The Role of Citizenship Values in Enhancing Psychological Well-Being and Community Belonging Among Omani Youth: An Analytical Study of Influencing Factors and Gender Differences

Dr. Ali Sulaiman Talib Al Shuaili

Department of Educational Psychology–Faculty of Human Development– University Pendidikan Sultan Idris UPSI–Malaysia.ORCID iD: 0009-0009-9946-1184

ABSTRACT: This study aimed to explore the relationship between citizenship values (national loyalty, civic participation, and respect for diversity) and both psychological well-being and community belonging among Omani youth. The study was conducted during the 2023/2024 academic year, targeting Omani youth across various governorates. The sample consisted of 450 young participants (240 males and 210 females) selected using a convenience sampling method. Data was collected through an electronic questionnaire distributed via WhatsApp, which included three scales measuring citizenship values, psychological well-being, and community belonging. The correlation analysis revealed a strong, statistically significant positive relationship between citizenship values and psychological well-being ($r = 0.62$, $p < 0.001$) as well as community belonging ($r = 0.62$, $p < 0.001$). Regression analysis indicated that national loyalty had the greatest impact on psychological well-being ($\beta = 0.46$, $p < 0.001$) and community belonging ($\beta = 0.42$, $p < 0.001$), followed by civic participation and respect for diversity to varying degrees. The results also showed statistically significant gender differences in the relationship between citizenship values and psychological well-being, favoring females, while no significant differences were found in community belonging. The study recommends enhancing citizenship values through educational curricula and community programs and providing initiatives to support mental health and civic engagement. This study contributes to a better understanding of the relationship between citizenship values and the psychological and social well-being of Omani youth, supporting national policies to achieve Oman Vision 2040.

KEYWORDS: Citizenship Values, Psychological Well-being, Community Belonging, Omani Youth.

INTRODUCTION

Citizenship values are one of the fundamental pillars that contribute to building a cohesive and stable society (Abdul Monem, 2021). These values are closely linked to concepts of national loyalty, civic participation, and respect for diversity, which together form a crucial foundation for enhancing psychological balance and social belonging among individuals (Al-Juhaini, 2014). In the modern era, with increasing societal challenges such as globalization, social transformations, and technological advancements, the need to reinforce these values among young people has become vital for achieving sustainable development and ensuring societal stability (Hadadi, 2020). Numerous studies have highlighted the significant importance of citizenship values in this context. For instance, the study by Nusubalieva et al. (2023) indicated that young people who uphold citizenship values exhibit higher levels of psychological balance and social integration, making these values a critical factor in promoting psychological and social well-being.

Omani youth represent the cornerstone of national development (Khaled, Z., & Laghzili, 2022), particularly within the framework of Oman Vision 2040, which seeks to empower youth and activate their role in shaping the future (Ministry of Economy, 2019). Given the rapid changes occurring within Omani society, it has become essential to study the impact of citizenship values on the psychological and social aspects of youth. In this regard, a study by Al-Hanaiya (2023) found that young people who engage in community activities demonstrate higher levels of psychological balance and social belonging, underscoring the necessity of fostering these values to ensure their psychological stability and social cohesion.

The significance of this study emerges from the existing research gap regarding the impact of citizenship values on psychological balance and social belonging in the Omani context. Although international studies, such as Marzana et al. (2016) in the Asian context, have emphasized the importance of respecting diversity in strengthening social cohesion, the Omani local context requires a deeper analysis to determine the most influential dimensions of citizenship values on youth. Furthermore, there is an

increasing need to understand gender differences in the impact of these values, as the study by Al-Harbi (2017) indicated that women in Gulf societies exhibit higher levels of civic participation and social belonging compared to men.

This study aims to bridge this research gap by exploring the relationship between citizenship values (national loyalty, civic participation, and respect for diversity) and both psychological balance and social belonging among Omani youth, with a focus on identifying the most influential dimensions. Additionally, it seeks to analyses gender differences in the impact of these values, providing a comprehensive understanding of the factors affecting youth psychological and social well-being.

This study holds substantial theoretical and practical significance, as it provides a scientific framework for understanding the influence of citizenship values on psychological and social health, supporting national efforts to achieve Oman Vision 2040. Furthermore, it contributes to offering practical recommendations for developing educational programs and community initiatives that enhance the role of youth in building a stable and cohesive society. Therefore, this study represents a valuable academic contribution aimed at promoting sustainable development in Omani society.

Study Problem

Modern societies, including Omani society, are undergoing rapid social, economic, and cultural transformations driven by technological advancements and artificial intelligence within the framework of the Fourth Industrial Revolution (Dahl, 2024). These transformations directly and indirectly impact societal values, particularly citizenship values such as national loyalty, civic participation, and respect for diversity (Awaj, 2020). Amid these changes, it has become essential to examine the impact of these values on individuals' psychological and social stability, especially among youth, who form the backbone of any developmental process. The technological shifts brought about by the Fourth Industrial Revolution have led to fundamental changes in communication and interaction patterns among individuals, significantly affecting societal values. According to Almheiri et al. (2023), reliance on modern technology has weakened traditional social bonds, necessitating an investigation into how this affects citizenship values among Omani youth.

Furthermore, Oman Vision 2040 places youth at the core of sustainable development plans, considering citizenship values a fundamental tool for enhancing their effective participation in nation-building (Ministry of Culture, Sports, and Youth, 2020). Therefore, assessing the impact of these values on the psychological and social aspects of youth contributes to achieving the goals of this vision. In the psychological and social context, studies such as that by Swalhiya & Faris (2023) have shown that young individuals who lack community engagement and psychological balance are more susceptible to psychological and social disorders. However, there is a lack of sufficient studies linking citizenship values to psychological balance and social belonging within the Omani context, highlighting the need for this study (Tonon, 2012).

Additionally, research literature emphasizes gender differences in the perception and influence of societal values. Studies such as Al-Enezi (2015) have indicated that women in Gulf countries exhibit greater civic participation compared to men, raising questions about how citizenship values impact psychological balance and social belonging among both genders in Oman (Al-Mahrouqi, 2017). Finally, despite numerous international studies examining the relationship between citizenship values and psychological and social aspects (Rabia, 2017), there remains a shortage of research addressing this topic in the Omani context, particularly given the current economic and social transformations.

Based on the above, this study seeks to bridge this research gap and provide a deeper understanding of the relationship between citizenship values, psychological balance, and social belonging among Omani youth.

Study Objectives

Based on the study problem, this research aims to achieve the following objectives:

Enriching Research Literature: Bridging the knowledge gap regarding the impact of citizenship values on psychological balance and social belonging within the Omani context.

Exploring the Relationship Between Citizenship Values and Psychological Balance Among Omani Youth: Measuring the extent to which citizenship values (national loyalty, civic participation, and respect for diversity) influence the psychological balance of Omani youth.

Analysing the Relationship Between Citizenship Values and Social Belonging Among Omani Youth: Understanding the correlation between citizenship values and the sense of belonging among Omani youth.

Identifying the Most Influential Dimensions of Citizenship Values on Psychological Balance: Examining the impact of various dimensions of citizenship values (such as national loyalty, civic participation, and respect for diversity) on psychological balance and determining the most significant dimension.

Analysing the Role of Citizenship Values in Enhancing Social Belonging: Evaluating how citizenship values contribute to fostering a sense of social belonging among Omani youth.

Research Questions and Hypotheses

Based on the study objectives, the following research questions and corresponding hypotheses were formulated:

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Research Question 1: What is the relationship between citizenship values and psychological balance among Omani youth? Hypothesis 1: There is a positive correlation between citizenship values and psychological balance among Omani youth.

Research Question 2: What is the relationship between citizenship values and social belonging among Omani youth? Hypothesis 2: There is a positive correlation between citizenship values and social belonging among Omani youth.

Research Question 3: Which dimension of citizenship values (national loyalty, civic participation, or respect for diversity) has the greatest impact on psychological balance among youth? Hypothesis 3: The dimensions of citizenship values significantly contribute to explaining psychological balance.

Research Question 4: How do citizenship values contribute to enhancing social belonging among Omani youth? Hypothesis 4: Citizenship values significantly contribute to enhancing social belonging.

Research Question 5: Are there statistically significant differences between males and females in the relationship between citizenship values and both psychological balance and social belonging? Hypothesis 5: There are statistically significant differences between males and females in the relationship between citizenship values and both psychological balance and social belonging.

Significance of Study

The significance of this study stems from two main aspects: theoretical significance and practical significance.

