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How Does Urban Environment Affect Children's Happiness?
A Scoping Review

[Bagaimana Lingkungan Kota Memengaruhi Kebahagiaan Anak? Sebuah Tinjauan Pelingkupan]

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Child-Friendly City Initiatives (CFCI) emphasizes the importance of creating urban environments that support children's health and well-being. This scoping review maps studies that examine the relationship between urban environmental characteristics and children's happiness (well-being) with children as participants. Based on a systematic search of four databases (Web of Science [WoS], SAGE Journals, Scopus, and ProQuest), eight articles were identified that met the inclusion criteria, namely: (a) empirical studies involving children's perspectives; (b) studies examining the relationship between urban environmental features and children's happiness (well-being); and (c) studies published in peer-reviewed English-language journals between 2004-2024. This scoping review revealed that there are five main environmental features that influence children's happiness (well-being), namely: (1) built environment; (2) natural environment; (3) play areas; (4) traffic conditions; and (5) cohesive social environment. These features influence children's happiness (well-being) through three underlying mechanisms, namely: (1) psychological; (2) social; and (3) physical activity. Moderating factors such as age, socioeconomic status, and gender identity were also identified as influencing the strength of the relationship between environmental features and children's happiness (well-being). This scoping review also produces recommendations for future study directions to enrich the understanding of the relationship between urban environments and children's happiness (well-being) in urban areas.

Keywords: Child-Friendly City Initiative (CFCI), scoping review, urban, happiness, well-being, children

Child-Friendly City Initiatives (*CFCI*; Inisiatif Kota Layak/Ramah Anak) menekankan pentingnya menciptakan lingkungan perkotaan yang mendukung kesehatan dan kesejahteraan anak. Tinjauan pelingkupan ini memetakan studi yang mengkaji hubungan antara karakteristik lingkungan perkotaan dan kebahagiaan (kesejahteraan) anak dengan anak terlibat sebagai partisipan. Berdasarkan pencarian sistematis di empat basis atau pangkalan data (*Web of Science [WoS]*, *SAGE Journals*, *Scopus*, dan *ProQuest*), delapan artikel diidentifikasi memenuhi kriteria inklusi, yaitu: (a) studi empiris yang melibatkan perspektif anak; (b) studi yang meneliti hubungan antara fitur lingkungan perkotaan dan kebahagiaan (kesejahteraan) anak; dan (c) studi yang diterbitkan dalam jurnal *peer-reviewed* Bahasa Inggris antara tahun 2004-2024. Tinjauan pelingkupan ini mengungkapkan bahwa ada lima fitur lingkungan utama yang mempengaruhi kebahagiaan (kesejahteraan) anak, yaitu: (1) lingkungan terbangun; (2) lingkungan natural; (3) area bermain; (4) kondisi lalu lintas; dan (5) lingkungan sosial yang kohesif. Fitur tersebut memengaruhi kebahagiaan (kesejahteraan) anak melalui tiga mekanisme yang mendasari, yaitu: (1) psikologis; (2) sosial; dan (3) aktivitas fisik. Faktor pemoderasi seperti usia, status sosial ekonomi, dan identitas *gender* juga diidentifikasi memengaruhi kekuatan hubungan antara fitur lingkungan dan kebahagiaan (kesejahteraan) anak. Tinjauan pelingkupan ini juga menghasilkan rekomendasi arah studi selanjutnya guna memperkaya pemahaman tentang hubungan antara lingkungan perkotaan dan kebahagiaan (kesejahteraan) anak di perkotaan.

Kata kunci: Inisiatif Kota Layak/Ramah Anak, tinjauan pelingkupan, perkotaan, kebahagiaan, kesejahteraan, anak

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Child-Friendly City Initiatives (CFCI) highlight the importance of transforming urban environments into places that support children's rights and well-being. This imperative requires going beyond theoretical understanding, translating knowledge into concrete, evidence-based interventions at the child's neighborhood level (United Nations Children's Fund [UNICEF] East Asia and Pacific Regional Office, 2023). In Indonesia, the Child-Friendly City Initiatives (CFCI) have been translated into guidelines for the development of *Kabupaten/Kota Layar Anak Tingkat Provinsi* (*KLATP*; Provincial-Level Child-Friendly City/District) as stipulated in the Regulation of the Ministry of State for Women Empowerment and Child Protection of the Republic of Indonesia Number 14 of Year 2010 (Menteri Negara Pemberdayaan Perempuan dan Perlindungan Anak Republik Indonesia [National Ministry of Women Empowerment and Child Protection of the Republic of Indonesia], 2010). A total of 320 out of 514 cities and regencies in Indonesia have joined the Child-Friendly City Initiatives (CFCI) and implemented the guidelines (Nisa, 2022).

Within the framework of the Child-Friendly City Initiatives (CFCI), the environment around the child's home that they access daily is in the first position of the priority list, because this environment greatly influences various aspects of child development, including physical health, cognitive growth, as well as emotional well-being (Sapsağlam & Eryılmaz, 2024). Poorly managed urban environments can expose children to pollution, noise, and lack of green spaces, all of which can have negative impacts on their health and ability to thrive and develop. In addition, access to facilities such as safe play areas, quality schools, and health services is essential to fostering an atmosphere conducive to child development (Sapsağlam & Eryılmaz, 2024).

Each resident has different needs for their city. These needs will vary based on age group and geographic location. For children living in urban areas, the neighborhood where they live is their primary arena for interacting with the physical and social environment, navigating to and from school, engaging in play, and

Child-Friendly City Initiatives (*CFCI*; Inisiatif Kota Layak/Ramah Anak) menyoroti pentingnya mengubah lingkungan perkotaan menjadi tempat yang mendukung hak dan kesejahteraan anak. Keharusan ini membutuhkan langkah yang lebih dari sekadar pemahaman teoritis, dengan menerjemahkan pengetahuan ke dalam intervensi berbasis bukti yang nyata di tingkat lingkungan sekitar (*neighborhood*) anak (United Nations Children's Fund [UNICEF] East Asia and Pacific Regional Office, 2023). Di Indonesia, *Child-Friendly City Initiatives (CFCI)* diterjemahkan dalam pedoman pengembangan Kabupaten/Kota Layak Anak Tingkat Provinsi (KLATP) yang diatur dalam Peraturan Menteri Negara Pemberdayaan Perempuan dan Perlindungan Anak Republik Indonesia Nomor 14 Tahun 2010 (Menteri Negara Pemberdayaan Perempuan dan Perlindungan Anak Republik Indonesia [National Ministry of Women Empowerment and Child Protection of the Republic of Indonesia], 2010). Sebanyak 320 dari 514 kota dan kabupaten di Indonesia telah bergabung dalam *Child-Friendly City Initiatives (CFCI)* dan mengimplementasikan pedoman tersebut (Nisa, 2022).

Dalam kerangka *Child-Friendly City Initiatives (CFCI)*, lingkungan sekitar tempat tinggal anak yang mereka akses sehari-hari menempati posisi pertama, karena lingkungan ini sangat mempengaruhi berbagai aspek perkembangan anak, termasuk kesehatan fisik, pertumbuhan kognitif, dan kesejahteraan emosional (Sapsağlam & Eryılmaz, 2024). Lingkungan perkotaan yang tidak dikelola dengan baik, dapat membuat anak terpapar polusi, kebisingan, dan kurangnya ruang hijau, yang semuanya dapat berdampak negatif pada kesehatan dan kemampuan mereka untuk berkembang. Selain itu, akses terhadap fasilitas seperti area bermain yang aman, sekolah berkualitas, dan layanan kesehatan sangat penting untuk menumbuhkan suasana yang kondusif bagi perkembangan anak (Sapsağlam & Eryılmaz, 2024).

Setiap penduduk memiliki kebutuhan yang berbeda akan kotanya. Kebutuhan ini akan terlihat bervariasi berdasarkan kelompok usia dan kondisi geografis tempat tinggal. Bagi anak yang tinggal di daerah perkotaan, lingkungan sekitar tempat tinggal anak menjadi arena utama mereka untuk berinteraksi dengan lingkungan

forming social relationships—all factors that significantly shape their overall well-being, especially their psychological well-being (Hosokawa & Katsura, 2020). Therefore, understanding the complex interactions of the characteristics of children's neighborhoods is essential to creating cities that support their happiness (well-being).

In this scoping review, the concept of happiness is understood as a multifaceted concept with varying definitions in psychological research, often encompassing affective and evaluative dimensions. Although traditionally viewed as a positive emotional state, researchers often explore happiness through the construct of subjective well-being (SWB), which integrates positive affect—the experience of pleasurable emotions such as joy and excitement—and life satisfaction—a cognitive assessment of one's overall quality of life (Schimmack et al., 2002). Together, the two form the basis of subjective well-being (SWB), which is considered a comprehensive model of happiness (Diener, Emmons, et al., 1985; Diener, Suh, et al., 1999). Fredrickson (2001) adds that when individuals experience joy or other positive emotions, their minds become more open and they can find new ways to solve problems, thus making them happier and more satisfied with their lives. Happiness is also measured through the construct of psychological well-being (PWB; Ryff, 1989). Psychological well-being (PWB) is often associated with happiness derived from a sense of purpose and life satisfaction over time rather than short-term positive emotions. Happiness in Ryff's (1989) model emphasizes feelings of well-being derived from one's self-realization.

To realize Child-Friendly Cities, or cities that make children happy, requires a comprehensive understanding of how the physical and social environments around children's homes, such as parks, streets, housing, community spaces, and social interactions, collectively influence their happiness (well-being). Without this understanding, policies and programs aimed at promoting children's happiness (well-being) are likely to be misdirected or ineffective (Cordero-Vinueza et al., 2023). Unfortunately, studies on child-friendly environments often examine physical and social factors separately, ignoring their dynamic interactions and combined effects on children's psychological well-being (Cosco et al., 2010). Existing

fisik dan sosial, menavigasi ke dan dari sekolah, terlibat dalam permainan, dan membentuk hubungan sosial—semua faktor yang secara signifikan membentuk kesejahteraan mereka secara keseluruhan, khususnya kesejahteraan psikologis mereka (Hosokawa & Katsura, 2020). Oleh karena itu, memahami interaksi yang kompleks dari karakteristik lingkungan sekitar anak sangat penting untuk menciptakan kota yang mendukung kebahagiaan (kesejahteraan) mereka.

Dalam tinjauan pelingkupan ini, konsep kebahagiaan dimaknai sebagai konsep *multifacet* dengan definisi yang berbeda-beda dalam penelitian psikologi, yang sering kali mencakup dimensi afektif dan evaluatif. Meskipun secara tradisional dipandang sebagai keadaan emosi positif, para peneliti sering mengeksplorasi kebahagiaan melalui konstruk kesejahteraan subjektif (*subjective well-being [SWB]*), yang mengintegrasikan afek positif—pengalaman emosi yang menyenangkan seperti sukacita dan kegembiraan—dan kepuasan hidup—penilaian kognitif terhadap kualitas hidup seseorang secara keseluruhan (Schimmack et al., 2002). Bersama-sama, keduanya membentuk dasar dari *subjective well-being (SWB)*, yang dianggap sebagai model kebahagiaan yang komprehensif (Diener, Emmons, et al., 1985; Diener, Suh, et al., 1999). Fredrickson (2001) menambahkan bahwa ketika individu merasa senang atau emosi positif lainnya, pikirannya akan menjadi lebih terbuka dan dapat menemukan cara baru untuk menyelesaikan masalah, sehingga individu tersebut tumbuh sebagai pribadi yang lebih bahagia dan puas dengan hidupnya. Kebahagiaan juga diukur melalui konstruk kesejahteraan psikologis (*psychological well-being [PWB]*; Ryff, 1989). *Psychological well-being (PWB)* sering dikaitkan dengan kebahagiaan yang berasal dari *sense of purpose* dan kepuasan hidup dari waktu ke waktu daripada emosi positif jangka pendek. Kebahagiaan dalam model Ryff (1989) menekankan perasaan sejahtera yang berasal dari realisasi diri seseorang.

Untuk mewujudkan Kota Layak/Ramah Anak, atau kota yang membahagiakan anak, diperlukan pemahaman yang komprehensif tentang bagaimana lingkungan fisik dan sosial di sekitar tempat tinggal anak, seperti taman, jalan, perumahan, ruang komunitas, dan interaksi sosial, secara bersama-sama memengaruhi kebahagiaan (kesejahteraan) mereka. Tanpa pemahaman ini, kebijakan dan program yang bertujuan mempromosikan kebahagiaan (kesejahteraan) anak menjadi tidak tepat sasaran atau tidak efektif (Cordero-Vinueza et al., 2023). Sayangnya, studi tentang lingkungan yang layak/ramah anak sering kali meneliti faktor fisik dan sosial secara terpisah, mengabaikan interaksi dinamis dan efek gabungan keduanya

studies are limited in exploring the relationship between the availability of green spaces and children's mental health without identifying children's experiences of accessing these spaces and how being in these spaces can influence their positive life experiences as city dwellers (Chawla, 2001).

The limited number of studies on this topic can be attributed to the still dominant traditional paradigm of childhood, where children are viewed as passive objects (Mayall, 2008; United Nations Children's Fund [UNICEF], 2021a; 2021b). This view ignores the social construction of children as active individuals who have agency in interpreting their experiences and environments. As a result, data collection methods often do not consider children's perspectives and interests (Alderson & Morrow, 2011). The phenomenon of gatekeeping by parents, such as in research on children's experiences where information is actually obtained through parents, further reinforces the exclusion of children's voices in studies (Balen et al., 2006).

To address these limitations, researchers such as Prout (2011) have proposed a "new paradigm of childhood," which views children as social actors with agency, able to interpret their own lives and environments. The central principle to this paradigm is the recognition of children's right to participate in decisions that affect them, and an emphasis on study methodologies that allow children to articulate their perceptions of themselves and their environments (Clark & Moss, 2011). This paradigm shift has also been adapted in research that promotes children's right to cities that enhance their well-being. For example, the United Nations Children's Fund (UNICEF)'s Child-Friendly City Initiatives (CFCI) outlines how to involve children in decision-making processes to ensure that urban development addresses issues that are critical to their well-being (United Nations Children's Fund [UNICEF], n.d.b.).

This scoping review aims to fill the knowledge gap by identifying environmental features that are consistently associated with children's happiness (well-being) in urban environments. The focus of the scoping review is on: (1) physical environmental features, such as Green Open Space (GOS); and (2) social environmental features,

terhadap kesejahteraan psikologis anak (Cosco et al., 2010). Sejumlah studi yang ada masih terbatas dalam mengeksplorasi hubungan antara ketersediaan ruang hijau dan kesehatan mental anak tanpa mengidentifikasi pengalaman anak mengakses ruang tersebut dan bahwa berada di ruang tersebut dapat memengaruhi pengalaman hidup positif mereka sebagai penduduk kota (Chawla, 2001).

Keterbatasan jumlah studi dalam topik ini dapat dikaitkan dengan paradigma traditional masa kanak-kanak (*traditional paradigm of childhood*) yang masih dominan, ketika anak dipandang sebagai objek yang pasif (Mayall, 2008; United Nations Children's Fund [UNICEF], 2021a; 2021b). Pandangan ini mengabaikan konstruksi sosial anak sebagai individu yang aktif dan memiliki agensi dalam memaknai pengalaman serta lingkungannya. Sebagai akibatnya, metode pengumpulan data seringkali tidak mempertimbangkan perspektif dan kepentingan anak (Alderson & Morrow, 2011). Fenomena *gatekeeping* oleh orang tua, seperti dalam riset tentang pengalaman anak yang informasinya justru digali melalui orang tua, semakin memperkuat eksklusi suara anak dalam studi (Balen et al., 2006).

Untuk mengatasi keterbatasan ini, para peneliti seperti Prout (2011) menawarkan "paradigma masa kanak-kanak yang baru" (*"the new paradigm of childhood"*), yang memandang anak sebagai aktor sosial yang memiliki agensi, yang mampu menginterpretasikan kehidupan dan lingkungan mereka sendiri. Prinsip utama dari paradigma ini adalah pengakuan atas hak anak untuk berpartisipasi dalam pengambilan keputusan yang juga mempengaruhi mereka, serta penekanan pada metodologi studi yang memungkinkan anak untuk menyampaikan persepsi mereka tentang diri dan lingkungan mereka (Clark & Moss, 2011). Pergeseran paradigma ini juga diadaptasi dalam riset yang mempromosikan hak anak atas kota yang menyejahterakan mereka. Sebagai contoh, *Child-Friendly City Initiatives (CFCI)* dari *United Nations Children's Fund (UNICEF)* menguraikan bagaimana melibatkan anak dalam proses pengambilan keputusan untuk memastikan bahwa pembangunan kota menangani masalah yang penting bagi kesejahteraan mereka (United Nations Children's Fund [UNICEF], n.d.b.).

