

“The Bright Side of Youth: A Literature Review on Optimism and It’s Psychological Benefits for Anxious Among Young Adults”

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Abstract: The topic of optimism and anxiety among young adults is quite often discussed. Previous studies explain that optimism plays an active role in reducing a person's anxiety levels, especially in young adults. However, several studies show that optimism has no influence whatsoever in the process of reducing anxiety. This article then presents identifying the dynamics of the influence of optimism on anxiety in young adults, which is reviewed from various perspectives of previous research. This article also aims to determine the role of optimism as a protector for reducing anxiety levels among young adults. The method used in this study was to review the literature by conducting a review process of 20 articles obtained through the search process with Google Scholar and Scopus. The results of the study showed that optimism was proven to have a protective role among young adults in overcoming anxiety. Optimism also has an important role in reducing anxiety levels among young adults.

Keywords: Optimism, Anxiety, Young Adults, Positive Psychology, Anxious

1 INTRODUCTION

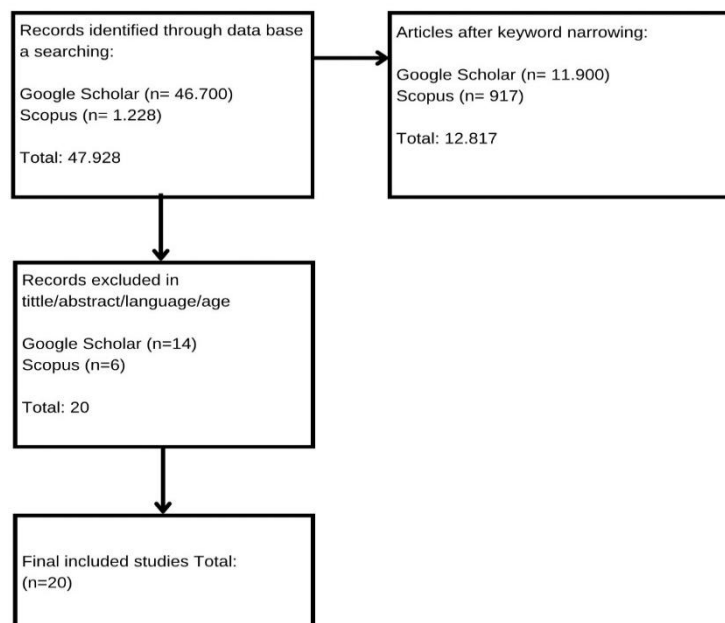
Data from the World Health Organization (WHO) in 2019 explains that anxiety disorders are the most common psychological disorders in the world (World Health Organization, 2023). In 2019, anxiety data in the world community reached 301 million or equivalent to 4% of the world's population (World Health Organization, 2023). Anxiety is said to occur more often in people in the early adulthood age range, even this figure is predicted to be 2–3 times greater than anxiety in other age groups (Kindelan & McMaster, 2023). This is evidenced by a study conducted by Harvard Students regarding anxiety in early adulthood. As many as 700 respondents in early adulthood (18–25 years) felt anxious (Kindelan & McMaster, 2023). A survey conducted by Persakmi in 2020 stated that around 50% of respondents from a total of 8,031 respondents were indicated as having anxiety disorders (Persakmi, 2022). The Ministry of Health in Indonesia, called the Kemenkes, reported that in 2018, as many as 19 million people aged 15 years and over experienced emotional mental disorders such as anxiety and depression (Kementerian Kesehatan, 2021). Anxiety can arise from various events that occur in a person's life. One of the triggers that cause anxiety is negative thoughts about something, pessimism, and worry (Machmudati & Diana, 2017; Murray, n.d.). Anxiety itself is defined as a condition where a person experiences excessive fear and is usually accompanied by physical symptoms such as a faster heartbeat, sweating, and discomfort in the stomach and chest area (American Psychiatric Association, 2013). There are many ways to relieve anxiety, one of which is to always think positively, namely optimism (Machmudati & Diana, 2017; Lestari, 1998). Positive thinking has been proven effective in reducing anxiety, because positive thinking will lead individuals to the problem-solving process (Machmudati & Diana, 2017; Peale, 2009). One form of positive thinking is optimism (Machmudati & Diana, 2017; Lestari, 1998). Optimism itself is defined as an individual's hope for their future (Carver, Scheier, & Segerstrom., 2016). Optimism is also defined as an individual's belief in achieving a life achievement (Tenney, Logg, & Mooe., 2015; Keller, 2003). Optimism is a form of an individual's belief in achieving their goals through the process and getting the best results (Tenney et al., 2015). A study states that optimism acts as a protector for individuals who experience psychological disorders such as anxiety, depression, and stress. This is evidenced by the higher chance of survival in individuals who have optimism (Kupper, Post, Kop & Widdershoven., 2025; Rozanski, et al., 2019).

