

# Psychosocial Factors Associated with Youth Political Participation: A Systematic Review

## Factores psicosociales asociados a la participación política juvenil: Una revisión sistemática

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### SUMMARY

**Objective:** This article presents a systematic review aimed at identifying and analyzing the effects of various sociodemographic, psychological, and contextual variables on the political participation of young people. **Method:** The review of studies was conducted using the PRISMA method and the AMCPLT strategy. Thirty-five quantitative and qualitative research studies, published between 2009 and 2024, were selected from the PubMed, Scopus, and Web of Science databases. These studies were conducted in Europe, Latin America, Asia, Africa, and Oceania, involving young people aged 15 to 29 years. **Results:**

*The results indicate that the interaction between sociodemographic factors (gender, age, income, and health), emotions, political attitudes, education, and civic awareness, mediated by social media, constrains the decisions and forms of youth participation in conventional and unconventional political processes. Education and civic culture promote active citizenship among young people; in turn, emotions, political trust, distrust in institutions, the influence of political leaders and influencers, shape the formation of their political awareness, civic engagement, and electoral behaviors. Regularly, the political involvement of young people is shown through activism on social media. Conclusion: Youth political participation is a complex and multifactorial phenomenon. A comprehensive understanding of these factors is crucial for designing strategies that foster greater youth civic participation and a transformation in contemporary political systems.*

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## RESUMEN

**Objetivo:** Este artículo es una revisión sistemática dirigida a identificar y analizar el efecto de diferentes variables sociodemográficas, psicológicas y contextuales sobre la participación política de los jóvenes. **Método:** La revisión de los estudios se realizó siguiendo el método PRISMA y la estrategia AMCPLT. Se seleccionaron 35 investigaciones cuantitativas y cualitativas, publicadas entre 2009 y 2024, de las bases de datos PubMed, Scopus y Web of Science, realizadas en Europa, América Latina, Asia, África y Oceanía, con jóvenes de 15 a 29 años. **Resultados:** Los resultados indican que la interacción entre los factores sociodemográficos (género, edad, ingresos y salud), las emociones, las actitudes políticas, la educación y la conciencia cívica, mediada por los medios sociales, limita las decisiones y las formas de participación de los jóvenes en los procesos políticos convencionales y no convencionales. La educación y la cultura cívica promueven la ciudadanía activa entre los jóvenes; a su vez, las emociones, la confianza política, la desconfianza en las instituciones, la influencia de los líderes políticos y las personas influyentes, conforman la formación de su conciencia política, su compromiso cívico y sus comportamientos electorales. Regularmente, la implicación política de los jóvenes se manifiesta a través del activismo en las redes sociales. **Conclusión:** La participación política de los jóvenes es un fenómeno complejo y multifactorial. Una comprensión integral de estos factores es esencial para diseñar estrategias que promuevan una mayor participación cívica juvenil y una transformación en los sistemas políticos contemporáneos.

## INTRODUCTION

Economic, political, social, ideological, and cultural crises have significantly impacted the perception of democratic and political processes, resulting in a decline in traditional forms of political participation, particularly among young people. In Europe, approximately 33 % of young men and 50 % of young women show a tendency towards non-participation in politics (1). In Latin America, 62 % of young people are dissatisfied with the region's political dynamics (2). In Asia, recent studies have shown a decrease in youth political participation due to government repression and lack of electoral transparency, which has increased distrust in democratic institutions (3). In Africa, youth political participation is affected by high levels of

poverty, unemployment, and political repression; however, in some developing countries, youth activist movements have emerged (4). In Oceania, particularly in Australia and New Zealand, young people have shown greater interest in environmental politics and indigenous rights, although electoral participation remains low (5).

However, the political participation of new generations is crucial to face the challenges of the contemporary world. Global governance has been closely linked to capitalism, with the creation of institutions that consolidate power structures, including organizations of violence. The United States has played a central role in this system, prioritizing world market capital and geopolitical dominance. This model has influenced recurrent crises, giving rise to new economic and political approaches, in which neoliberalism has attempted to displace the state (6).

In Europe, the social and political crisis has been exacerbated by austerity policies stemming from financial problems, as well as by the massive influx of migrants, which has intensified economic inequality and eroded trust in institutions (7). In Latin America, the political crisis has been driven by corruption and the deterioration of governance systems. The left lacks solidity and articulation, which affects government legitimacy, while the right has sought to maintain control through the support of military forces, marginalizing dissident positions (8).

This scenario could encourage youth engagement in political action to address the needs of their communities (9). However, high levels of political disaffection have reduced participation (10). Paradoxically, although youth is associated with innovation and transformation, this group faces problems such as poverty, violence and inequality in access to education and employment, which causes uncertainty about the future.

Consequently, young people have chosen to disengage from traditional politics (11), expressing their participation in unconventional ways, such as protests and the use of digital platforms, so that their demands are heard and recognized (12,13). Approximately 46 % of young people are informed about politics through social media (2). In this sense, the study of youth political participation becomes particularly relevant, since the positions of young people in

political and electoral processes have evolved. Although they initially showed apathy and indifference towards traditional politics, they now actively participate in social and political movements (14-16).

Despite changes in youth political participation, this group is key to transforming political systems, exerting pressure, and formulating proposals that address their needs (17,18). In a global context of polarization and institutional distrust, violence has become a strategy for political participation that challenges the state (12).

Various factors can influence youth political participation. For example, emotions play a fundamental role in political mobilization and learning, contributing to the formation of civic awareness (19). Likewise, electoral uncertainty is strongly influenced by a high emotional charge (20,21). Civic education is also a relevant factor, as it can foster greater commitment to democratic exercises, relying on its effectiveness and the sociocultural context (15,22).

The relationship between emotions, civic awareness, education and civic engagement in youth political participation is a complex phenomenon, influenced by individual and sociocultural factors (23-26). However, existing research is limited in its integration of these elements. Therefore, this review systematically seeks to explore the factors associated with youth political participation, aiming to provide a detailed understanding of this phenomenon.

## MATERIALS AND METHODS

This systematic review was developed using the PRISMA method to analyze scientific literature on the factors influencing political participation, specifically emotions, political feelings, and civic awareness (27). The scope of the review was defined using the AMCPLT strategy, which guides the formulation of the research question based on six key components: Adjective, Measurement, Condition, Population, Place, and Time (28). Thus, the research question was: What are the factors associated with the political participation of young people?

## Eligibility Criteria

To select relevant studies, inclusion and exclusion criteria were established to allow an adequate synthesis of the results. We included articles that met the following criteria: They have been published in the last 15 years (between 2009 and 2024); They address the relationship between political participation, emotions, political feelings, and civic awareness in young people and university students, especially in electoral period; They present empirical results derived from data analysis; They were published until July 2024.