Tinjauan pelingkupan ini bertujuan untuk mengisi kesenjangan pengetahuan dengan mengidentifikasi fitur lingkungan yang secara konsisten terkait dengan kebahagiaan (kesejahteraan) anak di lingkungan perkotaan. Fokus tinjauan pelingkupan adalah pada: (1) fitur lingkungan fisik, seperti Ruang Terbuka Hijau (RTH); dan (2) fitur

such as community support. Studies included in the review are empirical studies with data collection methods that involve children as participants. In addition to identifying environmental features that are associated with children's happiness (well-being), this review will also identify the mechanisms underlying these relationships. The results of this review are expected to form the basis for future studies and the development of evidence-based interventions that are sourced from the "voice of children", in order to catalyze Child-Friendly Cities at both the global and local levels.

lingkungan sosial, seperti dukungan komunitas. Studi yang dimasukkan dalam tinjauan adalah studi empirik dengan metode pengumpulan data yang melibatkan anak sebagai partisipan. Selain mengidentifikasi fitur lingkungan yang berhubungan dengan kebahagiaan (kesejahteraan) anak, tinjauan ini juga akan mengidentifikasi mekanisme yang mendasari hubungan tersebut. Hasil tinjauan ini diharapkan dapat menjadi landasan bagi studi lebih lanjut dan pengembangan intervensi berbasis bukti yang bersumber dari "suara anak", guna mengatalisasi Kota Layak/Ramah Anak di tingkat global maupun lokal.

Method

Study Design

A scoping review is a systematic process of identifying, selecting, and analyzing relevant study or research literature to provide a comprehensive overview of a particular topic (Arksey & O'Malley, 2005). A scoping review provides a broad overview to identify study or research gaps and helps to structure a more targeted systematic review, including in terms of selecting relevant keywords (Grant & Booth, 2009; search queries available in Appendix 1). Unlike a Systematic Literature Review (SLR), which synthesizes findings from methodologically similar studies to generate high-level evidence, a scoping review is more flexible in that it can use a variety of data types without critical quality assessment, given its exploratory - and not evaluative - focus (Munn et al., 2018).

Scoping reviews are specifically designed to identify gaps or gaps in the existing literature. In the context of this study, a scoping review allows the authors to map studies that include children's perspectives, in order to identify the environmental features that children perceive as most influential to their well-being and the mechanisms underlying this.

This scoping review consisted of five main steps based on the framework developed by Arksey and O'Malley (2005) and one optional step based on the suggestions of Levac et al. (2010), namely: (1) defining the research question; (2) identifying relevant studies; (3) selecting studies to include in the review; (4) charting the data; (5) critically appraising the selected studies (optional step); and (6) organizing, summarizing, and

Metode

Desain Studi

Tinjauan pelingkupan adalah proses sistematis untuk mengidentifikasi, memilih, dan menganalisis literatur studi atau penelitian yang relevan untuk memberikan gambaran komprehensif tentang topik tertentu (Arksey & O'Malley, 2005). Tinjauan pelingkupan memberikan gambaran umum yang luas untuk mengidentifikasi kesenjangan studi atau penelitian dan membantu menyusun tinjauan sistematis yang lebih terarah, termasuk dalam hal pemilihan kata kunci yang relevan (Grant & Booth, 2009; kueri pencarian tersedia dalam Lampiran 1). Berbeda dari *Systematic Literature Review (SLR)*, yang mensintesis temuan dari studi metodologis serupa untuk menghasilkan bukti tingkat tinggi, tinjauan pelingkupan bersifat lebih fleksibel karena dapat menggunakan berbagai jenis data tanpa penilaian kualitas secara kritis, mengingat fokusnya adalah eksploratif, bukan evaluatif (Munn et al., 2018).

Tinjauan pelingkupan dirancang khusus untuk mengidentifikasi celah atau kesenjangan dalam literatur yang ada. Dalam konteks studi ini, tinjauan pelingkupan memungkinkan para penulis untuk memetakan studi yang melibatkan perspektif anak, guna mengidentifikasi fitur lingkungan yang menurut anak paling berpengaruh terhadap kebahagiaan mereka dan mekanisme yang mendasari hal tersebut.

Tinjauan pelingkupan ini terdiri dari lima langkah utama berdasarkan kerangka kerja yang dikembangkan Arksey dan O'Malley (2005) dan satu langkah opsional berdasarkan saran Levac et al. (2010), yaitu: (1) mendefinisikan pertanyaan penelitian; (2) mengidentifikasi studi yang relevan; (3) memilih studi yang akan disertakan dalam tinjauan; (4) membuat bagan data; (5) melakukan penilaian kritis terhadap studi terpilih (langkah opsional);

reporting. The authors utilized a scoping review checklist adapted from Tricco et al. (2018) to ensure appropriateness of the steps and completeness of the procedure. More details of the checklist utilized in this study (Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews [PRISMA-ScR]) are available in Appendix 2.

To ensure a comprehensive search, the authors utilized four databases, namely: (1) Web of Science (WoS); (2) SAGE Journals; (3) Scopus; and (4) ProQuest. These four databases are widely recognized as the most comprehensive index sources for multidisciplinary studies and research, especially in fields that combine behavioral science, urban planning, and public health (Gusenbauer & Haddaway, 2020).

Identifying Research Questions

This scoping review aims to answer the following question: "Based on studies participated by children, what are the features of the urban environment associated with children's happiness (well-being) and what are the mechanisms underlying these relationships?". To develop the literature search strategy, the authors utilized the Population, Exposure, Outcome (PEO) framework as outlined in Table 1. The Population, Exposure, Outcome (PEO) framework is very useful in scoping reviews to develop search strategies, determine inclusion and exclusion criteria, map the evidence, and ultimately support meaningful conclusions (Murniati et al., 2022).

Study Inclusion and Exclusion Criteria

The inclusion and exclusion criteria of this study were specifically designed to answer the research question of how neighborhood characteristics affect urban children's happiness (well-being). Full details of the inclusion and exclusion criteria are provided in Table 2.

This study included empirical studies using quantitative, qualitative, or mixed-methods designs that directly measured the happiness (well-being) of children as participants. The studies included in this review were peer-reviewed journal articles in English, both published and preprint, published between 2004-2024, and from a variety of relevant disciplines. The year 2004 was selected based on a significant milestone in the development of Child-

dan (6) menyusun, meringkas, dan melaporkan. Para penulis menggunakan *checklist* tinjauan pelingkupan yang diadaptasi dari Tricco et al. (2018) untuk memastikan kesesuaian langkah dan kelengkapan prosedur. Detail lebih lengkap sehubungan dengan *checklist* yang digunakan dalam studi ini (*Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews [PRISMA-ScR]*) tersedia pada Lampiran 2.

Untuk memastikan pencarian yang komprehensif, para penulis menggunakan empat basis atau pangkalan data, yaitu: (1) *Web of Science (WoS)*; (2) *SAGE Journals*; (3) *Scopus*; dan (4) *ProQuest*. Keempat basis atau pangkalan data tersebut secara luas diakui sebagai sumber indeks paling komprehensif untuk studi dan penelitian multi-disiplin, terutama pada bidang yang menggabungkan ilmu perilaku, perencanaan kota, dan kesehatan masyarakat (Gusenbauer & Haddaway, 2020).

Mengidentifikasi Pertanyaan Penelitian

Tinjauan pelingkupan ini bertujuan untuk menjawab pertanyaan berikut: "Berdasarkan studi yang dipartisipasi anak, apa saja fitur lingkungan perkotaan yang berhubungan dengan kebahagiaan (kesejahteraan) anak dan mekanisme apa yang mendasari hubungan ini?". Untuk mengembangkan strategi pencarian literatur, para penulis menggunakan kerangka kerja *Population, Exposure, Outcome* (*PEO*; Populasi, Paparan, Hasil) seperti yang diuraikan dalam Tabel 1. Kerangka *Population, Exposure, Outcome (PEO)* sangat berguna dalam tinjauan pelingkupan untuk mengembangkan strategi pencarian, menentukan kriteria inklusi dan eksklusi, memetakan bukti, dan pada akhirnya mendukung penarikan simpulan yang bermakna (Murniati et al., 2022).

Kriteria Inklusi dan Eksklusi Studi

Kriteria inklusi dan eksklusi studi ini dirancang secara khusus untuk menjawab pertanyaan penelitian tentang bagaimana karakteristik lingkungan mempengaruhi kebahagiaan (kesejahteraan) anak perkotaan. Rincian lengkap kriteria inklusi dan eksklusi tersedia pada Tabel 2.

Studi ini menyertakan studi empiris yang menggunakan desain kuantitatif, kualitatif, atau gabungan keduanya (*mixed-methods*) dengan mengukur kebahagiaan (kesejahteraan) langsung dari anak sebagai partisipan. Studi yang disertakan dalam tinjauan ini adalah artikel jurnal yang telah ditinjau sejawat (*peer-reviewed*) dalam Bahasa Inggris, baik yang telah diterbitkan maupun pracetak, yang diterbitkan antara tahun 2004-2024, dan berasal dari

Table 1

Population, Exposure, Outcome (PEO) Framework Utilized in This Study

Population (P)	Exposure (E)	Outcome (O)
Children living in urban areas.	Physical features (e.g., built environment, aesthetics, facilities) and social characteristics (e.g., perceived safety or security, social cohesion) of the environment.	Happiness (well-being) or related construct on children, such as: - Subjective well-being (SWB) - Psychological well-being (PWB) - Life satisfaction - Mental health - Quality of life - Positive feelings

Friendly Cities interventions worldwide, when the United Nations Children's Fund (UNICEF) released "Building Child Friendly Cities: A Framework for Action" (United Nations Children's Fund [UNICEF] Innocenti Research Centre, International Secretariat for Child Friendly Cities, 2004; United Nations Children's Fund [UNICEF], n.d.a.). The framework aimed to integrate the principles of the Convention of the Rights of the Child (CRC) into the planning and management of cities worldwide.

Study Search and Selection Strategy

The authors deliberately applied broad inclusion criteria regarding the characteristics of children's neighborhoods. The aim was to capture the full range of children's experiences with the social and physical features of their neighborhoods, and to consider how these might influence their happiness (well-being). Given that studies of the impact of urban environments on children involve a variety of disciplines, the authors used a broad definition of "happiness." The authors acknowledge that the term "happiness" can be used interchangeably with other terms, such as "quality of life" and "mental health" in public health, "subjective well-being" and "positive feelings" in behavioral science, and "life satisfaction" in urban

berbagai disiplin ilmu yang relevan. Pemilihan tahun 2004 berdasarkan pada tonggak penting dalam pengembangan intervensi tata Kota Layak/Ramah Anak di seluruh dunia, ketika *United Nations Children's Fund (UNICEF)* merilis *"Building Child Friendly Cities: A Framework for Action"* (United Nations Children's Fund [UNICEF] Innocenti Research Centre, International Secretariat for Child Friendly Cities, 2004; United Nations Children's Fund [UNICEF], n.d.a.). Kerangka kerja tersebut bertujuan untuk mengintegrasikan prinsip *Convention of the Rights of the Child* (*CRC*; Konvensi Hak Anak) dalam perencanaan dan pengelolaan kota di seluruh dunia.

Strategi Pencarian dan Pemilihan Studi

Para penulis secara sengaja menerapkan kriteria inklusi yang luas terkait karakteristik lingkungan sekitar anak. Tujuannya adalah untuk mencakup berbagai macam pengalaman anak dengan fitur sosial dan fisik di lingkungan mereka, serta mempertimbangkan bagaimana hal ini dapat memengaruhi kebahagiaan (kesejahteraan) mereka. Mengingat studi tentang dampak lingkungan perkotaan terhadap anak melibatkan berbagai disiplin ilmu, para penulis menggunakan definisi "kebahagiaan" secara luas. Para penulis memahami bahwa istilah "kebahagiaan" dapat dipertukarkan dengan istilah lain, seperti "kualitas hidup" dan "kesehatan mental" dalam bidang kesehatan masyarakat, "kesejahteraan subjektif"

Tabel 1

Kerangka Kerja Population, Exposure, Outcome (PEO) yang Digunakan Dalam Studi Ini

Population (P)	Exposure (E)	Outcome (O)
Anak yang tinggal di daerah perkotaan.	Fitur fisik (misalnya: lingkungan terbangun, estetika, fasilitas) dan karakteristik sosial (misalnya: keamanan yang dirasakan, kohesi sosial) dari lingkungan sekitar.	Kebahagiaan (kesejahteraan) atau konstruk terkait pada anak, seperti: - Kesejahteraan subjektif - Kesejahteraan psikologis - Kepuasan hidup - Kesehatan mental - Kualitas hidup - Perasaan positif

Table 2
Inclusion and Exclusion Criteria

	Inclusion Criteria	Exclusion Criteria
Population (P)	Children living in urban areas, with the possibility of including studies comparing them with children in rural and peri-urban settings. According to the World Health Organization (WHO) and Convention on the Rights of the Child (CRC) guidelines, the age range of children in question is 0-18 years.	Children living in rural or suburban areas, children with health or clinical problems (e.g., children with physical or mental disabilities).
Exposure (E)	One or more of the physical features of a particular environment (e.g., public spaces and facilities) and social features (e.g., perceived safety or security, social cohesion).	Environments outside the child's immediate environment (e.g., parents' workplace, virtual environment, or regional parks).
Outcome (O)	Happiness (well-being) or related constructs in children, which can be measured through: subjective well-being scales, life satisfaction questionnaires, positive mental health indicators, quality of life indicators.	Physical health outcomes or other constructs that are not directly related to happiness.
Mechanism or Mediator	Studies investigating the mechanisms or pathways linking urban environmental features to children's happiness, particularly those that: - Examine factors that mediate the relationship between environmental features and children's happiness (well-being). - Utilize empirical data to investigate the relationship.	
Study Design	- Quantitative studies in real-life settings (e.g., cross-sectional, longitudinal). - Qualitative study exploring children's life experiences in relation to their environment and happiness (well-being). - A mixed methods study combining quantitative and qualitative approaches.	- Experimental studies - Theoretical/conceptual papers, meta-analyses - Reviews, commentaries, or opinions - Case reports
Measurement	Child self-reports (e.g., questionnaires, interviews, observations, etc.).	Proxy reports (e.g., ranking from parents or teachers).
Publication Language	English	
Publication Time Frame	January 2004 - September 2024	
Literature Type	Peer-reviewed journal articles, both published and preprint.	
Discipline Focus	Health, behavioral sciences, social sciences, urban planning, environment, and geography.	

planning—all depending on the relevant discipline of study context. More detailed information regarding the search queries and keywords used in each database is provided in Appendix 1.

dan "perasaan positif" dalam ilmu perilaku, serta "kepuasan hidup" dalam perencanaan kota—semuanya tergantung pada konteks disiplin ilmu yang relevan. Informasi lebih detail sehubungan dengan kueri pencarian dan kata kunci yang digunakan pada tiap basis atau pangkalan data tersedia pada Lampiran 1.

