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## Being Well in the Shadow of War: The Case of Palestine

*Savaşın Gölgesinde İyi Olmak: Filistin Örneği*

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### Abstract

This study reviews 37 studies examining the well-being of Palestinian individuals, focusing on the effects of conflict and war on their physical, mental, and social health. Data from databases such as Scopus and Web of Science indicate that most research (86.49%) employed quantitative methods, primarily correlational surveys (81.08%). Adults (27.03%) and children (18.92%) were the primary focus groups, highlighting the significant impact of conflict on these populations. Well-being was frequently associated with variables like trauma (8.49%), gender (7.55%), and mental health (5.66%). Common issues included post-traumatic stress disorder, depression, and anxiety, all of which significantly impact overall quality of life. The most commonly used analytical method was multivariate statistics (65.12%), followed by univariate methods (27.91%). Most studies involved participant groups ranging between 201–500 individuals (32.43%). The limited use of qualitative (10.81%) and mixed methods (2.70%) highlights gaps in understanding the deeper, contextual aspects of well-being and its long-term consequences. Findings emphasize the importance of developing human rights-based health policies and enhancing social support systems to mitigate the negative effects of conflict. This review contributes to the literature by underlining the need for more comprehensive and integrative approaches to improve both individual and societal well-being in Palestine.

**Keywords:** Mental Health, Palestinian Individuals, Social Support, Well-Being, Trauma.

### Öz

Bu çalışma, Filistinli bireylerin iyi olma hali üzerine yapılan 37 araştırmayı inceleyerek, savaş ve çatışmanın fiziksel, zihinsel ve sosyal sağlık üzerindeki etkilerine odaklanmaktadır. Scopus ve Web of Science gibi veri tabanlarından elde edilen veriler, araştırmaların büyük bir kısmının (%86,49) nicel yöntemleri kullandığını ve ağırlıklı olarak ilişkisel tarama modeline (%81,08) dayandığını göstermektedir. Çalışmalarda en çok incelenen gruplar yetişkinler (%27,03) ve çocuklar (%18,92) olup,

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çatışma ortamının bu kesimler üzerindeki etkisinin önemli olduğu vurgulanmaktadır. İyi olma hali genellikle travma (%8,49), cinsiyet (%7,55) ve ruh sağlığı (%5,66) gibi değişkenlerle ilişkilendirilmiştir. En sık karşılaşılan sorunlar arasında travma sonrası stres bozukluğu, depresyon ve anksiyete yer almakta olup, tüm bu faktörler yaşam kalitesini önemli ölçüde etkilemektedir. En yaygın kullanılan analiz yöntemi çok değişkenli istatistiklerdir (%65,12), bunu tek değişkenli analizler (%27,91) takip etmektedir. Katılımcı sayıları açısından en fazla çalışma, 201–500 kişi arasında örnekleme yapılmıştır (%32,43). Nitel (%10,81) ve karma yöntemlerin (%2,70) sınırlı kullanımı, iyi olma halinin daha derin ve bağlamsal yönlerini anlamada önemli boşluklara işaret etmektedir. Bulgular, çatışmanın olumsuz etkilerini hafifletmek için insan hakları temelli sağlık politikalarının geliştirilmesi ve sosyal destek sistemlerinin güçlendirilmesi gerektiğini ortaya koymaktadır. Bu derleme, bireysel ve toplumsal iyi olma halini iyileştirmek için daha kapsamlı ve bütüncül yaklaşımlara duyulan ihtiyacı vurgulayarak alan yazına katkı sunmaktadır.

**Anahtar sözcükler:** Filistinli bireyler, iyi olma hali, ruh sağlığı, sosyal destek, travma.

### INTRODUCTION

Since its inception, psychology has predominantly focused on individuals' mental disorders, serving as a vital field of science. After the Second World War, however, there was a significant increase in the tendency to investigate individuals' negative aspects and pathology (Seligman & Csikszentmihalyi, 2000, p.6). Rand and Snyder (2003, p. 152), upon examining studies conducted between 1872 and 2003, emphasized that studies on concepts considered negative received significantly more citations compared to those investigating positive concepts. Based on these findings, it can be said that, until the 21st century, psychology has focused more on the negative human weaknesses rather than strengths (Topuz et al., 2024, p. 232). However, a speech by Martin Seligman, the President of the American Psychological Association in 1998, became one of the paradigms shift in psychology. With this speech, positive psychology, which emphasizes concepts such as satisfaction, hope, optimism, and well-being (happiness) in human life, gradually became a significant area within psychology. A review of the literature reveals that the primary goal of positive psychology is to understand well-being (Yalçın, 2014). Accordingly, the concept of well-being is approached and defined in various ways. Lyubomirsky (2007) proposed that well-being consists of a combination of pleasure, prosperity, and joy derived from life and argued that humanity's ultimate purpose is to seek well-being. Vaillant (2003, p. 1375), on the other hand, emphasized that well-being represents the positive aspect of mental health. Ryff (1989, p. 1073) stated that well-being encompasses elements such as an individual's satisfaction with life, finding meaning, and achieving self-actualization. In this context, the concept of well-being is examined through two main approaches: hedonic and eudaimonic well-being. The hedonic approach focuses on the pursuit of happiness and pleasure, while the eudaimonic approach emphasizes the realization of an individual's potential and leading a meaningful life (Deci & Ryan, 2000, p. 227). Based on all these perspectives, it would not be incorrect to say that the concept of well-being is multi-dimensional. Indeed, Ryff and Keyes (1995, p. 720) examine the concept of well-being through six fundamental dimensions. These are:

- Self-Acceptance: Being at peace with oneself and accepting past experiences.
- Positive Relationships: The ability to develop healthy and supportive relationships.
- Autonomy: The ability to make one's own decisions independently of external pressures.
- Environmental Mastery: The capacity to manage and control one's surroundings.
- Purpose in Life: Having goals that can bring meaning and direction to life.
- Personal Growth: The desire for continuous learning and development (Ryff & Keyes, 1995).

