

To Study the Concept of Wellbeing in Relation to Health and Quality of Life

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Abstract

Nowadays, the concept of health is viewed in relation to quality of life from a multidisciplinary standpoint. "The full physical, mental, and social wellbeing not merely the absence of disease or infirmity" is how the World Health Organisation (WHO) defines health [1, 2]. The United Nations founded the World Health Organisation (WHO), a specialized Organisation, in 1948 with a primary focus on public health and global health challenges. The Regional Office for WHO Europe, one of the six WHO offices worldwide, offers a special plan designed to meet the needs of the 54 countries it collaborates with, including Romania.

Introduction

In addition to the absence of disease, psychological wellness also entails the existence of positive aspects including personal development, fulfilling relationships, autonomy, and a sense of purpose. It is the feeling of being well, content, and prosperous. It encompasses having a strong sense of purpose or meaning in life, being in good mental health, and being able to handle stress. Feeling well is the essence of being well. The following are a few metrics that are used to try and gauge well-being: Positive affect, emotional stability, adaptability, and resilience.

Resilience is "the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress," according to the American Psychological Association (2014). This basically indicates how quickly you can "bounce back" after a traumatic experience and return as much as possible to your pre-event life. Any number of things could have led to this incident, such as the death of a loved one, the death of a pet, separations, excessive stress from a variety of sources, peer pressure, abuse, harassment, etc. It teaches you how to better control your risks.



Although there are various ways to define wellness, it is undeniable that it matters to everyone. There are numerous aspects of wellbeing, including social, emotional, mental, psychological, and **Spiritual Aspects**.

Having a sense of community and contributing to society is what is meant by **Social Wellbeing**.

Feeling well refers to **Emotional Wellbeing**. Being content with life in general, feeling joy, love, or compassion, and experiencing happiness.

Feelings of transcendence or serenity, a sense of meaning or purpose, or a connection to a higher power are examples of **Spiritual Wellbeing**.



Chart- Types of Well-Being

According to the World Health Organization- a well-being is a "healthy lifestyle resource" and "positive health" that goes beyond mere freedom from disease and enables us to function well on all levels—psychologically, physically, emotionally, and socially. In other words, the definition of well-being is defined as "enabling people to reach their full potential, work creatively and productively, build healthy relationships with others and contribute meaningfully to community activities."

Sarah Stewart-Brown, professor of public health at Warwick University (UK) and wellbeing expert explains that wellbeing can take many forms but a useful description is “feeling good and functioning well and feeling happy is a part of wellbeing but far from the whole”.

There is a deeper kind of wellbeing, which is about living in a way that is good for you and good for others around you. Further to this concept of wellbeing:

- Feelings of happiness, contentment, enjoyment, curiosity and engagement with their community, are characteristic of someone who has a positive experience of their life.
- Equally important to wellbeing, is our capacity to psychologically function well in the world. Maintaining positive relationships, having some control over one’s life and having a sense of purpose, self-esteem and self-confidence.
- Wellbeing does not mean that you never experience feelings or situations that you find difficult, but it does mean that you feel you can cope with tough times.

It’s important to understand that ‘wellbeing’ or ‘being- well’ **as something you do**, rather than something you are. **The things we do and the way we think** can have a big impact on our experience!

According to the World Health Organization, well-being is a "healthy lifestyle resource" and positive health gift this goes beyond just getting rid of the disease and allows us to function well on all levels - psychologically, physically, emotionally and socially. In other words, the definition of well-being is defined as people being able to reach their full potential, work creatively and productively, build healthy relationships with others, and participate meaningfully in community activities. “..

Various factors influence subjective well-being, including personal relationships, health, work, financial situation, and individual temperament. It is essential to understanding human flourishing and plays a significant role in

psychology, sociology, and other fields that study human behavior and happiness.

Six Key Elements of Psychological Wellbeing

Wellbeing can be defined as the capacity to realize your own abilities, cope with the normal stresses of life, work productively, make a contribution to your community (which may be the workplace, family or neighborhood), and possess the skills to develop and maintain healthy relationships.

Psychologists use the term wellbeing to describe the type of happiness that is based on meaning, purpose, and fulfilling one's potential. Research on psychological wellbeing has identified six important components:

- 1. Autonomy:** Autonomy is the ability to make your own decisions about how to think and behave, rather than over-relying on others' opinions or approval. Autonomous people resist social pressures that are inconsistent with their inner standards or preferences. They pursue freely chosen goals that they genuinely value.
- 2. Competence:** Competence means having knowledge, skills, and abilities and using them to solve problems and accomplish worthwhile tasks. Competent people can manage the responsibilities and demands of daily life and get things done. They make good use of their opportunities and arrange their living environments in ways that suit them.
- 3. Healthy Relationships:** Most people need connections with others. Some enjoy large circles of friends, family, and coworkers; others prefer more solitude and independence. The ability to develop caring, trusting, and supportive relationships is an important element of psychological health, whether you seek many relationships or only a few.
- 4. Self-Acceptance:** Self-accepting people understand that, like everyone else, they have strengths and weaknesses. They recognise that life has ups and downs; that everyone makes mistakes, misses opportunities, and feels regret, disappointment, and other unpleasant emotions. They are understanding and nonjudgmental of themselves and how their lives have gone so far.
- 5. Personal Growth:** People who value personal growth are open to learning and new experiences. They recognise that perspectives change with time and see themselves as maturing and developing. They are interested in broadening their horizons and fulfilling their potential.