Tabel 2
Kriteria Inklusi dan Eksklusi

	Kriteria Inklusi	Kriteria Eksklusi
Population (P)	Anak yang tinggal di daerah perkotaan, dengan kemungkinan menyertakan studi yang membandingkan mereka dengan anak di lingkungan pedesaan dan pinggiran kota. Sesuai pedoman *World Health Organization (WHO)* dan *Convention of the Rights of the Child* (*CRC*; Konvensi Hak Anak), rentang usia anak yang dimaksud adalah 0-18 tahun.	Anak yang tinggal di daerah pedesaan atau pinggiran kota, anak dengan masalah kesehatan atau klinis (misalnya: anak dengan disabilitas fisik maupun mental).
Exposure (E)	Satu atau lebih fitur fisik lingkungan tertentu (misalnya: ruang publik dan fasilitas) dan fitur sosial (misalnya: keamanan yang dirasakan, kohesi sosial).	Lingkungan di luar lingkungan terdekat anak (misalnya: tempat kerja orang tua, lingkungan virtual, atau taman daerah di tingkat regional).
Outcome (O)	Kebahagiaan (kesejahteraan) atau konstruk terkait pada anak, yang dapat diukur melalui: skala kesejahteraan subjektif, kuesioner kepuasan hidup, indikator kesehatan mental yang positif, indikator kualitas hidup.	Hasil kesehatan fisik atau konstruk lain yang tidak terkait langsung dengan kebahagiaan.
Mekanisme atau Mediator	Studi yang menyelidiki mekanisme atau jalur yang menghubungkan fitur lingkungan perkotaan dengan kebahagiaan anak, khususnya yang: - Memeriksa faktor yang memediasi hubungan fitur lingkungan dan kebahagiaan (kesejahteraan) anak. - Memanfaatkan data empiris untuk menyelidiki hubungan tersebut.	
Desain Studi	- Studi kuantitatif dalam *setting* kehidupan nyata (misalnya: *cross-sectional*, longitudinal). - Studi kualitatif yang mengeksplorasi pengalaman hidup anak dalam kaitannya dengan lingkungan dan kebahagiaan (kesejahteraan) mereka. - Studi dengan metode campuran yang menggabungkan pendekatan kuantitatif dan kualitatif.	- Studi eksperimental - Makalah teoretis/konseptual, meta-analisis - Ulasan, komentar, atau opini - Laporan kasus
Pengukuran	Laporan diri anak (misalnya: kuesioner, wawancara, observasi, dll.).	Laporan proksi (misalnya: peringkat orang tua atau guru).
Bahasa Publikasi	Bahasa Inggris	
Jangka Waktu Publikasi	Januari 2004 - September 2024	
Jenis Naskah	Artikel jurnal *peer-reviewed* baik yang telah terbit maupun pracetak.	
Fokus Disiplin	Kesehatan, ilmu perilaku, ilmu sosial, perencanaan kota, lingkungan, dan geografi.	

In the initial exploration phase, the authors utilized more than 40 keyword variations integrated into a Boolean search strategy in the "all text" column of each database (more detailed information is available in Table 3). This initial search yielded 1,118,729 articles, with details

Dalam tahap eksplorasi awal, para penulis menggunakan lebih dari 40 variasi kata kunci yang diintegrasikan dalam strategi pencarian *Boolean* pada kolom *"all text"* di tiap basis atau pangkalan data (informasi lebih detail tersedia pada Tabel 3). Pencarian awal ini menghasilkan

Table 3

Search Strategy and Keywords

Context	Neighborhood	Children	Happiness	Mechanism	Study Type
"urban" OR "city"	"neighborhood" OR "scape" OR "neighbourhood" OR "street" AND "environment" OR "setting" OR "landscape" OR "space" OR "public space" OR "green space" OR "open space" OR "play space" OR "habitat"	"children" OR "child" OR "adolescent" OR "youth" OR "kid" OR "youngster" OR "juvenile" OR "young people"	"happiness" OR "happy" OR "subjective well?being" OR "life?satisfaction" OR "positive affect~" OR "emotional well?being" OR "contentment" OR "cheer~" OR "psychological well?being" OR "mental well?being" OR "mental health" OR "quality of life" OR "joy" OR "enjoyment" OR "pleasure" OR "delight"	"mechanism" OR "pathway" OR "process" OR "mediat*" OR "moderat*" OR "association" OR "correlation" OR "relationship"	"empiric*" OR "evidence" AND NOT "literature review" NOT "tinjauan pelingkupan" NOT "conceptual framework"

of: 159,000 from ProQuest, 959,279 from SAGE Journals, 65 from Scopus, and 409 from Web of Science (WoS).

The authors refined the search results using the inclusion and exclusion criteria detailed in Table 2 , and by utilizing the filter functions within each database. The filter functions differed across databases, but in general the authors filtered by publication language, measurement type, publication period, manuscript type, and discipline of study focus (more details are provided in Table 2). This narrowed the authors' selection to 39 articles from Web of Science (WoS), 41 from Scopus, 26 from SAGE Journals, and 36 from ProQuest, for a total of 142 articles. The authors then screened these 142 articles to ensure that they met the authors' keywords and inclusion criteria, with a focus on the abstract, introduction, and conclusion. This rigorous process resulted in 31 articles published in 18 different journals.

1.118.729 artikel, dengan rincian: 159.000 dari *ProQuest*, 959.279 dari *SAGE Journals*, 65 dari *Scopus*, dan 409 dari *Web of Science (WoS)*.

Para penulis menyempurnakan hasil pencarian dengan menggunakan kriteria inklusi dan eksklusi yang dirinci dalam Tabel 2, dan dengan memanfaatkan fungsi filter pada tiap basis atau pangkalan data. Fungsi filter di tiap basis atau pangkalan data berbeda, namun secara umum para penulis melakukan filtrasi berdasarkan bahasa publikasi, jenis pengukuran, jangka waktu publikasi, jenis naskah, dan fokus disiplin (informasi lebih detail tersedia pada Tabel 2). Hal ini mempersempit pilihan para penulis menjadi 39 artikel dari *Web of Science (WoS)*, 41 dari *Scopus*, 26 dari *SAGE Journals*, dan 36 dari *ProQuest*, dengan total 142 artikel. Para penulis kemudian menyaring 142 artikel ini untuk memastikan bahwa sejumlah artikel tersebut memenuhi kata kunci dan kriteria inklusi para penulis, dengan fokus pada bagian abstrak, pendahuluan, dan simpulan. Proses yang ketat ini menghasilkan 31 artikel yang dipublikasikan pada 18 jurnal yang berbeda.

Tabel 3

Strategi Pencarian dan Kata Kunci

Context	Neighborhood	Children	Happiness	Mechanism	Study Type
"urban" OR "city"	"neighborhood" OR "scape" OR "neighbourhood" OR "street" AND "environment" OR "setting" OR "landscape" OR "space" OR "public space" OR "green space" OR "open space" OR "play space" OR "habitat"	"children" OR "child" OR "adolescent" OR "youth" OR "kid" OR "youngster" OR "juvenile" OR "young people"	"happiness" OR "happy" OR "subjective well?being" OR "life?satisfaction" OR "positive affect~" OR "emotional well?being" OR "contentment" OR "cheer~" OR "psychological well?being" OR "mental well?being" OR "mental health" OR "quality of life" OR "joy" OR "enjoyment" OR "pleasure" OR "delight"	"mechanism" OR "pathway" OR "process" OR "mediat*" OR "moderat*" OR "association" OR "correlation" OR "relationship"	"empiric*" OR "evidence" AND NOT "literature review" NOT "tinjauan pelingkupan" NOT "conceptual framework"

After eliminating one duplicate article, the remaining 30 articles were then subjected to a full-text review by three reviewers separately. Each reviewer reviewed the articles at different times with separate folder access, without interfering with each other's review process. This assessment aimed to determine whether the articles were eligible for mapping and data extraction. If there was a difference of opinion in the assessment of an article, it was resolved through discussion. This selection process is documented in the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) flowchart (see Figure 1). The Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) protocol used in this study has been registered with the Open Science Framework (OSF) under the identification number (available at): https://doi.org/10.17605/OSF.IO/MW84D.

Creating Data Charts

The data mapping task was carried out separately by three reviewers, namely: FA, CK, and JSP, who are also the authors of this article. This task involved the process of exploring, analyzing, and summarizing relevant information on 30 articles that had passed the screening in the previous stage. To ensure accuracy and reliability, the authors applied a two-stage approach: (1) in the first stage, each reviewer carried out the data mapping separately; and (2) in the second stage, a consensus meeting was held to discuss and resolve any differences that arose.
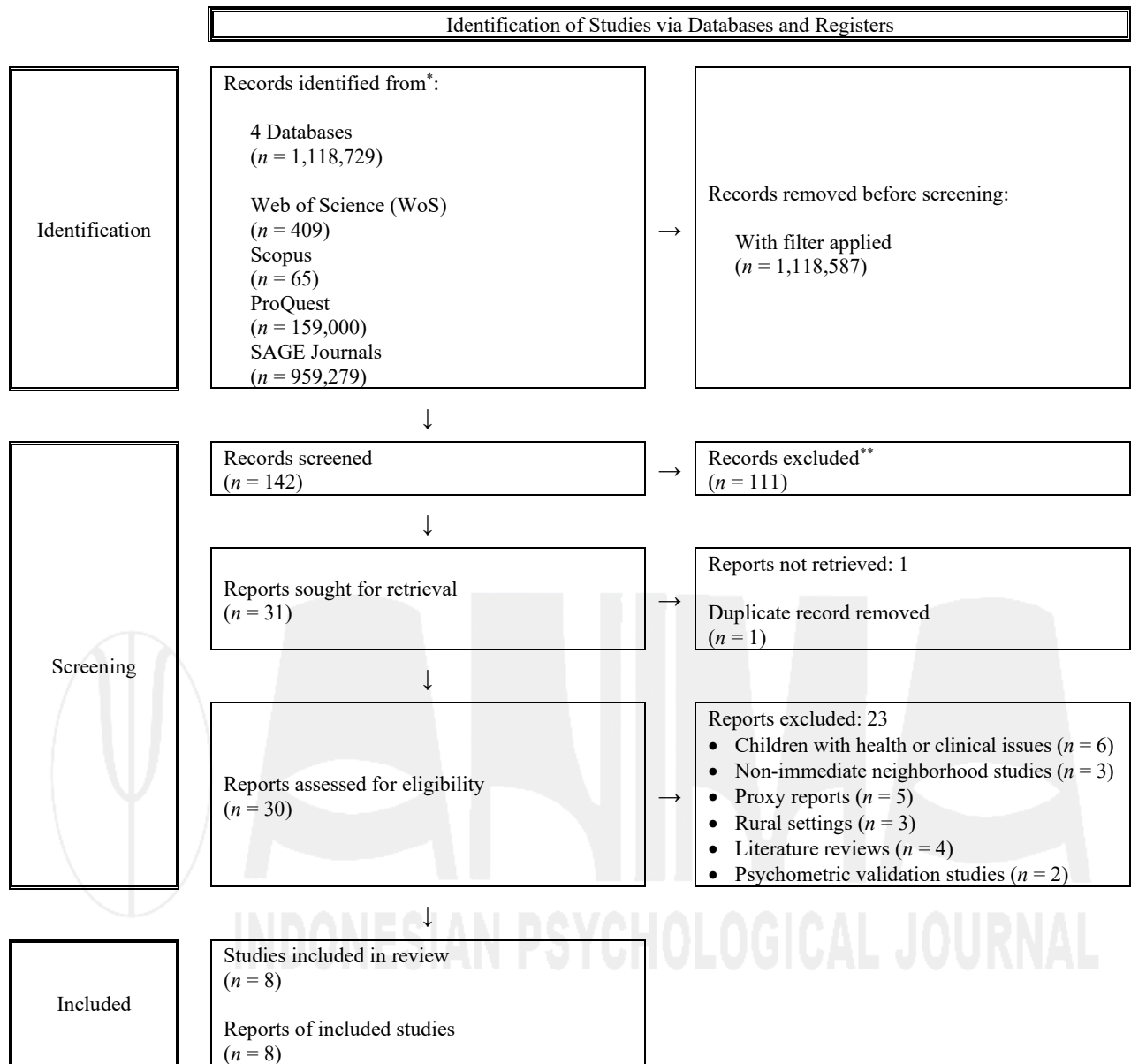
To facilitate the extraction process, all full texts and reference details of the 30 articles were imported into Mendeley Desktop and placed into a single literature group folder. This made accessing and assessing easier for the reviewers. The data extraction process itself was conducted using Microsoft Excel, systematically recording important elements such as database source, title, authors, publication date, study design, study location, sample age range, sample size, exposure, outcomes, measurement tools, main outcomes, and any mechanisms identified and discussed in the study. More detailed information regarding important elements is provided in Appendix 2, while an example of the data extraction process using Microsoft Excel is provided in Appendix 3. The entire mapping and data extraction process resulted in eight selected articles that were agreed upon by all reviewers to be analyzed using thematic analysis methods. More detailed information regarding the eight selected articles is available in Table 4.

Setelah mengeliminasi satu artikel duplikat, 30 artikel yang tersisa kemudian diikutsertakan dalam penilaian teks menyeluruh (*full-text review*) oleh tiga peninjau secara terpisah. Setiap peninjau mereviu artikel pada waktu berbeda dengan akses *folder* terpisah, tanpa saling mengintervensi proses tinjauan. Penilaian ini bertujuan untuk menentukan apakah artikel tersebut memenuhi syarat untuk dipetakan dan diekstraksi datanya. Jika terdapat perbedaan pendapat dalam penilaian suatu artikel, maka hal tersebut akan diselesaikan melalui diskusi. Proses seleksi ini didokumentasikan dalam diagram alir *Preferred Reporting Items for Systematic Reviews and Meta-Analyses* (*PRISMA*; lihat Gambar 1). Protokol *Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA)* yang digunakan dalam studi ini telah didaftarkan di *Open Science Framework (OSF)* dengan nomor identifikasi (tersedia pada): https://doi.org/10.17605/OSF.IO/MW84D.

Pembuatan Bagan Data

Tugas pemetaan data dilakukan oleh tiga peninjau secara terpisah, yaitu: FA, CK, dan JSP, yang juga merupakan penulis artikel ini. Tugas ini melibatkan proses menggali, menganalisis, dan merangkum informasi relevan terhadap 30 artikel yang telah lolos skrining pada tahap sebelumnya. Untuk memastikan akurasi dan keandalan, para penulis menerapkan pendekatan dua tahap: (1) pada tahap pertama, tiap peninjau melakukan pemetaan data secara terpisah; dan (2) pada tahap kedua, pertemuan konsensus untuk membahas dan menyelesaikan bersama tiap perbedaan yang muncul.

Untuk mempermudah proses ekstraksi, seluruh teks lengkap dan detail referensi dari 30 artikel tersebut diimpor ke dalam *Mendeley Desktop* dan dimasukkan ke dalam satu *folder* kelompok literatur. Hal ini memudahkan para peninjau untuk mengakses dan menilai dengan mudah. Proses ekstraksi data itu sendiri dilakukan dengan menggunakan *Microsoft Excel*, yang secara sistematis mencatat elemen penting seperti sumber basis atau pangkalan data, judul, penulis, tanggal publikasi, desain studi, lokasi studi, rentang usia sampel, ukuran sampel, paparan, hasil, alat pengukuran, hasil utama, serta mekanisme apa pun yang diidentifikasi dan dibahas dalam studi tersebut. Informasi lebih detail sehubungan elemen penting tersedia pada Lampiran 2, sementara contoh proses ekstrasi data menggunakan *Microsoft Excel* tersedia pada Lampiran 3. Seluruh proses pemetaan dan ekstraksi data ini menghasilkan delapan artikel terpilih yang disepakati oleh semua peninjau untuk dianalisis menggunakan metode analisis tematik. Informasi lebih lengkap sehubungan dengan delapan artikel terpilih tersebut tersedia pada Tabel 4.