These dimensions play a critical role in enhancing an individual's overall quality of life, and research shows that individuals who score high in these areas tend to be healthier and happier

(Seligman, 2011, p. 35). Challenges of modern life, such as rapidly developing technology, increasing urbanization, and intense work schedules, can negatively impact individuals' well-being. For instance, excessive use of digital technologies can increase feelings of loneliness and lead to weakened social relationships (Twenge, 2017, p. 291). Similarly, as observed during the pandemic period, isolation can have severe effects on individuals' psychological health (Brooks et al., 2020). Preserving and promoting well-being in the modern world can positively affect not only individual lives but also societal structures. In this context, well-being is also used as a guide in forming economic and social policies. For example, some countries, such as Bhutan, aim to improve individuals' quality of life through indicators like "Gross National Happiness" (Ura et al., 2012, p. 14). The concept of well-being encompasses not only the positive aspects of individuals' daily lives but also their processes of coping with traumatic experiences. Wars, violence, and other crises can deeply affect individuals' levels of well-being. Research shows that such traumatic experiences threaten not only individuals' psychological states but also their physical health, social relationships, and overall life satisfaction (Hobfoll et al., 2007, p. 285). As a broad construct, well-being becomes even more vital in conflict settings, where individuals face ongoing adversity, violence, and instability (Aslan vd., 2025). Understanding well-being in such contexts allows for a more comprehensive approach to recovery, resilience, and long-term social cohesion. The preservation or rebuilding of well-being after trauma requires effort at both individual and societal levels. The concept of post-traumatic growth suggests that individuals can experience personal development after challenging life events (Tedeschi and Calhoun, 1996, p. 455). In this process, social support systems, psychological interventions, and strengthening individuals' sense of self-efficacy play a critical role. For example, studies with refugee individuals have shown that supportive social environments and meaningful goals are effective in mitigating the impacts of war trauma (Silove, 2013, p. 240).

Today, one of the populations that has been extensively exposed to prolonged conflict-related trauma is the Palestinian community living in regions affected by long-standing geopolitical unrest. Problems began in the late 19th century with the emergence of the Zionist movement and increased Jewish immigration to Palestinian lands. These problems escalated into war with the establishment of the State of Israel on Palestinian territory, and as a result, the impact of long-standing geopolitical conflict on Palestinian well-being. The intense stress and traumas brought about by war have increased the importance of mental health for Palestinians. Events such as bombings, forced displacement, and the loss of loved ones lead to mental health problems such as post-traumatic stress disorder (PTSD), depression, and anxiety in individuals (Thabet et al., 2016, p. 2). The challenging conditions of conflict make it nearly impossible to maintain physical health, which is a fundamental component of well-being. War hinders access to healthcare services and impedes the provision of basic needs such as clean water, food, and shelter. Based on all these circumstances, studies on well-being conducted with Palestinians who have been affected by prolonged conflict and displacement hold critical importance for long-term recovery and reconstruction processes at both individual and societal levels. Conflict-related conditions have severely affected the physical, mental, and social health of the Palestinian people. Factors such as continuous violence, forced displacement, the loss of loved ones, and economic difficulties have led to the widespread prevalence of mental health issues such as PTSD, depression, and anxiety. Given the lack of prior research on well-being in conflict settings, well-being studies can serve as a fundamental tool for individuals to manage these traumas and regain hope. Within this scope, our research aims to systematically examine well-being studies conducted with Palestinians. We believe this study is extremely important in both providing a general overview of existing research and identifying knowledge gaps in this field to develop more effective interventions and policies. This study holds significant importance as it addresses a critical gap in the existing literature by systematically reviewing well-being research in one of the most persistently conflict-affected populations. While numerous studies have explored the psychological impacts of war and displacement globally, there is a notable lack of comprehensive synthesis focused

specifically on the Palestinian population. Given the ongoing nature of geopolitical conflict in the region, understanding the multidimensional aspects of well-being among Palestinians is essential for developing culturally sensitive and contextually appropriate mental health and social support interventions. Furthermore, this research contributes to global efforts in conflict recovery by offering insights that can inform policy decisions, humanitarian programs, and psychosocial support frameworks. By mapping trends, methodologies, and thematic emphases in existing studies, this study provides a foundational base for future empirical and practical work aimed at fostering resilience, healing, and sustainable well-being in conflict-affected settings.

Considering these factors, this research seeks to answer the following questions:

1. How has the number and thematic focus of studies on the well-being of Palestinian individuals changed over the years?
2. Which participant groups have been included in studies on the well-being of Palestinian individuals?
3. How do the sample sizes vary across studies on the well-being of Palestinian individuals?
4. What research methods (qualitative, quantitative, mixed methods) are used in studies on the well-being of Palestinian individuals?
5. What statistical and qualitative analytical techniques are commonly employed in studies on the well-being of Palestinian individuals?
6. Which variables have been examined in relation to the well-being of Palestinian individuals in these studies?

