

Education for **WELL-BEING**



Dr. Nitin Bajpai
Dr. Abhishek Sengar

Education for **WELL-BEING**



Dr. Nitin Bapna is Ph.D.(Education), M.Phil., M.Ed., UGC NET (Education, History), Post graduate in Ancient Indian History and Philosophy, presently working as Assistant professor in Teacher Education department at Mahatma Pratap Govt. P.G. College, Haridwar UP. He worked previously as Assistant Professor (B.Ed.) at D.B.S. P.G. College Kangra and as Principal at Preston P.G. College, Gwalior, MP. He has more than 15 years of teaching experience as teacher educator. He is also associate editor of International journal of science and social science research (ISSN : 2583-7877). He is joint secretary of Uttar Pradesh Govt. College academic society. He has published more than 20 research papers in various peer reviewed and UGC listed journals. He has presented 40 papers in various National and international seminars, conferences and workshops. He has organised two national seminars and participated as resource person in various National seminars and webinars. He is author of four text books of education for B.Ed. and B.A. (Education) courses. His specialisation area is educational psychology, inclusive education, educational research and statistics. He has guided many students for UGC-NET (Education) and also prepared two practice workbooks for them. Under his guidance more than 150 students has qualified JRF and NET (Education) exam.



Dr. Abhishek Sengupta is working as an Assistant Professor in Department of B.Ed. of Mahatma Pratap Government Post Graduate College, Haridwar. He has post graduate degree in History, English, Sanskrit and Education. He also has M.Phil. and Doctorate degree in Education. He has published nine research papers in different reputed journals. He has presented more than twenty papers in various national and international conferences. He has more than ten years of teaching and research experience. He is acting as the head of department for nine years. He believes that education must aid for the betterment of person and society; it should not be limited to the bookish knowledge for it he engages his students in various social and personality development activities along with their study. Hence many of his students are excelling in duties of different profession. Social well-being is essence of his life and teaching.

BR 373



BlueRose ONE
B R O S E
R E S E A R C H & I N N O V A T I O N
www.brosonline.com

Personal
development



9 789362 451107
www.brosonline.com

List of Contents

Chapter No	TOPIC	AUTHOR	Page No
Chapter-1	Different Dimensions of Well-Being: Biological, Psychological, Sociological, Economical and Spiritual	Pragya Singh	1-18
Chapter-2	Promoting Well-Being: Understanding the Meaning, Concept, Characteristics, and Educational Implications	Nazish Khan	19-26
Chapter-3	Empowering Minds, Nurturing Hearts: Teachers Leading The Way To Student Well-Being	Priyanka Joshi	27-41
Chapter-4	Psychological Well-Being: Meaning, Characteristics And Factors Of Influence	Dr. Sharda Vishwakarma Dr. Kirti Chaurasia	42-49
Chapter-5	Intellectual Well-Being	Neelam Rawat	50-57
Chapter-6	Mental Well-Being	Asmita Dubey	58-67
Chapter-7	Economic Well-Being	Ayushi Dubey	68-77
Chapter -8	Positive Psychology	Rashidi Roquyiya Mohd. Waqar Raza	78-82
Chapter-9	Mental And Emotional Health	Sushma Tani	83-88
Chapter-10	Importance Of Good Health And Well Being	Dr. Sneh Pandey	89-96
Chapter-11	Managing Thoughts	Baljinder Singh Laxmi Mishra	97-99
Chapter-12	Positive Thinking	Pawak Agrawal	100-106
Chapter-13	Stress And Its Management	Dr. Pratik Upadhyaya	107-113
Chapter-14	Strategies Of Thought Management	Dr. Shweta Agarwal	114-127
Chapter-15	Mindful Growth: Positive Psychology Approaches To Learning In Education	Anupam Rajauriya	128-135

Chapter-16	Cognitive Distortions: Thinking Traps And Coping Techniques	Dr Jyoti Panday	136-145
Chapter-17	Rethinking Education: Embracing The Iceberg Model For Well-Being	Adbhut Pratap Singh	146-152
Chapter-18	Iceberg Beliefs	Kaneez Fatima	153-157
Chapter-19	Spiritual Education	Dr.Savita Pandey	158-163
Chapter-20	Spiritual Well-Being: Positive Thinking	Baljinder Singh	164-167
Chapter-21	Spiritual Life Style	Sukanya Tiwari	168-176
Chapter-22	Balanced Personality Through Indian Spiritual Poetry	Dr. Vishesh Kumar Pandey	177-183
Chapter-23	Harmonious Blend: Crafting a Balanced Personality	Sadhna Dr.Dhirendra singh yadav	184-189
Chapter-24	Spirituality And Modernity	Dr.Shweta Das	190-196
Chapter-25	Time Management	Dr. Neha Sharma	197-203