We excluded articles of a theoretical or reflexive nature that did not present empirical results, as well as narrative or systematic reviews or studies that only offered descriptive analyses without providing new data. Additionally, publications outside the selected period were excluded.

## Sources of information

The search for relevant studies was conducted in the specialized databases PubMed, Scopus, and Web of Science, chosen for their comprehensive coverage and high quality.

## Search strategy

The identification of studies began with the preparation of a table of descriptors, using key terms extracted from the DeCS, MeSH and UNESCO electronic dictionaries (Table 1).

Based on the descriptors found, search algorithms were constructed using the logical/boolean operators 'AND' and 'OR' (Table 2), which were then used to consult the PubMed, Scopus and Web of Science databases

## Selection process and data collection

The study selection process was carried out through a preliminary analysis performed independently by two teams of reviewers. Each article was evaluated according to the

Table 1. Descriptors

Spanish term	DeCS	MeSH	UNESCO
Jóvenes	Young people	Youth	Young people
Estudiantes universitarios	University students	College students	Higher education students
Emociones	Emotions	Emotions	Emotions
Respuestas emocionales	Emotional responses	Emotional responses	Emotional responses
Afecto	Affect	Affect	Affect
Sentimientos	Feelings	Feelings	Feelings
Regulación emocional	Emotional regulation	Emotional regulation	Emotional regulation
Procesamiento emocional	Emotional processing	Emotional processing	Emotional processing
Inteligencia emocional	Emotional intelligence	Emotional intelligence	Emotional intelligence
Activismo Político	Political activism	Political activism	Activism, political
Participación Política	Political participation	Political participation	Political participation
Comportamiento Político	Political behavior	Political behavior	Political behavior
Actitud Política	Political attitude	Political attitude	Political attitude
Educación cívica	Civic education	Civic education	Civic education
Educación para la ciudadanía	Citizenship education	Citizenship education	Citizenship education
Competencia cívica	Civic competence	Civic competence	Civic competence
Ciudadanía activa	Active citizenship	Active citizenship	Active citizenship
Participación ciudadana	Citizen participation	Citizen participation	Citizen participation
Conciencia cívica	Civic awareness	Civic awareness	Civic consciousness
Desarrollo político	Political development	Political development	Political development

Table 2. Search Algorithm

N	Search algorithm
1	("Active citizenship" OR "Civic awareness" OR "Civic behavior" OR "Civic competence" OR "Civic education" OR "Citizen participation" OR "Citizenship education" OR "Political activism" OR "Political attitude" OR "Political behavior" OR "Political development" OR "Political participation") AND ("Affect" OR "Emotional intelligence" OR "Emotional processing" OR "Emotional regulation" OR "Emotional responses" OR "Emotions" OR "Feelings") AND ("College students" OR "Higher education students" OR "University students" OR "Young people" OR "Youth")
2	("Ciudadanía activa" O "Conciencia cívica" O "Comportamiento cívico" O "Competencia cívica" O "Educación cívica" O "Participación ciudadana" O "Educación para la ciudadanía" O "Activismo político" O "Actitud política" O "Comportamiento político" O "Desarrollo político" O "Participación política") Y ("Afecto" O "Inteligencia emocional" O "Procesamiento emocional" O "Regulación emocional" O "Respuestas emocionales" O "Emociones" O "Sentimientos") Y ("Estudiantes universitarios" O "Estudiantes de educación superior" O "Estudiantes universitarios" O "Jóvenes" O "Jóvenes")

established inclusion criteria, and the strengths and weaknesses of each study were subsequently discussed to consolidate the final selection in a matrix elaborated in Microsoft Excel.

### Data elements

The data was organized into categories that covered both the main results and additional

variables necessary to describe the characteristics of the participants, the study contexts, and the methodologies employed. The collection focused on two main areas:

**Emotional dimensions:** These include emotions, emotional responses, affect, feelings, emotional regulation and processing, and emotional intelligence.

**Dimensions of political participation and citizenship:** These include political activism, political participation, political behavior and attitudes, civic education, civic competence, active citizenship, civic awareness, and political development.

An attempt was made to compile all available measures related to these dimensions, considering the temporality and the different analyses reported in each study. However, some articles presented ambiguous or incomplete data.

In addition, information was extracted on:

**Characteristics of participants:** Age, gender, educational level (high school or university), geographic context, electoral periods (when applicable) and sample size.

**Methodological characteristics:** Research approach (quantitative, qualitative, or mixed), description of the population and sample, data collection instruments, and main findings.

**General data of the study:** Title, author(s), and year of publication.

When information was insufficient or unclear, assumptions were made based on the context of the study. For example, if an article mentioned “youth” without specifying age ranges, a range that included both adolescence and early youth was assumed; in the absence of disaggregation by gender, a mixed population was considered; and if educational level was not defined, it was inferred from the context (e.g., university studies were classified as college-level education). Likewise, geographic locations were determined from the authors’ affiliated institutions or from contextual descriptions present in the studies.

## RESULTS

This segment presents the research selection process conducted under pre-established and meticulous criteria. To ensure a systematic and transparent approach, specific search equations were used (Table 3) that facilitated the identification and selection of relevant studies in various scientific databases. The selection procedure was based on the PRISMA

flowchart (Figure 1), which illustrates the phases of identification, evaluation, final choice and definitive selection. Finally, Table 4 summarizes the characteristics of the studies included in the review.

### Selection of studies

The process of searching and selecting studies involved consulting various databases, including PubMed, Scopus, and Web of Science, using a search equation that combined terms related to active citizenship, emotions, and university students. In total, 458 records were identified (11 from PubMed, 288 from Scopus and 159 from Web of Science). After the initial search, exclusion criteria were applied to reduce the number of studies, eliminating 330 records due to reasons such as duplication, incomplete texts, lack of full access to articles, and other methodological or quality issues. This left a total of 128 records for further review (Table 3).

After a detailed review of the 128 studies, 35 studies were selected for inclusion in the final review, as they met the established inclusion criteria. During this process, some studies initially considered were excluded because they were incomplete, duplicated or did not meet the variables of interest, specifically in relation to active citizenship and the university student population.

### Characteristics of the studies

This section presents the main characteristics of the 35 articles selected. These research studies were identified in English-language academic databases, with 23 records in Web of Science and 12 in Scopus. All the studies focused on evaluating the levels of civic awareness and civic education, as well as the emotional reactions of young people in the context of their political participation in various countries in Europe, Africa, Asia, and the Americas (Table 4).

### Results of individual studies

In this section, the studies are classified according to various population characteristics.