1. Theoretical Significance

This study contributes to enriching the scientific literature related to citizenship values and their impact on psychological balance and social belonging among youth (Al-Qaisi, 2023; Zidan, 2011), particularly within the Omani context, which still lacks sufficient research in this area. The study also presents a model for understanding the different dimensions of citizenship values, such as national loyalty, civic participation, and respect for diversity, which helps in developing new theories that explain the relationship between these values and psychological and social well-being. Furthermore, the study provides an academic framework that can serve as a key reference for future researchers analysing psychological and social values among youth in similar contexts, thereby enhancing both theoretical and applied knowledge in this field.

2. Practical Significance

This study plays a crucial role in improving educational programs and national initiatives aimed at promoting citizenship values among Omani youth. By providing practical recommendations based on the study's findings, it supports national efforts to achieve Oman Vision 2040 (Ministry of Economy, 2019), which focuses on empowering youth and ensuring their active participation in sustainable development. Additionally, the study helps improve educational curricula to reinforce national and social values in alignment with modern needs, including adapting to technological and economic transformations. This, in turn, strengthens the role of youth in building a more stable and cohesive future (Al-Lamki, 2016).

Conceptual Framework

The conceptual framework of this study is based on linking citizenship values and their impact on both psychological balance and social belonging among Omani youth. This framework is built upon a set of fundamental dimensions and concepts that guide the research in understanding the relationship between variables.

1. Citizenship Values (Independent Variable)

Citizenship values encompass the essential elements that shape individuals' awareness of their roles, rights, and responsibilities within society (Majed and Muqdad, 2016). In this study, three primary dimensions of citizenship values have been identified based on theoretical literature:

National Loyalty: Reflects an individual's sense of attachment to their homeland and their commitment to supporting and protecting it. National loyalty is seen as a crucial element in enhancing psychological stability and social belonging (Makroum, 2009).

Example: Adhering to national laws and participating in activities that support national interests (Al-Junaibi, 2023). Civic Participation: Refers to individuals' engagement in social and political activities aimed at improving society. Civic participation is a mechanism for fostering a sense of responsibility and belonging (Al-Hanaiya, 2023).

Example: Volunteering in community activities or voting in elections. Respect for Diversity: Represents the acceptance and appreciation of cultural and social differences among members of society, contributing to a cohesive and harmonious environment (Al-Amer, 2005).

Example: Accepting individuals from different cultural backgrounds and interacting positively with them.

2. Psychological Balance (Dependent Variable)

Psychological balance refers to a state of emotional and mental stability that enables an individual to adapt to challenges and everyday stress. According to Maslow's (1943) theory, achieving psychological balance depends on fulfilling basic needs, including the sense of belonging and security (Eid, 2015). In this study, psychological balance is considered a direct result of fostering citizenship values among youth.

3. *Social Belonging (Dependent Variable)*

Social belonging refers to an individual's sense of connection with their community and their active engagement within it. This idea is based on Tajfel and Turner's (1979) Social Identity Theory, which suggests that an individual's sense of belonging enhances their attachment to society and increases their participation in community activities (Mahmoud, 2024). In this context, citizenship values such as civic participation and respect for diversity are considered key factors in strengthening social belonging (Akrouf, 2021).

4. *Gender Differences*

The study also aims to analyse the impact of citizenship values on psychological balance and social belonging from a gender perspective. Based on Eagly's (1987) Social Role Theory, the roles of males and females in society differ, which may lead to variations in how societal values affect them (Mandache, 2024).

Figure 1 illustrates the conceptual framework, which is built upon understanding the relationships between the study variables, where citizenship values play a central role in enhancing the psychological and social well-being of Omani youth (Al-Amriya, 2017). This conceptual framework provides a comprehensive vision of the interrelationships between variables, helping to interpret the study's results and develop practical recommendations.
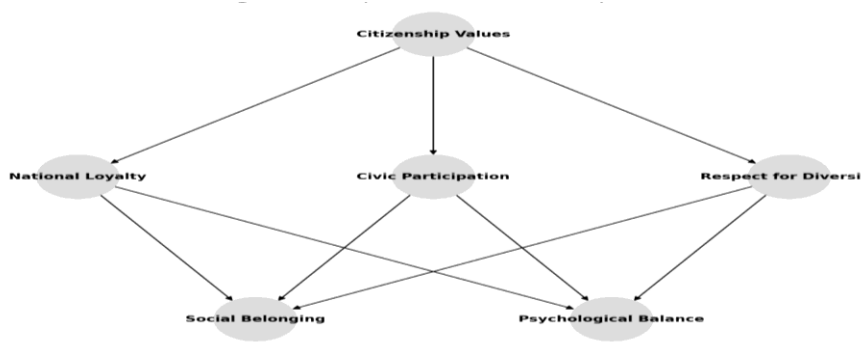

Figure 1: Conceptual framework of the study

Study Boundaries

- Subject Boundaries: This study focuses on the relationship between citizenship values (national loyalty, civic participation, and respect for diversity) and both psychological balance and social belonging among Omani youth. It also examines gender differences in the perception and impact of citizenship values.
- Geographical Boundaries: The study was conducted on a sample of Omani youth from various governorates of the Sultanate of Oman.
- Temporal Boundaries: The study was carried out during the academic year 2023/2024, reflecting the social, economic, and technological context of this period.
- Methodological Boundaries: The study adopted a descriptive-analytical approach.
    - A standardized questionnaire was used to measure citizenship values, psychological balance, and social belonging.
- Sample Boundaries: The sample consisted of 450 Omani youth (both males and females), selected using a convenience sampling method.

LITERATURE REVIEW

Citizenship values, including national loyalty, civic participation, and respect for diversity, are fundamental factors influencing individuals' psychological and social well-being (Al-Barashdiya & Al-Dhafri, 2018). Theoretically, citizenship values are based on frameworks such as Marshall's (1950) Theory of Active Citizenship, which categorizes citizenship into civil, political, and social dimensions, emphasizing the importance of values in fostering social belonging and psychological balance. These values also align with theories like Tajfel and Turner's (1979) Social Identity Theory, which suggests that an individual's sense of belonging is shaped by their perception of identity within their community, and Maslow's (1943) Hierarchy of Needs, where psychological balance is a core component of self-actualization (Eid, 2015).

Several studies highlight the significance of national loyalty in promoting psychological well-being. For instance, Al-Lamki (2016) found that national loyalty reduces psychological stress among Omani youth. Similarly, Sarrica, Grimaldi, & Nencini (2010) demonstrated that national pride enhances emotional stability. Regarding civic participation, Ben Turki (2018) found that engagement in community activities strengthens social belonging in Gulf societies, aligning with Al-Junaibi (2023), who emphasized the role of civic participation in reinforcing social responsibility among Omani youth.

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Concerning respect for diversity, Sim & Low (2012) reported that fostering diversity values leads to greater social cohesion, while Al-Yafiya et al. (2016) found that embracing cultural diversity reduces conflicts among Omani youth. Additionally, psychological balance serves as an indicator of mental well-being, with Al-Hanaiya (2023) highlighting that Omani youth who exhibit strong loyalty and respect for diversity tend to have greater emotional stability. Likewise, Syed (2016) suggested that community-based activities promoting civic engagement provide a supportive environment that alleviates psychological stress.

Social belonging, as a dependent variable, is closely linked to citizenship values. Al-Hanaiya (2023) found that Omani youth engaged in community activities show higher levels of social belonging. Internationally, Sarrica, Grimaldi, & Nencini (2010) confirmed that civic participation and respect for diversity foster a sense of belonging in multicultural societies. However, modern technology and artificial intelligence increasingly influence these values. Al-Qahtani (2010) noted that social media serves as a tool for enhancing civic participation but can also weaken traditional social bonds and national loyalty due to the rise of digital identities. In the Omani context, Al-Ameri (2017) found that youth use technology to promote national awareness and social participation, yet excessive digital interaction may erode direct social relationships.

Regarding gender differences, studies indicate that females exhibit higher levels of psychological balance and social belonging than males. Eagly's (1987) Social Role Theory suggests that psychological and social values are shaped by gender-based societal roles. Al-Ameri (2017) revealed that Omani women display greater emotional stability and community involvement, reflecting their strong ties to family and social values. Similarly, Abdul Ameer (2017) found that women participate more actively in social initiatives than men.

In light of this review, it is evident that citizenship values play a crucial role in enhancing psychological balance and social belonging among youth, with notable influences from modern technology and gender differences (Arnot, 1997). However, further research is needed to gain a deeper understanding of these relationships in the Omani context. This study aims to bridge this research gap by analyzing the interplay between citizenship values, psychological balance, and social belonging among Omani youth, with a focus on the most influential dimensions and gender-based variations.

