



Psychological Wellbeing for Healthy Livelihood

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Abstract

The purpose of this study was to know how the importance of psychological well being and its dimensions. Psychological science is an academic and applied discipline including the scientific study of mental processes and behaviour. The word 'psychology' is derived from the two Greek words 'psyche' and 'logos', wherein psyche means the soul or mind, and the meaning of logos is to talk about, or science or study. Thus, the literal meaning of psychology is termed as the science or study of soul or mind. Rudolph Goclenius used the word 'psychology' for the first time as a study of the mind. As the word mind could not be understandable clearly, questions arise: what is mind? How can it will be studied? And consequently, this view was also rejected. Many psychologists tried hard to understand the human actions and thoughts, and to disentangle the body, soul dichotomy. Psychology also stated as the application of various knowledge to human activity, including individuals' daily lives activities and the mental wellness. Psychologically well being is more than just to be free of distress and mental problems. Psychological wellbeing can be proposed in a complex 6-dimensional model, i.e. Autonomy, Purpose in Life, Positive Relations, Personal Growth, Environmental Mastery, and Self-Acceptance. In conclusion we can say that holding positive attitudes toward oneself and others emerges as a central characteristic of positive psychological functioning. Many research attributed that psychological wellbeing and health at older ages is at an early stage. Health care systems and every individual should be concerned not only with illness and disability, but with supporting methods of improving positive psychological states so that each and every individual should be healthy.

Keyword: Psychological well being, Autonomy, Purpose in Life, Positive Relations, Personal Growth, Environmental Mastery, and Self-Acceptance

Introduction

Psychological science is an academic and applied discipline including the scientific study of mental processes and behaviour. Psychology also stated as the application of various knowledge to human activity, including individuals' daily lives activities and the mental wellness. A psychologist focuses such phenomena as perception, cognition, emotion, personality, behaviour and interpersonal relationships. Some psychologists also stated that it is the study of unconscious mind.

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of soul or mind. They believed that soul was conscientious for a variety of mental activities such as learning, thinking, feeling etc. It was believed that soul was the quintessence or right being of an organism or life. As the relation of soul to the body and the functions of soul could not be explained, afterwards some philosophers tried to define psychology as a science of mind.

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In the mid of 1800 century, two

German scientists Muller and Helmholtz established that the physical processes underlying mental activity could be studied scientifically. Wundt tried to understand the 'conscious mind' by categorizing the mental processes as sensation, perception, and reaction time etc. In to their basic elements and to analysis their inter-relationships through a method called introspection. This approach did not find much favour and was rejected for not taking into account sub-conscious and un-conscious activities of mind, and the introspection method also proved to be the most subjective and unscientific method. These problems prompted John B. Watson and his followers to concentrate on the observable aspect of behaviour in order to know the mind, and lastly psychology came to be defined as "science of behaviour".

Wellness is an active process of becoming aware of oneself and making choices toward a healthy and active life. Wellness is more than being free from illness or diseases; it is a dynamic process of change in growth and development.

The National Wellness Institute stated wellness as "a conscious, self-directed and evolving process of achieving full potential."

Psychological well-being is simultaneously the absence of the embarrassing elements of the human experience – depression, anxiety, anger, fear – and the presence of enabling ones – positive emotions, meaning, healthy relationships, environmental mastery, engagement, and self-actualization. Psychological wellbeing is above and beyond the absence of psychological illness and it considers a broader spectrum of constructs than what is traditionally conceived of as happiness. A person suffering from mental disorders can hardly experience psychological wellbeing.

Psychological well being and its dimensions

Psychologically well being is more than just to be free of distress and mental problems. Psychological wellbeing can be proposed in a complex 6-dimensional model, i.e. Autonomy, Purpose in Life, Positive Relations, Personal Growth, Environmental Mastery, and Self-Acceptance.

Autonomy: Autonomy is the ability to resist social pressures and to make one's to take his own decisions. There is considerable emphasis on such qualities as self-determination, independence, and the

behavior. The fully functioning of an individual is described as having an internal locus of evaluation, whereby one does not look to others, but evaluates oneself by his personal standards. Individuation is observed to involve a deliverance from convention, in which an individual no longer clings to the collective fears, beliefs, and laws of the masses. The process of turning inward in the later years is also seen by life-span development at least to give the person a sense of freedom from the norms governing everyday life.

Purpose of life: Purpose in life means that one's life is purposeful and meaningful. Mental health can be defined as it includes beliefs that give one the feeling that there is purpose and meaning to life. The life-span development theories refer to a variety of changing purposes or goals in life, such as being productive and creative or achieving emotional integration in later life.

Positive relationships: The third dimension of well-being is positive relationships and it is the ability to have warm, satisfying and trusting relationships with others. Many theories has been propounded which emphasize the importance of warm, trusting interpersonal relations. The ability to love with others is viewed as a central component of mental health. Self-actualizers can be stated as having strong feelings of empathy and affection for all human beings and as being capable of greater love, deeper friendship, and more complete identification with others and environment. Thus, the importance of positive relations with others is repeatedly stressed and it is important conceptions of psychological well-being.

Personal growth: Personal growth refers to the individual's sense of continued growth and development as a person as well as openness to new experiences. Optimal psychological functioning not only requires that one achieve the prior characteristics, but also that one are capable to continue to develop one's potential, and develop himself. The need to realize oneself and realize one's potential is the central to clinical perspectives on personal growth. Lifespan theories also give explicit emphasis to continued growth and to facing new challenges to tasks at different periods of life.

Environmental mastery: Environmental mastery, is associated with the capacity to

effectively manage one's life and the surrounding world, The individual's ability to choose or create environments suitable to his or her psychic conditions is the main characteristic of mental health. These theories emphasize one's ability to develop in the world and change it creatively through physical or mental activities. Successful aging also accentuate the extent to which the individual takes advantage of environmental opportunities.

Self acceptance: Self-acceptance can be defined as an individual is able to have a positive evaluation of oneself and one's past life. It is also defined as the essential attribute of mental health as well as characteristic of self-actualization, optimal functioning, and maturity. Lifespan theories also emphasize acceptance of one's self and one's past life.

Conclusion

In conclusion we can say that holding positive attitudes toward oneself and others emerges as a central characteristic of positive psychological functioning. Many research attributed that psychological wellbeing and health at older ages is at an early stage. Health care systems and every individual should be concerned not only with illness and disability, but with supporting methods of improving positive psychological states so that each and every individual should be healthy.

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