Table 3. Search equations

N	Search equation	Database	Total found	Document type	Time period	Documents removed			Total Sample
						Incomplete/ duplicated texts	No access	Non-compliance with variable criteria	
1	("Active citizenship" OR "Civic awareness" OR "Civic behavior" OR "Civic competence" OR "Civic education" OR "Citizen participation" OR "Citizenship education" OR "Political activism" OR "Political attitude" OR "Political behavior" OR "Political development" OR "Political participation") AND ("Affect" OR "Emotional intelligence" OR "Emotional processing" OR "Emotional regulation" OR "Emotional responses" OR "Emotions" OR "Feelings") AND ("College students" OR "Higher education students" OR "University students" OR "Young people" OR "Youth")	PubMed	11	0	0	0	0	11	0
2	("Active citizenship" OR "Civic awareness" OR "Civic behavior" OR "Civic competence" OR "Civic education" OR "Citizen participation" OR "Citizenship education" OR "Political activism" OR "Political attitude" OR "Political behavior" OR "Political development" OR "Political participation") AND ("Affect" OR "Emotional intelligence" OR "Emotional processing" OR "Emotional regulation" OR "Emotional responses" OR "Emotions" OR "Emotions" OR "Feelings") AND ("College participation") AND ("Affect" OR "Emotional intelligence" OR "Emotional processing" OR "Emotional regulation" OR "Emotional responses" OR "Emotions" OR "Feelings") AND ("College students" OR "Higher education students" OR "University students" OR "Young people" OR "Youth")	Scopus	288	61	16	11	128	61	11
3	("Active citizenship" OR "Civic awareness" OR "Civic behavior" OR "Civic competence" OR "Civic education" OR "Citizen participation" OR "Citizenship education" OR "Political activism" OR "Political attitude" OR "Political behavior" OR "Political development" OR "Political participation") AND ("Affect" OR "Emotional intelligence" OR "Emotional processing" OR "Emotional regulation" OR "Emotional responses" OR "Emotions" OR "Feelings") AND ("College students" OR "Higher education students" OR "University students" OR "Young people" OR "Youth")	Web of Science	159	3	0	20	91	21	24
Total			458	64	16	31	219	93	35

Table 5 shows the gender distribution, while Table 6 specifies the age intervals. Table 7 contains information on the educational level of the participants. Additionally, Table 8 provides complementary information on the method used, Table 9 details the country or continent of origin, and Table 10 outlines the electoral period studied.

Table 5 shows the distribution by gender of the population registered in the studies, totaling 693 325 individuals classified in three categories: male, female and unspecified. There were 150 146 male subjects (22 %), 154 504 female

subjects (22 %) and 388 675 subjects in the “unspecified” category (56 %).

Table 6 presents the age distribution of the participants, categorized into various age ranges. Most studies reported a range of approximately 18 years of age. Among them, the age group 18 to 24 years is the most common, represented in 5 cases (14 % of the total sample), followed by the group “18 years and over” (4 cases, 11 %). Other groups, such as “15 years and older” (3 cases, 9 %) and “18 to 30 years” (3 cases, 9 %), are also present, indicating that the sample is

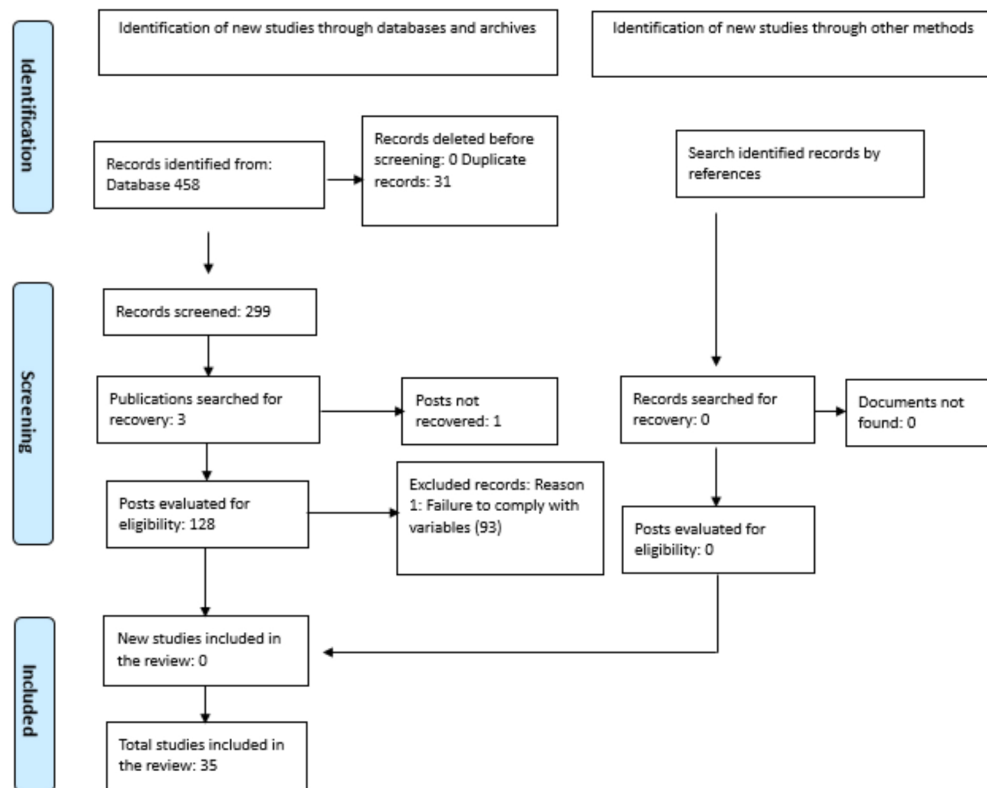


Figure 1. PRISMA Flow Diagram. Sources (27).

mainly composed of young adults. In addition, one case (3 %) is reported in the “Unspecified” category.

Table 7 presents the distribution of educational levels in the studies, distinguishing between secondary and university education. In the secondary education category, 13 studies (37 %) include participants with a high school education, while 11 studies (31 %) do not specify the educational level, and another 11 (31 %) are classified as “Not Applicable”. On the other hand, in the university education category, most studies (30,86 %) have participants who have reached this level, and only five studies (14 %) do not specify whether the individuals have university studies

Table 8 summarizes the methodologies employed in the 35 studies, classified into three categories: qualitative, quantitative, and mixed. Of the 35 studies, 6 (17 %) used a qualitative approach, 27 (77 %) relied on quantitative methods, and 2 (6 %) adopted a mixed approach, indicating a predominance of quantitative methodology in the sample analyzed.

Table 9 presents the distribution of countries and regions in the studies, comprising 35 observations. The United States is the country with the highest frequency (17 % or 6 records), followed by countries such as Belgium, China, Portugal and Russia, each with 2 records (6 %). Most countries have a single observation (3 %), including nations from different continents, and

Table 4. Selected studies.