Identification of Studies via Databases and Registers

Identification

Records identified from*:

4 Databases
($n = 1,118,729$)

Web of Science (WoS)
($n = 409$)
Scopus
($n = 65$)
ProQuest
($n = 159,000$)
SAGE Journals
($n = 959,279$)

→ Records removed before screening:

With filter applied
($n = 1,118,587$)

Screening

Records screened
($n = 142$)

→ Records excluded**
($n = 111$)

Reports sought for retrieval
($n = 31$)

→ Reports not retrieved: 1

Duplicate record removed
($n = 1$)

Reports assessed for eligibility
($n = 30$)

→ Reports excluded: 23
- Children with health or clinical issues ($n = 6$)
- Non-immediate neighborhood studies ($n = 3$)
- Proxy reports ($n = 5$)
- Rural settings ($n = 3$)
- Literature reviews ($n = 4$)
- Psychometric validation studies ($n = 2$)

Included

Studies included in review
($n = 8$)

Reports of included studies
($n = 8$)

*Consider, if feasible to do so, reporting the number of records identified from each database or register searched (rather than the total number across all databases or registers).
**If automation tools were used, indicate how many records were excluded by a human and how many were excluded by automation tools.
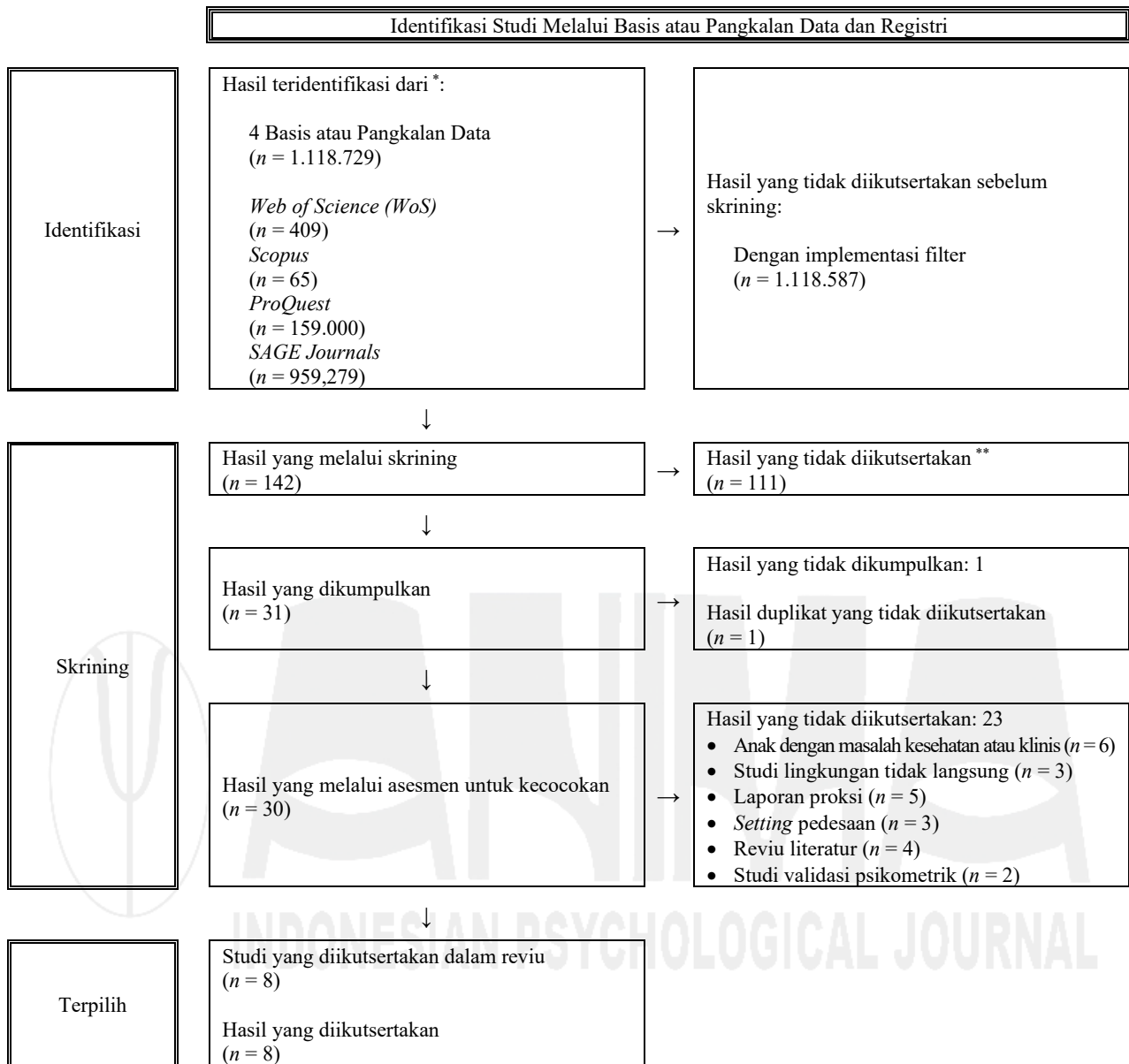Source: Page et al. (2021). https://doi.org/10.1136/bmj.n71

Figure 1. Flowchart of the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) that documents the article filtering and choosing process.

Critical Appraisal of Included Studies

To ensure a systematic evaluation of the methodological quality of the eight selected studies, this scoping review utilized the Mixed Methods Appraisal Tool (MMAT) developed by Hong et al. (2018). This tool was chosen because of its flexibility in assessing a variety of research

Penilaian Kritis Terhadap Studi yang Diikutsertakan

Untuk memastikan evaluasi sistematis terhadap kualitas metodologis dari delapan studi yang terpilih, tinjauan pelingkupan ini menggunakan *Mixed Methods Appraisal Tool (MMAT)* yang dikembangkan oleh Hong et al. (2018). Alat ini dipilih karena fleksibilitasnya dalam menilai ber-

Identifikasi Studi Melalui Basis atau Pangkalan Data dan Registri

Identifikasi

Hasil teridentifikasi dari [*]:

4 Basis atau Pangkalan Data
($n = 1.118.729$)

Web of Science (WoS)
($n = 409$)
Scopus
($n = 65$)
ProQuest
($n = 159.000$)
SAGE Journals
($n = 959,279$)

→

Hasil yang tidak diikutsertakan sebelum skrining:

Dengan implementasi filter
($n = 1.118.587$)

↓

Skrining

Hasil yang melalui skrining
($n = 142$)

→ Hasil yang tidak diikutsertakan [**]
($n = 111$)

↓

Hasil yang dikumpulkan
($n = 31$)

→ Hasil yang tidak dikumpulkan: 1

Hasil duplikat yang tidak diikutsertakan
($n = 1$)

↓

Hasil yang melalui asesmen untuk kecocokan
($n = 30$)

→ Hasil yang tidak diikutsertakan: 23
- Anak dengan masalah kesehatan atau klinis ($n = 6$)
- Studi lingkungan tidak langsung ($n = 3$)
- Laporan proksi ($n = 5$)
- *Setting* pedesaan ($n = 3$)
- Reviu literatur ($n = 4$)
- Studi validasi psikometrik ($n = 2$)

↓

Terpilih

Studi yang diikutsertakan dalam reviu
($n = 8$)

Hasil yang diikutsertakan
($n = 8$)

[*]Pertimbangkan, apabila memungkinkan, untuk melaporkan jumlah hasil yang teridentifikasi dari tiap basis atau pangkalan data atau registry yang digunakan (daripada hanya jumlah total dari semua basis atau pangkalan data atau registri).
[**]Apabila menggunakan perangkat otomatis, indikasikan jumlah hasil yang dikaji oleh manusia dan perangkat otomatis.
Sumber: Page et al. (2021). https://doi.org/10.1136/bmj.n71

Gambar 1. Diagram alir *Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA)*
yang mendokumentasikan proses pemilihan artikel.

designs, including quantitative, qualitative, and mixed methods, which is appropriate to the methodological diversity of the studies included in this scoping review. The assessment focused on key elements, such as the appropriateness of the sampling strategy, the validity and reliability of the measurement instruments, and the accuracy of the data collection and analysis methods.

bagai desain penelitian, termasuk kuantitatif, kualitatif, dan metode campuran, yang sesuai dengan keragaman metodologis studi yang disertakan dalam tinjauan pelingkupan ini. Penilaian difokuskan pada elemen kunci, seperti kesesuaian strategi pengambilan sampel, validitas dan reliabilitas alat ukur, serta keakuratan dalam metode pengumpulan dan analisis data.

Table 4

Characteristics of Chosen Articles

Database	Authors & Publication Year	Title	Publication Journal	Study Methods	Location	Participants	Methodo-logy Quality[*]
ProQuest	Agarwal et al. (2021)	A Critical Review of Standards to Examine the Parameters of Child-Friendly Environment (CFE) in Parks and Open Space of Planned Neighborhoods: A Case of Lucknow City, India	Social Sciences	Literature review, Delphi method, children's drawings & essays	Lucknow City, India	59 children aged 6-14 years; 47 professionals	High
Web of Science (WoS)	Alfaro et al. (2024)	Life Satisfaction and the Relationship Experience at Family, School, and Neighborhood Levels for Chilean Children	Journal of Child and Family Studies	Cross-sectional survey	Urban areas, Biobío region, Chile	1065 children (10-12 years of age)	High
SAGE Journals	Buttazzoni & Minaker (2023)	Associations Between Adolescent Mental Health and Pedestrian- and Transit-Oriented Urban Design Qualities: Evidence from a National-Level Online Canadian survey	Urban Studies	Online survey with videos of urban settings	Nationally representative sample of Canadian adolescents	1500 children (9-17 years of age)	High
Web of Science (WoS)	Ditzel et al. (2023)	Satisfaction With the Neighborhood of Israeli and Chilean Children and Its Effects on Their Subjective Well-being	Child Indicators Research	Cross-sectional study utilizing data from the third wave of the Children's Worlds survey	Chile and Israel	4.942 children (10 and 12 years of age)	High
Scopus	Kim et al. (2016)	Urban Natural Environments, Obesity, and Health-Related Quality of Life among Hispanic Children Living in Inner-City Neighborhoods	International Journal of Environmental Research and Public Health	Cross-sectional	Inner-city Houston, Texas	92 children (9-11 years of age)	Moderate
Web of Science (WoS)	Teixeira (2016)	Beyond Broken Windows: Youth Perspectives on Housing Abandonment and Its Impact on Individual and Community Well-Being	Child Indicators Research	Mixed methods (photo mapping, interviews, Geographic Information System [GIS])	Homewood neighborhood, Pittsburgh, PA	31 children (14-19 years of age)	High
Web of Science (WoS)	Valois et al. (2020)	Neighborhood Stress and Life Satisfaction: Is There a Relationship for African American Adolescents?	Applied Research in Quality of Life	Cross-sectional survey	Four mid-sized cities in Northeastern and Southeastern United States of America (USA)	1.658 children (13-18 years of age)	Moderate
Scopus	Zhang et al. (2024)	Impacts of Sociodemographic Factors, Identities and Neighbourhood Safety on the Relationship between Urban Green Space and Adolescent Mental Well-being: Findings from Tamaki Makaurau Auckland, Aotearoa New Zealand	SSM Population Health	Cross-sectional	Auckland, New Zealand	3.813 children (12-19 years of age)	High

Notes. Based on the results of critical assessment on each article conducted by three reviewers utilizing the Mixed Methods Appraisal Tool (MMAT) with three score criteria options (High, Moderate, Low).

Tabel 4
Karakteristik Artikel Terpilih

Basis atau Pangkalan Data	Penulis & Tahun Publikasi	Judul	Jurnal Publikasi	Metode Studi	Lokasi	Partisipan	Kualitas Metodo-logis*
ProQuest	Agarwal et al. (2021)	*A Critical Review of Standards to Examine the Parameters of Child-Friendly Environment (CFE) in Parks and Open Space of Planned Neighborhoods: A Case of Lucknow City, India*	*Social Sciences*	Reviu literatur, metode *Delphi*, gambar dan esai anak	Lucknow City, India	59 anak usia 6-14 tahun; 47 individu profesional	Tinggi
Web of Science (WoS)	Alfaro et al. (2024)	*Life Satisfaction and the Relationship Experience at Family, School, and Neighborhood Levels for Chilean Children*	*Journal of Child and Family Studies*	Survei *cross-sectional*	Area perkotaan, daerah Biobío, Chile	1065 anak (usia 10-12 tahun)	Tinggi
SAGE Journals	Buttazzoni & Minaker (2023)	*Associations Between Adolescent Mental Health and Pedestrian- and Transit-Oriented Urban Design Qualities: Evidence from a National-Level Online Canadian survey*	*Urban Studies*	Survei daring dengan video *setting* perkotaan	Sample nasional remaja Kanada	1500 anak (usia 9-17 tahun)	Tinggi
Web of Science (WoS)	Ditzel et al. (2023)	*Satisfaction With the Neighborhood of Israeli and Chilean Children and Its Effects on Their Subjective Well-being*	*Child Indicators Research*	Studi *cross-sectional study* dengan data dari survei Children's Worlds gelombang ketiga	Chile dan Israel	4.942 anak (usia 10 and 12 tahun)	Tinggi
Scopus	Kim et al. (2016)	*Urban Natural Environments, Obesity, and Health-Related Quality of Life among Hispanic Children Living in Inner-City Neighborhoods*	*International Journal of Environmental Research and Public Health*	*Cross-sectional*	*Inner-city* Houston, Texas	92 anak (usia 9-11 tahun)	Sedang
Web of Science (WoS)	Teixeira (2016)	*Beyond Broken Windows: Youth Perspectives on Housing Abandonment and Its Impact on Individual and Community Well-Being*	*Child Indicators Research*	*Mixed methods* (pemetaan foto, wawancara, *Geographic Information System [GIS]*)	*Homewood neighborhood*, Pittsburgh, PA	31 anak (usia 14-19 tahun)	Tinggi
Web of Science (WoS)	Valois et al. (2020)	*Neighborhood Stress and Life Satisfaction: Is There a Relationship for African American Adolescents?*	*Applied Research in Quality of Life*	Survei *cross-sectional*	Empat kota berukuran sedang di Northeastern dan Southeastern United States of America (USA)	1.658 anak (usia 13-18 tahun)	Sedang
Scopus	Zhang et al. (2024)	*Impacts of Sociodemographic Factors, Identities and Neighbourhood Safety on the Relationship between Urban Green Space and Adolescent Mental Well-being: Findings from Tamaki Makaurau Auckland, Aotearoa New Zealand*	*SSM Population Health*	*Cross-sectional*	Auckland, New Zealand	3.813 anak (usia 12-19 tahun)	Tinggi

Catatan. Diisi berdasarkan hasil penilaian kritis terhadap tiap artikel yang dilakukan oleh tiga peninjau menggunakan *Mixed Methods Appraisal Tool (MMAT)* dengan tiga pilihan kriteria nilai (Tinggi, Sedang, Rendah).

Each reviewer separatedly assessed the methodological quality of each article using the form provided in the Mixed Methods Appraisal Tool (MMAT; see Appendix 4) to ensure consistency in assessment and reduce the potential for subjective bias. There are three categories of possible scores for each study, namely: (1) High, if all criteria are met, or only one criterion is not met; (2) Moderate, if two criteria are not met; and (3) Low, if three or more criteria are not met.

In case of discrepancies in the assessment results, resolution was conducted through discussion to reach consensus among the reviewers, as recommended in the best practices for systematic reviews (Moher et al., 2009). The assessment results from the three reviewers are available for access on the Open Science Framework (OSF) webpage for this study at the link: https://osf.io/eq3gk.

Collecting and Summarizing Results

After data extraction, thematic analysis was conducted inductively and with initial coding conducted by the three reviewers separately. After individual coding, the three reviewers formulated themes that were appropriate for each category and code. The findings were then summarized and categorized manually. The articles were systematically categorized and discussed in the following two sub-sections: (1) study characteristics; and (2) urban environmental features and mechanisms that influence children's happiness (well-being). Information regarding the full structure of the findings from this scoping review is provided in Table 5.

Results

Characteristics of Selected Articles

This scoping review explores the complex relationship between the built environment and children and adolescents' happiness (well-being), based on a range of studies. A comprehensive search strategy was applied across four databases, including SAGE Journals, ProQuest, Web of Science (WoS), and Scopus, covering publications from 2016 to 2024. This reflects the relatively new and emerging nature of this research topic (Grant & Booth, 2009). The publications of the studies were spread across a range of journals, further emphasizing the multidisciplinary nature of this research topic. Information regarding the characteristics of the selected articles is provided in Table 4.

Setiap peninjau secara terpisah menilai kualitas metodologis tiap artikel menggunakan borang yang tersedia dalam *Mixed Methods Appraisal Tool* (*MMAT*; lihat Lampiran 4) untuk memastikan konsistensi dalam penilaian dan mengurangi potensi bias subjektif. Terdapat tiga kategori nilai yang mungkin didapat setiap studi, yaitu: (1) Tinggi, apabila semua kriteria terpenuhi, atau hanya satu kriteria yang tidak terpenuhi; (2) Sedang, apabila ada dua kriteria yang tidak terpenuhi; dan (3) Rendah, apabila ada tiga atau lebih kriteria yang tidak terpenuhi.