Previous studies have shown that optimism has a relationship and influence on anxiety in young adults. The relationship and influence between the two are statistically negative. In this case, it means that the higher the optimism, the anxiety in young adults will decrease and the lower the optimism, the anxiety will increase (Pron, Dyah, & Martha., 2018). This is then reinforced by research evidence in the following year which also states that optimism has a negative influence and correlation with anxiety in young adults, meaning that when optimism increases, anxiety will decrease and vice versa. When optimism decreases, anxiety will increase (Biber, Melton, & Czech., 2022). Until this year, evidence regarding the relationship and influence between optimism and anxiety that is statistically negative continued to emerge, one of which is a study conducted by Kupper et al. (2025) which also proves that if optimism increases, anxiety in young adults will decrease. If optimism decreases, anxiety will increase. However, several other research results prove that there is no relationship and influence between optimism and anxiety, such as research conducted by Harlianty et al. (2020), Dahrul et al. (2021), and Nisa et al. (2025) which proved that there was no significant relationship and influence between optimism and anxiety in young adults. This inconsistency then attracted researchers to explore further the role of optimism as a protector for reducing anxiety levels, especially among young adults.

2 MATERIALS AND METHODS

The method used in this study is a literature review conducted by collecting reading sources from the Google Scholar and Scopus databases over the last 10 years (2015-2025). The initial search for articles in Google Scholar resulted in 30,500 articles using the keywords "optimism anxiety" and "optimisme kecemasan", 16.200 articles appeared with the keyword. Then the data search was narrowed down by adding the keywords "young adult" and "dewasa awal", which resulted in 11.900 articles. The selection was carried out by filtering articles that discussed the relationship and influence of optimism on anxiety in young adults and 14 articles were obtained that met after going through various filtering processes. Meanwhile, the initial search for articles conducted in Scopus resulted in 1,228 articles using the keywords "optimism AND anxiety". Then this search was narrowed down by adding the keyword "young adult" and 917 articles were obtained. After conducting a selection by filtering articles that discussed the relationship and influence of optimism on anxiety in young adults, 6 articles were obtained that met the requirements for further analysis. A total of 20 articles will then be continued into the analysis process because these articles are the most relevant articles and will be used in the literature review in this study. The figure below is a flowchart of the article selection process.

Figure 1.
Article Selection Process



3 RESULTS

The following is a detailed table containing previous studies discussing optimism and anxiety. The number of articles analyzed was 20 articles obtained from the Google Scholar and Scopus databases. After going through the article

screening process, 20 articles were most appropriate for this study. There are 17 articles stating that optimism has an influence in the process of reducing anxiety in young adults, but 3 other articles say otherwise, that optimism has no influence or role whatsoever on anxiety in young adults. The discussion of the results of the analysis of the following journal articles will be described in the next paragraph. The following is table 4.1 which discusses articles related to optimism and anxiety.

Table 1.
Data Analysis (Optimism-Anxiety)

Number	Authors and Years	Variable	Methods and Participants	Research Purpose & Findings
1	Machmudati & Diana (2017)	Anxiety, Positive Thinking Training	Experimental Design. 24 students from University X in Yogyakarta were divided into 2 groups, 12 people in the control group and 12 others in the experimental group who were selected randomly.	The purpose of this study was to determine the effectiveness of positive thinking training to increase optimism and reduce anxiety in working on a thesis in students. The results of this study indicate that there is a significant difference in anxiety scores between the experimental group and the control group. Meanwhile, the results of the Wilcoxon Signed Rank analysis showed that the post-test and pretest scores of the experimental group obtained a value of $p = 0.002$ ($P < 0.05$), so it can be explained that there is a difference in anxiety levels in the experimental group before and after being treated. Student anxiety after participating in positive thinking training is lower than anxiety before participating in training. So it can be concluded that positive thinking is effective in reducing student anxiety in working on a thesis. Students who participated in positive thinking training experienced a more significant decrease in anxiety levels than students who did not participate in positive thinking training. Synthesis: Positive thinking training has been proven to reduce anxiety levels. One of the positive thinking techniques is optimism, by thinking optimistically anxiety will decrease.