### 1. Method

#### 1.1. Research Model

This study employed a systematic review method to examine the characteristics of research focusing on the well-being of Palestinian individuals. Systematic reviews are designed to bring together all relevant empirical evidence that meets predetermined eligibility criteria in order to answer a clearly formulated research question. They follow a transparent and structured methodology aimed at minimizing bias and ensuring the credibility of the findings (Antman vd., 1992; Oxman & Guyatt, 1993).

The defining features of a systematic review include:

- (a) explicitly stated objectives and a reproducible methodology,
- (b) a comprehensive search strategy to capture all studies meeting the inclusion criteria,
- (c) a critical appraisal of the included studies' methodological quality—often through bias assessment tools, and
- (d) the systematic synthesis and reporting of both study characteristics and results.

In this study, descriptive data such as publication year, participant groups, and methodological characteristics were analyzed using frequency and percentage distributions, in line with systematic review standards.

#### 2.2. Selection of Studies

This study followed a systematic review procedure to identify relevant literature on the well-being of Palestinian individuals. The sample was obtained from research available in the Scopus, Wiley, Taylor and Francis, Web of Science, ERIC, and Sage databases. A structured search strategy was employed, where an initial search was conducted using the keyword “well-being,” followed by the terms “Palestine” and “Palestinian” to refine the results. A total of 44 studies were identified through this search.

Following the screening process based on pre-established eligibility criteria, a total of 37 studies were included in the final synthesis. In accordance with the scope of this review, only studies published in English were considered. Although studies in Arabic or other languages may exist, they

were excluded due to limitations in Access and language proficiency. Moreover studies published between 2017 and 2024 were eligible for inclusion, as this time frame was selected to ensure contemporary relevance. During the full-text assessment stage, 7 articles were excluded. Of these, 3 studies were excluded because they were not specifically focused on Palestinian individuals, and 4 were excluded due to being theoretical or non-empirical in nature.

#### Inclusion Criteria

1. Studies addressing the well-being levels of Palestinians up until 2024 were included in the research.
2. Studies in which the study group consisted of Palestinian individuals were included.
3. Studies published in English between 2017 and 2024 were included.
4. No restriction was applied regarding study design, as long as the focus was on empirical research related to well-being.

#### Exclusion Criteria

1. Studies where the entered keywords ("well-being," "Palestine," "Palestinian") were used in entirely different contexts, unrelated to the field or subject matter.
2. Studies conducted with groups other than Palestinians or studies involving Palestinians alongside other groups.
3. Theoretical or model development studies not directly related to Palestinian individuals.
4. A total of 7 studies were excluded during full-text screening: 3 for not being focused specifically on Palestinians, and 4 for being theoretical or lacking empirical data.