Database	Title	Author(s)	Year	Method	Context, Population & Sample	Results and Findings
Scopus	Youth, Life, and Politics: Examining the Everyday in Comparative Politics.	Ortuoste M (29)	2012	Mixed	<p>✓ United States, UK, India, Japan, China, Sierra Leone, South Africa, Tanzania, United States, UK</p> <p>✓ 60 first-year students</p>	<p>✓ Greater student engagement and curiosity, improved understanding of concepts, and development of empathy and civic responsibility, but challenges like consistent participation remain.</p> <p>✓ Promising results in increasing student engagement, improving understanding of comparative politics, and developing empathy and civic responsibility.</p>
Scopus	Current situation of civil awareness of undergraduate and promotion strategy research	Li HM (30)	2017	Quantitative	<p>✓ China</p> <p>✓ 270 university students</p>	<p>✓ Students have strong national consciousness and a sense of freedom but low participation in public affairs and an incomplete understanding of social morality.</p> <p>✓ Emphasizes the need to strengthen civic education to foster greater participation and understanding of citizens' rights and duties.</p>
Scopus	Higher Education Students as Political Actors: Evidence from England and Ireland.	Abrams J, Brooks R (31).	2019	Qualitative	<p>✓ England &amp; Ireland</p> <p>✓ 103 undergraduate students (52 in England, 51 in Ireland)</p>	<p>✓ Notable differences between students in England and Ireland regarding their perceptions of political empowerment and perceived influence. Both groups expressed similar desires for political engagement but differed in how empowered they felt and the scope of influence they perceived.</p>
Scopus	Youth Political Participation in Russia: Influence of Voluntary Associations	Gukova et al. (32).	2019	Quantitative	<p>✓ Russia</p> <p>✓ 6,272 youth in Russia aged 18-30</p>	<p>✓ Increased political empowerment, influence, and participation were found across both countries.</p> <p>✓ Participation in voluntary associations and education enhances future political engagement. Employed youth vote less than unemployed youth, and political interest among youth has increased significantly since 2011.</p>
Scopus	Social and Political Attitudes of Moscow Students on the Background of the All-Russia and Regional Youth Studies	Litvinova et al. (33).	2020	Quantitative	<p>✓ Russia</p> <p>✓ 768 participants, ages 18-30 (49% male, 51% female)</p>	<p>✓ Technology, trade, and public administration were considered the most promising sectors. 49% of students closely followed political events in Russia; 26% never missed an election.</p> <p>✓ These results characterize Moscow students as active young citizens, oriented towards family and career, with contemplative political activity and low political participation.</p>
Scopus	Newspaper Exposure, Efficacy Feeling and Political Apathy among	Erubami et al. (34).	2021	Quantitative	<p>✓ Nigeria</p> <p>✓ 384 youth aged 18-35 years in</p>	<p>✓ Majority of youth frequently read political news in newspapers (61.2%). Youth show political apathy towards</p>

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...continuation Table 4. Selected studies.

Database	Title	Author(s)	Year	Method	Context, Population & Sample	Results and Findings
Scopus	Youths in South-East Nigeria				Southeastern Nigeria	active participation, but less toward passive participation. They view political reports as biased and filled with scandals. ✓Newspaper exposure negatively correlates with political apathy among youth.
	Extreme Pessimists? Expected Socioeconomic Downward Mobility and the Political Attitudes of Young Adults.	Mitrea et al. (35)	2021	Quantitative	✓ Austria, Czech Republic, Denmark, Germany, Greece, Hungary, Italy, Spain, Switzerland, Turkey, and the UK ✓ 1 000 young adults aged 18-35 per European country (11 European countries)	✓Young adults expecting to fare worse than their parents in the future are more likely to hold extreme ideological views. ✓Young adults with lower socioeconomic expectations are more likely to hold extreme political views.
Scopus	College Students' Political Attitudes Affect Negative Stereotypes about Social Groups	Beyer S (36)	2022	Quantitative	✓ United States ✓ 116 psychology students, 79 females, 37 males, average age 18-24.	✓Republicans showed more negative stereotypes toward racial, religious, and sexual minorities; Democrats showed negative stereotypes toward more powerful groups like Caucasians and Christians. ✓Conservatives exhibited more negative stereotypes than liberals, especially toward disadvantaged minorities. Women were more likely to be Democrats, while men were more likely to be Republicans.
Scopus	Youth Political Participation on Social Media and Its Effect on Political Disaffection	Berlanga Ramirez et al. (37)	2023	Quantitative	✓ Mexico ✓ 900 students from the Faculty of Political Science and International Relations	✓48% of students occasionally post political opinions, 63% like political comments, 50% think politicians care little about citizens, but 70% believe politicians consider social media expressions. ✓Significant relationship between political participation on social media and trust in political actors. Students recognize the power of social media in electoral campaigns.
Scopus	Information, perceptions, and electoral behavior of young voters: A randomised controlled experiment.	Carvalho et al. (38)	2023	Quantitative	✓ Portugal ✓ 1 799 university students, average age 21.3 years.	✓Undecided voters exposed to negative information were less likely to vote and more likely to vote for opposition parties. First-time voters showed a more pronounced negativity bias, reacting strongly to negative information. ✓High negativity bias, with undecided voters and first-time voters more susceptible to manipulation.
Scopus	The Stubborn Unresponsiveness of Youth Voter Turnout to Civic Education: Quasi-Experimental Evidence From State-Mandated Civics Tests	Jung, and Gopalan (39)	2023	Quantitative	✓ United States ✓ 36 627 participants, all U.S. citizens aged 18-22	✓Civic tests based on memorization do not significantly increase youth voter turnout. Applied civic education and practical interventions, like voter registration campaigns, are more effective. ✓A need to reevaluate civic education strategies and consider more practical approaches to foster youth electoral participation.

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...continuation Table 4. Selected studies.