Study Methodology and Procedures

This study was designed as quantitative research that relies on data collection and analysis using statistical methods to examine the relationship between citizenship values, psychological balance, and social belonging among Omani youth (Tonon, 2017).

The study adopts the descriptive correlational method, which aims to analyses the relationship between independent variables (citizenship values, including national loyalty, civic participation, and respect for diversity) (Kazemipour, Mohamad & Pourseidi, 2012) and dependent variables (psychological balance and social belonging) (Zimmerman & Rappaport, 1988).

This methodology is characterized by its ability to explore relationships between variables and determine the strength and direction of the correlation without intervening or modifying the variables. It allows for the collection of objective quantitative data using predefined measurement tools, ensuring the accuracy of the analysis and presenting results based on strong statistical evidence (Haslam et al., 2024).

The study focuses on data analysis to test the hypotheses related to the relationship between different dimensions of citizenship values and the psychological and social aspects of youth, emphasizing the impact of variables such as gender differences and modern technology.

Study Population and Sample

By the end of 2020, the population of the Sultanate of Oman reached 4,481,042 people, with Omanis constituting 61% of the total population, amounting to 2,735,966 individuals. Youth accounted for 20% of the total Omani population in the same year, with their number reaching 549,420, comprising 51% males and 49% females.

The study population consists of all Omani youth aged 18-25 (National Center for Statistics and Information, 2021). This population was defined based on data from the National Center for Statistics and Information.

This age group is highly influential and significantly impacted within society due to its pivotal role in social and economic development. Additionally, this group is directly associated with citizenship values through education, employment, and civic participation. However, they also face psychological and social challenges related to cultural and economic transformations.

Moreover, this age group receives special attention within Oman Vision 2040, which places youth at the heart of sustainable development plans (Ministry of Culture, Sports, and Youth, 2020).

Study Sample Selection and Data Collection

The study sample was selected using the convenience sampling method, which is considered an effective approach for collecting data quickly and at a low cost (Golzar, Noor, & Tajik, 2022). The sample consisted of 450 Omani youth, a size sufficient to meet the study objectives, providing a statistically reliable representation with a 95% confidence level and a ±5% margin of error.

The questionnaire was designed to cover the study's three main dimensions: citizenship values, psychological balance, and social belonging. It was developed electronically using Google Forms to facilitate data collection. The questionnaire included 24 Items distributed equally across the three dimensions, with eight Items assigned to each dimension to measure different aspects.

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Additionally, the questionnaire contained a demographic data section, including gender, age, governorate, and employment status. The questionnaire was distributed via WhatsApp, which proved effective in reaching a wide segment of Omani youth. The survey link was shared with WhatsApp groups consisting of university students, company employees, and job seekers. Accompanying messages provided a brief explanation of the study's objectives and significance, emphasizing the voluntary nature of participation and ensuring that the collected data would be used solely for scientific research purposes.

Data Collection Process

The data collection period spanned December 2024, during which 450 respondents completed the questionnaire. The sample consisted of 240 male participants and 210 female participants. It was geographically diverse, covering various governorates across Oman and included:

- 200 university students
- 150 employed individuals
- 100 unemployed individuals

The survey data was reviewed to ensure completeness and accuracy. The results revealed a well-balanced distribution across different geographical and social groups.

Table 1: *Characteristics of the Study Sample*

Category	Classification	Number
Gender	Male	240
	Female	210
Governorate	Muscat	80
	Dhofar	50
	Musandam	15
	Al Buraimi	20
	North Al Batinah	60
	South Al Batinah	40
	Al Dakhiliyah	50
	Al Dhahirah	30
	Al Wusta	15
	Ash Sharqiyah	90
Employment Status	Student	200
	Employee	150
	Job Seeker	100
Age Group	18-22	120
	23-26	150
	27-30	140
	Above 30	40
Total		450

This table presents the demographic characteristics of the study sample, categorized by gender, governorate, employment status, and age group.

Study Instrument

The following describes the measurement scales used in this study to assess its variables:

1. Citizenship Values Scale

The Citizenship Values Scale is a fundamental tool for evaluating the extent to which individuals adopt citizenship-related values, such as national loyalty, social responsibility, respect for diversity, and civic participation. This scale is based on the model by Westheimer & Kahne (2004), which focuses on three primary types of citizenship:

- "Personally Responsible Citizenship", which emphasizes adherence to laws and national responsibilities.
- "Participatory Citizenship", which encourages individuals to engage in community activities.
- "Justice-Oriented Citizenship", which promotes critical thinking and efforts to improve society.

This scale has been developed in multiple versions, some specifically designed for local cultural contexts, while others are used globally to assess national values in different settings. In the current study, the Citizenship Values Scale serves as a key instrument for understanding how Omani youth relate to national values and their role in fostering social cohesion. The scale helps analyse

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the adoption of these values and how they influence youth engagement in their communities and their active participation in nation-building.

At the Arab level, the Citizenship Values Scale has been translated into Arabic with adjustments to align with regional cultural and social contexts. Researchers in the Gulf region have adapted the scale to reflect the unique values of the local cultural environment, ensuring the accuracy and relevance of the results to the social reality. This adaptation highlights the importance of considering cultural and social differences when using psychological and social measurement tools to ensure accurate and meaningful results in research studies.

2. Psychological Balance Scale

The Psychological Balance Scale, based on Ryff, Keyes, & Hughes (2003) and Ryff's Psychological Well-being Scales (PWB), assesses an individual's ability to achieve emotional stability and maintain psychological balance in the face of daily challenges. This scale focuses on six key dimensions essential for understanding psychological well-being:

- Self-acceptance, which reflects an individual's appreciation of themselves.
- Positive relations with others, indicating an individual's ability to build strong and lasting relationships.
- Autonomy reflecting an individual's ability to make independent decisions.
- Environmental mastery, indicating an individual's capacity to manage their surroundings.
- Purpose in life, demonstrating the ability to set and achieve personal goals.
- Personal growth, which reflects an individual's development and awareness of their potential.

In the context of the current research, the Psychological Balance Scale is a crucial tool for analysing the impact of social and citizenship values on the psychological stability of Omani youth. The scale has been carefully adapted to suit the target age group and their social and cultural conditions, ensuring the accuracy and applicability of the results to the local context.

At the Arab level, Ryff's Psychological Well-being Scale has been translated and adapted into Arabic, with extensive validation tests to confirm its reliability in various settings. These Arabic versions have shown high effectiveness in providing accurate and reliable results in studies conducted in Arab countries, highlighting their value as a key tool for understanding mental health in local contexts. The cultural adaptation of this scale enhances its ability to offer deep insights into the factors affecting youth mental health in the region.

3. Social Belonging Scale

The Social Belonging Scale, based on McMillan & Chavis's Sense of Community Scale (1986), is used to assess an individual's sense of belonging and integration within their community. This scale is an essential tool for understanding social bonds and their impact on individuals. It measures four primary dimensions:

- Membership, which refers to an individual's feeling of being part of a community.
- Influence reflecting an individual's ability to affect and be affected by their community.
- Fulfilment of needs, focusing on how well the community meets an individual's needs.
- Shared emotional connection, indicating strong emotional bonds between community members.

In the context of the current research, the Social Belonging Scale is a key instrument for analysing the level of Omani youth engagement with their local community and their role in community activities. The measurement tools have been adapted to be suitable for the target youth group and their social and cultural conditions, ensuring the accuracy and applicability of the results to the local context.

At the Arab level, the Social Belonging Scale has been translated and adapted to fit cultural and social environments in the region. Studies in educational and social contexts have focused on aligning this scale with local values and the nature of social relationships in Arab societies. This adaptation ensures that the results accurately reflect the social reality and provide clear insights into individuals' levels of community belonging. Using this scale in the current research helps shed light on the factors influencing the enhancement of social belonging and its role in supporting the social cohesion of Omani youth.

Study Questionnaire Design

Based on the previous measurement tools for the study's three variables, the research instrument was developed as a questionnaire consisting of three main sections, with a total of 24 Items distributed across different themes:

- The first section focuses on Citizenship Values, containing 8 Items that measure the extent of Omani youth's commitment to fundamental citizenship values, such as national loyalty, civic participation, and respect for diversity. Example Items in this section include:
  - *"I feel responsible for preserving public properties in my country."*
  - *"I strive to enhance Oman's image abroad."*
- The second section focuses on Psychological Balance, also containing 8 Items that measure emotional stability and youth's ability to handle psychological stress. Example Items in this section include:
  - *"I feel calm and satisfied with my daily life."*

- o   *"I confidently handle the challenges I face."*
- The third section focuses on Social Belonging, comprising 8 Items that assess youth's sense of belonging and integration within their local and national community. Example Items in this section include:
  - o   *"I feel like an integral part of my local community."*
  - o   *"I have an emotional connection with my country, Oman."*

Additionally, the questionnaire included a demographic information section consisting of six questions covering gender, age, education level, marital status, place of residence, and employment status to provide a comprehensive dataset about the participants.