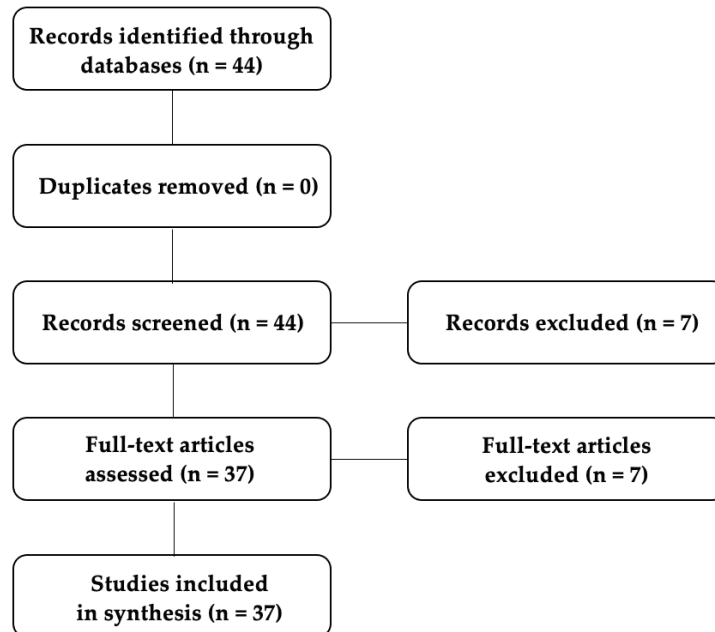


Figure 1: PRISMA Flow Diagram



## 2.3. Data Collection and Analysis

This study employed a systematic review methodology to identify, assess, and synthesize empirical studies related to the well-being of Palestinian individuals. In accordance with established systematic review protocols (e.g., PRISMA), the process was carried out in several structured stages to ensure transparency and reproducibility. First, a comprehensive search was conducted across selected academic databases, including Scopus, Wiley, Taylor & Francis, Web of Science, ERIC, and Sage. Keywords such as “well-being,” “Palestine,” and “Palestinian” were used in various combinations to identify relevant studies. Only studies published in English between 2017 and 2024 were included, based on predefined inclusion and exclusion criteria. Following the initial search, a total of 44 studies were retrieved. After screening for relevance and eligibility, 37 studies were included in the final synthesis. Titles and abstracts were screened independently by two reviewers to assess eligibility. Full texts of potentially relevant studies were then examined in detail. A standardized data extraction form was developed by the researchers to ensure consistency and minimize bias. This form included variables such as publication year, target population, sample size, research design, data analysis techniques, and well-being-related variables. To ensure inter-rater reliability, each article was independently reviewed and coded by two researchers. Disagreements were resolved through consensus meetings. Inter-rater agreement was calculated using the formula: “Reliability =  $100 \times \text{Number of Agreements} / (\text{Number of Agreements} + \text{Number of Discrepancies})$ ,” resulting in a reliability score of 82%, which exceeds the generally accepted threshold of 80% (Miles & Huberman, 1994). All extracted data were processed using QDA Miner Lite, and descriptive statistics (frequency and percentage) were used to summarize the characteristics of the included studies. The findings were then discussed in relation to existing literature, with emphasis on identifying methodological patterns, thematic gaps, and implications for future research.

## 2.4. Research Ethics

All rules outlined in the Higher Education Institutions Scientific Research and Publication Ethics Directive were adhered to, and no actions contrary to publication ethics were carried out. This study does not involve research requiring ethical committee approval, such as studies involving human participants, the use of personal data, or ethically sensitive processes. All data and sources used in the study are publicly available and do not require special permissions. Therefore, no additional evaluations or approvals were needed under the scope of research ethics, and any potential ethical issues are the responsibility of the authors.

## 3. Findings

In this study, 37 studies examining the well-being levels of Palestinian individuals were reviewed. The distribution of these studies by year is presented in Table 1.

**Table 1: Distribution of studies by year**

Year of study conducted	Frequency	Percentage
2024	4	11.43
2023	4	11.43
2022	1	2.86
2021	10	28.57
2018	2	5.71
2017	2	5.71
2016	3	8.57
2015	2	5.71
2014	1	2.86
2012	1	2.86
2011	1	2.86
2009	2	5.71

1998	1	2.86
1995	1	2.86
Total	37	100

When Table 1 is examined, it is observed that the majority of studies investigating the well-being levels of Palestinian individuals were conducted in 2021. A total of 10 studies were carried out in this year, accounting for 28.57% of all studies. In both 2023 and 2024, 4 studies were conducted, representing 11.43% for each year. In 2016, there were 3 studies conducted, making up 8.57% of the total.

In the years 2009, 2015, 2017, and 2018, 2 studies were conducted in each, corresponding to 5.71% per year. Furthermore, in 2022, 2014, 2012, 2011, 1998, and 1995, only one study was carried out per year, which equals 2.86% for each. Overall, it is evident that a significant portion of the research has been conducted within the last five years, particularly in 2021.

The distribution of studies conducted in 2021 concerning the well-being of Palestinian individuals by study groups is presented in Table 2.

**Table 2: Distribution of studies by study groups**

Study groups	Frequency	Percentage
Adults	10	27.03
Children	7	18.92
University students	5	13.51
Adolescents	5	13.51
Women	2	5.41
Healthcare workers	2	5.41
Refugees	2	5.41
Aid workers	1	2.7
Parents	1	2.7
Mothers	1	2.7
Teachers	1	2.7
Total	37	100

When Table 2 is examined, it is observed that the majority of studies focusing on the well-being of Palestinian individuals were conducted with adult participants (n = 10, 27.03%). This group is followed by children, with 7 studies representing 18.92% of the total. Studies involving university students and adolescents each account for 5 studies, corresponding to 13.51% respectively.

Research focusing on women, healthcare workers, and refugees comprises 2 studies for each group, making up 5.41% individually. Meanwhile, aid workers, parents, mothers, and teachers were each the focus of only one study, representing 2.7% per group.

The results regarding the sample sizes of the study groups used in the studies reviewed are presented in Table 3.

**Table 3: Distribution of studies by participant numbers**

Participant number range	Frequency	Percentage
10 - 200	10	27.03
201 – 500	12	32.43
501 – 1000	7	18.92
1001 – 5000	4	10.81
5001 and above	4	10.81

Total	37	100
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Table 3 presents the distribution of studies according to participant number ranges. Among the 37 studies reviewed, 27.03% included between 10 and 200 participants, while 32.43% had between 201 and 500 participants. Studies with 501 to 1000 participants accounted for 18.92% of the total. The number of studies conducted with 1001 to 5000 participants was 10.81%, and an equal percentage (10.81%) involved 5001 or more participants. The participant number range across the studies indicates variation in sample sizes, and based on the frequency data, the estimated total number of participants in all 37 studies is approximately 46,112.

The distribution of the reviewed studies by the research method used is presented in Table 4.

**Table 4: Distribution of studies by research method**

Research method	Research design	Frequency	Percentage
Quantitative	Descriptive survey	2	5.41
	Correlational survey	30	81.08
Qualitative		4	10.81
Mix		1	2.70
Total		37	100

When Table 4 is examined, it is evident that the most commonly employed research method in studies investigating the well-being of Palestinian individuals is the quantitative method. A total of 32 studies (86.49%) adopted this approach. Among them, 30 studies (81.08%) used a correlational survey design, while 2 studies (5.41%) utilized a descriptive survey design. On the other hand, qualitative research methods were used in 4 studies, representing 10.81% of the total. Only one study applied a mixed method approach, accounting for 2.70% of all studies.