CHAPTER-4

Psychological Well-being: Meaning, Characteristics and factors of influence

Dr. Sharda Vishwakarma¹

Dr. Kirti Chaurasia²

Well-being refers to the state of being comfortable, healthy, or happy. It encompasses various aspects of an individual's life, including physical, mental, emotional, and social dimensions. Achieving a high level of well-being typically involves a balance and integration of these different facts. Positive emotions, resilience, and a sense of meaning and fulfillment in life are traits of psychological well-being, which includes the condition of optimal mental health and flourishing. This chapter delves into the notion of psychological well-being, examining its determinants and evidence-based approaches to cultivate and support it throughout an individual's life. The following are a few widely acknowledged forms of well-being:

¹ Assistant Professor (Guest Faculty) Department of Psychology Dr. Harisingh Gour Central University, Sagar(M.P.)

²Assistant Professor, Department of Psychology, Millat College, Darbhanga (Bihar)
L.N.M.University, Darbhanga

Physical well-being: This is the state of the body, encompassing things like physical health, fitness, sleep, and nutrition. It entails looking after bodily ills, controlling stress, and leading a healthy lifestyle.

Psychological well-being: Psychological well-being is included in the concept of mental well-being. It entails stress management, obstacle aversion, resilience building, and upholding an optimistic outlook. Emotional control, self-worth, and confidence are other components of mental health.

Emotional Well-Being: The capacity to recognize and effectively control one's emotions is referred to as emotional well-being. It entails being conscious of one's emotions, expressing them in a way that is appropriate, and creating constructive coping strategies for handling pressure or hardship.

Social Well-Being: Social interactions and relationship quality are important components of social well-being. It entails having meaningful relationships with people, strong social networks, and a feeling of community. A person's capacity for cooperation, empathy, and effective communication are additional elements of social well-being.

Spiritual Well-Being: A sense of purpose, meaning, and connection to something bigger than oneself are all related to spiritual well-being. It entails investigating one's values, convictions, and sense of self in addition to partaking in activities that promote transcendence, inner peace, and fulfillment.

Environmental Well-Being: The relationship that exists between people and their environment is referred to as environmental well-being. It entails encouraging environmental harmony, sustainability, and stewardship of natural resources. The term "environmental well-being" also

refers to things like having access to clean water, air, and green areas.

Occupational well-being: This term describes the contentment and satisfaction that come from one's job or line of work. It entails achieving a sense of fulfillment and advancement in one's career, keeping a positive work-life balance, and discovering meaning and purpose in one's work.

Financial Well-Being: Managing money in a way that fosters security, stability, and a sense of control over one's financial circumstances is essential to financial well-being. It covers things like saving money, investing, creating a budget, and making future plans.

These different forms of well-being are interrelated, and focusing on several aspects of life is frequently necessary to achieve overall well-being. What enhances well-being can also differ from person to person due to individual preferences and priorities.