Measurement Reliability and Statistical Analysis

A five-point Likert scale was used to evaluate participant responses, ranging from (1: Strongly Disagree) to (5: Strongly Agree).

- Table 1 presents the number of Items in each section of the questionnaire, with a total of 24 Items distributed across the three main themes.
- Table 2 shows the Cronbach's Alpha coefficients, indicating strong internal consistency:
  - o   0.85 for Citizenship Values,
  - o   0.88 for Psychological Balance,
  - o   0.83 for Social Belonging.

This confirms the reliability of the measurement tools.

To ensure the validity of the questionnaire, Exploratory Factor Analysis (EFA) was conducted, revealing variance explanations of 62%, 65%, and 60% for each theme, respectively. This validates the questionnaire's ability to effectively measure the targeted dimensions.

The data was collected through an electronic questionnaire distributed via Google Forms and shared through WhatsApp to ensure broad participation among Omani youth. Statistical analysis methods included descriptive statistics, as shown in Table 3, in addition to using Pearson's correlation coefficient and regression analysis, which helped determine the relationships between citizenship values, psychological balance, and social belonging.

Survey Dimensions and Items

First Dimension: Citizenship Values

Objective: Measuring the extent to which Omani youth adhere to fundamental citizenship values. The following Items were included:

1. I feel responsible for preserving public properties in my country.
2. I participate in community activities that serve society.
3. I consider respecting national laws a fundamental duty.
4. I appreciate the importance of cultural diversity within Omani society.
5. I actively participate in national events to enhance the spirit of citizenship.
6. I commit to paying taxes or fees that support national development.
7. I believe that serving the community is an essential part of being a citizen.
8. I strive to enhance Oman's image abroad.

Second Dimension: Psychological Balance

Objective: Measuring the level of psychological balance and emotional stability among youth. The following Items were included:

1. I feel calm and satisfied with my daily life.
2. I can effectively cope with psychological stress.
3. I find it difficult to control my negative emotions. *(Reverse-scored Item)*
4. I feel optimistic about my personal and professional future.
5. I can maintain a balance between my personal and academic/professional life.
6. I confidently handle the challenges I face.
7. I find enough time to relax and reflect away from life pressures.
8. I enjoy healthy and positive relationships with others.

Third Dimension: Social Belonging

Objective: Measuring the sense of belonging among Omani youth to their local and national community. The Items included in this section are:

1. I feel like an integral part of my local community.
2. I participate in social events that strengthen community bonds.
3. I find my family and community to be a source of psychological and social support.
4. I feel proud to belong to Omani society.

5. I strive to preserve Omani customs and traditions.
6. I believe my role in society is essential for collective progress.
7. I contribute to solving social issues in my community.
8. I feel emotionally attached to my country, Oman.

Survey Structure and Measurement

The questionnaire was designed to include three main dimensions, along with a demographic characteristics section. A five-point Likert scale was adopted to evaluate responses, ranging from (1: Strongly Disagree) to (5: Strongly Agree), providing flexibility in data analysis.

- The first dimension, Citizenship Values, consists of 8 Items that assess key aspects such as national loyalty, civic participation, and respect for diversity. Example Items include:
  - *"I feel responsible for preserving public properties in my country."*
  - *"I actively participate in national events to enhance the spirit of citizenship."*
    These Items reflect the extent of Omani youth's commitment to national values and their impact on their daily lives.
- The second dimension, Psychological Balance, consists of 8 Items aimed at evaluating emotional stability and the ability to cope with stress. Example Items include:
  - *"I feel calm and satisfied with my daily life."*
  - *"I confidently handle the challenges I face."*
    These Items help provide a clear picture of youth mental health and their adaptability to various circumstances.
- The third dimension, Social Belonging, consists of 8 Items measuring how connected Omani youth feel to their community. Example Items include:
  - *"I feel like an integral part of my local community."*
  - *"I feel emotionally attached to my country, Oman."*
    These Items help assess youth engagement with their social environment and the impact of this engagement on their sense of identity and belonging.

Additionally, the questionnaire includes a demographic characteristics section, consisting of six questions covering gender (male/female), age, governorate of residence, and employment status (student, employed, or other). This section aims to provide essential information to enhance data analysis accuracy and correlate findings with the study variables.

Validity and Reliability Testing

To ensure the quality of the study instrument, validity and reliability tests were conducted. The Items were reviewed by subject matter experts, and the results showed a high agreement percentage of 91% for Citizenship Values, 89% for Psychological Balance, and 87% for Social Belonging, indicating a high-quality scale.

Additionally, Exploratory Factor Analysis (EFA) was conducted, revealing variance explanation percentages of 62% for Citizenship Values, 65% for Psychological Balance, and 60% for Social Belonging, confirming the strength of the measurement factors.

Regarding reliability, Cronbach's Alpha coefficients indicated high internal consistency, with values of:
- 0.85 for Citizenship Values
- 0.88 for Psychological Balance
- 0.83 for Social Belonging

These values confirm the strong reliability and consistency of the study instrument.

Data Collection and Statistical Analysis

The data collection process was conducted using an electronic questionnaire via Google Forms, distributed through WhatsApp to ensure broad participation from Omani youth. Before the final implementation, a pilot study was conducted with 25 participants to verify the clarity of the Items and the validity of the instrument. After data collection, responses were reviewed for completeness and accuracy to ensure high-quality results.

The statistical analysis relied on multiple methods:
- Descriptive statistics were used to describe the data, including means and standard deviations.
- Pearson's correlation coefficient was employed to analyses relationships between variables.
- Regression analysis was conducted to determine the impact of citizenship values on psychological balance and social belonging.
- T-tests were used to examine gender differences, ensuring accurate findings that support the study objectives.

Additionally, a descriptive statistical analysis was performed on participants' responses using the five-point Likert scale, with percentage distributions calculated for each response option across all 24 Items distributed among the three dimensions. Table 2

presents the statistical values for all 24 Items according to the five-point Likert scale, providing a detailed analysis of participant attitudes toward the study dimensions. This analysis contributes to drawing accurate conclusions about the impact of citizenship values on psychological balance and social belonging among Omani youth.

Table 2: Distribution of Participants' Responses to the Questionnaire on the Five-Point Likert Scale

Items	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Item 1	19.11%	17.33%	21.78%	22.00%	19.78%
Item 2	20.67%	20.22%	21.78%	19.11%	18.22%
Item 3	20.22%	20.67%	22.44%	20.44%	16.22%
Item 4	19.56%	22.44%	17.33%	18.67%	22.00%
Item 5	21.33%	23.11%	16.89%	19.33%	19.33%
Item 6	18.22%	21.11%	22.00%	20.89%	17.78%
Item 7	19.11%	20.89%	21.78%	20.67%	17.56%
Item 8	20.44%	22.00%	21.33%	18.44%	17.78%
Item 9	19.00%	18.89%	22.11%	20.22%	19.78%
Item 10	21.11%	20.67%	19.33%	21.78%	17.11%
Item 11	20.78%	18.44%	22.44%	20.67%	17.67%
Item 12	18.56%	21.33%	21.78%	19.89%	18.44%
Item 13	19.33%	22.11%	20.44%	20.22%	17.89%
Item 14	20.22%	19.89%	21.33%	20.56%	18.00%
Item 15	18.67%	20.22%	22.00%	19.56%	19.56%
Item 16	19.44%	20.11%	20.89%	20.33%	19.22%
Item 17	20.67%	21.00%	20.11%	19.78%	18.44%
Item 18	19.22%	22.33%	19.67%	20.00%	18.78%
Item 19	18.89%	19.89%	22.33%	19.22%	19.67%
Item 20	20.00%	20.56%	21.33%	18.78%	19.33%
Item 21	19.56%	20.22%	20.89%	21.33%	18.00%
Item 22	20.11%	21.11%	19.56%	19.67%	19.56%
Item 23	19.89%	20.67%	20.22%	19.89%	19.33%
Item 24	20.33%	19.22%	21.11%	18.67%	20.67%

Note: The table presents the percentage distributions for all 24 Items according to the five-point Likert scale. The values represent the percentage of responses for each option (Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree).