The distribution of the reviewed studies based on the analytical methods used is presented in Table 5.

**Table 5: Distribution of studies by analytical method**

Analysis method	Frequency	Percentage
Univariate statistics	12	27.91
Multivariate statistics	28	65.12
Thematic analysis	2	4.65
Content analysis	1	2.33
Total	43	100

Table 5 presents the distribution of the reviewed studies based on the analytical methods employed. Among the 43 identified analytical methods, multivariate statistical analyses were the most frequently used, appearing in 65.12% of the studies (n = 28). This was followed by univariate statistical methods, which were applied in 27.91% of the studies (n = 12). Thematic analysis was utilized in 4.65% of the studies (n = 2), while content analysis was the least used analytical method, found in only one study (2.33%).

One of the criteria used within the research was the variables associated with well-being in the reviewed studies. The distribution of these related variables is presented in Table 6.



**Table 6: Variables associated with the well-being of Palestinian individuals**

Associated variables	Frequency	Percentage
Psychological symptoms	1	0.94
Physical health	2	1.89
Mental health	6	5.66
Age	6	5.66
Quality of life	4	3.77
Living standards	2	1.89
Socioeconomic status	3	2.83
Nutritional adequacy	1	0.94
Gender	8	7.55
Belonging	1	0.94
Trauma	9	8.49
Psychological well-being	1	0.94
Desire to migrate	1	0.94
Positive and negative emotions	7	6.60
Attachment	1	0.94
Relationships	1	0.94
Meaning	1	0.94
Academic achievement	3	2.83
School participation	1	0.94
Health	5	4.72
Place of residence	1	0.94
Religious affiliation	1	0.94
Perceived insecurity	1	0.94
Life satisfaction	1	0.94
Hope	1	0.94
Problematic internet use	2	1.89
Eating disorder	1	0.94
Social support	2	1.89
Self	1	0.94
Deviant behaviors	1	0.94
Education	1	0.94
Employment	1	0.94
Anxiety	2	1.89
Depression	2	1.89
Violence	2	1.89
Social capital	1	0.94
Religiosity	7	6.60
Family support	1	0.94
Happiness	1	0.94
Self-esteem	2	1.89
Creativity	1	0.94
Emotion regulation	1	0.94
Peer relationships	1	0.94
Psychological resilience	1	0.94
Post-traumatic growth	5	4.72
Burnout	1	0.94
Total	106	100

When Table 6 is examined, it is observed that many variables have been studied in relation to well-being. The most frequently studied variable is trauma, with a rate of 8.49% (n=9). This indicates that the social and psychological challenges faced by Palestinian individuals are intensively addressed through this variable. Trauma is followed by gender, at a rate of 7.55% (n=8). Gender has

been an important research focus regarding its impact on individuals' well-being. Variables such as mental health (n=6) and age (n=6), each at a rate of 5.66%, are also prominent factors in these studies. Particularly, mental health is closely related to individuals' overall well-being. Positive and negative emotions (n=7) are another frequently studied topic, with a rate of 6.60%, regarding their effects on well-being. Among variables with moderate representation, health (n=5) is present at a rate of 4.72%, while quality of life (n=4) accounts for 3.77%. Academic achievement (n=3) and socioeconomic status (n=3), each at a rate of 2.83%, emerge as other significant research areas addressing societal and individual success.

Additionally, variables such as religiosity (n=7, 6.60%), self-esteem (n=2, 1.89%), problematic internet use (n=2, 1.89%), depression (n=2, 1.89%), anxiety (n=2, 1.89%), violence (n=2, 1.89%), and social support (n=2, 1.89%) indicate the multidimensional nature of well-being. Variables with low representation include deviant behaviors (n=1), peer relationships (n=1), emotion regulation (n=1), happiness (n=1), burnout (n=1), and many others—each at a rate of 0.94%.

### 4.Results, Discussion and Suggestions

This study reviewed 37 studies available in various databases (Scopus, Wiley, Taylor and Francis, Web of Science, ERIC, and Sage). These studies examined the well-being levels of Palestinian individuals. First, the data presented in Table 1 reveal the distribution of studies examining the well-being levels of Palestinian individuals by year. When Table 1 is examined, it is evident that 27.78% of the studies were conducted in 2021, indicating a significant peak in academic interest during this period. This increase may reflect an opportunity to investigate the impact of social and political events in Palestine during 2021 on individuals' well-being. In recent years (2023 and 2024), the rate of studies is 11.11%, showing that the topic of well-being remains relevant and continues to draw researchers' attention. However, this proportion suggests a declining trend compared to the peak years. In 2016, 8.33% of the studies were conducted, demonstrating heightened awareness of the topic during that time. Studies conducted in 2009, 2015, 2017, and 2018, representing 5.56%, indicate moderate academic interest in these years. On the other hand, studies conducted in 2022, 2014, 2012, 2011, 2008, 1998, and 1995 account for only 2.78%, showing that well-being received less academic attention in these years. There are noticeable increases in studies examining the well-being of Palestinians during specific periods. As seen in the study by Helbich and Jabr (2022, p. 5), this variability may be influenced by various social and political events. During periods of active conflict, striking visuals disseminated through media and heightened public sensitivity often lead to rapid humanitarian interventions (Betancourt et al., 2013, p. 70). Such crises tend to attract not only the attention of aid organizations but also of the academic community, frequently resulting in increased research interest—particularly in areas such as mental health, trauma, and post-conflict reconstruction. Similarly, when global institutions or media highlight violations of human rights, this can lead to heightened interest from the academic community, particularly in fields related to trauma, mental health, and resilience. For example, this observation is consistent with findings from Carballo et al. (2004), who note that during the Bosnian war, increasing media attention and institutional involvement contributed to a surge in academic focus on the mental health consequences of conflict (Carballo et al., 2004, p. 475). Their research highlights the need for a human rights-based approach to addressing post-trauma needs and emphasizes how such contextual factors drive academic interest. These patterns suggest that academic engagement with conflict-affected populations is often closely tied to the visibility and urgency of crises, highlighting the reactive nature of scholarly interest in response to sociopolitical and humanitarian developments.