Table 1 (Continued).

Data Analysis (Optimism-Anxiety)

Number	Authors and Years	Variable	Methods and Participants	Research Purpose & Findings
2	Pron et al. (2018)	Anxiety, Depression, and Optimism	Quantitative. 28 patients suffering from breast cancer and undergoing chemotherapy at Ulin Banjarmasin Regional Hospital were sampled using purposive sampling technique. The age of respondents ranged from 18-60 years and >60 years.	The purpose of this study was to find out the relationship between optimism and anxiety and depression levels in breast cancer patients undergoing chemotherapy at Ulin Banjarmasin Hospital. The results showed that the respondents' optimism was on average in the moderate category, namely 23 people or (82.14%) people, while the average anxiety level of respondents was also in the moderate category, namely 18 people or equivalent to (64.28%) people, and the level of depression in respondents was on average in the mild depression category, namely 15 people or equivalent to (53.57%) people. The results of the analysis showed the results of the correlation coefficient and significance = -0.531, $p = 0.04$ (optimism and anxiety) and = -0.569, $p = 0.02$ (optimism and depression). These results can then be concluded that there is a significant relationship between optimism and anxiety and the relationship between the two is negative, meaning that if optimism increases, anxiety will decrease and if optimism decreases, anxiety will increase. Likewise with depression, if optimism increases then depression will decrease and vice versa. Synthesis: there is an influence between optimism and anxiety. When optimism increases, anxiety will decrease, and vice versa.

Table 1 (Continued).

Data Analysis (Optimism-Anxiety)

Number	Authors and Years	Variable	Methods and Participants	Research Purpose & Findings
3	Dhei & Mardiyanti (2021)	Anxiety, Optimism	Quantitative. 400 people aged 18 years and above who are the people of Surabaya City. The average age of respondents is 18-47 years.	This study aims to determine whether there is a relationship between anxiety and optimism of the people of Surabaya in facing the Covid-19 outbreak. From the results of the data analysis, the t-value is -1.984 with a sig. value of 0.040 < 0.05. This indicates a negative relationship between anxiety and optimism. This means that the higher the anxiety, the lower the optimism of the people of Surabaya in facing Covid-19 and the lower the anxiety, the higher the optimism of the people of Surabaya in facing Covid-19. The level of anxiety of the people of Surabaya is in the moderate category with a percentage of 73.5% and the level of optimism of the people of Surabaya is in the moderate category with a percentage of 63.5%. While the R square value is 0.148. This value means that the relationship between anxiety and optimism is 14.8% while 85.2% of optimism is influenced by other variables that were not studied. Synthesis: there is an influence between optimism and anxiety. When optimism increases, anxiety will decrease, and vice versa.
4	Harlianty et, al. (2020)	Anxiety, Optimism, Emotional Intelligence, and Social Support	Quantitative. Aisyah University Pringsewu students who are undergoing practical exams.	This study aims to identify whether there is a relationship between anxiety and optimism, emotional intelligence, and social support in students of Aisyah Pringsewu University who are undergoing practical exams. Based on multiple regression analysis, the t-role value is 1.691 with a significance level of 0.094 ($p > 0.05$), meaning that there is no relationship between optimism and anxiety. The t-value result of -2.258 with a significance level of 0.026 ($p < 0.05$) indicates that the researcher's hypothesis is accepted, meaning that there is a significant role of social support on anxiety. So it can be concluded that optimism and emotional intelligence do not affect anxiety, while social support significantly affects anxiety. Synthesis: There is no influence between optimism and anxiety in this study

Table 1 (Continued).