Jika terjadi perbedaan hasil penilaian, penyelesaian dilakukan melalui diskusi untuk mencapai konsensus antara para peninjau, sebagaimana disarankan dalam praktik terbaik untuk *systematic review* (Moher et al., 2009). Hasil penilaian dari ketiga peninjau tersedia dan dapat diakses dalam laman *web Open Science Framework (OSF)* untuk studi ini di tautan: https://osf.io/eq3gk.

Mengumpulkan dan Merangkum Hasil

Pasca ekstraksi data, analisis tema dilakukan secara induktif dan dengan pengkodean awal yang dilakukan oleh ketiga peninjau secara terpisah. Setelah dilakukan pengkodean secara individual, ketiga peninjau merumuskan tema yang cocok untuk setiap kategori dan kode. Temuan tersebut kemudian dirangkum dan dikategorisasi secara manual. Sejumlah artikel tersebut dikategorikan dan didiskusikan secara sistematis dalam dua sub-bagian berikut: (1) karakteristik penelitian; dan (2) fitur dan mekanisme lingkungan perkotaan yang memengaruhi kebahagiaan (kesejahteraan) anak. Informasi struktur lengkap temuan dari tinjauan pelingkupan ini tersedia pada Tabel 5.

Hasil

Karakteristik Artikel Terpilih

Tinjauan pelingkupan ini menggali hubungan kompleks antara lingkungan terbangun dan kebahagiaan (kesejahteraan) anak serta remaja, berdasarkan berbagai studi. Strategi pencarian yang komprehensif diterapkan pada empat basis atau pangkalan data, termasuk *SAGE Journals*, *ProQuest*, *Web of Science (WoS)*, dan *Scopus*, mencakup publikasi dari tahun 2016 hingga 2024. Hal ini mencerminkan bahwa topik studi ini relatif baru dan sedang berkembang (Grant & Booth, 2009). Publikasi studi tersebar di berbagai jurnal, yang semakin menekankan sifat multidisiplin dari topik studi ini. Informasi sehubungan karakteristik artikel terpilih tersedia pada Tabel 4.

The studies reviewed utilized a variety of methodologies, including online surveys, literature reviews, Delphi methods, cross-sectional surveys, and mixed methods (combining photo mapping, interviews, and Geographic Information Systems [GIS]). The study populations were also diverse, including children and adolescents from a variety of countries, including Canada, India, Chile, the United States, and New Zealand.

Evaluation utilizing the Mixed Methods Appraisal Tool (MMAT) showed that six of the eight articles reviewed had high methodological quality. The remaining two articles were rated as having moderate methodological quality. Both articles had weaknesses in terms of clarity of the research questions. As a result, reviewers had difficulty in determining whether the samples used were representative of the population and whether the sampling method chosen was appropriate.

The age range of participants varied across the eight studies, with some studies focusing on specific age groups (e.g., 10-12 years, 13-18 years), while others covered a broader range (e.g., 9-17 years, 6-14 years). The study's focus on the impact of the environment on happiness (well-being) in the 6-12-year-old population group further strengthens findings from previous studies (e.g., Arlinkasari, 2021; Cunningham & Jones, 2006). These studies have shown that children aged 6-12 years are the largest users of the space around their home for a variety of activities, including play and commuting to school.

Features and Mechanisms of Urban Environment in Influencing Children's Happiness (Well-Being)

This study found five features of the urban environment that affect children's happiness (well-being), namely: (1) built environment; (2) natural environment; (3) play areas; (4) traffic conditions; and (5) a cohesive social environment. The characteristics of environmental features can be measured in two ways: (1) objective measurements using hard data such as geospatial data, distance, and population density; and (2) subjective measurements using soft data such as perceptions and attitude scales. Some variables can even be measured in both ways at once. An example is the accessibility of a public space. Objectively, accessibility is measured by the distance and travel time from the child's home to the public space (Zhang et al., 2024). Subjectively, accessibility is measured by asking how easy it is for the child to access the public space independently (Kim et al., 2016).

Studi atau penelitian yang ditinjau menggunakan beragam metodologi, seperti survei daring, tinjauan literatur, metode *Delphi*, survei *cross-sectional*, dan metode campuran (menggabungkan pemetaan foto, wawancara, dan Sistem Informasi Geografis [SIG]). Populasi studi juga beragam, mencakup anak dan remaja dari berbagai negara, termasuk Kanada, India, Chili, Amerika Serikat, dan Selandia Baru.

Evaluasi menggunakan *Mixed Methods Appraisal Tool (MMAT)* menunjukkan bahwa enam dari delapan artikel yang ditinjau memiliki kualitas metodologis yang tinggi. Dua artikel sisanya dinilai memiliki kualitas metodologis sedang. Kedua artikel tersebut memiliki kelemahan dalam hal kejelasan pertanyaan penelitian. Sebagai akibatnya, para peninjau mengalami kesulitan dalam menentukan apakah sampel yang digunakan representatif terhadap populasi dan apakah metode *sampling* sudah tepat.

Rentang usia partisipan bervariasi di delapan studi, dengan beberapa studi berfokus pada kelompok usia spesifik (misalnya: 10-12 tahun, 13-18 tahun), sementara yang lain mencakup rentang yang lebih luas (misalnya: 9-17 tahun, 6-14 tahun). Fokus studi dalam topik dampak lingkungan terhadap kebahagiaan (kesejahteraan) pada kelompok populasi anak usia 6-12 tahun ini semakin memperkuat sejumlah temuan pada studi terdahulu (misalnya: Arlinkasari, 2021; Cunningham & Jones, 2006). Sejumlah studi tersebut menunjukkan bahwa anak usia 6-12 tahun merupakan pengguna terbesar ruang di sekitar lingkungan tempat tinggal mereka untuk berbagai aktivitas, termasuk bermain dan perjalanan ke sekolah.

Fitur dan Mekanisme Lingkungan Perkotaan Dalam Memengaruhi Kebahagiaan (Kesejahteraan) Anak

Studi ini menemukan lima fitur lingkungan perkotaan yang memengaruhi kebahagiaan (kesejahteraan) anak, yaitu: (1) lingkungan terbangun; (2) lingkungan natural; (3) area bermain; (4) kondisi lalu lintas; dan (5) lingkungan sosial yang kohesif. Karakteristik fitur lingkungan dapat diukur dengan dua cara: (1) pengukuran objektif yang menggunakan *hard data* seperti data geospasial, jarak, dan kepadatan penduduk; dan (2) pengukuran subjektif yang memanfaatkan *soft data* seperti persepsi dan skala sikap. Beberapa variabel bahkan dapat diukur dengan kedua cara sekaligus. Sebagai contoh adalah aksesibilitas ruang publik. Secara objektif, aksesibilitas diukur dengan jarak dan waktu tempuh dari rumah anak ke ruang publik (Zhang et al., 2024). Secara subjektif, aksesibilitas diukur dengan menanyakan seberapa mudah anak mengakses ruang publik secara mandiri (Kim et al., 2016).

Table 5

Features and Mechanisms of Urban Environment That Affect Children's Happiness (Well-Being) Based on Existing Literatures

Environmental Features	Studied Characteristics	Examples	Mechanisms		
			Psychological	Social	Physical Activity
Built Environment	Disturbance or damage to the built environment	Vacant or abandoned buildings, dilapidation, and physical damage to buildings	Stress, anxiety, insecurity; feelings of abandonment (Teixeira, 2016; Valois et al., 2020)	Facilitating delinquency and crime (Teixeira, 2016)	
	Aesthetic built environment	Artworks in public spaces; buildings with unique architectural features; natural elements	Exploration and engagement with the environment (Buttazzoni & Minaker, 2023)		
Natural Environment	Accessible open space	Parks, nature reserves and forests	Perceptions of safety and inclusion (Zhang et al., 2024) Restorative (Kim et al., 2016); Stress recovery or reduction (Buttazzoni & Minaker, 2023)	Facilitating social interaction (Agarwal, 2021)	Physical movement and play (Agarwal, 2021)
	Accessible blue open space	Lake area, coastline	Explore and play (Buttazzoni & Minaker, 2023) Stress recovery or reduction (Buttazzoni & Minaker, 2023)		
Play Area	Accessible play area	Formal and informal play areas, recreation areas	Explore and play (Agarwal et al., 2021; Alfaro et al., 2024) Children's satisfaction with their surroundings (Alfaro et al., 2024; Ditzel et al., 2023)	Facilitating intergenerational interactions, and forming friendships (Agarwal, 2021)	Physical movement and play (Agarwal, 2021)
Traffic	Safe traffic conditions	Safe crossings on the way to school; slow traffic with streets for play; car-free days			Independent mobility (Agarwal, 2021)
Social Cohesion	Lack of social cohesion	Lack of attention from adults and authorities towards children; Stigmatization towards the surrounding environment	Feelings of shame and inferiority; feelings of isolation (Teixeira, 2016)		

In addition, the authors also found three main mechanisms that indirectly link urban environment and children's happiness (well-being; see Figure 2), namely: (1) psychological mechanisms; (2) social mechanisms; and (3) physical activity mechanisms. As available in Table 5, psychological processes or mechanisms include a sense of security, reduced stress levels, and satisfaction with the environment; social processes or mechanisms include social interaction, and a sense of community; physical activity mechanisms include physical activities, such as playing and independent mobility.

Selain itu, para penulis juga menemukan tiga mekanisme utama yang menghubungkan lingkungan perkotaan dan kebahagiaan (kesejahteraan) anak secara tidak langsung (lihat Gambar 2), yaitu: (1) mekanisme psikologis; (2) mekanisme sosial; dan (3) mekanisme aktivitas fisik. Seperti yang tersedia pada Tabel 5, proses atau mekanisme psikologis mencakup rasa aman, berkurangnya tingkat stres, dan kepuasan terhadap lingkungan; proses atau mekanisme sosial mencakup interaksi sosial, dan rasa kebersamaan; mekanisme aktivitas fisik mencakup aktivitas fisik, seperti bermain dan bermobilitas mandiri.

Tabel 5

Fitur dan Mekanisme Lingkungan Kota yang Memengaruhi Kebahagiaan (Kesejahteraan) Anak Berdasarkan Literatur yang Ada

Fitur Lingkungan	Karakteristik yang Diteliti	Contoh	Mekanisme		
			Psikologis	Sosial	Aktivitas Fisik
Lingkungan Terbangun	Gangguan atau kerusakan pada lingkungan terbangun	Bangunan kosong atau ditinggalkan, bobrok, dan kerusakan fisik pada bangunan	Stres, kecemasan, rasa tidak aman; perasaan ditinggalkan (Teixeira, 2016; Valois et al., 2020)	Memfasilitasi kenakalan dan kejahatan (Teixeira, 2016)	
	Lingkungan terbangun yang estetik	Karya seni di ruang publik; bangunan dengan fitur arsitektur yang unik; elemen alam	Eksplorasi dan keterlibatan dengan lingkungan (Buttazzoni & Minaker, 2023)		
Lingkungan Natural	Ruang terbuka yang aksesibel	Taman, cagar alam, dan hutan	Persepsi keamanan dan inklusi (Zhang et al., 2024) Restoratif (Kim et al., 2016); Pemulihan atau pengurangan stres (Buttazzoni & Minaker, 2023)	Memfasilitasi interaksi sosial (Agarwal, 2021)	Gerak fisik dan bermain (Agarwal, 2021)
	Ruang terbuka biru yang aksesibel	Area danau, garis pantai	Eksplorasi dan bermain (Buttazzoni & Minaker, 2023) Pemulihan atau pengurangan stres (Buttazzoni & Minaker, 2023)		
Area Bermain	Area bermain yang aksesibel	Area bermain formal dan informal, tempat rekreasi	Eksplorasi dan bermain (Agarwal et al., 2021; Alfaro et al., 2024) Kepuasan anak terhadap lingkungan sekitarnya (Alfaro et al., 2024; Ditzel et al., 2023)	Memfasilitasi interaksi antargenerasi, dan membentuk persahabatan (Agarwal, 2021)	Gerak fisik dan bermain (Agarwal, 2021)
Lalu Lintas	Kondisi lalu lintas yang aman	Penyeberangan yang aman dalam perjalanan ke sekolah; lalu lintas yang lambat dengan jalan-jalan untuk bermain; Hari Bebas Kendaraan Bermotor (HBKB)			Mobilitas mandiri (Agarwal, 2021)
Kohesi Sosial	Kurangnya kohesi sosial	Kurangnya perhatian dari orang dewasa dan pihak berwenang terhadap anak; Stigmatisasi terhadap lingkungan sekitar	Perasaan malu dan rendah diri; perasaan terisolasi (Teixeira, 2016)		

Discussion

This section discusses the environmental features most associated with urban children's happiness (well-being), and the mechanisms underlying these relationships. In addition, the authors explore directions for future study that could enrich our understanding of the relationship between urban environments and children's happiness (well-being), as well as factors that may moderate the im-

Diskusi

Bagian ini membahas fitur lingkungan yang paling berkaitan dengan kebahagiaan (kesejahteraan) anak perkotaan, serta mekanisme yang mendasari hubungan tersebut. Selain itu, para penulis juga mengeksplorasi arah studi lebih lanjut yang dapat memperkaya pemahaman mengenai hubungan antara lingkungan perkotaan dan kebahagiaan (kesejahteraan) anak, serta faktor yang dapat
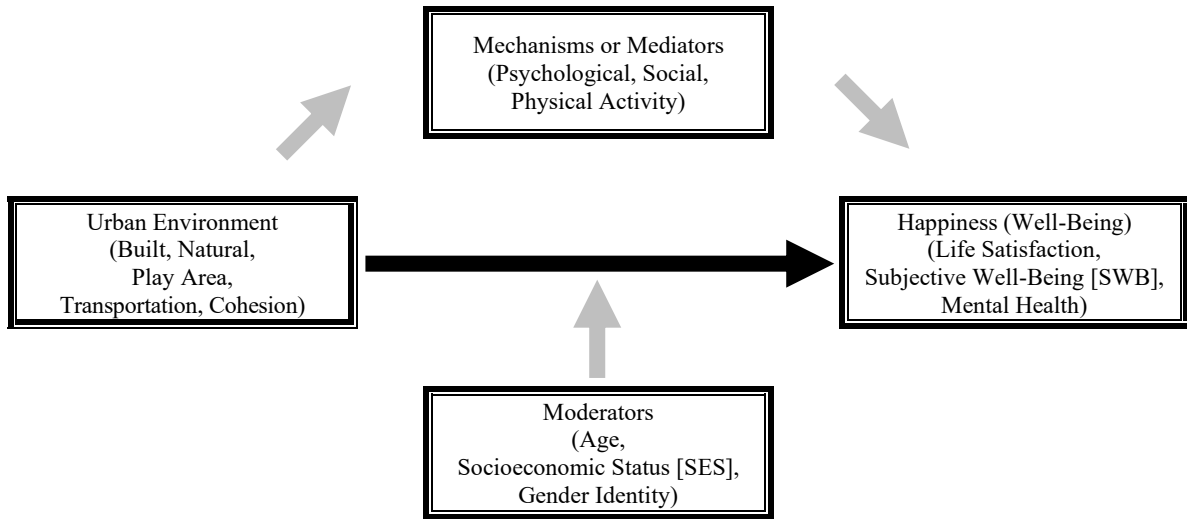
Figure 2. Conceptual framework portraying the effects of urban environment on children's happiness (well-being) through psychological, social, and physical activity mechanisms.

pact of the environment on urban children's happiness (well-being). This discussion builds on the conceptual framework presented in Figure 2, as well as a more detailed summary of the findings provided in Table 5.

Green Open Space (GOS) as an Important Feature in Children's Happiness

This scoping review found that Green Open Space (GOS) is the most frequently measured urban environmental feature for its influence on children's happiness (well-

memoderasi dampak lingkungan terhadap kebahagiaan (kesejahteraan) anak perkotaan. Diskusi ini dibuat berdasarkan kerangka konseptual pada Gambar 2, maupun ringkasan temuan yang lebih detail tersedia pada Tabel 5.