Psychological well-being

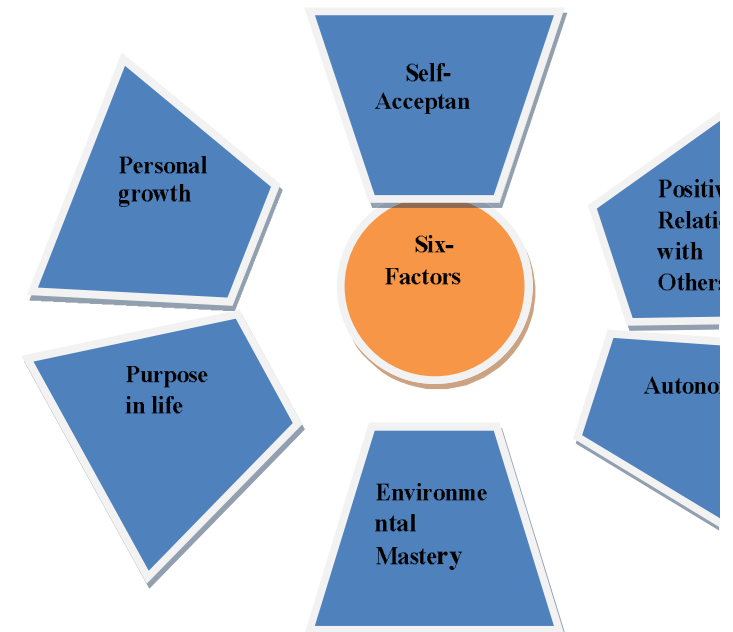
A state of optimal functioning and fulfillment in the psychological aspects of life is referred to as psychological well-being. It includes all facts of an individual's mental and emotional well-being, representing their subjective experience and general quality of life. Understanding psychological well-being can be achieved by focusing on a few essential elements. Models such as Ryff's Six-Factor Model of Psychological Well-Being are frequently used to inspire psychological well-being. Subjective Experience: Each person's subjective and unique experience, values, and aspirations dictate what constitutes psychological well-being. It has to do with personal experiences of contentment, happiness, and life fulfillment.

1. **Self-Acceptance:** This segment depicts a person grinning while gazing into a mirror, signifying the acceptance of oneself in all of one's qualities and flaws. It stands for a positive assessment of oneself and one's previous existence.

2. **Personal growth:** Personal growth is symbolized by an upward arrow inside the person's outline, which denotes continuous learning, being receptive to new experiences, and reaching one's full potential.

3. **Purpose in life:** Symbolized by a roadmap or compass, it represents goals, direction, and a sense of meaning. This illustrates having goals and objectives for life as well as beliefs that give life meaning.

4. **Environmental Mastery:** Shown by a person balancing scales or juggling balls, this image demonstrates the ability to control a variety of external activities, navigate challenging environments, and make the most of available opportunities.



Ryff's Six-Factor Model of Psychological Well-Being

5. **Autonomy:** An upright silhouette with arms outstretched, signifying self-governance, self-reliance, and internal behavior control. It represents the capacity for self-control, defiance of social pressure, and adherence to one's own beliefs.

6. **Positive Relations with Others:** Depicted as two figures holding hands or with a heart between them, this image denotes closeness, empathy, and strong, fulfilling relationships with friends and family.

Subjective experiences, positive functioning, resilience, self-awareness, positive relationships, and environmental mastery are all included in the holistic and multidimensional concept of psychological well-being that underpins mental health and flourishing. It highlights how crucial it is to support both subjective well-being and optimal psychological functioning as necessary elements of a happy and meaningful life.

Characteristics of psychological well-being

The term psychological well-being refers to a variety of traits that support a person's general resilience, mental health, and ability to thrive. These traits show a condition of maximum fulfillment and functioning in a variety of spheres of life. The following are some essential traits of psychological health:

1. **Positive Emotions:** A wide range of positive emotions, such as joy, happiness, gratitude, contentment, and serenity, are linked to psychological well-being. Positive emotions are typically felt more frequently and intensely by people who have high psychological well-being, which improves their general sense of well-being and life satisfaction.

2. **Self-Acceptance:** A key component of psychological health is embracing all aspects of oneself, including flaws, limitations, and strengths. Psychologically healthy people

exhibit self-compassion, self-respect, self-confidence, and a positive self-image. They actively pursue personal development and self-improvement and are at ease with who they are.

3. **Autonomy:** A feeling of autonomy and self-determination is a hallmark of psychological well-being. People who are in good psychological health have a strong sense of agency and make decisions that suit their preferences, values, and aspirations. They possess the ability to stand up for themselves, act independently, and accept accountability for their deeds.

4. **Environmental Mastery:** Adapting to changing circumstances and skillfully managing one's surroundings are essential components of psychological well-being. People who are in good psychological health are adept at handling obstacles in life and show resourcefulness, competence, and resilience. They are able to solve problems, handle stress, and accomplish their objectives because they feel in control of their environment.

5. **Purpose in Life:** A sense of meaning and purpose in life is associated with psychological well-being. People who are in good psychological health have priorities, values, and goals that give their lives meaning and direction. They get a sense of contentment and satisfaction from engaging in worthwhile pursuits, helping others, and changing the world for the better.

6. **Positive Relationships:** Healthy and encouraging relationships with others are closely associated with psychological well-being. People who are in good psychological health have satisfying relationships with others that are marked by intimacy, trust, respect, and empathy. Within their social networks, they encounter companionship, social support, and a feeling of belonging.