Data Analysis (Optimism-Anxiety)

Number	Authors and Years	Variable	Methods and Participants	Research Purpose & Findings
5	Dahrul et al. (2021)	Anxiety, Optimism, Emotional Intelligence, and Social Support	Quantitative. 120 STIKES students in Indonesia.	This study aims to determine the role of optimism, emotional intelligence and social support with STIKES student subjects. Based on the results of the regression test, the F change value was obtained at -60.781 with a significance level of 0.000 ($p < 0.01$) which is very significant. This means that the hypothesis proposed in this study can be accepted, so that there is a very significant negative role between optimism, emotional intelligence and social support on anxiety in facing STIKES student practical exams. While the influence of optimism on anxiety was obtained from the results of multiple regression analysis, the role value t was -23.658 with a significance level of 0.20 ($p > 0.05$). It can be concluded that there is no role of optimism on anxiety in facing STIKES student practical exams. To determine the role of emotional intelligence on anxiety in facing STIKES student practical exams, the results of multiple regression analysis obtained a t value of -28.393 with a significance level of 0.001 ($p < 0.05$). This means that there is a role of emotional intelligence on anxiety in facing STIKES student practical exams. For the role of social support on anxiety, the results of multiple regression analysis were obtained as much as -9.258 with a significance level of 0.026 ($p < 0.05$).
6	Hirschmiller et al. (2025)	Optimism, Pessimism, Anxiety, Depression	Quantitative. 689 melanoma survivors over 14 years	Synthesis: There is no influence between optimism and anxiety in this study The purpose of this study was to examine the theoretical modes of pessimism and optimism and their relationship to anxiety and depression. The results showed that optimism has a significant effect on anxiety and depression and the influence between these variables is statistically negative, or it can be said that if optimism is high, depression and anxiety will decrease and vice versa. Synthesis: there is an influence between optimism and anxiety. When optimism increases, anxiety will decrease, and vice versa.

Table 1 (Continued).

Data Analysis (Optimism-Anxiety)

Number	Authors and Years	Variable	Methods and Participants	Research Purpose & Findings
7	Kupper et al. (2025)	Optimism, Quality of Life, Anxiety, Depression	Quantitative. 1,759 patients with coronary heart disease aged 18 years and above. And 1,474 patients with coronary heart disease whose data were taken in the second year.	The purpose of this study was to see whether optimism serves to provide a positive impact and good quality of life in coronary heart patients. The results showed that optimism plays an important role in the quality of life of patients. With optimism, disorders such as anxiety and depression can be minimized and improve the quality of life of patients. Optimism serves as an independent predictor of patient-reported outcomes. The study showed that optimism training and cognitive restructuring programs are a viable option for improving quality of life, life satisfaction, hope, and reducing anxiety in patients with heart disease. Synthesis: there is an influence between optimism and anxiety. When optimism increases, anxiety will decrease, and vice versa.
8	Barnett & Adams (2018)	Optimism, Anxiety	Quantitative. 623 young adults.	Tujuan dari penelitian ini adalah untuk mengeksplorasi lebih dalam mengenai efek pengetahuan mengenai penuaan, berkomunikasi dengan orang yang lebih tua, ketakutan akan kematian, dan optimisme untuk mengatasi ageisme dan kecemasan pada dewasa muda. Hasilnya menunjukkan bahwa kecemasan yang dialami dewasa muda mengenai ketakutan akan penuaan dan kematian berkorelasi negatif dengan optimisme. Semakin tinggi optimisme maka akan semakin rendah tingkat kecemasan, dan begitupun sebaliknya. Synthesis: there is an influence between optimism and anxiety. When optimism increases, anxiety will decrease, and vice versa.
9	Lyu et al. (2025)	Optimism, Behavioral Change, Anxiety	Quantitative. 4.313 dan 1.767 masyarakat China yang terkena dampak Covid-19 berusia 11-82 tahun.	Tujuan dari penelitian ini adalah untuk memprediksi dampak optimisme pada masa Covid-19. Hasil penelitian menunjukkan bahwa optimisme dapat melemahkan kecemasan dan dapat memprediksi perilaku protektif. Synthesis: there is an influence between optimism and anxiety. When optimism increases, anxiety will decrease, and vice versa.

Table 1 (Continued).

