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Factors Enhancing the Psychological Well-Being and Positive Sexual Behaviour of South African Adolescent Males

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ABSTRACT This paper reports on the factors enhancing the psychological well-being and positive sexual behaviour of South African adolescent males. The research method for this paper is the systematic review for it provides a logical understanding of literature findings from journal articles, secondary books and doctoral theses to identify gaps of the previous research. This paper is guided by Ryan and Deci's Self-determination Theory and Ryff's six dimensions of psychological well-being, namely; autonomy, environmental mastery, personal growth, positive relationships with others, purpose in life and self-acceptance. Despite myriad of social challenges faced by male youth, this paper found that sex- education, sound teen-parent communication, modelling and church could potentially improve the sexual behaviour and subsequent psychological well- being of adolescent males. Psychological programmes in Black communities and schools should be implemented to encourage adolescent males to lead a positive life style.