Ruang Terbuka Hijau (RTH) Sebagai Fitur Penting Dalam Kebahagiaan Anak

Tinjauan pelingkupan ini menemukan bahwa Ruang Terbuka Hijau (RTH) adalah fitur lingkungan perkotaan yang paling banyak diukur pengaruhnya terhadap keba-
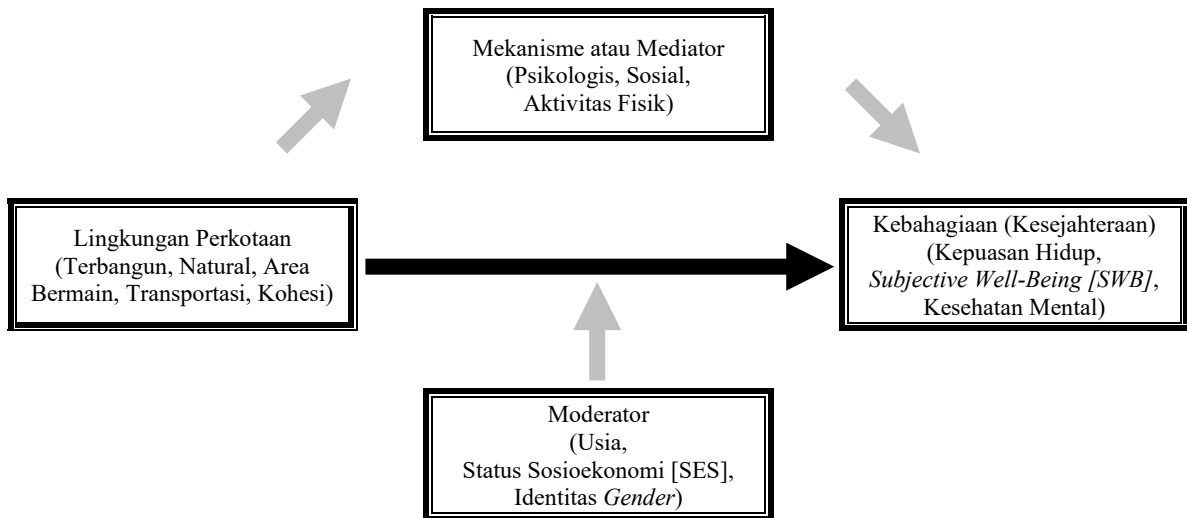
Gambar 2. Kerangka konseptual yang menggambarkan pengaruh lingkungan perkotaan terhadap kebahagiaan (kesejahteraan) anak melalui mekanisme psikologis, sosial, dan aktivitas fisik.

being). At least four studies (e.g., Agarwal et al., 2021; Buttazzoni & Minaker, 2023; Kim et al., 2016; and Zhang et al., 2024) explicitly investigated the impact of the presence and form of Green Open Space (GOS) on children's happiness (well-being). In all four studies, Green Open Space (GOS) was shown to offer many benefits that have a positive impact on children's happiness (well-being) through three mechanisms.

Firstly, psychological mechanisms, Green Open Space (GOS) provides psychological benefits by offering opportunities for attention recovery and stress reduction (Buttazzoni & Minaker, 2023; Kim et al., 2016), and fosters a sense of security in living in the city (Zhang et al., 2024). Secondly, social mechanisms, Green Open Space (GOS) provides social benefits for children by providing space to interact, play, and develop friendships (Agarwal et al., 2021). Thirdly, physical activity mechanisms, Green Open Space (GOS) encourages physical activity and outdoor play which are important for children's health and physical development (Agarwal et al., 2021), which also supports the fulfillment of their basic psychological needs.

Green Open Space (GOS) is so important for children's psychological well-being that Riggio (2002) and the United Nations Children's Fund (UNICEF; n.d.b.) even place Green Open Space (GOS) as the main indicator of Child-Friendly Cities. Green Open Space (GOS) contributes to the creation of a healthier and happier urban environment, as a place where children can develop optimally and build meaningful relationships with their environment. In addition, adequate Green Open Space (GOS) helps reduce pollution and stress levels in urban areas (Adiwena & Djuwita, 2019), so that its benefits can be utilized not only by children today but also when they are adults (Chawla, 2015).

Psychological Mechanisms and Happiness (Well-Being) of Urban Children

This scoping review found psychological mechanisms as the most common way to understand the influence of urban environments on children's happiness (well-being). Of the eight articles reviewed, six measured the effectiveness of environmental features by looking at children's perceptions of the conditions or characteristics of an environment, and how these perceptions relate to their personal needs. For example, based on a study by Alfaro

hagiaan (kesejahteraan) anak. Setidaknya empat studi (yaitu: Agarwal et al., 2021; Buttazzoni & Minaker, 2023; Kim et al., 2016; dan Zhang et al. 2024) secara eksplisit menginvestigasi dampak keberadaan dan bentuk Ruang Terbuka Hijau (RTH) terhadap kebahagiaan (kesejahteraan) anak. Dalam keempat studi tersebut, Ruang Terbuka Hijau (RTH) terbukti menawarkan banyak manfaat yang berdampak positif pada kebahagiaan (kesejahteraan) anak melalui tiga mekanisme.

Pertama, mekanisme psikologis, Ruang Terbuka Hijau (RTH) memberikan manfaat psikologis dengan menawarkan kesempatan untuk pemulihan atensi dan pengurangan stres (Buttazzoni & Minaker, 2023; Kim et al., 2016), dan menumbuhkan rasa aman tinggal di kotanya (Zhang et al., 2024). Kedua, mekanisme sosial, Ruang Terbuka Hijau (RTH) memberikan manfaat sosial bagi anak dengan menyediakan ruang untuk berinteraksi, bermain, dan mengembangkan pertemanan (Agarwal et al., 2021. Ketiga, mekanisme aktivitas fisik, Ruang Terbuka Hijau (RTH) mendorong aktivitas fisik dan bermain di luar ruangan yang penting bagi kesehatan dan perkembangan fisik anak (Agarwal et al., 2021), yang juga mendukung pemenuhan kebutuhan psikologis dasar mereka.

Sedemikian pentingnya Ruang Terbuka Hijau (RTH) bagi kesejahteraan psikologis anak, Riggio (2002) dan United Nations Children's Fund (UNICEF; n.d.b.) bahkan menempatkan Ruang Terbuka Hijau (RTH) sebagai indikator utama Kota Layak/Ramah Anak. Ruang Terbuka Hijau (RTH) berkontribusi pada terciptanya lingkungan perkotaan yang lebih sehat dan bahagia, sebagai tempat anak dapat berkembang secara optimal dan membangun hubungan yang bermakna dengan lingkungan mereka. Selain itu, Ruang Terbuka Hijau (RTH) yang memadai membantu menurunkan tingkat polusi dan stres di perkotaan (Adiwena & Djuwita, 2019), sehingga manfaatnya tak hanya dapat dimanfaatkan oleh anak saat ini namun juga ketika mereka dewasa kelak (Chawla, 2015).

Mekanisme Psikologis dan Kebahagiaan (Kesejahteraan) Anak Perkotaan

Tinjauan pelingkupan ini menemukan mekanisme psikologis sebagai cara paling umum untuk memahami pengaruh lingkungan perkotaan terhadap kebahagiaan (kesejahteraan) anak. Dari delapan artikel yang dikaji, enam di antaranya mengukur efektivitas fitur lingkungan dengan melihat persepsi anak terhadap kondisi atau karakteristik suatu lingkungan, serta bagaimana persepsi tersebut berkaitan dengan kebutuhan pribadi mereka. Sebagai con-

et al. (2024), children assessed their level of satisfaction with their living environment based on the availability and accessibility of play spaces around them, because playing is still a primary need for children to develop healthily. Thus, exploring children's perceptions (as a psychological mechanism) of play spaces can provide a more comprehensive explanation of how urban environments support or hinder their happiness (well-being).

These findings suggest the need to develop a more comprehensive model to understand the relationship between the environment and children's well-being, by including psychological mechanisms as mediator variables. This model needs to consider how children's subjective perceptions and experiences, such as sense of place, environmental self-efficacy, and connectedness to nature, mediate the influence of the physical and social environment on improving their well-being. As a methodological implication, it is necessary to develop and validate instruments that are able to measure these psychological constructs accurately and reliably in the child population while still prioritizing their rights and needs as participants (Thomas, 2021).

Potential Moderator Variables

Diener, Suh, et al. (1999) revealed that although external conditions (such as the quality of the physical and social environment) are important, demographic factors, including age, income, and cultural background, interact with environmental factors to shape individual well-being. In line with the findings of Diener, Suh, et al. (1999), this scoping review identified two studies (Buttazzoni & Minaker, 2023; Ditzel et al., 2023) that emphasized that children's happiness (well-being) from their environment is also influenced by demographic factors as moderating factors (or moderators), such as age, socioeconomic status (SES), and gender identity. Thus, these moderator factors or variables need to be considered by researchers who want to specifically examine happiness (well-being) in the child population.

The article by Buttazzoni and Minaker (2023) emphasized that environmental satisfaction has a greater influence on subjective well-being (SWB) in older children (12 years) than in younger children (10 years). This is in line with the opinion of Cunningham and Jones (2006), that the need to explore the environment becomes increasingly important for children's well-being as they grow older and become more independent.

toh, berdasarkan studi Alfaro et al. (2024), anak menilai tingkat kepuasan mereka terhadap lingkungan tempat tinggal berdasarkan ketersediaan dan aksesibilitas ruang bermain di sekitar mereka, karena bermain masih menjadi kebutuhan utama anak untuk berkembang secara sehat. Dengan demikian, menggali persepsi (sebagai suatu mekanisme psikologis) anak terhadap ruang bermain dapat menjelaskan dengan lebih komprehensif tentang bagaimana lingkungan perkotaan mendukung atau menghambat kebahagiaan (kesejahteraan) mereka.

Temuan ini menunjukkan perlunya pengembangan model yang lebih komprehensif untuk memahami hubungan antara lingkungan dan kebahagiaan (kesejahteraan) anak, dengan memasukkan mekanisme psikologis sebagai variabel mediator. Model ini perlu mempertimbangkan bagaimana persepsi dan pengalaman subjektif anak, seperti *sense of place*, *environmental self-efficacy*, dan *connectedness to nature*, memediasi pengaruh lingkungan fisik dan sosial terhadap peningkatan kesejahteraan mereka. Sebagai implikasi metodologis, diperlukan pengembangan dan validasi instrumen yang mampu mengukur konstruk psikologis tersebut secara akurat dan reliabel pada populasi anak dengan tetap mengutamakan hak dan kebutuhan mereka sebagai partisipan (Thomas, 2021).

Variabel Moderator yang Potensial

Diener, Suh, et al. (1999) mengungkap bahwa walaupun kondisi eksternal (seperti kualitas lingkungan fisik dan sosial) sangat penting, faktor demografis, termasuk usia, pendapatan, dan latar belakang budaya, berinteraksi dengan faktor lingkungan untuk membentuk kesejahteraan individu. Senada dengan temuan oleh Diener, Suh, et al. (1999), tinjauan pelingkupan ini mengidentifikasi dua studi (Buttazzoni & Minaker, 2023; Ditzel et al., 2023) yang menekankan bahwa kebahagiaan (kesejahteraan) anak dari lingkungan mereka juga dipengaruhi oleh faktor demografis sebagai faktor pemoderasi (atau moderator), seperti usia, status sosioekonomi (SES), dan identitas *gender*. Maka dari itu, faktor atau variabel moderator ini perlu dipertimbangkan oleh para peneliti yang ingin secara khusus mengkaji kebahagiaan (kesejahteraan) pada populasi anak.

Artikel Buttazzoni dan Minaker (2023) menegaskan bahwa kepuasan lingkungan berpengaruh lebih besar terhadap *subjective well-being (SWB)* pada anak yang lebih tua (12 tahun) dibandingkan anak yang lebih muda (10 tahun). Hal ini sejalan dengan pendapat Cunningham dan Jones (2006), bahwa kebutuhan mengeksplorasi lingkungan semakin penting bagi kesejahteraan anak seiring bertambahnya usia dan kemandirian mereka.

Furthermore, Zhang et al. (2024) in their study found that accessibility of Green Open Space (GOS) does not always have a positive impact on children's psychological well-being. For children who come from marginalized groups and feel excluded by their community, Green Open Space (GOS) can actually worsen their mental health conditions. According to Wolch et al. (2014), although Green Open Space (GOS) generally improves mental health, individuals from marginalized communities, including those with low economic backgrounds, can experience the opposite effect. This is due to feelings of alienation or experiences of discrimination in public spaces such as Green Open Space (GOS). This condition can ultimately trigger stress in these groups.

Gender identity also plays a significant role in shaping one's interactions with public spaces. Zhang et al. (2024) suggest that members of LGBTQ+ groups may experience different impacts from urban environments compared to heterosexual and cisgender individuals. This is supported by the finding by Budge et al. (2013) that members of LGBTQ+ groups face inequalities in mental health, particularly due to unique stressors such as discrimination and social stigma. These stressors can negatively impact their well-being, creating different experiences when in public spaces compared to heterosexual and cisgender individuals.

Future Study Directions

Based on mapping the existing literature, the authors identify potential pathways to understand the influence of urban environments on children's happiness (well-being) more comprehensively. Recommended variables for future studies are provided in Table 5 (marked as gray cells)—representing the intersections between environmental features that influence children's happiness (well-being) with the three main mechanisms identified in this review.

Firstly, the intersection of traffic conditions and social processes opens up opportunities for studies on how road interventions or infrastructure that prioritize children's mobility safety can also encourage them to build stronger social connections within their communities. A recent study in a rural population showed that the Play Streets intervention (a place-based intervention, such as temporary road closures or activation of public spaces, that can provide safe play areas for children; in Indonesia,

Selanjutnya, Zhang et al. (2024) dalam studinya menemukan bahwa aksesibilitas Ruang Terbuka Hijau (RTH) tidak selalu berdampak positif bagi kesejahteraan psikologis anak. Bagi anak yang berasal dari kelompok marjinal dan merasa dikucilkan oleh komunitasnya, Ruang Terbuka Hijau (RTH) justru dapat memperburuk kondisi kesehatan mental mereka. Menurut Wolch et al. (2014), walaupun Ruang Terbuka Hijau (RTH) umumnya meningkatkan kesehatan mental, individu dari komunitas marjinal, termasuk mereka dengan latar belakang ekonomi rendah, dapat mengalami efek sebaliknya. Hal ini disebabkan oleh perasaan terasing ataupun pengalaman diskriminasi di ruang publik seperti Ruang Terbuka Hijau (RTH). Kondisi ini pada akhirnya dapat memicu stres pada kelompok tersebut.

Identitas *gender* juga berperan penting dalam membentuk interaksi seseorang dengan ruang publik. Zhang et al. (2024) mengungkapkan bahwa anggota kelompok *LGBTQ+* mungkin mengalami dampak lingkungan perkotaan yang berbeda dibandingkan dengan individu heteroseksual dan *cisgender*. Hal ini didukung oleh temuan Budge et al. (2013), bahwa anggota kelompok *LGBTQ+* menghadapi ketidaksetaraan dalam kesehatan mental, terutama karena stresor unik seperti diskriminasi dan stigma sosial. Stresor ini dapat berdampak negatif pada kesejahteraan mereka, sehingga menciptakan pengalaman yang berbeda ketika berada di ruang publik dibandingkan dengan mereka yang heteroseksual dan *cisgender*.

Arah Studi Selanjutnya

Berdasarkan pemetaan literatur yang ada, para penulis mengidentifikasi jalur potensial untuk memahami pengaruh lingkungan kota terhadap kebahagiaan (kesejahteraan) anak secara lebih komprehensif. Variabel yang direkomendasikan untuk studi selanjutnya, disediakan pada Tabel 5 (ditandai sebagai sel berwarna abu-abu)—merepresentasikan perpotongan antara fitur lingkungan yang memengaruhi kebahagiaan (kesejahteraan) anak dengan tiga mekanisme utama yang diidentifikasi dalam tinjauan ini.

Pertama, perpotongan antara kondisi lalu lintas dan proses sosial membuka peluang studi terkait bagaimana intervensi atau infrastruktur jalan yang mengutamakan keselamatan mobilitas anak juga dapat mendorong mereka untuk membangun hubungan sosial yang lebih kuat dalam komunitasnya. Sebuah studi terbaru pada populasi masyarakat pedesaan menunjukkan bahwa intervensi *Play Streets* (intervensi berbasis tempat, seperti penutupan jalan sementara atau aktivasi ruang publik,

several large cities such as Jakarta, Yogyakarta, and Surabaya have implemented similar interventions through the Car-Free Day program) strengthened local community social connections through shared physical activity and resource sharing, potentially reducing social and health disparities (Meyer et al., 2021). Unfortunately, the effectiveness of similar interventions in urban areas has been minimally studied, especially involving child participants.