Database	Title	Author(s)	Year	Method	Context, Population & Sample	Results and Findings
Scopus	Null effects of social media ads on voter registration: Three digital field experiments.	Unan et al. (40)	2024	Quantitative	✓ United Kingdom ✓ 9 290 participants	✓Social media ads (Instagram, Snapchat, Facebook) did not significantly increase voter registration. ✓The results challenge the effectiveness of digital advertising strategies used to boost voter participation.
Scopus	ICTs Changing Youths' Political Attitudes and Behaviors in Bangladesh	Ullah MS (41)	2013	Qualitative	✓ Bangladesh ✓ 92 youth in Bangladesh	✓Youth reject traditional politics and prefer virtual participation, though this has a limited impact on decision-making. ✓ICTs are transforming political participation, highlighting both opportunities and challenges.
Web of Science	The Concept and Determinants of Civic Engagement	Arvanitidis PA (42)	2017	Quantitative	✓ Greece ✓ 2 843 university students, aged 17-55, 43.3% male, 56.7% female.	✓Low levels of civic participation: only 11.3% engaged in volunteering, and 19.5% in associations. Protest was the most common form of activism (38.7%). ✓Sociodemographic and personal factors are crucial for university students' civic engagement in Greece.
Web of Science	Lessons on Citizenship and Democratic Power Literacy from Undocumented Youth	Parkhouse H (43)	2017	Qualitative	✓ United States ✓ 4 undocumented youth in the United States	✓The youth developed a deep understanding of power and engaged in political activities, showing resilience and empowerment. They sought significant social change, suggesting civic education should focus on political tools for social change. ✓Undocumented youth can become agents of change through self-education and activism.
Web of Science	Mediated and moderated effects of political communication on civic participation	Reichert and Print (44)	2017	Quantitative	✓ Australia ✓ 3 513 10th grade students, ages 15-16 (51.8% male, 48.2% female)	✓Media use stimulates civic discussions, with varied effects based on the medium. Civic discussions, especially with friends and online, positively affect future civic participation. ✓Discussions on civic topics, particularly online, are crucial for encouraging youth civic engagement.
Web of Science	Evidence of the validity and accuracy of the Brazilian social attitude of students scale towards politics	Coelho Junior et al. (45)	2018	Quantitative	✓ Brazil ✓ 445 Brazilian students	✓Factor analysis revealed three main factors: political knowledge (15 items, Cronbach's alpha 0.82), political emotions (7 items, Cronbach's alpha 0.72), and political behavior intentions (2 items, Cronbach's alpha 0.80). ✓The scale is valid and accurate for measuring Brazilian students' political attitudes.
Web of Science	Factors affecting political participation (Jordanian universities students' voting: field study 2017-2018).	Alalaimat MS (46)	2019	Quantitative	✓ Jordan ✓ 900 students from three Jordanian universities	✓Gender, age, family income, and regional affiliation affect the voting behavior of Jordanian university students. ✓Social and economic factors, such as gender, age, family income, and regional affiliation, led to different voting patterns in national and local elections.

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...continuation Table 4. Selected studies.

Database	Title	Author(s)	Year	Method	Context, Population & Sample	Results and Findings
Web of Science	Nation-building among youth in Malaysia: The civic education approach.	Ismail et al. (47).	2019	Quantitative	✓ Malaysia ✓ 431 youth in Malaysia	✓Both Malay and Chinese youth exhibited high levels of civic education and awareness. Specifically, 94.6% of Malay students and 83.7% of Chinese students demonstrated high civic education intensity. ✓Civic education in Malaysia is effective in cultivating strong civic awareness among youth, vital for integration and a sense of belonging in a multi-ethnic society.
Web of Science	Standing still or ascending in the social media political participation ladder? Evidence from Iran	Da Silva Nogueira et al. (48)	2020	Quantitative	✓ Iran ✓ 110 participants in Iran	✓Social media serves as a primary source of political information for many Iranians, improving the sense of being informed, though online political participation is moderate and offline participation is low. ✓Censorship and restrictions in Iran limit social media's ability to promote more active and meaningful political participation.
Web of Science	Rock the Vote or Block the Vote? How the Cost of Voting Affects the Voting Behavior of American Youth	Juelich and Coll (49)	2020	Quantitative	✓ United States ✓ 368,439 young adults, ages 18-29	✓Restrictive voting laws reduce youth participation more than older age groups, with a 16-percentage point decrease in the most restrictive states. ✓The findings highlight the importance of considering how electoral laws affect different demographic groups and the need for policies that facilitate youth voter participation.
Web of Science	Deliberative Walks: citizen participation in local-level planning processes	L i n d e l l and Ehrström (50)	2020	Qualitative	✓ Finland ✓ 19 students	✓Over 83% of participants felt heard, although 50% noticed dominance in discussions. There was a significant increase in knowledge and interest in deliberative methods. Participants gained confidence in influencing political decisions and developed civic skills. ✓Effective facilitation was crucial for inclusion and equity in discussions. Deliberative and participatory methods promoted inclusion, learning, and empowerment.
Web of Science	Promoting the Youth Vote: The Role of Informational Cues and Social Pressure.	Bergan et al. (51).	2021	Quantitative	✓ United States ✓ 2 801 university students	✓Classroom interventions significantly increased electoral participation among students already registered to vote. Social pressure was especially effective in increasing voting likelihood. ✓Classroom interventions, especially with social pressure, can increase youth electoral participation. Facilitating voter registration and public engagement are also crucial.
Web of Science	Resentment and Coping with the Democratic Dilemma	Celis et al. (52)	2021	Qualitative	✓ Belgium ✓ 19 participants	✓Participants were deeply dissatisfied with democracy's functioning but did not reject democracy as a principle. ✓Citizens face a "democratic dilemma," balancing disillusionment with hope in the system. Some protest, others advocate alternatives, while others believe in the current system.

Continued in pag. 921...

...continuation Table 4. Selected studies.

Database	Title	Author(s)	Year	Method	Context, Population & Sample	Results and Findings
Web of Science	Does youth civic engagement enhance social and academic performance?	Fernandes et al. (53)	2021	Quantitative	✓ Portugal ✓ 370 university students, ages 18-24	✓Students highlighted expressive motivations such as social recognition and personal development. Youth civic engagement improves social performance, with expressive motivations as key predictors. ✓Civic engagement can benefit both social and academic development, emphasizing the need to promote such activities in educational institutions.
Web of Science	Pedagogies of agonistic democracy and citizenship education	Sant et al. (54)	2021	Qualitative	✓ England ✓ 44 university and primary school students	✓The pluralism of participants and the conflict-oriented nature of the activities facilitated the normalization of conflict and emotional engagement with other social imaginaries. ✓Older participants exhibited fewer positive attitudes toward conflict-oriented pedagogies.
Web of Science	Psychosocial Factors Associated with Non-Conventional Political Participation Among Young Citizens in Lima, Peru	Tintaya Orihuela and Cueto Saldivar (55)	2021	Mixed	✓ Peru ✓ 132 young people from Lima, Peru	✓The qualitative study revealed that youth see political participation as a means of social change, motivated by social awareness and peer support, but limited by responsibilities and cynicism. The quantitative study identified that internal political efficacy and interest in politics increase participation, while political cynicism decreases it. ✓Highlights the complexity and multidimensionality of youth political participation, as well as the importance of emotional, cognitive, and contextual factors in motivating and limiting participation.
Web of Science	Contagious Politics: Tie Strength and the Spread of Political Knowledge	Ognyanova K (56)	2022	Quantitative	✓ United States ✓ 390 students from 13 residential communities in a large public university	✓Political knowledge was predicted by the knowledge of participants' strong social ties, but not by their political or close ties. Strong, redundant ties (many shared contacts) also influenced political knowledge. ✓Peer ties can play a significant role in the diffusion of political knowledge among youth.
Web of Science	Radicalisation, Exhaustion, and Networked Movement in Abeyance: Hong Kong University Students' Localist Identification after the Umbrella Movement.	Tang and Chung (57)	2022	Quantitative	✓ Hong Kong ✓ 1,365 university students	✓Social media promoted localist identification, with localists showing greater collective efficacy but lower trust in political parties. ✓Political emotions and media use are key to forming political identities.
Web of Science	Youth voting and institutional change in the post-Arab Spring MENA region	Fakih et al. (58)	2023	Quantitative	✓ Lebanon, Egypt, Algeria, Tunisia, Morocco ✓ 9 860 young people surveyed	✓There were gender and country differences, with personal beliefs and institutional variables becoming more significant in upcoming elections. ✓Socioeconomic characteristics, trust in institutions, and personal beliefs play a crucial role in determining youth voting behavior in the MENA region.

