

## LE BIEN-ÊTRE SOCIAL ET ÉMOTIONNEL CHEZ LES PRÉADOLESCENTS

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### *Abstract*

*The article is a theoretical presentation of the main meanings and contents offered to the two key concepts found in the title, namely social well-being and emotional well-being, starting from the broader notion of quality of life, and passing, one by one, through the senses given to the concepts of satisfaction with life and well-being. Childhood, pre-adolescence and adolescence are periods of life that present specific challenges. These challenges can take many forms, which is why we believe that understanding the causes that are at stake and their effects in producing and manifesting social and emotional difficulties is essential to ensuring the well-being of the subjects. Given that social and economic progress is closely linked to individual aspiration for happiness, manifested from a very young age, the unpredictable multiplication of cases of disorders and general suffering caused by low levels of social and emotional well-being raises a serious problem: is today's democratic society capable of managing the factors that can make a young person happy?*

*Keywords: quality of life; satisfaction with life; well-being; social and emotional well-being*

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