

### Abstract

Recent studies in the field of positive psychology have focused on the importance of promoting well-being in facilitating a person's healthy development. Instead of merely relieving negative states, positive psychologists aim at fostering the presence of positive emotions among individuals so as to enhance their well-being. This study investigates the different positive factors in life that can enhance adolescents' well-being, in particular, whether perceived mattering, character strengths, and gratitude, would buffer against anxiety and depression but increase life satisfaction and resilience among adolescents. The hypothesis is that the abovementioned protective factors would foster positive emotions, life satisfaction as well as resilience among adolescents. A group of 145 secondary one students from a co-educational Band 1 secondary school was recruited in my study. All students filled in a 62-item survey derived from seven well-established published questionnaires. Results showed that the positive factors investigated in the present study were significantly and positively correlated with the well-being of students. These positive factors were also significant to predict the subjects' well-being. These findings thus contribute to the discussion of practical implications regarding promoting well-being among adolescents.