

Psychological Well-Being

Sofiya Banu D
M.A, English

Abstract- The term "psychological well-being" describes a person's general emotional and mental health as well as their capacity to carry out daily tasks with efficiency. Positive elements of it include self-acceptance, emotional equilibrium, personal development, independence, deep connections, and a feeling of direction. People's ability to manage stress, make decisions, and engage with people is influenced by their psychological well-being. Greater personal satisfaction, enhanced academic or professional performance, and better physical health are all linked to high levels of well-being. On the other hand, mental health issues including anxiety, despair, and emotional tiredness can result from low psychological well-being. Psychological well-being is influenced by a number of factors, such as personal experiences, lifestyle choices, familial environment, and social support. Psychological well-being is a major worry in the modern world due to growing social challenges, work stress, and academic pressure. Encouraging mental health awareness, emotional fortitude, and constructive coping mechanisms can support people in preserving balance, boosting wellbeing, and improving their general quality of life.

Keywords- Mental health, Emotional well-being, Stress management, Personal growth

I. INTRODUCTION

The term "psychological well-being" describes a person's general state of mental and emotional health as well as their capacity to carry out daily tasks successfully. Positive elements like emotional equilibrium, self-acceptance, deep connections, and a feeling of purpose are all part of it. Making wise judgments, managing stress, and keeping a positive perspective on life are all made easier by psychological well-being. Understanding and fostering psychological well-being is crucial for boosting life happiness, increasing mental health, and attaining general personal development in today's hectic environment.

Ryff's Model of Psychological Well-Being

Carol Ryff's multidimensional approach, which stresses positive psychological functioning rather than just the absence of mental disease, provides the best explanation for psychological well-being. According to Ryff, a healthy and satisfying existence can be summed up in six key dimensions.

- Self-Acceptance
- Emotional Regulation
- Positive Relationships
- Autonomy
- Purpose in Life
- Personal Growth

1). Self-Acceptance

A key element of psychological well-being is self-acceptance, which is the capacity to fully embrace oneself, including one's limitations, prior experiences, strengths, and faults. A person who has a high level of self-acceptance keeps a good view of themselves and avoids excessive self-blame or negative self-evaluation. Resilience, emotional stability, and self-confidence are all enhanced by this trait. Low self-esteem, feelings of inadequacy, and emotional pain can result from a lack of self-acceptance.

2). Emotional Regulation

Understanding, controlling, and appropriately expressing emotions are all parts of emotional regulation. It enables people to manage tension, rage, grief, and worry without feeling overpowered. Maintaining emotional equilibrium, enhancing problem-solving abilities, and promoting mental stability are all aided by effective emotional control. Mood swings, impulsive conduct, and heightened susceptibility to mental health problems can all be consequences of poor emotional control.

3). Positive Relationships

While humans are social creatures, having healthy relationships is crucial to psychological wellbeing.

Mutual respect, empathy, trust, and emotional support are traits of healthy relationships. Strong social ties ease loneliness and offer consolation in trying times. People who have supportive connections are more likely to be happy, manage stress better, and have better emotional health.

4). Autonomy

The ability to make decisions on one's own and control one's conduct based on personal principles rather than outside pressure is referred to as autonomy. People who are autonomous have confidence in their decisions and a sense of control over their lives. This autonomy improves drive, emotional fortitude, and self-worth. Reduced psychological well-being, frustration, and reliance can result from a lack of autonomy.

5). Purpose in Life

A feeling of direction and meaningful goals are essential components of having a purpose in life. It helps people overcome obstacles and stay committed to their own development by giving them inspiration, optimism, and clarity. Increased life satisfaction, emotional resilience, and mental health are all linked to a strong sense of purpose. People may feel disoriented, uninspired, or emotionally detached in the absence of a goal.

6. Personal Growth

The term "personal growth" describes ongoing learning, self-improvement, and receptivity to novel experiences. It shows a person's drive to learn more, develop new abilities, and adjust to change. Confidence, flexibility, and long-term psychological well-being are all influenced by personal development. People who actively seek personal development typically have more emotional resilience and a good attitude on life.

II. SCHOLARS ON PSYCHOLOGICAL WELL-BEING

1). Abraham Maslow (Hierarchy of Needs)

Abraham Maslow's Hierarchy of Needs hypothesis provided an explanation for psychological well-being. Maslow asserts that psychological wants like love, belonging, and self-worth come after fundamental requirements like food and safety in order to determine well-being. The pinnacle of psychological well-being,

self-actualization, is reached when people reach their full potential and find personal fulfillment.

2). Martin Seligman (PERMA Model)

The PERMA model of well-being was put forth by Martin Seligman, the founder of positive psychology. Positive feelings, engagement, relationships, meaning, and accomplishment are all included in PERMA. He underlined that psychological well-being includes both positive functioning and contentment in life in addition to the absence of mental illness.

3). Sigmund Freud

According to Freud, psychological well-being is the capacity to maintain equilibrium between the id, ego, and superego. He asserts that a psychologically sound individual may effectively navigate internal issues and contribute to society. He recognized that emotional equilibrium was crucial for wellbeing, even if his perspective was primarily concerned with mental sickness.

4). Carl Rogers (Humanistic Theory)

Self-concept and unconditional positive regard were key concepts for Carl Rogers. According to him, psychological well-being arises when people are accepted and allowed to live their true selves. A fully functioning individual is self-aware, emotionally stable, and receptive to new experiences.

5). Erik Erikson (Psychosocial Development)

Erik Erikson used eight phases of psychosocial development to explain well-being. Positive characteristics like trust, autonomy, identity, and integrity result from each stage's successful resolution, and these qualities collectively support psychological well-being throughout life.

6). Jahoda (Positive Mental Health)

Positive mental health characteristics, such as self-acceptance, personal development, integration, autonomy, and environmental mastery, are how Marie Jahoda defined psychological well-being. Her theories had a significant impact on Ryff's framework and other later frameworks.

III. CONCLUSION

Beyond only being free from mental illness, psychological well-being is a basic component of human existence that includes emotional equilibrium,

personal development, deep connections, and a feeling of direction. Its multifaceted aspect has been emphasized by academics like Carol Ryff, Abraham Maslow, Martin Seligman, and Carl Rogers, who emphasize self-acceptance, autonomy, meaningful connections, and life satisfaction as essential elements. Because it fosters resilience, productivity, and general life happiness, maintaining psychological well-being is essential in today's hectic and demanding society. Environmental factors, personal experiences, lifestyle choices, and social support all have a big impact on well-being.

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