Data Analysis (Optimism-Anxiety)

Number	Authors and Years	Variable	Methods and Participants	Research Purpose & Findings
10	Biber et al. (2022)	Optimism, Anxiety, Gratitude, Satisfaction	1.640 mahasiswa di Midsize University.	The purpose of this study was to examine the relationship between anxiety, optimism, gratitude, and instructional effectiveness of a physical activity and lifestyle (PAL) program in college students. Results: The results of this study revealed a significant and negative relationship between anxiety and optimism ($r = 0.36$), gratitude ($r = 0.12$), and perceived instruction during COVID-19 ($r = 0.11$). It can be concluded that if anxiety is high, optimism and gratitude will decrease, but if optimism and gratitude increase, anxiety will decrease. Synthesis: there is an influence between optimism and anxiety. When optimism increases, anxiety will decrease, and vice versa.
11	Hafsah & Ama (2024)	Optimism, Social Support, Anxiety	Quantitative. 110 final year students.	This study aims to determine the relationship between family social support and academic anxiety; the relationship between optimism and academic anxiety; and the relationship between family social support and optimism with academic anxiety in final year students. The results showed a relationship between family social support and academic anxiety of -0.703 ($p < 0.01$), the relationship between optimism and academic anxiety of -0.707 ($p < 0.01$), the three variables, namely family social support and optimism with academic anxiety obtained F of 77.436 ($p < 0.01$). The effective contribution of family social support and optimism to academic anxiety was 59.1%, while 40.9% was influenced by other factors not examined in this study. Overall, the variables of family social support and optimism play a very important role in reducing the level of academic anxiety in final year students who are working on their final assignments. It can be concluded that optimism and social support have a negative effect on anxiety in final year students who are working on their final assignments. The negative effect referred to is that if anxiety increases, optimism and social support decrease. If optimism and social support increase, then anxiety will decrease. Synthesis: there is an influence between optimism and anxiety. When optimism increases, anxiety will decrease, and vice versa.

Table 1 (Continued).

Data Analysis (Optimism-Anxiety)

Number	Authors and Years	Variable	Methods and Participants	Research Purpose & Findings
12	Ratu & Junaidin (2024)	Optimism, Anxiety	Quantitative. 87 students from other regions in Teknologi Sumbawa university.	The purpose of this study was to find out the effect of optimism on academic anxiety in out-of-town students. Based on research conducted at the University of Technology Sumbawa, it can be said that optimism influences anxiety with the results of n significance (Sig.) 0.000 <0.05.
13	Maurer et al. (2025)	Mental Health, Self Efficacy	Quantitative. 846 students aged 18 years old.	Synthesis: there is an influence between optimism and anxiety. When optimism increases, anxiety will decrease, and vice versa. The purpose of this study was to further investigate how self-efficacy relates to gender, mental environment-sensitivity, coping self-efficacy, and experiences of pandemic-related distress. Coping with positive psychology approaches such as optimism, happiness, self-efficacy has been shown to be able to overcome symptoms such as anxiety and depression in students during the pandemic.
14	Nisa et al. (2025)	Self-Efficacy, Optimism, Anxiety	Quantitative. 134 first year students in Universitas Islam 45 Bekasi.	Synthesis: there is an influence between optimism and anxiety. When optimism increases, anxiety will decrease, and vice versa. The purpose of this study was to see whether there is an influence between self-efficacy and optimism on anxiety in first-year students of Universitas Islam 45 Bekasi. From the results of the multiple regression test, the significance level (p) between self-efficacy on anxiety and optimism on anxiety is 0.000. Because the significance level (p) is 0.000 (p <0.05), this indicates that H0 is rejected/not accepted. Then, the R2 value shows that self-efficacy and optimism together contribute 26.2% to anxiety. However, when viewed from each X variable, self-efficacy is stated to significantly predict anxiety while optimism cannot significantly predict anxiety. Synthesis: There is no influence between optimism and anxiety in this study

Table 1 (Continued).

Data Analysis (Optimism-Anxiety)