Continued in pag. 922...

...continuation Table 4. Selected studies.

Database	Title	Author(s)	Year	Method	Context, Population & Sample	Results and Findings
Web of Science	Influencers as Empowering Agents? Following Political Influencers, Internal Political Efficacy and Participation among Youth.	Harff, and Schmuck (59)	2023	Quantitative	✓ Germany ✓ Young people aged 16-25 in Germany (1st wave: 1 007 participants, 2nd wave: 496 participants)	✓A significant relationship was found between following political influencers and higher political participation, both online and offline, among youth. ✓Political influencers can increase youth political participation, particularly when simplifying politics though they don't necessarily increase internal political efficacy.
Web of Science	Physical health conditions and political participation in Europe: the moderating effects of age	Kirbiš et al. (60).	2023	Quantitative	✓ Europe (20 countries) ✓ 34,913 adults in Europe	✓Most physical health conditions are related to political participation, but the effect varies by type of participation. Physical health conditions tend to mobilize individuals, especially among the youth. ✓Physical health conditions may have a greater negative impact on political participation among older adults than among the youth.
Web of Science	Does cohort size matter? Assessing the effect of youth cohort size and peer influence on young people's electoral participation.	Nkansah and Papp (61)	2023	Quantitative	✓ Japan, Germany, Malaysia, Philippines, South Africa, Pakistan, Ghana, and more ✓ 10 933 participants	✓Larger youth cohort size reduces the likelihood of youth participating in national elections. ✓The study enhances understanding of cohort size effects on youth political behavior.
Web of Science	Future Time Perspective and Trust in Government: The Mediation of the consideration of future Consequences.	Zhi et al. (62).	2023	Quantitative	✓ China ✓ 1,617 participants	✓The future time perspective influences trust in government through the consideration of future consequences. ✓A future time perspective influences trust in government through consideration of future consequences.
Web of Science	Social media as an exit strategy? The role of attitudes of discontent in explaining non-electoral political participation among Belgian young adults	Waeterloos, C., Walrave, M., & Ponnet, K. (63)	2024	Quantitative	✓ Belgium ✓ 720 young adults in Belgium	✓No significant association between electoral abstention and non-electoral participation. Trust in political institutions and populist attitudes encouraged participation, while political despair reduced it. ✓Highlights the complexity of the relationship between political discontent attitudes and various forms of political participation among Belgian young adults.

Table 5. Gender

Gender	Frequency	Percentage (%)
Male 150,146	22	
Female	154,504	22
Unspecified	388,675	56
Total	693,325	100

Table 6. Age ranges in the population

Age Ranges in Population	Frequency	Percentage (%)
10 years and older	1	3
15 to 29 years	1	3
15 years and older	3	9
16 to 25 years	1	3
16 years and older	2	6
17 to 21 years	1	3
17 to 31 years	1	3
18 to 24 years	5	14
18 to 25 years	2	6
18 to 29 years	2	6
18 to 30 years	3	9
18 to 32 years	1	3
18 to 35 years	2	6
18 years and older	4	11
18 and 19 years	2	6
18 and 25 years	1	3
18 and 35 years	1	3
21 years and older	1	3
Not specified	1	3
Total	35	100

Table 7. Educational Level

Education Level	Frequency	Percentage (%)
High School Education	Medium	13
	Not Applicable	11
	Not Specified	11
	Total	35
University Education	Not Specified	5
	University	30
	Total	35
		100



# PSYCHOSOCIAL FACTORS ASSOCIATED WITH YOUTH POLITICAL PARTICIPATION

Table 8. Methodology

Methodology	Frequency	Percentage (%)
Qualitative	6	17
Quantitative	27	77
Mixed	2	6
Total	35	100

Table 9. Country/Continent.

Country/Continent	Frequency	Percentage (%)
Germany	1	3
Australia	1	3
Austria, the Czech Republic, Denmark, Germany, Greece, Hungary, Italy, Spain, Switzerland, Turkey, and the UK	1	3
Bangladesh	1	3
Belgium	2	6
Brazil	1	3
China	2	6
United States	6	17
United States, United Kingdom, India, Japan, China, Sierra Leone, South Africa, and Tanzania	1	3
Europe	1	3
Finland	1	3
Greece	1	3
Hong Kong	1	3
England	1	3
England and Ireland	1	3
Iran	1	3
Japan, Germany, Malaysia, Philippines, South Africa, Pakistan, and Ghana, among others.	1	3
Jordan	1	3
Lebanon, Egypt, Algeria, Tunisia, and Morocco	1	3
Malaysia	1	3
Mexico	1	3
Nigeria	1	3
Peru	1	3
Portugal	2	6
United Kingdom	1	3
Russia	2	6
Total	35	100

Table 10. Electoral period.

Election Period	Frequency	Percentage (%)
1093 onwards	1	3
1996 to 2020	1	3
1999 to 2019	1	3
2004 to 2016	1	3
2008 to 2010	1	3
2011 to 2018	1	3
2011 onwards	1	3
2016	1	3
2017	1	3
2018	1	3
2018 to 2019	1	3
2019 to 2021	1	3
Not specified	23	66
Total	35	100

some studies group several countries into a single category.

Table 10 presents the data related to the electoral period. It was observed that in 23 cases (66 %) a specific electoral period is not specified, being labeled as “Not specified”. Electoral period that are mentioned specifically, either in intervals of years or individual years, are presented with a frequency of 1 case each (3 % in each category).

### Dimensions of political participation among young people

The political participation of young people is influenced by various personal, sociocultural and emotional elements, which determine both their involvement in the public sphere and their commitment to citizenship. In this context, three fundamental dimensions were identified:

- 1. Political involvement:** Table 11 addresses factors related to activism and mobilization through social networks.
- 2. Political emotions and feelings:** Table 12 examines the effects of trust, political efficacy and emotions associated with political activity. (Political emotions and feelings).