When Table 2 is examined, it becomes clear that most of the studies focused on adults (26.31%). This could stem from the prioritization of adults in research due to their individual and societal responsibilities. Children, accounting for 18.42%, are the second most studied group, underscoring the importance of investigating the psychosocial impacts of growing up in conflict zones. Kadir et al. (2019, p.11) emphasized the long-term effects of growing up in conflict zones on health and development and the importance of identifying protective factors that mitigate these harms. University students and

adolescents are equally represented at 13.15%, reflecting an interest in understanding the impact of developmental processes and transitional periods on individuals' well-being. Women, healthcare workers, and refugees, representing 5.26%, are associated with the specific challenges these groups face during crises. Less represented groups (2.63%) include aid workers, parents, mothers, and teachers, which were studied in more specific contexts. The findings generally indicate that research tends to focus on broader and more accessible groups.

When Table 3 is examined, it is observed that most studies were conducted with medium-sized participant groups. Small-sized participant groups also hold significant representation, while large-scale studies are less represented. The focus on small- and medium-sized groups may be related to the convenience of data collection and analysis processes. The low representation of large-scale studies suggests that such research requires more resources and organization. Focusing on medium-sized groups reflects a balanced approach in terms of generalizability and practicality. Nevertheless, large-scale studies—although logistically demanding—could enhance the statistical power and representativeness of findings, providing a more nuanced understanding of regional and demographic differences within the Palestinian population.

According to the data presented in Table 4, most studies focused on quantitative methods, with correlational survey design being predominantly used (78.94%). This indicates that researchers prioritized investigating relationships between variables. Descriptive surveys, representing 7.89%, were less commonly used. Qualitative methods accounted for 10.52%, and mixed methods were represented at 2.63%, indicating limited interest in topics requiring in-depth analysis. Considering that Palestinian individuals have experienced intense traumatic events such as occupation, conflict, and forced migration, there is a need for a more in-depth exploration of these experiences. Increasing qualitative and mixed-method studies would allow for deeper exploration of lived experiences, narrative meaning-making, and cultural interpretations of well-being. Increasing the number of studies using qualitative and mixed methods could help better understand the individual and societal dimensions of such traumas. For instance, while the impact of traumatic events on individuals' well-being can be examined through quantitative data, the meanings these events create for individuals could be explored more deeply through qualitative analyses.

When Table 5 is examined, multivariate statistics emerge as the most frequently used method (63.63%), reflecting a tendency to understand relationships between multiple factors affecting the well-being of Palestinian individuals. Univariate statistics rank second at 27.27%, representing simpler analyses focusing on specific variables. Among qualitative methods, thematic analysis (4.54%) and content analysis (2.27%) were used to a limited extent. The findings indicate that the in-depth examination of personal experiences and psychosocial impacts is limited. Exploring the challenges faced by Palestinian individuals through multiple dimensions is considered essential.

When Table 6 is examined, trauma (8.49%), gender (7.54%), positive and negative emotions (6.60%), and religiosity (6.60%), mental health (5.66%), and age (5.66%) are the most frequently associated variables with the well-being of Palestinian individuals. One study highlighted that exposure to traumatic events among Palestinian children leads to mental health issues such as post-traumatic stress disorder and depression, exacerbated by socioeconomic conditions (Vostanis, 2003, p. 5). Another study, focusing on gender differences, found that factors like social integration and self-esteem had a stronger impact on women's well-being than on men's, with social integration reducing women's stress but having no significant effect on men (Pugliesi, 1995, p. 59). A study by Krenawi and Graham (2013) found gender-based differences in the responses of Palestinian adolescents to political violence and psychosocial outcomes, suggesting that these differences may stem from variations in societal roles, social expectations, and coping mechanisms. A study by Dawel et al. (2023, p. 1950) indicated that the intensity, variability, and proportion of positive and negative emotions can have long-term effects on psychological well-being, emphasizing the need to consider these factors together to better understand their impact on well-being. These findings suggest that well-being is shaped by both individual

psychological traits and broader sociocultural contexts. Variables such as religiosity and emotional regulation appear to serve as protective mechanisms, helping individuals manage trauma-related distress. Gender-based differences in coping also underscore the necessity of designing well-being interventions that are sensitive to societal norms and role expectations. Moreover, emotional intensity and its fluctuations can function as key indicators of psychological resilience, which makes them valuable targets for future studies and practical programs.