7. **Personal Development:** Constant self-actualization, personal growth, and development are necessary for psychological well-being. People who are in good psychological health are receptive to novel experiences, difficulties, and chances for growth and development. In order to live happy and meaningful lives, they try to discover and nurture their talents and interests.

8. **Environmental Harmony:** A sense of balance and harmony in one's surroundings is linked to psychological well-being. People who are psychologically well-adjusted have favorable attitudes toward the environment, society, and other people. They respect social justice, environmental sustainability, and community involvement as means of enhancing human well-being and preserving the environment.

In general, psychological well-being includes the relational, existential, emotional, and cognitive aspects of mental health in a comprehensive and diverse manner. Developing these qualities can help people become more resilient, improve their quality of life, and feel more fulfilled and flourishing.

Determinants of Psychological Well-Being

Development and maintenance of psychological well-being are influenced by a number of factors.

1. **Personality traits:** A person's psychological well-being is greatly influenced by their traits such as optimism, resilience, self-esteem, and emotional intelligence. Individual variances in psychological well-being are also influenced by early life experiences and genetics.

2. **Social Support:** Robust social support systems offer informational, practical, and emotional support, reducing stress and fostering psychological health. Having good

relationships with friends, family, and neighbors helps one feel connected and at home.

3. **Coping Strategies:** People can better handle stress and adversity and improve their psychological well-being by using effective coping strategies like problem-solving, cognitive reappraisal, mindfulness, and reaching out for social support.

4. **Meaningful Activities:** Taking part in pursuits that are consistent with one's values, passions, and areas of strength enhances psychological health. A sense of purpose and fulfillment can be attained through engaging in meaningful work, volunteering, creative endeavors, and hobbies.

5. **Resilience:** The capacity to overcome obstacles and turn setbacks into opportunities for growth and improvement. Psychological well-being is improved by developing resilience through coping mechanisms, optimism, and social support.

Factors influence of psychological well-being

An individual's psychological well-being has a substantial impact on a range of aspects of their life, including their general health, happiness, and success. The following are important domains where psychological well-being can make a significant difference:

1. **Physical Health:** There is a strong correlation between psychological health and physical health results. Studies reveal that those with greater psychological well-being typically have longer life expectancies, better immune systems, and fewer chronic illnesses. Overall health and well-being can be promoted by preventing the negative effects of stress on the body through the use of healthy coping mechanisms, positive emotions, and stress resilience that are linked to psychological well-being.

2. **Mental Health:** An important factor in determining the results of mental health is psychological well-being. Higher psychological well-being is associated with a lower risk of mental health conditions like substance abuse, anxiety, and depression. The development of psychological distress and psychiatric symptoms is inhibited by positive emotions, resilience, and self-esteem that are linked to psychological well-being.

3. **Relationships:** Psychological well-being influences the quality of interpersonal relationships and social connections. Individuals with higher levels of psychological well-being tend to have more satisfying and supportive relationships with family, friends, and romantic partners. Positive emotions, empathy, and effective communication skills associated with psychological well-being contribute to healthier and more fulfilling relationships.

4. **Work Performance:** Job satisfaction, productivity, and performance are work-related outcomes that are influenced by psychological well-being. Workers who have greater psychological well-being are more resilient, driven, and involved at work. Good feelings, hope, and a sense of purpose linked to psychological well-being improve job performance and job satisfaction, which promotes success and career advancement.

5. **Academic Achievement:** Academic outcomes including performance, engagement, and persistence are influenced by psychological well-being. Pupils who are psychologically well-off typically perform better academically, are more motivated, and are more resilient when faced with difficulties in the classroom. Academic success and lifelong learning are facilitated by growth mindset, positive emotions, and self-efficacy—all of which are linked to psychological well-being.

6. **Overall Well-Being and Quality of Life:** A major factor in determining both of these outcomes is psychological well-being. Higher psychological well-being is associated with higher levels of subjective well-being, happiness, and life satisfaction. Regardless of outside conditions, a sense of fulfillment and flourishing in life is influenced by positive emotions, a sense of purpose, and social connections linked to psychological well-being.