- 3. Civic awareness:** Table 13 focuses on citizen engagement, education and civic culture, essential aspects to promote a participatory and informed citizenry.

### Individual and sociocultural factors associated with political participation

Various individual and sociocultural factors determine political participation among young people. Sociodemographic factors, such as gender, age and income, influence electoral participation and populist inclinations (46,58). It is observed that men have a greater tendency to participate in conventional political activities compared to women, due to the structural limitations that have historically affected the latter (46,58). In addition, less political engagement is evident among young people in contrast to older adults. Health is also a determinant, since young people with better physical condition are oriented toward electoral participation, while those with health problems opt for unconventional forms of participation (60,49). As for political attitudes, these contribute to the formation of social stereotypes and motivate participation in political activities (36).

## PSYCHOSOCIAL FACTORS ASSOCIATED WITH YOUTH POLITICAL PARTICIPATION

Table 11. Factors involved in Political Participation.

Political participation in youth	Findings
Individual and socio-cultural factors associated with political participation.	<ul style="list-style-type: none"> <li>✓ Social and economic factors such as gender, age, income and family dynamics determine voter turnout and susceptibility to populism (46,58).</li> <li>✓ Healthier people tend to participate more in elections, while poor health may drive non-electoral political action (60).</li> <li>✓ Peer influence and interpersonal relationships have a positive effect on young people's political knowledge and electoral participation (61,56).</li> <li>✓ Political participation can be conventional (voting) or unconventional (protests, volunteering) motivated by social interests (55)</li> <li>✓ Exposure to political news and the use of social media impact political efficacy and participation and are key for young people to express their voice and lobby political actors (34,48,63).</li> <li>✓ Political attitudes can influence stereotypes and how young people engage in politics (36)</li> <li>✓ Beliefs in democratic values and gender equality influence youth voter turnout (58)</li> <li>✓ Political influencers can empower young people and increase their political participation (59,44)</li> </ul>
Political activism	<ul style="list-style-type: none"> <li>✓ Developing leadership and organizational skills through activism (43).</li> <li>✓ Protest as a predominant form of activism among students in specific contexts (42).</li> <li>✓ The relationship between localism and political autonomy among students following mobilization events (57).</li> </ul>
Political mobilization in social networks	<ul style="list-style-type: none"> <li>✓ Participation in local planning processes affects perceptions of knowledge and subjective experiences (50).</li> <li>✓ Social media advertising campaigns targeting unregistered groups fail to increase voter registration (40). Young people are more susceptible to the influence of social media in forming political opinions and voting decisions (38).</li> <li>✓ Despite low offline participation in Iran, the use of social media has increased political information and participation (48).</li> <li>✓ Despite access to online political news, dialogue about politics is scarce among young people (45).</li> <li>✓ There is a relationship between young people's political participation in social networks and their level of trust in political actors (37).</li> </ul>

Likewise, beliefs in democratic values and support for gender equality enhance electoral participation (58). The role of political influencers in social networks has also empowered young people in addressing political issues (59,44).

### Political activism

Political activism is associated with dynamics that favor the development of leadership and organizational skills. Protest, recognized as a form of activism, contributes to the formation of political identity in contexts where young people express their uncertainty and demand structural changes (42). This activism has been viewed as a learning opportunity for young

people, including those in irregular situations, who develop organizational and leadership skills in the defense of human rights and civic participation (43). For example, in the context of Hong Kong, following the Umbrella Movement, a localist identification was evidenced that fostered political autonomy (57).

In addition, the relevance of compliance with legal norms in demonstrations is highlighted, which ensures the safety and sustainability of activism in politically tense environments (57). In conclusion, political activism integrates organizational skills, meaningful protests, local identities, emotions, and legal strategies, enriching the understanding of the current democratic landscape (50).

### Political mobilization in social media

Political mobilization through social media presents a complex and ambivalent dynamic. While these platforms have allowed the expression of opinions and electoral decisions among young people, their effectiveness in increasing voter registration has been limited (40,48). On the other hand, social networks facilitate access to political information and strengthen trust in political actors, contributing to the construction of a perception of legality in institutions (38,37). It has also been observed that participation in networks can be hindered by the feeling of a lack of recognition and empowerment, which limits their long-term impact on political engagement (45).

### Trust and political effectiveness

The perception of trust and political efficacy is a key determinant of civic participation. Low literacy and uncertainty, especially in contexts marked by corruption, are associated with reduced levels of trust and political efficacy, which in turn decrease civic participation (58). In contrast, political influencers have contributed positively to young people's political self-confidence, particularly through the use of social media (59). Furthermore, university students with a positive future orientation were found to exhibit higher levels of political confidence (62).

Table 12. Political Emotions and Feelings.

Emotions and political feelings	Findings
Trust and political effectiveness	<ul style="list-style-type: none"> <li>✓ Lack of trust in government and concerns about corruption hinder electoral participation (58).</li> <li>✓ Following political influencers increases young people's internal political efficacy (59).</li> <li>✓ University students with a positive future orientation in government have a higher level of trust in government (62).</li> </ul>
Emotions and political feelings	<ul style="list-style-type: none"> <li>✓ Students demonstrated empathy by recognising the struggles of other young people, which fuels their ability to create change (29).</li> <li>✓ Political awareness in Iran has been influenced using social media (48)</li> <li>✓ Resentment mixes perceptions of injustice and anger, which affects participation (52).</li> <li>✓ Students are motivated by social recognition and personal development in their civic engagement (53).</li> </ul>

### Emotions and political feelings

Political emotions and feelings are determinant in the mobilization and participation of young people. Empathy generates solidarity and encourages support for social transformation, whereas resentment, derived from perceptions of injustice, drives mobilization in response to dissatisfaction with democratic processes (29,52).

In the Iranian context, for example, social networks have amplified the expression of political emotions, favoring the formation of collective opinions (48). Similarly, the search for social recognition and personal development is a driving force behind the formation of a political identity, with social change serving as the foundation for the demonstrations (53).

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Table 13. Civic Awareness.