Number	Authors and Years	Variable	Methods and Participants	Research Purpose & Findings
15	Raja et al. (2025)	Optimism, Anxiety	Quantitative. 134 students.	The purpose of this study was to see whether there is an influence between optimism and anxiety in students. The results of this study indicate that optimism has a significant effect on academic anxiety. This finding indicates that the higher the level of optimism received by students, the higher their level of academic anxiety. Although the effect is small, which is only 0.036, this result supports the theory of positive psychology which states that individuals who are more optimistic tend to be better at managing stress. This study suggests that educational institutions and parents should be more proactive in fostering optimism among students and exploring other variables that contribute to academic anxiety. Synthesis: there is an influence between optimism and anxiety. When optimism increases, anxiety will decrease, and vice versa.
16	Tanjung et al. (2021)	Optimism, Distress	Quantitative. 35 nurses at the Lung Hospital aged 18-40 years.	The purpose of this study was to see the relationship between optimism and distress in nurses at the West Sumatra Provincial Lung Hospital. The results showed a significant relationship between the duty room and psychological distress, namely stress, anxiety and depression in nurses during the Covid-19 pandemic with a value of $p = 0.003$ (stress), $p = 0.008$ (anxiety), $p = 0.046$ (depression) with $p < 0.05$. And there is a significant relationship between optimism and psychological distress, namely stress, anxiety and depression in nurses during the Covid-19 pandemic with a value of $p = < 0.05$. Synthesis: there is an influence between optimism and anxiety. When optimism increases, anxiety will decrease, and vice versa.
17	Abbas et al. (2022)	Optimism, Anxiety, Depression	Quantitative. 200 cancer survivors in Pakistan aged 26 years old.	The purpose of this study was to prove that optimism can reduce depression and anxiety in cancer survivors. The results showed that optimism with depression and anxiety were negatively and significantly correlated. This means that if optimism increases, anxiety will decrease and vice versa. This proves that optimism can reduce anxiety and depression in cancer survivors. Synthesis: there is an influence between optimism and anxiety. When optimism increases, anxiety will decrease, and vice versa.

Table 1 (Continued).

Data Analysis (Optimism-Anxiety)

Number	Authors and Years	Variable	Methods and Participants	Research Purpose & Findings
18	Öztekin (2025)	Optimism, Pessimism, Anxiety	Quantitative. 1.024 students aged 18-35 years old.	The purpose of this study was to examine the mediators of optimism and pessimism on student anxiety. The results showed that anxiety has a positive effect on pessimism, meaning that if anxiety increases, pessimism will also increase. While optimism actually shows the opposite result, optimism has a negative effect on anxiety, meaning that when optimism increases, anxiety will decrease, and vice versa. Synthesis: there is an influence between optimism and anxiety. When optimism increases, anxiety will decrease, and vice versa.
19	Walter et al. (2025)	Anxiety, Depression, Self Efficacy, Optimism, Pessimism	Quantitative. 187 chronicle Tinnitus patients aged over 18 years.	The purpose of this study was to recommend Cognitive Behavioral Therapy (CBT) with medical guidelines and effectively improve distress and anxiety in tinnitus patients. The results showed that CBT was proven to relieve anxiety and distress in tinnitus patients as seen from the increase in self-efficacy and optimism scores. Synthesis: there is an influence between optimism and anxiety. When optimism increases, anxiety will decrease, and vice versa.
20	Gil-Almagro et al. (2025)	Anxiety, Depression, Stress, Optimism, Hopelessness	Quantitative. 1,374, 881, and 259 in three different phases with early adult subjects aged 18 years and above.	The purpose of this study was to see the effectiveness of various positive psychology variables to overcome symptoms of psychological disorders. High levels of optimism have been shown to reduce levels of hopelessness and other symptoms of mental disorders such as stress, depression, and anxiety. Synthesis: there is an influence between optimism and anxiety. When optimism increases, anxiety will decrease, and vice versa.

Based on the results of the analysis of the articles above, most of the articles prove that optimism has an influence on anxiety in young adults, with statistical results showing a negative relationship and influence between the two, meaning that if optimism is high, anxiety will decrease, and vice versa. If optimism decreases, anxiety in young adults will increase. Of the 17 articles analyzed, it was stated that there was a negative relationship and influence between optimism and anxiety in young adults. Researchers found that optimism does act as a protector to reduce an individual's anxiety level. This is evidenced by statistical data that has been conducted by previous researchers regarding the function of optimism in reducing anxiety. These results are also in line with previous studies which state that optimism acts as a protector for individuals who experience psychological disorders such as anxiety, depression, and stress. This is evidenced by the higher chance of survival in individuals who have optimism (Kupper et al., 2025; Rozanski, et al., 2019). In addition, the findings of the journals analyzed in this study are also in line with research conducted by Forgeard & Seligman (2012)

which states that in the last few decades, researchers have indeed flocked to conduct research on optimism and its effects in the process of positive psychology interventions on improve individual well-being and the results obtained are in accordance with expectations, many studies have proven that positive psychology interventions carried out by increasing optimism can also be relied on to improve individual well-being and reduce symptoms of psychological disorders such as anxiety, stress, and depression. In their research, Forgeard & Seligman (2012) have also proven that people with high levels of optimism and who believe in a better future find it easier to avoid existing psychological disorders (Forgeard & Seligman, 2012).