Table 3 has been prepared to provide a detailed and precise statistical analysis of the participants' responses (N=450) to the scale Items, which covered three main dimensions: citizenship values, psychological balance, and social belonging. The 24 Items were evenly distributed across these dimensions and analyzed using the five-point Likert scale to generate comprehensive statistical indicators that help in understanding the general patterns and trends in the responses.

The statistical indicators in the table include arithmetic means, which represent the overall average of responses for each Item and reflect the general direction of participants' responses, showing how close they are to the midpoint value. Additionally, standard deviations were included to illustrate the degree of variation in responses for each Item, highlighting the extent of differences among participants' answers. Moreover, the table presents the statistical range, which indicates the difference between the lowest and highest response values, helping to understand the distribution and diversity of responses.

The table indicates that the arithmetic means for the citizenship values dimension ranged between 2.92 and 3.06, with the first Item recording the highest mean of 3.06, reflecting a relatively higher level of agreement among participants. Meanwhile, the third Item had the lowest mean at 2.92. The standard deviations for this dimension ranged between 1.37 and 1.44, indicating a moderate variation in responses.

For the psychological balance dimension, the means ranged between 2.91 and 3.01, with the ninth Item recording the highest mean of 3.01, while the fifteenth Item had the lowest at 2.91. This suggests that participants tended toward neutrality or slight agreement. The standard deviations in this dimension ranged between 1.39 and 1.43, demonstrating moderate variability in responses.

Regarding the social belonging dimension, this dimension recorded the highest means among the three, ranging between 2.93 and 3.07. The twenty-third Item had the highest mean of 3.07, indicating a stronger sense of social belonging among participants. The standard deviations for this dimension ranged between 1.36 and 1.43, reflecting relative stability in responses.

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The minimum and maximum response values indicate that responses covered the entire range of the five-point Likert scale (from "Strongly Disagree" to "Strongly Agree"). Additionally, the median and quartile distributions show that responses were mostly concentrated around the middle levels, reflecting participants' tendencies toward neutrality or agreement.

The findings demonstrate general consistency in participants' responses across the three study dimensions, with slight variations among them. These statistical indicators provide a strong foundation for advanced analyses, aimed at understanding the relationships between variables and examining their influence in shaping citizenship values, psychological balance, and social belonging among Omani youth.

Table 3: Descriptive Statistics of Respondents' Answers to the Questionnaire Items (N=450)

Rank	Item	Mean	Std. Deviation	Min Value	25th Percentile (Q1)	Median	75th Percentile (Q3)	Max Value
4	Citizenship Value 1	3.06	1.40	1.0	2.0	3.0	4.0	5.0
19	Citizenship Value 2	2.94	1.40	1.0	2.0	3.0	4.0	5.0
23	Citizenship Value 3	2.92	1.37	1.0	2.0	3.0	4.0	5.0
9	Citizenship Value 4	3.01	1.44	1.0	2.0	3.0	4.0	5.0
22	Citizenship Value 5	2.92	1.43	1.0	2.0	3.0	4.0	5.0
12	Citizenship Value 6	2.97	1.39	1.0	2.0	3.0	4.0	5.0
14	Citizenship Value 7	2.96	1.42	1.0	2.0	3.0	4.0	5.0
6	Citizenship Value 8	3.02	1.38	1.0	2.0	3.0	4.0	5.0
8	Psychological Balance 9	3.01	1.43	1.0	2.0	3.0	4.0	5.0
17	Psychological Balance 10	2.95	1.41	1.0	2.0	3.0	4.0	5.0
16	Psychological Balance 11	2.96	1.39	1.0	2.0	3.0	4.0	5.0
10	Psychological Balance 12	3.00	1.42	1.0	2.0	3.0	4.0	5.0
15	Psychological Balance 13	2.96	1.40	1.0	2.0	3.0	4.0	5.0
20	Psychological Balance 14	2.93	1.42	1.0	2.0	3.0	4.0	5.0
24	Psychological Balance 15	2.91	1.43	1.0	2.0	3.0	4.0	5.0
13	Psychological Balance 16	2.97	1.40	1.0	2.0	3.0	4.0	5.0
11	Social Belonging 17	2.98	1.41	1.0	2.0	3.0	4.0	5.0
7	Social Belonging 18	3.02	1.43	1.0	2.0	3.0	4.0	5.0
5	Social Belonging 19	3.05	1.38	1.0	2.0	3.0	4.0	5.0
18	Social Belonging 20	2.94	1.39	1.0	2.0	3.0	4.0	5.0
2	Social Belonging 21	3.06	1.37	1.0	2.0	3.0	4.0	5.0
3	Social Belonging 22	3.06	1.36	1.0	2.0	3.0	4.0	5.0
1	Social Belonging 23	3.07	1.39	1.0	2.0	3.0	4.0	5.0
21	Social Belonging 24	2.93	1.42	1.0	2.0	3.0	4.0	5.0

Note: The table presents the descriptive statistics for all 24 questionnaire Items. The values are ranked in descending order based on the mean responses for each Item.

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STUDY RESULTS AND DISCUSSION

Findings Related to the First Research Question

What is the relationship between citizenship values and psychological balance among Omani youth?" This question corresponds to the first hypothesis (H1):

"There is a positive correlation between citizenship values and psychological balance among Omani youth."

To test this hypothesis, Pearson Correlation was applied, and the results revealed a strong positive correlation between citizenship values and psychological balance, with a correlation coefficient of ($r = 0.68$) at a significance level ($p < 0.01$).

Additionally, Regression Analysis indicated that citizenship values account for approximately 46% of the variance in psychological balance ($R^2 = 0.46$), highlighting the significant impact of citizenship values on psychological well-being.

Table 4: *The Relationship Between Citizenship Values and Psychological Balance Among Omani Youth*

Indicator	Value
Correlation Coefficient (r)	0.68
Explained Variance (R^2)	0.46
Statistical Significance (p-value)	<0.01

The study results revealed a strong positive correlation between citizenship values and psychological balance among Omani youth, with a correlation coefficient of ($r = 0.68$) at a significance level ($p < 0.01$). Additionally, regression analysis indicated that citizenship values account for approximately 46% of the variance in psychological balance ($R^2 = 0.46$), highlighting the significant influence of citizenship values on psychological well-being. These findings demonstrate the strength of the relationship between the two variables, supporting the hypothesis and explaining the positive effect of citizenship values on the psychological balance of Omani youth.

These results suggest that youth with strong citizenship values tend to feel more connected and loyal to their community, which enhances their sense of purpose and meaning in life. Strengthening values such as respect for laws and participation in community activities contributes to fostering personal responsibility and achievement, positively reflecting on their mental well-being. The social environment in Oman reinforces these values through principles such as cooperation, respect, and collective participation, forming strong support networks that help youth maintain psychological balance. Moreover, Oman Vision 2040 has emphasized youth empowerment and the promotion of citizenship values, which supports their mental well-being by fostering empowerment and social inclusion.

Citizenship values, such as national responsibility, tolerance, and respect for others, play a crucial role in reducing stress and social conflicts, thereby creating a supportive environment that enhances psychological balance. A sense of belonging to one's nation and community strengthens youth's feelings of security and psychological stability, reducing levels of depression and anxiety. The positive relationship between citizenship values and psychological balance among Omani youth is supported by both local and international contexts. The Omani socio-cultural and religious environment serves as a strong foundation for this relationship. Strengthening these values through educational and social programs can significantly contribute to youth mental health and active societal participation, essential for sustainable development (Hamdan, 2008).

In the Omani context, citizenship values are reinforced through school curricula, community activities, and government policies that encourage youth to engage positively in society. Oman Vision 2040 has placed youth at the centre of development, emphasizing the importance of national values such as loyalty, belonging, and respect for diversity. This contributes to strengthening national identity and achieving psychological balance. The Omani family also plays a fundamental cultural role in instilling values of responsibility and belonging in young people, positively impacting their mental well-being.

The study's findings align with previous Omani research, such as Al-Junaibi (2023), which demonstrated that national values such as loyalty and community participation are positively correlated with mental health. Similarly, Al-Amriya (2017) found that youth involved in volunteer activities exhibited higher psychological balance, while Al-Lamki (2016) highlighted that promoting national values in educational programs enhances youth's ability to cope with psychological stress.

From an international perspective, comparable results have been observed. Sarrica, Grimaldi, & Nencini (2010) in Europe found that individuals with a strong sense of national belonging reported lower levels of depression and anxiety. Biesta (2009) in China showed that strengthening national identity reduces psychological alienation and increases personal satisfaction. While these studies reveal common trends, cultural and religious factors play a more significant role in the Omani context, where community participation is centered on educational and social activities rather than political engagement, as seen in Western countries.