Additionally, the literature reveals frequent associations between well-being and variables such as intrinsic motivation (Erceylan et al., 2021), self-esteem (Doğan & Eryılmaz, 2013), cyberbullying (Giumetti & Kowalski, 2022), spirituality (Aydın & Kaya, 2021), social appearance anxiety (Kaplan et al., 2021), depression (Demir & Kumcağız, 2020), hope (Murphy, 2023), self-efficacy (Sayın & Altun, 2021), and life satisfaction (Clair et al., 2021). Examining 37 different variables overall highlights the multidimensional nature of well-being research.

In conclusion, studies on the well-being of Palestinian individuals are crucial for understanding the impacts of conflict and war conditions on individuals and mitigating these effects. Modern psychological literature aims to understand individuals' psychosocial needs, mental health levels, and their place in the social context. Well-being studies conducted in Palestine serve as critical tools for understanding both the effects of individual traumas and coping mechanisms for these effects. The challenges faced by Palestinian individuals have significant direct and indirect consequences on mental health, social relationships, and economic conditions. Factors such as forced displacement, losses during conflict, constant exposure to traumatic events, and lack of access to basic needs negatively affect both short- and long-term well-being levels. Such findings are consistent with existing research indicating that exposure to war-related stressors significantly undermines psychological, physical, and social functioning (Thabet et al., 2016, p. 2; Hobfoll et al., 2007, p. 285).

This issue should be addressed not only at the individual level but also as a societal health problem. Well-being research, in this context, enables the understanding of an individual's capacity for post-traumatic recovery and the development of strategies to enhance societal resilience. In conflict zones like Palestine, psychological health is among the fundamental elements determining individuals' quality of life. Well-being studies shed light on the extent of recovery after traumatic events and the social support mechanisms that facilitate this process. However, the term "well-being" itself may present conceptual limitations in fully capturing the profound and multifaceted psychological effects of trauma. Especially in conflict contexts, well-being may overlook chronic existential distress or collective suffering, which require more nuanced conceptual tools. Lastly, this review did not include Arabic-language publications, which may have excluded culturally relevant insights or region-specific findings. This is a key limitation that should be addressed in subsequent reviews by incorporating multilingual database searches or involving bilingual coders. Additionally, the concept of well-being serves as a guide not only for improving individuals' quality of life but also for developing social policies. In regions like Palestine, developing human rights-based health policies could play a critical role in improving individuals' well-being levels. The psychological recovery of the Palestinian people at the individual level could be part of a broader societal healing process. Enhancing individual well-being may foster social cohesion and solidarity.

### Genişletilmiş Özet

#### Amaç

Bu araştırmanın temel amacı, Filistinli bireylerin iyi olma hali üzerine yapılan çalışmaların sistematik bir incelemesini sunmaktır. Çalışma, Filistin'de uzun yıllardır süregelen savaş ve çatışmaların bireylerin fiziksel, zihinsel ve sosyal sağlıkları üzerindeki etkilerini ele almaktadır. Bu bağlamda araştırma, Filistinlilerin iyi olma haliyle ilişkili değişkenleri tanımlamayı, kullanılan araştırma yöntemlerini analiz etmeyi ve alandaki bilgi boşluklarını tespit etmeyi hedeflemektedir. Çatışma bölgelerinde yaşayan bireylerin iyi olma hali yalnızca psikolojik bir durum değil, aynı

zamanda toplumsal, ekonomik ve politik etmenlerle de yakından ilişkilidir. Bu nedenle çalışmanın bulgularının yalnızca akademik literatüre değil, aynı zamanda politika yapıcılara da katkı sunması amaçlanmaktadır. Özellikle savaşın ruh sağlığı üzerindeki yıkıcı etkilerini değerlendiren bu çalışma, bireylerin travmayla başa çıkma mekanizmalarını ve sosyal destek sistemlerinin işlevini anlamada önemli bir kaynak olmayı hedeflemektedir.

### Yöntem

Bu araştırmada, Filistinli bireylerin iyi olma hali üzerine yapılan çalışmaların eğilimlerini belirlemek amacıyla doküman analizi yöntemi kullanılmıştır. Sistematiik derlemeler, açıkça tanımlanmış bir araştırma sorusuna yanıt verebilmek amacıyla, önceden belirlenmiş ölçütlere uygun tüm ampirik kanıtları bir araya getiren; önyargıyı en aza indirmeyi ve bulguların güvenilirliğini sağlamayı amaçlayan şeffaf ve yapılandırılmış bir yöntemle yürütülür (Antman vd., 1992; Oxman & Guyatt, 1993). Çalışmada, Scopus, Wiley, Taylor & Francis, Web of Science, ERIC ve Sage gibi akademik veri tabanlarında yer alan 37 araştırma incelenmiştir. Örneklem grubunu belirlemek için öncelikle "well-being" (iyi olma hali) anahtar kelimesi kullanılmış, daha sonra "Palestine" ve "Palestinian" kelimeleri eklenerek ilgili araştırmalar taranmıştır. Toplamda 44 çalışma tespit edilmiştir, ancak belirlenen dahil etme ve hariç tutma kriterleri doğrultusunda bu çalışmalar iki bağımsız araştırmacı tarafından incelenmiş ve nihai olarak 37 araştırma örneklem grubuna dahil edilmiştir. Dahil etme kriterleri arasında 2024 yılına kadar Filistinlilerin iyi olma hali üzerine yapılan çalışmaların araştırmaya dahil edilmesi ve çalışma grubunun Filistinli bireylerden oluşması yer almaktadır. Hariç tutma kriterleri ise belirlenen anahtar kelimeleri içerse de doğrudan konu ile ilgili olmayan çalışmaların, Filistinli olmayan bireyleri içeren veya Filistinlileri diğer gruplarla birlikte ele alan çalışmaların ve doğrudan Filistinli bireylerle ilgili olmayan kuramsal ya da model geliştirme çalışmalarının kapsam dışı bırakılmasıdır. Elde edilen veriler QDA Miner Lite programına aktarılmış ve sıklık ile yüzde analizleri gerçekleştirilmiştir. Çalışmada ayrıca, verilerin güvenilirliğini artırmak amacıyla iki bağımsız araştırmacının incelemeleri karşılaştırılmış ve elde edilen veriler arasındaki tutarlılık test edilmiştir. Araştırmanın geçerliliğini sağlamak için, kullanılan kaynaklar dikkatle incelenmiş ve örneklem grubuna alınan çalışmaların akademik standartlara uygun olup olmadığı değerlendirilmiştir.