In conclusion, psychological well-being is crucial in determining an individual's overall quality of life as well as their work performance, relationships, mental and physical health, and academic success. Greater health, happiness, and success in a variety of spheres of life can result from cultivating psychological well-being through positive emotions, resilience, social support, and meaningful engagement.

Improving Psychological Well-being

A variety of techniques that address various facets of mental health, emotional resilience, and life satisfaction must be adopted in order to improve psychological well-being. The following are some practical strategies to improve psychological well-being:

1. Cultivate Positive Relationships:

A. **Nurture Supportive Relationships:** Build and maintain strong, positive relationships with friends, family, and peers. Invest time and effort into meaningful connections.

B. **Communicate Effectively:** Practice open and honest communication in relationships, expressing emotions and needs constructively.

C. Seek Social Assistance: When faced with difficult circumstances, don't be afraid to ask for assistance and support from others.

2. Prioritize Self-Care:

A. Practice Self-Compassion: Treat yourself with kindness and understanding, especially during difficult situations.

B. Preserve Your Physical Health: Get regular exercise, eat a healthy diet, get enough sleep, and take care of any medical issues.

C. Handle Stress: Include stress-reduction strategies like mindfulness, deep breathing exercises, and leisure activities that encourage calmness.

3. Foster Personal Growth:

A. Encourage Personal Development: Make Meaningful Goals Make sure your short- and long-term objectives reflect your interests and values.

B. Accept Continuous Learning: Develop an inquisitive mindset and look for chances to advance your career and personal life.

C. Celebrate Achievements: Acknowledge and celebrate your accomplishments, no matter how small.

4. Improve Coping Capabilities:

A. Create Resilience: Create resilience by viewing obstacles as chances for improvement, taking lessons from failures, and keeping an optimistic attitude.

B. Practice Emotional Regulation: Acquire useful coping mechanisms to handle challenging emotions, such as

journaling, deep breathing, and, if necessary, seeking professional assistance.

C. Seek Therapy or Counseling: To address underlying issues, learn coping mechanisms, and obtain understanding of your thoughts and feelings, think about seeking therapy or counseling.

5. Engage in Meaningful Activities:

A. Pursue Hobbies and Interests: Dedicate time to activities that bring you joy, fulfillment, and a sense of accomplishment.

B. Volunteer or Give Back: Contribute to your community or support causes that are meaningful to you, fostering a sense of purpose and connection.

C. Practice Gratitude: Cultivate gratitude by regularly reflecting on the things you're thankful for, fostering a positive perspective on life.

6. Foster a positive Mindset:

A. Challenge Negative Thoughts: Identify and challenge negative thought patterns, replacing them with more realistic and positive perspectives.

B. Practice Mindfulness: Incorporate mindfulness techniques into your daily routine, such as meditation, deep breathing exercises, or mindful eating.

C. Surround Yourself with Positivity: Limit exposure to negative influences, such as media or individuals who drain your energy, and seek out environments that uplift and inspire you.

Enhancing psychological well-being is a lifelong process that calls for deliberate work, constant self-awareness, and self-

care. People can develop resilience, happiness, and a greater sense of overall well-being in their lives by placing a high priority on meaningful activities, coping skills, self-care routines, personal growth, and a positive outlook.

References:

1. Diener, E., Suh, E. M., & Lucas, R. E. (1999). Subjective well-being: Three decades of progress. *Psychological Bulletin*, 125(2), 276-302.
2. Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069-1081.
3. Seligman, M. E., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, 55(1), 5-14.
4. Keyes, C. L. (2002). The mental health continuum: From languishing to flourishing in life. *Journal of Health and Social Behavior*, 43(2), 207-222.
5. Deci, E. L., & Ryan, R. M. (2008). Hedonia, eudaimonia, and well-being: An introduction. *Journal of Happiness Studies*, 9(1), 1-11.
6. Huppert, F. A., & So, T. T. (2013). Flourishing across Europe: Application of a new conceptual framework for defining well-being. *Social Indicators Research*, 110(3), 837-861.
7. Waterman, A. S. (1993). Two conceptions of happiness: Contrasts of personal expressiveness (eudaimonia) and hedonic enjoyment. *Journal of Personality and Social Psychology*, 64(4), 678-691.

8. Ryff, C. D., & Singer, B. (2008). Know thyself and become what you are: A eudaimonic approach to psychological well-being. *Journal of Happiness Studies*, 9(1), 13-39.

9. Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions. *American Psychologist*, 56(3), 218-226.