The study findings can be explained by the social values and cultural upbringing of Omani youth, as well as government policies that support youth empowerment and the reinforcement of national values. Religious factors in Omani society further enhance ethics and social responsibility, fostering a supportive environment for achieving psychological balance.

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Based on these results, there is a need to expand community programs that aim to strengthen citizenship values and their link to mental health. Educational curricula should be enhanced to include topics on psychological balance and its role in national development. Furthermore, the establishment of youth support centres focusing on national values as a stabilizing factor for mental health is recommended.

The positive relationship between citizenship values and psychological balance among Omani youth is reinforced by both local and international contexts. The Omani environment, rich in cultural and religious elements, serves as a strong foundation for this relationship. Strengthening citizenship values through educational and social programs can significantly improve youth mental health and promote active participation in sustainable development.

Findings Related to the Second Research Question

The study examined the relationship between citizenship values and social belonging among Omani youth. Based on the second hypothesis (H2), which assumes a positive correlation between the two. This implies that a higher level of citizenship values among youth is associated with an increased sense of social belonging and vice versa.

Statistical results strongly supported this hypothesis, with the Pearson Correlation coefficient between citizenship values and social belonging reaching 0.74, indicating a strong positive correlation between the two variables. Additionally, the significance test confirmed that ($p < 0.01$), reflecting a high statistical significance, meaning this relationship is not random but holds considerable scientific importance. Table 5 presents the key statistical values obtained in the study.

Furthermore, regression analysis revealed that citizenship values explain 55% of the variance in social belonging ($R^2 = 0.55$), highlighting the pivotal role of citizenship values in enhancing a sense of belonging. These results indicate that more than half of the variations in social belonging levels can be attributed to the influence of citizenship values.

These findings underscore the importance of citizenship values in fostering social belonging among Omani youth, as the high correlation coefficient ($r = 0.74$) demonstrates that strengthening citizenship values leads to a significant increase in youth's connection to their society. Moreover, the ($p < 0.01$) value confirms the reliability and generalizability of this relationship.

Table 5: The Relationship Between Citizenship Values and Social Belonging Among Omani Youth

Indicator	Value
Correlation Coefficient (r)	0.74
Explained Variance (R²)	0.55
Statistical Significance (p-value)	<0.01

These results highlight the strong and positive correlation between citizenship values and social belonging among Omani youth, supporting the study's second hypothesis. This correlation reflects the critical role of national values in reinforcing youth's sense of belonging to their community, contributing positively to the stability of Omani society. In the Omani context, youth maintain strong ties with their nation and community due to social upbringing that promotes values of loyalty and belonging. Additionally, national initiatives such as Oman Vision 2040 play a crucial role in encouraging youth participation in community activities, thereby strengthening their social connections. Cultural and religious values in Oman further promote unity and mutual respect, which support social belonging and enhance social cohesion.

Comparing these findings with previous Omani studies, Al-Hinai (2023) demonstrated that citizenship values, such as loyalty and social responsibility, are essential indicators of enhanced social belonging. Similarly, Al-Mahrouqi (2017) found that youth participation in community activities is linked to higher levels of social belonging, emphasizing the importance of national values in strengthening this connection. On an international level, Syed (2016) in Europe found that national values significantly enhance social belonging, particularly in societies that encourage civic engagement. In the Gulf region, Tawil (2019) and Awaj (2020) confirmed the positive relationship between citizenship values and social belonging, highlighting how these values contribute to individuals' stronger connections to their communities.

The relationship between citizenship values and social belonging can be explained by several factors. Youth who uphold national values demonstrate commitment and respect for laws and society, which strengthens their sense of belonging. Moreover, national values encourage individuals to make positive contributions to their communities, deepening their connection to them. In Oman, educational institutions and youth initiatives play a fundamental role in fostering these values, leading to increased youth participation in community activities. Additionally, Omani culture supports unity and social cohesion, making youth feel integrated and actively engaged in their communities.

Based on these findings, there is a need to enhance school curricula to incorporate topics on citizenship and social belonging, aiming to increase youth awareness. It is also recommended to support national initiatives that focus on strengthening national values and increasing youth participation in community activities. Additionally, training programs should be developed to emphasize the role of citizenship values in promoting social cohesion. Highlighting the importance of national unity and its role in enhancing youth's sense of belonging is a necessary step toward ensuring social stability.

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From the above discussion, it is evident that national values play a central role in fostering social belonging among Omani youth. Strengthening these values through educational curricula and community programs significantly contributes to social stability, aligning with Oman Vision 2040, which aims to empower youth and ensure their active participation in building the nation's future.

Findings Related to the Third Research Question

The study aimed to determine which dimensions of citizenship values national loyalty, civic participation, and respect for diversity have the greatest impact on psychological balance among Omani youth. To answer this question and test the hypothesis, a multiple linear regression analysis was conducted to examine the influence of each dimension of citizenship values on psychological balance. The assumptions of the analysis, such as homogeneity of variance and normal distribution of data, were verified. The results indicated that national loyalty had the strongest impact on psychological balance, with a regression coefficient of ($\beta = 0.46$, $p < 0.001$), suggesting that youth with a high level of national loyalty experience greater emotional stability and psychological balance.

Civic participation ranked second in terms of influence, with a regression coefficient of ($\beta = 0.33$, $p < 0.001$), highlighting the importance of youth engagement in community activities and civic initiatives in enhancing psychological well-being. Respect for diversity also had a positive effect, but it was the weakest among the three dimensions ($\beta = 0.25$, $p < 0.001$), indicating that while appreciating and embracing cultural and social diversity contributes to psychological balance, its impact is relatively smaller compared to national loyalty and civic participation. The regression model explained 54% of the variance in psychological balance ($R^2 = 0.54$), reflecting the strong relationship between the studied variables.

These findings support the third hypothesis, confirming that the dimensions of citizenship values significantly contribute to explaining psychological balance among youth, with national loyalty having the greatest effect, followed by civic participation and respect for diversity. Based on these results, it is essential to promote national loyalty through educational programs and national initiatives that emphasize identity and national belonging, while also encouraging youth participation in civic and community activities and fostering a culture of respect for diversity as part of building a cohesive and inclusive society.

The final statistical model equation demonstrates that psychological balance is directly influenced by the level of national loyalty, civic participation, and respect for diversity, reinforcing the importance of these values in developing a well-balanced and psychologically stable youth population (Abdul Sadiq & Mohamed, 2022).

Table 6 shows the results of the multiple linear regression analysis that illustrates the effect of the dimensions of citizenship values (national loyalty, civic engagement, respect for diversity) on psychological balance. The table includes the regression coefficients (β), standard error (SE), t-value, and significance level (p-value), in addition to a description of the nature of the effect for each variable. The results show that national loyalty has the greatest effect, followed by civic engagement, then respect for diversity with a relatively weak positive effect.

Table 6: Multiple Linear Regression Analysis Results for the Effect of Citizenship Dimensions on Psychological Balance

Independent Variable	Regression Coefficient (β)	Standard Error (SE)	t-value	Significance Level (p-value)	Effect Description
National Loyalty	0.46	0.05	9.20	$p < 0.001$	Strong positive effect
Civic Participation	0.33	0.06	5.50	$p < 0.001$	Moderate positive effect
Respect for Diversity	0.25	0.07	3.57	$p < 0.001$	Relatively weak positive effect

The results in Table 6 show that national loyalty has the strongest impact on psychological balance ($\beta = 0.46$), followed by civic participation ($\beta = 0.33$), while respect for diversity has a weaker effect ($\beta = 0.25$). All variables demonstrated strong statistical significance ($p < 0.001$), supporting the hypothesis that the dimensions of citizenship values play a significant role in explaining psychological balance.

These findings highlight the central role of citizenship values in enhancing psychological balance among Omani youth. National loyalty was found to have the greatest impact, followed by civic participation, while respect for diversity had a relatively weaker but still positive effect. These results can be interpreted in the context of Oman's cultural and social framework, where national loyalty plays a key role in shaping both individual and collective identity, enhancing a sense of security and psychological stability. This emphasizes the importance of national attachment and community belonging as key factors in supporting youth psychological well-being.

When comparing these results with previous studies in different cultural contexts, similar findings have been observed in Gulf countries such as Saudi Arabia and the United Arab Emirates, where national loyalty has been identified as a major contributor to psychological stability among youth. A study by Al-Qahtani (2010) in Saudi Arabia found that a strong connection to national identity enhances a sense of security and belonging, which in turn improves mental health. Likewise, Almheiri et al. (2023) in the

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UAE reported similar findings, where national loyalty was one of the most significant factors affecting psychological balance among Emirati youth, especially in light of policies promoting national identity and belonging.