6. Purpose in Life: People with purpose have a sense of direction in life. They understand what they value most deeply, such as being a loving parent, supportive friend, productive professional or contributing member of a community. They find satisfaction in setting goals and working to achieve them and feel that their lives have meaning.

Cultivating these six elements of wellbeing can be challenging. Standing on our own principles can be difficult, especially when others disapprove. Managing daily demands can be stressful. Even the healthiest relationships have delicate, uncomfortable moments. It is painful to face up to our failures and imperfections, to feel awkward and nervous while learning new skills.

Research consistently shows that people who cultivate meaning and purpose, develop skills and competencies, exercise autonomy, attend to their relationships, and try to contribute to things they care about, even when it is stressful and difficult, are psychologically healthier than those who don't. They have higher self-esteem, lower risk of depression, and greater satisfaction with their lives.

Review of Literature

According to Glozah, F. N. (2013), the financial disparity has expanded in numerous components of juvenile wellbeing. This angle likewise concurs with inconsistent dissemination of pay between the various layers of the general public. The developing holes in juvenile wellbeing could demonstrate at future imbalances in grown-up wellbeing and this requirement to be considered at the hour of strategy making.

An examination analysed the parental bond and psychological well-being in 365 guys and female understudies of secondary school in Israel on parental Bonding Instrument (PBI), Brief Manifestation Inventory (BSI), General Well-Being (GWB), Perceived Social Support (PSS) and Social Desirability Scale. An examination of the equivalent with Australian young people yielded results highlighting female understudies announcing more maternal consideration when contrasted with male juvenile understudies. Likewise, understudies announcing raised consideration and low control revealed less misery, better social help and better broad prosperity when contrasted with different gatherings. Understudies revealing low consideration and high control demonstrated the most elevated BSI scores and least GWB and PSS scales (Ryff, C.D. 1998).

Turashvili, T., & Japaridze, M. (2012) in their study "Psychological well-being and its relation to academic performance of students in Georgian context" says that the study's findings indicate that the majority of students have a median

level of well-being, are not depressed, and perform academically on track with their own assessments. The study also showed that pupils who performed at a medium or high academic level scored highly on scales measuring well-being, life purpose, and personal development. Additionally, pupils who use task-oriented coping mechanisms score highly for wellbeing and personal development. However, students who use avoidance as a coping mechanism exhibit a significant incidence of depression.

Nwankwo et al. (2015) studied the relationship between self-esteem perception and psychological well-being among athlete students aged between 18 and 30 years old at the University of Nigeria. The findings showed that students with higher self-esteem perception had higher psychological well-being, while their peers with lower self-esteem perception had less psychological well-being.

Findings of the Study

- Well-being is directly linked with Health and quality of life.
- Well-being is a holistic approach to health.
- It is the presence of positive emotions, absence of negative emotions and satisfaction with life as felt by the patient.
- When someone refers to their well-being, they often mean both their physical and mental state.

Well-being can affect individuals' health. When individual experience stresses, anxiety, etc., it impacts its physical health. Individual many times face trouble in sleeping, which is a physical symptom of stress. However, a lack of sleep can lead to more health issues, including high blood pressure and heart problems. In other words, it is all interconnected

Conclusion

Well-being is a broad, multifaceted construct. This paper reviews different ways of defining and measuring well-being and the implications this has for understanding the correlates and causes of wellbeing. Hedonic well-being (HWB), eudemonic well-being (EWB), and other conceptions of well-being are discussed. Specific components and aspects of HWB are elaborated on. These include the distinction between affective and cognitive well-being. Major aspects of affective well-being include valence, frequency versus intensity, arousal, and interpersonal engagement. Major aspects of cognitive well-being include life satisfaction, life evaluation, and domain satisfaction. Processes underlying the structure of cognitive well-being are discussed including top-down versus bottom-up models, and the tendency to use heuristics versus stable

sources of information to evaluate one's life. Trait versus state conceptions of wellbeing is introduced. Different well-being assessment methods (online, recall, global) can be located on a state-trait continuum. The distinction between state and trait measures of well-being has implications for understanding the structure of affect, the relation between well-being and health, and cultural variation in well-being. Future research is needed to clarify the distinct correlates of affective versus cognitive wellbeing, as well as how positive and negative emotions are operationalized. In addition, a better understanding of the components of EWB and how they are related to HWB and affective dimensions beyond valence will shed light on the validity of the EWB construct. Finally, greater sensitivity to the state trait distinction will deepen our knowledge of the processes that shape both HWB and EWB.

References

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