While the other three articles did not show any significant relationship and influence between optimism and anxiety in young adults, after the analysis was carried out, this happened because the scope of the research sample was not extensive and the small number of samples could have resulted in insignificant results between the two variables (Nisa et al., 2025). In addition, the categorization of research subjects is also quite significant in the research process, which ultimately results in research results that are not in accordance with the hypothesis that has been proposed (Nisa et al., 2025). The researcher can conclude that the absence of significant results between optimism and anxiety in young adults in the 3 articles was caused by external factors that triggered insignificant statistical calculation results and the existence of optimism as a protector for individuals experiencing anxiety can still be said to be something appropriate, because it is proven by 17 previous studies which state that optimism does function well in reducing anxiety levels among young adults. So, it can be concluded that overall optimism reduces anxiety levels in young adults significantly. These results also prove that with high optimism, the life expectancy of young adults is also higher, especially in the process of reducing all forms of anxiety and fear that arise in them (Gil-Almagro et al., 2025).

4 DISCUSSIONS

This study shows results that are in accordance with the objectives of the study, where optimism is one of the protectors of young adults who experience anxiety. Not only anxiety, but optimism has also been shown to reduce other problems such as depression and pessimism. This is in line with research which states that optimism acts as a protector for an individual who experiences psychological disorders such as anxiety, depression, and stress. This is evidenced by the existence of a higher chance of survival in individuals who have optimism (Kupper et al., 2025; Rozanski, et al., 2019). Optimism has also been shown to be effective in reducing anxiety and fear that arises in early adulthood (Gil-Almagro et al., 2025). Other research also proves that there is a significant influence between optimism and anxiety in early adult students (Ratu & Junaidin, 2024). The magnitude of the influence of optimism and anxiety is 54.2%, and the dominant aspect in this study is the personalization aspect, which shows that individuals feel more able to think positively when viewing bad events in their lives (Ratu & Junaidin, 2024). Bad events in this case refer to the anxiety felt by individuals (Ratu & Junaidin, 2024).

Furthermore, the results of this analysis are also in line with the theory that optimistic people tend to accept disappointment, anxiety, stress, despair, and so on positively by finding various ways to get out of these undesirable situations (Dhei & Mardiyanti, 2021; Ghufon, 2012). The meaning of this is, when an individual feels optimistic, the anxiety and despair they experience will decrease, because optimistic individuals are individuals who have the ability to survive and view everything more positively (Dhei & Mardiyanti, 2021; Ghufon, 2012). Optimism is also indirectly linked to physical illness through better adaptation to anxiety, meaning that optimism does have a positive effect that can indirectly predict and overcome anxiety in individuals (Nisa et al., 2025; Aspinwall & Taylor, 1992). Thus, based on the explanation above, it can be concluded that optimism has a role in reducing anxiety levels in individuals among early adults.

This study will be useful for further research that will further examine the function of optimism as a protector from anxiety in young adults, because this study summarizes empirical evidence from previous studies related to the effect of optimism on anxiety in young adults. For further research, it is hoped that more in-depth research can be carried out using a systematic literature review method and not only using the literature method as the researcher did, so that the results obtained can be more in-depth and obtain a wider range of results.

5 CONCLUSIONS

Based on the results of the analysis of twenty scientific articles, the researcher can conclude that optimism has been proven to have a protective role among young adults in overcoming anxiety. Optimism also has an important role in reducing anxiety levels among young adults. This is in line with the purpose of this study, which wants to see whether optimism does play a protective role and can reduce anxiety among young adults. Thus, increasing optimism in young adults is an important thing because it is empirically proven through existing evidence that optimism can reduce anxiety in young adults.

ACKNOWLEDGEMENTS

I would like to thank the Faculty of Psychology and the Master of Psychology Study Program of Jakarta State University as well as the Supervisor and Lecturer of positive psychology, who have always helped in the process of compiling this article. Thank you also to all colleagues who have supported the process of making this article.

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