### Bulgular

Araştırmaya dahil edilen 37 çalışma, Filistinli bireylerin iyi olma halini farklı değişkenler açısından ele almıştır. Yıllara göre dağılım incelendiğinde en fazla çalışmanın 2021 yılında (%28.57) yapıldığı görülmüştür. Katılımcı grupları açısından yetişkinler (%27.03) ve çocuklar (%18.92) en çok çalışılan gruplardır. Bunu üniversite öğrencileri (%13.51), ergenler (%13.51), kadınlar, sağlık çalışanları ve mülteciler (%5.41) takip etmektedir. Çalışmaların %86.49'u nicel yöntemler kullanırken, %10.81'i nitel ve %2.70'i karma yöntem kullanmıştır. Nicel araştırmalarda ağırlıklı olarak ilişkisel tarama modeli (%81.08) tercih edilmiştir. En yaygın analiz yöntemi çok değişkenli istatistiklerdir (%65.12). Bunu tek değişkenli analizler (%27.91), tematik analiz (%4.65) ve içerik analizi (%2.33) takip etmektedir. Katılımcı sayısına göre en sık yapılan çalışmalar 201–500 kişi (%32.43) ile yapılmıştır. İyi olma haliyle en çok ilişkilendirilen değişkenler travma (%8.49), cinsiyet (%7.55), olumlu ve olumsuz duygular (%6.60), ruh sağlığı (%5.66), yaş (%5.66) ve dindarlık (%6.60) olmuştur. Bu değişkenleri sağlık (%4.72), yaşam kalitesi (%3.77), akademik başarı (%2.83) ve sosyoekonomik durum (%2.83) takip etmektedir. Ayrıca sosyal destek, depresyon, anksiyete, şiddet gibi değişkenler de %1.89 oranıyla sık incelenmiştir. Düşük frekansla temsil edilen diğer değişkenler ise %0.94 oranında olup, anlam, umut, yaratıcılık ve psikolojik direnç gibi faktörleri kapsamaktadır.

### Tartışma ve Sonuç

Filistinli bireylerin iyi olma hali üzerine yapılan araştırmalar, savaşın ve çatışmaların bireylerin psikolojik, sosyal ve fiziksel sağlıkları üzerinde derin etkiler bıraktığını göstermektedir. Araştırmaların çoğunlukla yetişkinler ve çocuklar üzerinde yoğunlaşması, bu grupların savaşın en



büyük etkilerini doğrudan yaşadığını ortaya koymaktadır. Ayrıca, nitel araştırmaların sınırlı olması, bireylerin kişisel deneyimlerini derinlemesine inceleyen çalışmaların eksikliğini göstermektedir. Özellikle travma ve cinsiyet değişkenleri, Filistinli bireylerin iyi olma haliyle en çok ilişkilendirilen faktörlerdir. Kadınların savaş ortamında erkeklere kıyasla daha yüksek psikolojik stres yaşadığı, ancak sosyal destek mekanizmalarına daha fazla başvurduğu belirlenmiştir. Aynı zamanda, sosyal destek sistemlerinin güçlendirilmesi, bireylerin psikolojik dirençlerini artırmada önemli bir rol oynamaktadır. Bu araştırmanın sonuçları, politika yapımcılar için önemli çıkarımlar sunmaktadır. İyi olma halini destekleyen programlar, travma sonrası psikolojik destek hizmetleri ve toplumsal dayanışmayı güçlendiren politikaların uygulanması gerekmektedir. Özellikle Filistin gibi uzun süreli çatışma bölgelerinde, insan hakları temelli sağlık politikalarının geliştirilmesi büyük bir gereklilik olarak öne çıkmaktadır. Sonuç olarak, Filistin'de yaşayan bireylerin iyi olma hali, sadece bireysel düzeyde değil, aynı zamanda toplumsal bir iyileşme sürecinin de parçası olarak ele alınmalıdır. Gelecekte yapılacak araştırmaların, nitel ve karma yöntemleri daha fazla içermesi, bireylerin yaşadığı travmaların daha kapsamlı bir şekilde anlaşılmasına katkı sağlayacaktır. Filistin bağlamında iyi olma hali üzerine yapılan bu derleme hem akademik dünyaya hem de saha çalışmalarına önemli bir perspektif sunmaktadır.

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