Secondly, the intersection of aesthetic environments and social processes opens up opportunities for study on whether aesthetic environments can enhance social cohesion and interaction in child populations. To date, the study that comes closest to uncovering the relationship between built environment beauty and social interaction is a study conducted by Henderson et al. (2016). Henderson et al. (2016) found that adults who live in aesthetic environments tend to have lower levels of stress. This condition encourages them to be more actively involved outside the home to participate in social activities with neighbors and the local community.

Thirdly, the intersection of environmental degradation and children's physical activity raises research questions about how physical degradation of the built environment may prevent children from playing outdoors, potentially leading to sedentary lifestyles and mental health problems. To answer this question, future studies need to consider parental concerns about children's safety as a barrier to urban children's outdoor play, especially when the physical environment, such as dirty playgrounds and unsafe streets, is not safe for children's play activities. Unsafe streets with heavy traffic and poorly maintained public spaces may deter parents from allowing their children to play outdoors (Valentine & McKendrck, 1997).

Study Limitations and Suggestions for Future Studies

This scoping review has several limitations, related to: (1) the limited number of studies analyzed; (2) the limited choice of publication language of the studies analyzed; and (3) limitations in decision-making regarding the thematic analysis process.

yang dapat menyediakan tempat bermain yang aman bagi anak; di Indonesia, beberapa kota besar seperti Jakarta, Yogyakarta, dan Surabaya telah menerapkan intervensi serupa melalui program Hari Bebas Kendaraan Bermotor [HBKB]) memperkuat hubungan sosial komunitas setempat melalui aktivitas fisik bersama dan berbagi sumber daya, yang berpotensi mengurangi kesenjangan sosial dan kesehatan (Meyer et al., 2021). Sayangnya, efektivitas intervensi serupa di wilayah perkotaan justru masih minim dikaji, terutama dengan melibatkan partisipan anak.

Kedua, perpotongan antara lingkungan yang estetik dan proses sosial membuka peluang studi tentang apakah lingkungan yang estetis dapat meningkatkan kohesi dan interaksi sosial pada populasi anak. Hingga saat ini, studi yang paling mendekati dalam mengungkap hubungan antara keindahan lingkungan terbangun dan interaksi sosial adalah studi yang dilakukan oleh Henderson et al. (2016). Henderson et al. (2016) menemukan bahwa orang dewasa yang tinggal di lingkungan yang estetis cenderung memiliki tingkat stres yang lebih rendah. Kondisi ini mendorong mereka untuk lebih aktif terlibat di luar rumah untuk berpartisipasi dalam aktivitas sosial bersama tetangga dan komunitas setempat.

Ketiga, perpotongan antara kerusakan lingkungan dan aktivitas fisik anak memunculkan pertanyaan penelitian tentang bagaimana kerusakan fisik pada lingkungan terbangun dapat mencegah anak untuk bermain di luar rumah, sehingga berpotensi memicu kebiasaan kurang gerak (*sedentary lifestyle*) dan masalah kesehatan mental. Untuk menjawab pertanyaan tersebut, studi selanjutnya perlu mempertimbangkan kekhawatiran orang tua tentang keselamatan anak sebagai salah satu penghalang bagi anak perkotaan untuk bermain di luar rumah, terutama ketika lingkungan fisik, seperti taman bermain yang kotor dan jalanan yang tidak aman, tidak aman untuk aktivitas bermain anak. Jalanan yang tidak aman dengan lalu lintas yang padat dan ruang publik yang tidak terawat dengan baik dapat menghalangi orang tua untuk mengizinkan anak mereka bermain di luar ruangan (Valentine & McKendrck, 1997).

Keterbatasan Studi dan Saran Untuk Studi Selanjutnya

Tinjauan pelingkupan ini memiliki beberapa keterbatasan, terkait: (1) terbatasnya jumlah studi yang dianalisa; (2) terbatasnya pemilihan bahasa publikasi studi yang dianalisa; dan (3) keterbatasan dalam pengambilan keputusan sehubungan proses analisis tema.

Firstly, this review only analyzed eight studies that specifically examined the impact of environmental features on children's happiness (well-being). This limited number of studies may affect the generalizability of the study's findings. Future literature studies could expand the search criteria to include a wider range of studies across disciplines and geographic regions.

Secondly, this review only included articles in English, so studies published in other languages were not included in the analysis, leading to possible publication bias. Future reviews should expand the language coverage to reduce bias and acknowledge this limitation to ensure a more comprehensive global perspective. The use of AI-based translators is expected to help researchers understand studies published in languages other than their mother tongue and English.

Thirdly, the thematic analysis process still has weaknesses in terms of decision-making. When there are differences of opinion among reviewers regarding the eligibility and quality of an article, the authors do not have an objective procedure to resolve them. The final decision is generally made through discussion, which is very likely to be dominated by subjective arguments, although each reviewer still refers to the inclusion and exclusion criteria, as well as the Mixed Methods Appraisal Tool (MMAT) form that has been previously determined. To anticipate this limitation, future studies should establish a clear decision-making procedure, including involving a third party to resolve differences of opinion, and documenting the resolution process to increase objectivity and transparency.

Conclusion

This scoping review has shown that based on the available literature on child participation studies, environmental characteristics have diverse effects on children's happiness (well-being) in urban areas. Green spaces (Green Open Space [GOS]), play areas, and safe traffic are important factors in enhancing their happiness (well-being) by encouraging physical activity, reducing stress, and facilitating social interaction. In contrast, disorderly environments and lack of social cohesion have negative impacts on children's happiness (well-being). The mechanisms identified in this scoping review—psychological, social, and physical activities—provide a framework for understanding how urban environments influence children's happiness (well-being). However, among the

Pertama, tinjauan ini hanya menganalisis delapan studi yang secara khusus meneliti dampak fitur lingkungan terhadap kebahagiaan (kesejahteraan) anak. Terbatasnya jumlah studi ini dapat memengaruhi generalisasi temuan studi ini. Studi literatur selanjutnya dapat memperluas kriteria pencarian dengan memasukkan studi yang lebih luas di berbagai disiplin ilmu dan wilayah geografis.

Kedua, tinjauan ini hanya menyertakan artikel dalam Bahasa Inggris, sehingga studi yang diterbitkan dalam bahasa lain tidak termasuk dalam analisa, dan menyebabkan terjadinya kemungkinan bias publikasi. Tinjauan selanjutnya harus memperluas cakupan bahasa untuk mengurangi bias dan mengakui keterbatasan ini untuk memastikan perspektif global yang lebih komprehensif. Penggunaan *AI-based translator* diharapkan dapat membantu peneliti dalam memahami studi yang dipublikasikan dalam bahasa selain bahasa ibunya dan Bahasa Inggris.

Ketiga, proses analisis tema masih memiliki kelemahan dalam hal pengambilan keputusan. Ketika terdapat perbedaan pendapat di antara para peninjau terkait kelayakan dan kualitas suatu artikel, para penulis tidak memiliki prosedur yang objektif untuk menyelesaikannya. Keputusan akhir umumnya diambil melalui musyawarah, yang sangat mungkin didominasi oleh argumen subjektif, meski tiap peninjau tetap merujuk pada kriteria inklusi dan eksklusi, serta borang *Mixed Methods Appraisal Tool (MMAT)* yang telah ditetapkan sebelumnya. Untuk mengantisipasi keterbatasan ini, studi selanjutnya sebaiknya menetapkan prosedur pengambilan keputusan yang jelas, termasuk melibatkan pihak ketiga untuk menyelesaikan perbedaan pendapat, serta mendokumentasikan proses penyelesaiannya untuk meningkatkan objektivitas dan transparansi.

Simpulan

Tinjauan pelingkupan ini telah menunjukkan bahwa berdasarkan literatur studi dipartisipasi anak yang tersedia, karakteristik lingkungan memiliki pengaruh yang beragam terhadap kebahagiaan (kesejahteraan) anak di perkotaan. Ruang hijau (Ruang Terbuka Hijau [RTH]), area bermain, dan lalu lintas yang aman menjadi faktor penting dalam meningkatkan kebahagiaan (kesejahteraan) mereka dengan mendorong aktivitas fisik, mengurangi stres, dan memfasilitasi interaksi sosial. Sebaliknya, lingkungan yang tidak teratur dan kurangnya kohesi sosial berdampak negatif pada kebahagiaan (kesejahteraan) anak. Mekanisme yang teridentifikasi dalam tinjauan pelingkupan ini—psikologis, sosial, dan aktivitas fisik—menyediakan kerangka kerja untuk memahami bagaimana

three mechanisms, psychological mechanisms are the most widely used variables to identify children's happiness (well-being) as influenced by their interactions with their physical and social environments. This shows an important contribution and direction for psychological studies on the topic of children's interactions with their environment.

Although the limited number of studies limits generalizability, this scoping review provides valuable insights into the complex relationship between urban environmental features and children's happiness (well-being). It highlights the importance of a multifaceted approach that addresses both physical and social aspects of the environment to improve children's happiness (well-being). These aspects, along with the underlying mechanisms of their relationship to happiness (well-being), and moderating factors, need to be considered in future studies and in developing interventions that support Child-Friendly Cities, both globally and locally.

lingkungan perkotaan memengaruhi kebahagiaan (kesejahteraan) anak. Walaupun demikian, di antara ketiga mekanisme tersebut, mekanisme psikologis merupakan variabel yang paling banyak digunakan untuk mengidentifikasi kebahagiaan (kesejahteraan) anak yang dipengaruhi oleh interaksinya dengan lingkungan fisik maupun sosialnya. Hal ini menunjukkan kontribusi penting sekaligus arah studi psikologi dalam topik interaksi anak dan lingkungannya.

Meskipun jumlah studi yang terbatas membatasi generalisasi, tinjauan pelingkupan ini menyediakan pengetahuan berharga tentang hubungan kompleks antara fitur lingkungan perkotaan dan kebahagiaan (kesejahteraan) anak. Tinjauan ini menunjukkan pentingnya pendekatan *multifacet* yang memperhatikan aspek fisik dan sosial lingkungan untuk meningkatkan kebahagiaan (kesejahteraan) anak. Aspek tersebut, beserta mekanisme yang mendasari hubungannya dengan kebahagiaan (kesejahteraan), serta faktor pemoderasi yang perlu dipertimbangkan dalam studi selanjutnya maupun dalam pengembangan intervensi yang mendukung Kota Layak/Ramah Anak, baik di tingkat global maupun lokal.

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Appendix 1	Lampiran 1
Search Query in Databases	**Kueri Penelusuran di Basis atau Pangkalan Data**

Web of Science (WoS)

(((ALL=(urban OR city)) AND ALL=("child-friendly" OR "child" OR youth OR "young people" OR "adolescent" OR "youth" OR "kid")) AND ALL=("scape" OR "neighborhood" OR "neighbourhood" OR "street" AND "environment" OR "setting" OR "landscape" OR "space")) AND ALL=("happiness" OR "happy" OR "subjective well?being" OR "life?satisfaction" OR "positive affect~" OR "emotional well?being" OR "contentment" OR "cheer~" OR "psychological well?being" OR "mental well?being" OR "mental health" OR "quality of life")

ProQuest

("urban" OR "city") AND ("scape" OR "neighborhood" OR "neighbourhood" OR "street" AND "environment" OR "setting" OR "landscape" OR "space" OR "public space" OR "green space" OR "open space" OR "play space" OR "habitat") AND ("children" OR "child" OR "adolescent" OR "youth" OR "kid" OR "youngster" OR "juvenile" OR "young people") AND ("happiness" OR "happy" OR "subjective well?being" OR "life?satisfaction" OR "positive affect~" OR "emotional well?being" OR "contentment" OR "cheer~" OR "psychological well?being" OR "mental well?being" OR "mental health" OR "quality of life" OR "joy" OR "enjoyment" OR "pleasure" OR "delight")

SAGE Journals

"urban" OR "city" AND "scape" OR "neighborhood" OR "neighbourhood" OR "street" AND "environment" OR "setting" OR "landscape" OR "space" OR "public space" OR "green space" OR "open space" OR "play space" OR "habitat" AND "children" OR "child" OR "adolescent" OR "youth" OR "kid" OR "youngster" OR "juvenile" OR "young people" AND "happiness" OR "happy" OR "subjective well?being" OR "life?satisfaction" OR "positive affect~" OR "emotional well?being" OR "contentment" OR "cheer~" OR "psychological well?being" OR "mental well?being" OR "mental health" OR "quality of life" OR "joy" OR "enjoyment" OR "pleasure" OR "delight" AND "empiric*" OR "evidence" AND NOT "literature review" NOT "scoping review" NOT "conceptual framework" AND "mechanism" OR "pathway" OR "process" OR "mediat*" OR "moderat*" OR "association" OR "correlation" OR "relationship"

Scopus

(TITLE-ABS-KEY ("urban" OR "city") AND TITLE-ABS-KEY ("scape" OR "neighborhood" OR "neighbourhood" OR "street" AND "environment" OR "setting" OR "landscape" OR "space" OR "public space" OR "green space" OR "open space" OR "play space" OR "habitat") AND TITLE-ABS-KEY ("children" OR "child" OR "adolescent" OR "youth" OR "kid" OR "youngster" OR "juvenile" OR "young people") AND TITLE-ABS-KEY ("happiness" OR "happy" OR "subjective well?being" OR "life?satisfaction" OR "positive affect~" OR "emotional well?being" OR "contentment" OR "cheer~" OR "psychological well?being" OR "mental well?being" OR "mental health" OR "quality of life" OR "joy" OR "enjoyment" OR "pleasure" OR "delight") AND TITLE-ABS-KEY ("empiric*" OR "evidence" AND NOT "literature review" not "scorping review" not "conceptual framework" AND "mechanism" OR "pathway" OR "process" OR "mediat*" OR "moderat*" OR "association" OR "correlation" OR "relationship")) AND PUBYEAR > 2003 AND (LIMIT-TO (SUBJAREA , "SOCI") OR LIMIT-TO (SUBJAREA , "PSYC") OR LIMIT-TO (SUBJAREA , "ARTS") OR LIMIT-TO (SUBJAREA , "MULT") OR LIMIT-TO (SUBJAREA , "ENVI")) AND (LIMIT-TO (DOCTYPE , "ar")) AND (LIMIT-TO (EXACTKEYWORD , "Child") OR LIMIT-TO (EXACTKEYWORD , "Adolescent") OR LIMIT-TO (EXACTKEYWORD , "Neighborhood") OR LIMIT-TO (EXACTKEYWORD , "Mental Health") OR LIMIT-TO (EXACTKEYWORD , "Urban Area") OR LIMIT-TO (EXACTKEYWORD , "Greenspace") OR LIMIT-TO (EXACTKEYWORD , "Quality Of Life") OR LIMIT-TO (EXACTKEYWORD , "Urban Population") OR LIMIT-TO (EXACTKEYWORD , "Social Environment") OR LIMIT-TO (EXACTKEYWORD , "Green Space") OR LIMIT-TO (EXACTKEYWORD , "Cross-sectional Study") OR LIMIT-TO (EXACTKEYWORD , "Neighbourhood") OR LIMIT-TO (EXACTKEYWORD , "Neighborhood Characteristics") OR LIMIT-TO (EXACTKEYWORD , "Housing") OR LIMIT-TO (EXACTKEYWORD , "Urban Design") OR LIMIT-TO (EXACTKEYWORD , "Urbanization") OR LIMIT-TO (EXACTKEYWORD , "Psychological Well-being") OR LIMIT-TO (EXACTKEYWORD , "Longitudinal Study") OR LIMIT-TO (EXACTKEYWORD , "Environmental Factor") OR LIMIT-TO (EXACTKEYWORD , "City") OR LIMIT-TO (EXACTKEYWORD , "Children") OR LIMIT-TO (EXACTKEYWORD , "Built Environment") OR LIMIT-TO (EXACTKEYWORD , "Questionnaire Survey") OR LIMIT-TO (EXACTKEYWORD , "Questionnaire") OR LIMIT-TO (EXACTKEYWORD , "Qualitative Research") OR LIMIT-TO (EXACTKEYWORD , "Qualitative Analysis") OR LIMIT-TO (EXACTKEYWORD , "Public Space") OR LIMIT-TO (EXACTKEYWORD , "Psychological Rating Scale") OR LIMIT-TO (EXACTKEYWORD , "Open Space") OR LIMIT-TO (EXACTKEYWORD , "Neighborhood Environment") OR LIMIT-TO (EXACTKEYWORD , "Nature") OR LIMIT-TO (EXACTKEYWORD , "Environment") OR LIMIT-TO (EXACTKEYWORD , "Cities")) AND (LIMIT-TO (LANGUAGE , "English"))

# Appendix 2	# Lampiran 2
Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews (PRISMA-ScR) Checklist	**Daftar Periksa** *Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews (PRISMA-ScR)*

SECTION	ITEM	PRISMA-ScR CHECKLIST ITEM	REPORTED ON PAGE #	TEXT
TITLE				
Title	1	Identify the report as a scoping review.	1	Bagaimana Lingkungan Kota Memengaruhi Kebahagiaan Anak?: Sebuah Tinjauan Pelingkupan
ABSTRACT				
Structured summary	2	Provide a structured summary that includes (as applicable): background, objectives, eligibility criteria, sources of evidence, charting methods, results, and conclusions that relate to the review questions and objectives.	1	Abstrak. Inisiatif Kota Ramah Anak (Child Friendly City Initiatives/CFCI) menekankan pentingnya menciptakan lingkungan perkotaan yang mendukung kesehatan dan kesejahteraan anak....