Civic awareness		Findings
Civic Engagement	✓	University students in Greece show low civic engagement (42).
	✓	There is a trend of 83.3% marking low civic engagement among Brazilian students (45).
	✓	Higher education limits students' political engagement (31).
	✓	Civic engagement influenced by parental education improves young people's social performance (53).
	✓	Trust in government institutions and national elections influences civic engagement (58).
Civic Education	✓	Exposure to political news in newspapers has a positive impact on young people's civic engagement (56).
	✓	Influence of social ties on political behavior and informed citizenship (56).
	✓	Undocumented youth develop key skills and a sense of political empowerment by participating in migrant advocacy organizations (43).
	✓	Compulsory civic education in schools does not necessarily increase youth voter turnout in the short term (39).
	✓	Classroom interventions that combine information and social pressure can be effective in motivating young people towards political engagement (51,29).
Civic culture	✓	Civic awareness among university students is still at a relatively low level, with deficiencies in areas such as civic knowledge, civic participation and civic responsibility (30).
	✓	The teaching of comparative politics must address young people's concerns to improve political engagement (29).
	✓	Civic education is central to national development, political engagement and youth unity in specific contexts, such as in Malaysia (47).
	✓	Participation in voluntary political associations during education is more important than leadership in them (32).
	✓	Democratic literacy develops in difficult contexts, as evidenced by undocumented youth navigating political systems (43).
	✓	Differences in education and social background influence students' political attitudes, as observed in different academic disciplines (33).
	✓	Family upbringing, school education and media consumption are important determinants of students' civic awareness (30,34).
	✓	Institutional barriers and the electoral context negatively affect youth political participation (49).
	✓	Moral emotions in social movements influence the mobilisation of young people and their identification with causes (57).
	✓	Social peer pressure can increase debate and participation in elections (51).

**Civic engagement** Civic engagement is defined by factors such as education, literacy, use of social networks, health and trust in institutions. Low civic engagement among young university students has been identified, especially in countries such as Greece and Brazil, where 83.3 % of students exhibit low engagement, which is attributed to a lack of political involvement in the school context (42,45). In contrast, in England and Ireland, it has been suggested that academic pressures in higher education limit civic engagement, while the educational level of parents has a positive influence over

it (31,53). In addition, trust in government institutions and electoral processes motivates political participation, and the media and social networks contribute to the development of political skills and empowerment for social transformation (34,43,56,58).

## Civic education

Although the importance of civic education is recognized, its compulsory nature does not necessarily guarantee an increase in electoral

participation, which suggests the limitations of educational policies in transforming political behavior (39). In countries such as Malaysia, civic education has proven effective in promoting social cohesion and responsible citizenship by identifying stimuli relevant to the context and cultural realities (47,51,29,33). In addition, differences have been observed in the way students access and use participation channels, which may be related to inequalities in the development of civic knowledge and skills, reflecting low civic awareness and representing an opportunity to implement more effective educational programs (30).

### **Civic culture**

The formation of civic culture is influenced by family, educational, and social factors. The school context and the media are key elements for developing civic attitudes and awareness (34).

## **DISCUSSION**

This systematic review analyzed the relationship between the factors that influence youth political participation, considering variables such as emotions, political feelings and civic awareness in young university students. The analysis was organized according to the main themes identified.

### **Factors associated with youth political participation**

Sociodemographic factors, such as gender, age, and income, influence the political participation of young people, both in their conventional (voting) and unconventional forms (protests) (46). Likewise, health has emerged as a determining factor: young people with better physical condition tend to participate more in voting. In contrast, individuals with health problems tend to express their opinions through digital platforms, thereby reducing their impact on electoral decision-making (60).

Young people develop their attitudes, thoughts, and emotions toward political participation through their family environment,

the media, cultural context, and personal experiences (64,65).

### **The influence of social media in political mobilization**

Several studies have shown that greater involvement in political debates through social networks, utilizing memes, messages, and other digital materials, is positively correlated with increased participation in political campaigns and elections, thereby reinforcing the perception of political efficacy (49,56,61,63).

In addition, it has been observed that digital interactions strengthen group social cohesion and facilitate access to political information. They also allow greater rapprochement between political figures and young people, which could enhance electoral participation. However, this impact is contingent upon factors such as the cultural context and the emotional responses elicited in these exchanges (65). Likewise, youth political participation through social networks can foster the generation of innovative solutions in the field of activism and political communication, contributing to the strengthening of democracy (66).

However, the articulation between social networks and political participation is not uniform. Significant limitations have also been observed in countries such as France and Iran, where social networks have been a vehicle for political mobilization (67, 48). In this sense, the socio-political context is a key factor in empowering young people to feel recognized as agents of change in political processes (45).

### **Emotional experiences in political participation**

The analysis of the relationship between emotions and political participation has revealed differences and similarities across various environments. Some studies highlight the role of social networks in fostering political trust and mobilizing participation through emotional engagement (59,48). Others, on the other hand, stress the influence of emotional contagion and individual and social experiences on the permanence of political activism (68,69).



In this sense, experiences of violence or trauma can motivate electoral participation, since voters seek candidates who validate their experience and propose protection and reparation policies (69,70). Additionally, it has been observed that evoking past political memories can be an effective strategy to encourage electoral participation, especially among first-time and young voters (71).

On the other hand, a positive relationship has been identified between emotional bonds and young people's political activism (72). In this framework, the concept of "affective solidarity" has been defined as the generation of shared emotions during activism, which is more relevant for the permanence of political action than ideological values *per se* (29,68).

Likewise, the importance of political ambivalence, understood as an emotional state of uncertainty regarding the decision to vote regardless of political affiliation, has been highlighted. This phenomenon demonstrates that attitudes towards political leaders are not necessarily unidimensional and can be marked by complex emotional factors (73,48).

#### **Physiology, emotion, and influence on political behavior**

The research reviewed suggests that physiological states associated with emotions have a significant influence on political decisions and behaviors (52). Prolonged exposure to stress can impair the ability to manage emotional responses adaptively, which in turn affects political preferences and decision-making (74). It has been reported that political contexts marked by uncertainty and fear can generate a preference for political leaders perceived as trustworthy and less authoritarian (74,75). Likewise, an association has been identified between anger and an inclination towards more conservative economic positions, modulated by the availability of resources in the environment (76).

Additionally, political events can impact the health and psychological well-being of young adults. Emotional and physiological responses to these events are mediated by factors such as gender, ethnicity, and political attitudes (77).

#### **Civic awareness: education and civic culture**

Civic awareness is shaped by civic education and civic culture, both of which are fundamental for the formation of active and committed citizens (78). Studies have shown that civic education promotes political participation, youth empowerment, and social cohesion (47,79,80,81).

The family and school environments play a key role in shaping civic culture. It has been found that parents' educational level has a positive influence on young people's civic participation (53,82,83). However, discrepancies persist in the real impact of civic education on electoral participation (39).

### **CONCLUSIONS**

This review identified a line of research examining the factors influencing youth political participation, including emotional, educational, and civic awareness aspects.

The findings suggest that sociodemographic factors, including family background, age, gender, and health status, have a significant impact on political activism. Additionally, political ideology influences the perception and processing of emotional information, while emotional states impact the appraisal of political events.

Finally, the interaction between emotions, education, and civic awareness, mediated by social networks, conditions the ways of youth political participation, influencing their political decisions and behaviors.

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