according to the particular problems that a child confronts. These data further support the importance of maternal influence on emotional development and indicate that this approach can be effectively conducted in various family settings, serving as a model for comprehensive prevention of child health. In addition, the study presents a unique combination of positive psychology methods and a lifestyle coordination approach, implemented by mothers (rather than by trained therapists alone) that provides insight into the interpersonal context that could foster children's well-being.

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