(Appendices continue)   *(Lampiran berlanjut)*

SECTION	ITEM	PRISMA-ScR CHECKLIST ITEM	REPORTED ON PAGE #	TEXT
INTRODUCTION				
Rationale	3	Describe the rationale for the review in the context of what is already known. Explain why the review questions/objectives lend themselves to a scoping review approach.	3	Tinjauan pelingkupan adalah proses sistematis untuk mengidentifikasi, memilih, dan menganalisis literatur penelitian yang relevan untuk memberikan gambaran komprehensif tentang topik tertentu (Arksey & O'Malley, 2005).... Tinjauan pelingkupan dirancang khusus untuk mengidentifikasi celah atau kesenjangan dalam literatur yang ada....
Objectives	4	Provide an explicit statement of the questions and objectives being addressed with reference to their key elements (e.g., population or participants, concepts, and context) or other relevant key elements used to conceptualize the review questions and/or objectives.	4	Berdasarkan studi-studi yang dipartisipasi anak, apa saja fitur lingkungan perkotaan yang berhubungan dengan kebahagiaan anak?, dan mekanisme apa yang mendasari hubungan ini?"
METHODS				
Protocol and registration	5	Indicate whether a review protocol exists; state if and where it can be accessed (e.g., a Web address); and if available, provide registration information, including the registration number.	8	Protokol PRISMA yang digunakan dalam penelitian ini telah didaftarkan di Open Science Framework (OSF) dengan nomor identifikasi: doi.org/10.17605/OSF.IO/MW84D.
Eligibility criteria	6	Specify characteristics of the sources of evidence used as eligibility criteria (e.g., years considered, language, and publication status), and provide a rationale.	4-6	Kriteria inklusi dan eksklusi studi Kriteria inklusi dan eksklusi penelitian ini dirancang secara khusus untuk menjawab pertanyaan penelitian tentang bagaimana karakteristik lingkungan mempengaruhi kebahagiaan anak-anak perkotaan. Rincian lengkap kriteria inklusi dan eksklusi dapat dilihat pada Tabel 2......
Information sources*	7	Describe all information sources in the search (e.g., databases with dates of coverage and contact with authors to identify additional sources), as well as the date the most recent search was executed.	4	Untuk memastikan pencarian yang komprehensif, peneliti menggunakan empat database: Web of Science (WoS), SAGE Journal, Scopus, dan Proquest....
Search	8	Present the full electronic search strategy for at least 1 database, including any limits used, such that it could be repeated.	7,24,25	Dalam tahap eksplorasi awal, peneliti menggunakan lebih dari 40 variasi kata kunci yang diintegrasikan ke dalam strategi pencarian Boolean pada kolom "all text" di tiap basis data (lihat Tabel 3). Pencarian awal ini menghasilkan 1.118.729 artikel, dengan rincian 159.000 dari ProQuest, 959.279 dari SAGE Journals, 65 dari Scopus, dan 409 dari Web of Science. Tabel 3. Strategi pencarian dan kata kunci....
Selection of sources of evidence†	9	State the process for selecting sources of evidence (i.e., screening and eligibility) included in the scoping review.	7-8	Peneliti menyempurnakan hasil pencarian dengan menggunakan kriteria inklusi dan eksklusi yang dirinci dalam Tabel 2... Hal ini mempersempit pilihan peneliti menjadi 39 artikel dari Web of Science, 41 dari Scopus, 26 dari SAGE Journals, dan 36 dari ProQuest, dengan total 142 artikel. Peneliti kemudian menyaring 142 artikel... Setelah mengeliminasi satu artikel duplikat, 30 artikel yang tersisa kemudian diikutsertakan dalam penilaian teks menyeluruh (full-text review) oleh tiga peninjau secara terpisah...
Data charting process‡	10	Describe the methods of charting data from the included sources of evidence (e.g., calibrated forms or forms that have been tested by the team before their use, and whether data charting was done independently or in duplicate) and any processes for obtaining and confirming data from investigators.	8-9	Untuk mempermudah proses ekstraksi, seluruh teks lengkap dan detail referensi dari 30 artikel tersebut diimpor ke dalam Mendeley Desktop... Proses ekstraksi data itu sendiri dilakukan dengan menggunakan Microsoft Excel....
Data items	11	List and define all variables for which data were sought and any assumptions and simplifications made.	11-13, 33	Tabel 4 dan Lampiran 3
Critical appraisal of individual sources of evidence§	12	If done, provide a rationale for conducting a critical appraisal of included sources of evidence; describe the methods used and how this information was used in any data synthesis (if appropriate).	10	Penilaian Kritis Terhadap Studi Terpilih.... Untuk memastikan evaluasi sistematis terhadap kualitas metodologis dari delapan studi yang terpilih, tinjauan pelingkupan ini menggunakan Mixed Methods Appraisal Tool (MMAT) yang dikembangkan oleh (Hong et al., 2018)....
Synthesis of	13	Describe the methods of handling and	9	Pasca ekstraksi data, analisis tema dilakukan secara induktif dan

(Appendices continue) | *(Lampiran berlanjut)*

SECTION	ITEM	PRISMA-ScR CHECKLIST ITEM	REPORTED ON PAGE #	TEXT
results		summarizing the data that were charted.		dengan pengkodean awal yang dilakukan oleh ketiga peninjau secara terpisah...
RESULTS				
Selection of sources of evidence	14	Give numbers of sources of evidence screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally using a flow diagram.	8	Gambar 1. Diagram Prisma
Characteristics of sources of evidence	15	For each source of evidence, present characteristics for which data were charted and provide the citations.	9-10	Karakteristik artikel terpilih....
Critical appraisal within sources of evidence	16	If done, present data on critical appraisal of included sources of evidence (see item 12).	10-13	Tabel 4. Karakteristik artikel terpilih
Results of individual sources of evidence	17	For each included source of evidence, present the relevant data that were charted that relate to the review questions and objectives.	15-16, 33	Tabel 5 dan Lampiran 3.
Synthesis of results	18	Summarize and/or present the charting results as they relate to the review questions and objectives.	14-16	Gambar 2 dan Tabel 5
DISCUSSION				
Summary of evidence	19	Summarize the main results (including an overview of concepts, themes, and types of evidence available), link to the review questions and objectives, and consider the relevance to key groups.	17-19	RTH sebagai fitur penting dalam kebahagiaan anak... Mekanisme psikologis dan kebahagiaan anak perkotaan.... Variabel moderator yang potensial... Arah penelitian selanjutnya...
Limitations	20	Discuss the limitations of the scoping review process.	19-20	KETERBATASAN....
Conclusions	21	Provide a general interpretation of the results with respect to the review questions and objectives, as well as potential implications and/or next steps.	20	KESIMPULAN...
FUNDING				
Funding	22	Describe sources of funding for the included sources of evidence, as well as sources of funding for the scoping review. Describe the role of the funders of the scoping review.	20	UCAPAN TERIMA KASIH Hasil penelitian yang dimuat dalam artikel jurnal ini didanai oleh DIKTI melalui skema Penelitian Dosen Pemula tahun 2024 dengan nomor kontrak 246/WR II/PN.00/VII/2024, dan nomor surat kelayakan etik No: 184/KEP-UY/EA.20/VII/2024.

Notes [Catatan].

JBI = Joanna Briggs Institute; PRISMA-ScR = Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews.

*Where *sources of evidence* (see second footnote) are compiled from, such as bibliographic databases, social media platforms, and Web sites.

†A more inclusive/heterogeneous term used to account for the different types of evidence or data sources (e.g., quantitative and/or qualitative research, expert opinion, and policy documents) that may be eligible in a scoping review as opposed to only studies. This is not to be confused with *information sources* (see first footnote).

‡The frameworks by Arksey and O'Malley (6) and Levac and colleagues (7) and the JBI guidance (4, 5) refer to the process of data extraction in a scoping review as data charting.

§The process of systematically examining research evidence to assess its validity, results, and relevance before using it to inform a decision. This term is used for items 12 and 19 instead of "risk of bias" (which is more applicable to systematic reviews of interventions) to include and acknowledge the various sources of evidence that may be used in a scoping review (e.g., quantitative and/or qualitative research, expert opinion, and policy document).

Source: Tricco, A. C., Lillie, E., Zarin, W., O'Brien, K. K., Colquhoun, H., Levac, D., Moher, D., Peters, M. D. J., Horsley, T., Weeks, L., Hempel, S., Akl, E. A., Chang, C., McGowan, J., Stewart, L., Hartling, L., Aldcroft, A., Wilson, M. G., Garritty, C., Lewin, S., Godfrey, C. M., Macdonald, M. T., Langlois, E. V., Soares-Weiser, K., Moriarty, J., Clifford, T., Tunçalp, Ö., & Straus, S. E. (2018). PRISMA Extension for Scoping Reviews (PRISMA-ScR): Checklist and explanation. *Annals of Internal Medicine, 169*(7), 467-473. https://doi.org/10.7326/M18-0850

(Appendices continue) | *(Lampiran berlanjut)*

Appendix 3

Example of Article Data Extraction Table Utilizing Microsoft Excel

Lampiran 3

Contoh Tabel Ekstraksi Data Artikel Menggunakan Microsoft Excel

	A	B	C	D	E	F	G	H	I	J	K	L	M
1	Database	Author & Year	Title	Journal	DOI	Study Design	Setting	Age Range	Sample Size	Exposure	Outcome Measurement	Main Results	Mechanisms
2	Proquest	Agarwal et al. (2021)	A Critical Review of Standards to Examine the Parameters of Child-Friendly Environment (CFE) in Parks and Open Space of Planned Neighborhoods: A Case of Lucknow City, India	Social Sciences	10.3390/socsci10060199	Literature review, Delphi method, children's drawings & essays	Lucknow City, India	6-14 years	59 children, 47 professionals	Parameters of child-friendly environments in parks/open spaces (safety, diversity, social interaction, accessibility, play variety, etc.)	Children's drawings and essays; expert opinions via Delphi method	Identified 19 key parameters across 5 categories (physical, cognitive, emotional, perceptional, social) important for child-friendly environments. Current Indian standards lack qualitative dimensions for parks/open spaces.	1. Natural Attributes and Aesthetics (e.g., trees, flowers) promotes children's sense of peace and tranquality, and overall positive affect 2. Perceived safe and secure neighbourhood promotes free play; unsafe traffic, stray animals, and poorly maintained hinders children's willingness to play
3	WoS	Alfaro, Benavente, Bedin, et al. (2024)	Life Satisfaction and the Relationship Experience at Family, School, and Neighborhood Levels for Chilean Children	Journal of Child and Family Studies	10.1007/s10826-024-02836-9	Cross-sectional survey	Urban areas, Biobio region, Chile	Children (10-12 years old)	1065	Satisfaction with safety and infrastructure in school and neighborhood	Life satisfaction (self-report)	Both satisfaction with relationships and environment significantly predict life satisfaction, with relationship satisfaction having a stronger effect.	The neighborhoods that children perceive as safe and offer ample opportunities for play and recreation positively contribute to children's overall life satisfaction.
	SAGE	Buttazzoni & Minaker (2023)	Associations between adolescent mental health and pedestrian- and transit-oriented urban design qualities: Evidence from a national-level online Canadian survey	Urban Studies	10.1177/00420980221138311	Online survey with videos of urban settings	Nationally representative sample of Canadian adolescents	9-17 years	1500	Pedestrian- and transit-oriented design (PTOD) qualities (imageability, enclosure, human scale, transparency, complexity) in six urban settings (trail, bluespace, suburban mall, suburban street, urban market, urban plaza)	Self-reported emotional responses: positive affect, negative affect, calmness, anxiousness, perceived	Higher PTOD quality associated with increased positive emotions and decreased negative emotions (except mental demand). Natural settings (trail, bluespace) linked to most positive outcomes. Suburban mall linked to most negative outcomes. Urban plaza (high PTOD built setting) showed increased positive affect.	1. PTOD design of neighbourhood (e.g., sidewalks, narrower streets, and good connectivity) promotes active travel & physical activity (e.g., play) 2. Environmental Aesthetics (e.g., tree shading, greenery, and well-maintained buildings) promotes physical activity and positive emotions 3. high levels of noise (e.g., vehicle-centric environments) hinders sleep patterns and mental health 4. Access to nature (e.g., parks and gardens) promotes

Appendix 4

Mixed Methods Appraisal Tool (MMAT) Form

Lampiran 4

Borang *Mixed Methods Appraisal Tool (MMAT)*

Part I: Mixed Methods Appraisal Tool (MMAT), version 2018

Category of study designs	Methodological quality criteria	Responses			
		Yes	No	Can't tell	Comments
Screening questions (for all types)	S1. Are there clear research questions?				
	S2. Do the collected data allow to address the research questions?				
	Further appraisal may not be feasible or appropriate when the answer is 'No' or 'Can't tell' to one or both screening questions.				
1. Qualitative	1.1. Is the qualitative approach appropriate to answer the research question?				
	1.2. Are the qualitative data collection methods adequate to address the research question?				
	1.3. Are the findings adequately derived from the data?				
	1.4. Is the interpretation of results sufficiently substantiated by data?				
	1.5. Is there coherence between qualitative data sources, collection, analysis and interpretation?				
2. Quantitative randomized controlled trials	2.1. Is randomization appropriately performed?				
	2.2. Are the groups comparable at baseline?				
	2.3. Are there complete outcome data?				
	2.4. Are outcome assessors blinded to the intervention provided?				
	2.5 Did the participants adhere to the assigned intervention?				
3. Quantitative non-randomized	3.1. Are the participants representative of the target population?				
	3.2. Are measurements appropriate regarding both the outcome and intervention (or exposure)?				
	3.3. Are there complete outcome data?				
	3.4. Are the confounders accounted for in the design and analysis?				
	3.5. During the study period, is the intervention administered (or exposure occurred) as intended?				
4. Quantitative descriptive	4.1. Is the sampling strategy relevant to address the research question?				
	4.2. Is the sample representative of the target population?				
	4.3. Are the measurements appropriate?				
	4.4. Is the risk of nonresponse bias low?				
	4.5. Is the statistical analysis appropriate to answer the research question?				
5. Mixed methods	5.1. Is there an adequate rationale for using a mixed methods design to address the research question?				
	5.2. Are the different components of the study effectively integrated to answer the research question?				
	5.3. Are the outputs of the integration of qualitative and quantitative components adequately interpreted?				
	5.4. Are divergences and inconsistencies between quantitative and qualitative results adequately addressed?				
	5.5. Do the different components of the study adhere to the quality criteria of each tradition of the methods involved?				

Notes [Catatan].
Source: Hong et al. (2018). https://mixedmethodsappraisaltoolpublic.pbworks.com/w/file/fetch/127916259/MMAT_2018_criteria-manual_2018-08-01_ENG.pdf