Regarding civic participation, the study findings suggest a moderate impact on psychological balance, aligning with research conducted in Scandinavian countries, which emphasize civic engagement. For example, Syed (2016) found that civic participation enhances individuals' sense of influence in their communities, which positively affects mental well-being. However, in Oman, the impact of civic participation appears to be lower compared to countries with more open models of political and social engagement. This could be attributed to Omani society's emphasis on traditional social bonds and the role of official institutions in community affairs, rather than individual-driven civic activism.

As for respect for diversity, the findings indicate a relatively weak positive effect on psychological balance, which differs from studies conducted in multicultural societies such as the United States and Canada. For instance, Sarrica, Grimaldi, & Nencini (2010) found that respect for diversity enhances social cohesion and reduces psychological stress in ethnically and culturally diverse societies. This discrepancy may be explained by Oman's relatively homogeneous cultural landscape, where diversity may not play as dominant a role in influencing psychological balance compared to societies with high cultural diversity.

On the other hand, some studies in culturally homogeneous societies such as Japan and South Korea have yielded similar results to this study. Biesta (2009) found that respect for diversity had a limited effect on psychological balance in these societies, as they focus more on collective values and national identity rather than multicultural integration. This suggests that in societies where national identity is strong and cultural homogeneity is prevalent, respect for diversity may not be as significant a factor in mental well-being as in more diverse societies.

These findings underscore the importance of considering cultural and social context when examining the relationship between citizenship values and psychological balance. In Oman, national loyalty plays a fundamental role in supporting psychological balance, while civic participation and respect for diversity serve as complementary factors.

Findings Related to the Fourth Research Question

The study examined how the dimensions of citizenship values national loyalty, civic participation, and respect for diversity contribute to enhancing social belonging among Omani youth. To analyses this relationship, a multiple linear regression analysis was conducted, considering social belonging as the dependent variable and national loyalty, civic participation, and respect for diversity as independent variables.

The results indicated that all dimensions of citizenship values positively contribute to strengthening social belonging. National loyalty had the strongest impact, with a regression coefficient of ($\beta = 0.42$, $p < 0.001$), suggesting that fostering national loyalty plays a crucial role in increasing the youth's sense of belonging to their community. Civic participation also had a moderate positive effect ($\beta = 0.35$, $p < 0.001$), highlighting the significance of youth involvement in civic and community activities in reinforcing their connection to society. Respect for diversity had a positive but relatively weaker impact ($\beta = 0.28$, $p < 0.001$), indicating the importance of promoting diversity acceptance as part of national identity.

Table 7: Regression Analysis Results for the Effect of Citizenship Dimensions on Social Belonging

Independent Variable	Regression Coefficient (β)	Standard Error (SE)	t-value	Significance Level (p-value)	Effect Description
National Loyalty	0.42	0.05	8.40	p < 0.001	Strong positive effect
Civic Participation	0.35	0.06	5.83	p < 0.001	Moderate positive effect
Respect for Diversity	0.28	0.07	4.00	p < 0.001	Relatively weak positive effect

The model explained 58% of the variance in social belonging ($R^2 = 0.58$), indicating a strong relationship between citizenship values and social belonging. Furthermore, an ANOVA test for the model showed an F-value of 205.67 with degrees of freedom (3, 446) and a significance level of $p < 0.001$, confirming the model's efficiency in explaining the relationship between the independent variables and social belonging.

These findings strongly support the fourth hypothesis, demonstrating that citizenship values significantly contribute to enhancing social belonging among Omani youth, with national loyalty being the most influential factor, followed by civic participation, and finally respect for diversity. The results highlight the importance of developing national programs that focus on strengthening national loyalty and civic engagement while fostering a culture of diversity acceptance to build a cohesive and nationally integrated society.

These findings provide valuable insights into how citizenship values national loyalty, civic participation, and respect for diversity enhance social belonging among Omani youth. The results indicate that national loyalty had the greatest impact, followed by civic participation, and then respect for diversity. These findings align with Oman's unique socio-cultural context, which is deeply

rooted in loyalty and national identity, reinforced by a shared history, political stability, and social cohesion, making national loyalty a key factor in building a strong sense of belonging.

When comparing these findings with previous studies in different cultural contexts, similar conclusions have been reached regarding the role of national loyalty in fostering social belonging. For instance, a study conducted in the United Arab Emirates found that national loyalty is a fundamental factor in strengthening youth's attachment to state institutions and local communities (Almheiri et al., 2023). Similarly, a study in Saudi Arabia found that national loyalty was the strongest predictor of building a cohesive social identity among youth (Al-Qahtani, 2010), supporting the results of this study.

Regarding civic participation, the findings are consistent with studies conducted in societies that encourage public engagement, such as Scandinavian countries. Research in these regions has shown that civic participation plays a crucial role in fostering social belonging by encouraging individuals to participate in volunteer work and decision-making processes (Tonon, 2012). However, in the Omani context, civic participation had a smaller impact compared to national loyalty, which could be explained by Omani society's emphasis on tribal and family ties and the traditional role of government institutions in managing community affairs (Al-Mahrouqi, 2017), reducing the scope for active civic participation compared to some Western societies.

As for respect for diversity, the study found a positive but relatively weaker effect on social belonging. This finding aligns with studies conducted in culturally homogeneous societies, such as Japan and South Korea, where respect for diversity had a limited impact on social belonging compared to multicultural societies like the United States and Canada (Marzana, 2016). In these latter countries, research has shown that respect for diversity plays a critical role in fostering social belonging, as multiculturalism is an integral part of national identity and social integration policies (Nusubalieva et al., 2023).

On the other hand, this study's findings differ from research conducted in highly diverse nations such as South Africa and Brazil, where respect for diversity was found to have a strong influence on social belonging due to racial and cultural diversity (Eid, 2015; Mandache, 2024). This discrepancy can be explained by Oman's relatively homogeneous cultural landscape, where the need to actively promote diversity as a social bonding factor is less significant compared to multi-ethnic and multi-racial societies.

These results emphasize the importance of understanding the dimensions of citizenship values within their specific socio-cultural context. In Oman, national loyalty and civic participation play a crucial role in strengthening social belonging, while respect for diversity serves as a complementary factor supporting social cohesion. The study recommends developing policies, educational programs, and awareness initiatives focused on enhancing these values among Omani youth, while also drawing lessons from international experiences to further reinforce social belonging in the context of contemporary social and cultural changes.

Findings Related to the Fifth Research Question

The Relationship Between Citizenship Values, Psychological Balance, and Social Belonging Among Omani Youth. The study aimed to investigate the relationship between citizenship values and both psychological balance and social belonging among Omani youth. It also examined the role of citizenship value dimensions (national loyalty, civic participation, and respect for diversity) in shaping these relationships and whether statistically significant gender differences exist. A Structural Equation Model (SEM) was used to test these relationships across gender groups.

The results revealed a strong positive correlation between citizenship values and psychological balance, with a correlation coefficient of ($r = 0.68$, $p < 0.01$). Additionally, regression analysis showed that citizenship values account for approximately 46% of the variance in psychological balance ($R^2 = 0.46$), highlighting their significant impact on mental well-being.

Similarly, the study found a strong correlation between citizenship values and social belonging ($r = 0.74$, $p < 0.01$), with citizenship values explaining 55% of the variance in social belonging ($R^2 = 0.55$). The regression analysis confirmed that national loyalty had the strongest impact on both psychological balance and social belonging, followed by civic participation and then respect for diversity.

Table 8: Path Coefficients for Males and Females

Pathway	Females (β ± SE, p-value)	Males (β ± SE, p-value)
Citizenship Values → Psychological Balance	0.48 ± 0.07, p < 0.001	0.32 ± 0.06, p < 0.01
Citizenship Values → Social Belonging	0.52 ± 0.08, p < 0.001	0.50 ± 0.07, p < 0.001

Table 9: Multiple Regression Results for Citizenship Values and Psychological Balance

Independent Variable	Regression Coefficient (β)	Standard Error (SE)	t-value	p-value	Effect Description
National Loyalty	0.46	0.05	9.20	p < 0.001	Strong positive effect
Civic Participation	0.33	0.06	5.50	p < 0.001	Moderate positive effect
Respect for Diversity	0.25	0.07	3.57	p < 0.001	Relatively weak effect

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These findings indicate that national loyalty plays the most significant role in both psychological balance and social belonging, followed by civic participation and respect for diversity. Additionally, gender differences were analysed to determine whether males and females experience different relationships between citizenship values, psychological balance, and social belonging. Measurement invariance testing confirmed that the measurement scales were equivalent across gender groups, allowing for meaningful comparisons.

