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### RESEARCH ARTICLE

#### ARE DRIVERS OF PSYCHOLOGICAL WELL-BEING SIMILAR TO THE DRIVERS OF ILL-BEING?

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#### Abstract

Psychological well being is about lives going well. It is a combination of being good and functioning effectively. However, it does not mean feeling good all the time, the experience of painful emotions like disappointment, failure, grief is a normal part of life and being able to manage these negative emotions is essential for long-term well being. So the need for the study of this topic is to explain that many of the drivers of well being are not the same as the drivers of ill-being. The study is hypothesized that, personality, demographic factors, socio-economic factors and international activities are responsible for both psychological well-being and ill-being respectively. To study the objectives, secondary tools were used. With study carried out, with the review of Literature, it suggests that personality factors, demographic factors and socio-economic factors are equally responsible for psychological well-being and ill-being respectively but international activities are only responsible for psychological well-being and not for ill-being.

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#### Introduction To The Concept:-

Psychological well being is about lives going well. It is a combination of being good and functioning effectively. However, it doesn't mean feeling good all the time, the experience of painful emotions like disappointment, failure, grief is a normal part of life and being able to manage these negative or painful emotions is essential for long-term well being.

Psychological well-being not only corporate the positive emotions of happiness and contentment but also such emotions like interest, engagement, confidence and affection. If we talk in psychological sense, it includes.

1. Development of one's potential.
2. A control over one's life.
3. Having a sense of purpose.
4. Experiencing positive relationships.

According to WHO (2001), "Mental health as a state of well-being in which an individual realizes his/her own abilities, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his/her community."

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**Need For The Study:-**

1. Recognition that since well-being is more than the absence of ill-being, it needs to be studied in its own right.
2. The need to distinguish between these approaches in improving psychological well-being
3. Evidence that many of the drivers of well-being are not the same as the drivers of ill-being.
4. The strong possibility that by increasing flourishing in the population, we might do more to reduce common mental and behavioral problem than by focusin exclusively on treatment and prevention of disorder.

**Obiective Of The Study:-**

\*The indicators of psychological well-being are similar to the indicators of psychological ill-being.

**Hypothesis Of The Study:-**

1. It is hypothesized that 'Personality' is a common indicator for well-being and ill-being respectively.
2. It is hypothesized that 'Demographic factors' are similar for the well-being and ill-being respectively.
3. It is hypothesized that 'Socio-economic factors' are responsible for both well-being and ill-being respectively.
4. It is hypothesized that 'Intentional activities' are responsible for both psychological well-being and ill-being respectively.

**Tools And Techniques Used:-**

1. Secondary tools were used.
2. Use of Journals, Books, Magazines, Internet was made.
3. Some articles were taken from sites like Sciencedirect.com and Google scholar as well

**Description of the Variables:-****Personality Factors:-**

One of the strongest predictors of our usual emotional style is Personality. Two dimensions of Extraversion and Neuroticism were taken. Costa & Mc. Crae(1980) found the following things in the 10 year longitudinal study.

- Extraversion is strongly associated with positive emotional style.
- Neuroticism is strongly associated with negative emotional style (Diener et al., 1999).
- Gardner et. al., 2006, Mental ill-being is caused due to link between childhood neuroticism or adolescent neuroticism and psychological distress later in life.
- Neuroticism drives negative mood and common mental disorder.
- Extraversion drives positive emotional characteristics.
- Ryff's Scales of Psychological Well-Being (Ryff, 1989) cover the dimensions of Autonomy, Environmental Mastery, Personal growth, Personal relationships with others, purpose in life and self-acceptance. A recent longitudinal study using the Ryff scale, shows much larger effect of Extraversion than of Neuroticism for psychological well-being (Abbott et. al., 2008).

**Demographic factors:-**

Demographic characteristics also show differential aspects for well-being and ill-being.

- Large surveys showed little evidence of gender differences (Helliwell, 2003).
- Large surveys using single-item measures of well-being (eg. Overall rating of life satisfaction) find a U shaped relationship with age.
- According to Oswald, 2008, Younger and older people tend to have higher well-being scores than middle-age, although there may be decline in well-being among the very old.
- Data from British Health and Lifestyle Survey showed that compared to middle-aged and younger men, older men have the lowest number of symptoms of psychological distress but also the lowest scores on a measure of positive psychological well-being.
- However, Zimmerman & Easterlin (2006) found that "Marriage" is also an important factor for psychological well-being, they found that while getting married is good for one's psychological well-being, being married may not be.

**Socio-Economic factors:-**

- According to Dolon et al., 2008, Higher levels of income and socio-economic status are associated with higher levels of well-being and lower rates of disorder, although this effect diminishes at progressively higher levels of income.
- While most studies suggest that higher educational qualifications are protective factors against poor health, a few have reverse gradient. Chevalier & Feinstein (2006) found that men with a higher level of education were more likely to be depressed than those with less education. They suggest that the increase in depression associated with the highest level of education may be an indication of job-related stress of occupations requiring a degree.
- According to Wilkinson et al., (2006), Higher national income inequality is linked to higher prevalence of mental illness and lower scores on well-being measures.
- Unemployment has also been associated with the presence of mental health problems and lower levels of life satisfaction. According to Clark et al., (2004), Longitudinal studies demonstrate that people who started out relatively happy become unhappy after they were unemployed.

**Intentional Activities:-**

Lyubomirsky (2006) found that intentional activities are divided into three broad groups

1. **Behaviors**-such as taking regular exercise, or being kind to others.
2. **Cognitions**-such as interpreting events in a positive light or feeling gratitude.
3. **Motivations**-such as striving towards goal which reflect deeply held values rather than being driven by external rewards.

Lyubomirsky found that evidence of such activities increases happiness and psychological well-being but psychological ill-being in either caused or not that is not quantified.

**Conclusion:-**

Science of well-being which focuses on what makes people flourish on human asset rather than deficits is a promising new area of research. However, Review of Literature and various case-studies suggests that Personality factors, Demographic factors and Socio-economic factors are equally responsible for psychological well-being and ill-being respectively but the aspects may vary. However, Intentional activities are only responsible for psychological well-being and not for ill-being.

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