Gender Differences in the Relationship Between Citizenship Values and Psychological Balance/Social Belonging The relationship between citizenship values and psychological balance was found to be stronger among females ($\beta = 0.48$, $p < 0.001$) than among males ($\beta = 0.32$, $p < 0.01$). A Chi-square difference test ($\Delta\chi^2 = 7.54$, $df = 1$, $p < 0.05$) confirmed a statistically significant gender difference in this relationship, suggesting that citizenship values have a greater impact on mental well-being among females.

However, for the relationship between citizenship values and social belonging, the results were similar across genders, with females ($\beta = 0.52$, $p < 0.001$) and males ($\beta = 0.50$, $p < 0.001$) showing no significant difference ($\Delta\chi^2 = 2.10$, $df = 1$, $p > 0.05$).

Table 10: Chi-Square Difference Test for Gender Comparisons

Relationship	$\Delta\chi^2$	df	p-value	Conclusion
Citizenship Values → Psychological Balance	7.54	1	$p < 0.05$	Statistically significant gender difference
Citizenship Values → Social Belonging	2.10	1	$p > 0.05$	No significant gender difference

These findings confirm that citizenship values influence psychological balance more strongly among females than males, while no significant gender differences exist in the relationship between citizenship values and social belonging.
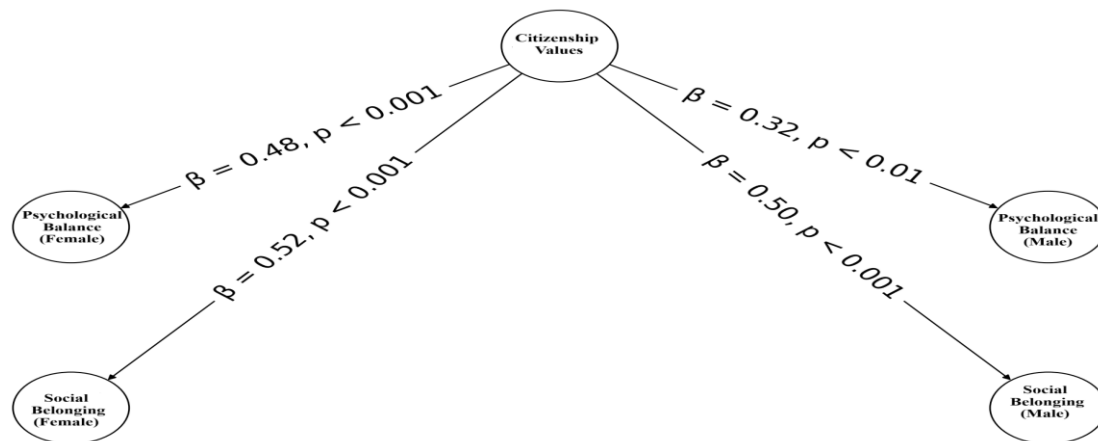
Figure 2: Structural Equation Model (SEM) for Citizenship Values, Psychological Balance, and Social Belonging Across Genders

(This figure illustrates the relationships between citizenship values, psychological balance, and social belonging for males and females, with path coefficients (β) and significance levels.)

These findings align with prior research in Oman and other countries, emphasizing the role of national loyalty in fostering psychological stability and social belonging. Similar studies in the UAE (Almheiri et al., 2023) and Saudi Arabia (Al-Qahtani, 2010) found that national loyalty was the strongest predictor of social cohesion among youth.

Regarding civic participation, these findings are consistent with studies conducted in Scandinavian countries, where civic engagement plays a crucial role in reinforcing social belonging (Butler & Benoit, 2015). However, in Oman, civic participation was less influential than national loyalty, possibly due to the traditional role of family and government in shaping community affairs (Al-Mahrouqi, 2017).

In terms of respect for diversity, the results align with studies conducted in culturally homogeneous societies such as Japan and South Korea, where diversity had a lesser impact on social belonging compared to multicultural societies like the U.S. and Canada (Nusubalieva et al., 2023; Marzana, 2016).

Previous studies have demonstrated that respect for diversity plays a crucial role in enhancing social belonging, particularly in highly multicultural societies. Research in countries with significant cultural diversity, such as the United States and Canada, has found that social integration policies and multicultural inclusion serve as fundamental components in building national identity and social cohesion (Butler & Benoit, 2015).

However, the findings of this study contrast with research conducted in South Africa and Brazil, where respect for diversity had a stronger effect on social belonging due to the high levels of racial and cultural diversity in these nations (Dahl, 2024; Helve,

2015). In these contexts, respect for diversity is an essential element in fostering social cohesion and reducing social fragmentation.

The differences in findings between Oman and more multicultural societies can be attributed to Oman's relatively homogeneous cultural landscape. In Oman, the dominant cultural and national identity minimizes the urgency for diversity acceptance as a primary factor in social belonging. Unlike countries with diverse ethnic and racial compositions, where social cohesion often relies on multicultural integration, Oman's social fabric is built around strong national loyalty and traditional community structures.

These findings highlight the importance of understanding citizenship values within their socio-cultural context. In Oman, national loyalty plays a central role in fostering social belonging, while civic participation and respect for diversity serve as complementary factors. As Oman continues to develop within a globalized environment, the role of diversity in social belonging may evolve, making it essential to balance national identity reinforcement with inclusive social policies.

RECOMMENDATIONS

Based on the findings, this study recommends strengthening citizenship values among youth through educational and community programs that emphasize national loyalty, civic participation, and respect for diversity. It also suggests developing educational curricula to integrate concepts of psychological balance and their role in national development. Additionally, the study proposes the establishment of youth mental health support centers that provide specialized counselling services to help young people understand the role of citizenship values in achieving psychological stability. Moreover, targeted programs should be designed to enhance psychological balance and social belonging, particularly among males, while also empowering females to continue their contributions to community engagement. The recommendations emphasize the importance of promoting cultural diversity, encouraging youth participation in decision-making, and aligning these efforts with the objectives of Oman Vision 2040. Furthermore, the study calls for expanding future research to include larger samples and additional variables to provide a more comprehensive understanding of the relationship between citizenship values and mental health.

SUGGESTIONS

Based on the findings, this study proposes conducting future research that explores the impact of citizenship values on various psychological, social, and economic aspects of Omani youth. These studies should examine the relationship between citizenship values and mental health, comparing their influence across urban and rural areas, and investigating gender and cultural differences in the perception and application of citizenship values. Additionally, the study suggests research that analyses the role of civic participation in social and economic empowerment and the impact of modern technology on strengthening national loyalty and respect for diversity. Furthermore, it is recommended to assess the role of educational curricula and national programs, such as Oman Vision 2040, in promoting citizenship values and to explore how these values contribute to national identity, conflict resolution, creativity, and entrepreneurship. Moreover, longitudinal studies should be conducted to track changes in the perception of citizenship values over time, helping to formulate sustainable national policies that focus on youth as the driving force of development.

CONCLUSION

Despite the significance of the study's findings, it is essential to consider certain limitations when interpreting the results. The findings may be influenced by the sample characteristics, which might not fully represent all age groups or geographic regions in Oman. Additionally, external factors such as educational background or economic status, which were not examined in this study, could have impacted the results. This highlights the need for future research that includes a broader range of variables to ensure a more comprehensive and accurate understanding. The study confirms that enhancing citizenship values among Omani youth is a powerful means of fostering psychological balance and social belonging. These values contribute to a greater sense of emotional stability and stronger community connections. Among the citizenship values, civic participation emerged as a key factor, significantly strengthening social belonging, underscoring the importance of youth engagement in community activities and national programs. Furthermore, the study revealed statistically significant gender differences, with females exhibiting higher levels of psychological balance and social belonging. This suggests the need for targeted programs that address the specific needs of both genders, ensuring inclusive participation that maximizes the positive societal impact of citizenship values. This research represents a valuable contribution to understanding the relationship between citizenship values, psychological balance, and social belonging within the Omani context. It serves as a key reference for policymakers and researchers, guiding the development of strategies that empower youth and encourage their active participation in community development. Moreover, the findings emphasize the importance of investing in citizenship values as a fundamental tool for building a cohesive and sustainable society, aligning with Oman Vision 2040 to achieve comprehensive development and long-term prosperity.

The Role of Citizenship Values in Enhancing Psychological Well-Being and Community Belonging Among Omani Youth: An Analytical Study of Influencing Factors and Gender Differences

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