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Wellbeing for happy and healthy living

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Abstract

Well-being is deeply associated with happiness and life satisfaction and could be portrayed as how one feels about themselves and their life. The concept of Well-being refers to people's capacity to live healthily and to lead a creatively fulfilling life. Well-being is important for every individual and could be considered an index of societal progress. Researchers have suggested two main approaches for the overall measurement of well-being, objective and subjective well-being, and their relevant dimensions. When objective and subjective well-being works together, they create an overall sense of wellness. Mental and physical wellness allows us to function at our highest potential. If our health and well-being are lacking then everything else in our life, personal and professional, will be more difficult and less rewarding. Continued focus on improving our well-being can lead to numerous positive benefits. Our well-being allows us to see new potential, set and pursue goals, and lead a life of sustained joy and fulfillment.

Keywords: Well-being, subjective well-being, objective well-being, health

Introduction

Well-being is the most sorted word that we hear a lot after Covid-19. And how to achieve well-being in our life is a big question. As we all know, well-being is not just the absence of disease or illness like mental distress or physical illness but a combination of a person's physical, mental, emotional and social health factors. In other words, we can say that well-being might be the achievement of physical, mental and emotional stability and balance. Well-being is strongly linked to happiness and life satisfaction and could be described as how one feels about themselves and their life. The concept of Well-being refers to people's capacity to live healthy, creative and fulfilling lives.

While there isn't a universally accepted definition of what constitutes well-being, it is generally acknowledged that it at the very least includes the presence of positive emotions and moods (such as contentment and happiness), the absence of negative emotions (such as depression and anxiety), satisfaction with one's life, fulfilment and positive functioning. Well-being can be summed up as having a positive outlook on life and feeling well. Researchers from different disciplines have looked at the various aspects of well-being such as the following:

- Physical well-being.
- Economic well-being.
- Social well-being.
- Development and activity.
- Emotional well-being.
- Psychological well-being.
- Life satisfaction.
- Engaging in activities and work.

The concept of well-being often includes Global assessments of life satisfaction and emotions ranging from pleasure to melancholy. There are two sorts of well-being from a scientific perspective: objective and subjective well-being.

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Objective Well Being

Material well-being and life quality are the defining characteristics of objective well-being. This concept is formed and influenced by a number of variables, including income stability, living conditions, educational opportunities, the quality of the social and natural environment, personal safety and the capacity to realise social and civil rights and needs.

The dimensions of objective well-being

The following are the concrete and measurable dimensions of well-being.

Health

Health status represents an essential factor for people's well-being. Health brings together numerous other advantages, including better career prospects, stronger social bonds, lower healthcare expenditures and longer life spans.

Job opportunities

This is an essential component of well-being since it has clear societal and economic advantages, promotes people's health and promotes societal, political and economic stability. The job opportunities dimension is composed of three main determinants: employment rate, quality of work and work-life balance. The employment rate is important because people in nations with high employment levels are well-connected in society. The second determinant is the quality of work, in terms of objective working stability, retribution, skills and safety at work, which might show some differences between different working environments. Moreover, the factor known as "work-life balance" primarily seeks to measure the balance between work and personal life.

Socio-economic development

While socio-economic indicators alone do not suffice to represent societal well-being, it cannot be doubted that they positively influence it. Income, wealth, consumption expenditure, housing quality and possession of consumer durables are the factors that go into its measurement. These factors can also subtly affect things like access to higher education, health care and other things.

In a market economy, income measures the purchasing capacity of individuals and it is thus an essential predictor of economic well-being. On the other hand, wealth includes investments such as cash, gold, stocks, bonds and mortgages. Wealth could therefore be seen as a crucial source of income, reducing the likelihood that individuals will be affected negatively by severe economic circumstances.

Additionally, consumption expenditure is a direct estimate of the goods and services that contribute to determining the living conditions of individuals. Unlike to income, consumption expenditure can help with interpersonal comparisons because it measures whether each person can get the things and services they want.

Environment

A healthy natural environment is essential for all individuals' well-being in society. Clean water, pure air and uncontaminated food are a few examples of goods that are only attainable in a system where human social and economic activities are planned with consideration for the environment and its natural resources.

Safety

It involves the possibility of physical assault as well as the

possibility of experiencing other types of crime, such as financial loss, physical harm and psychological post-traumatic stress. Criminality and violence are two factors that determine safety. Criminality is one of the most common security problems in both industrialised and developing nations and it affects individuals' both directly and indirectly. It directly influences individuals' health (physical and mental) and financial condition.

Another determinant is violence suffered inside and outside the family and it has both a direct and indirect impact on people. Particularly, victims experience the immediate impacts, which may last for a long time, if not for the rest of their lives, depending on how well they are able to manage their daily lives, their medical costs, their dependence on others and their ability to find happiness. Indirectly, it causes insecurity and anxiety, which brings difficulties in their daily activities.

Politics

This dimension is also essential for objective well-being. More than ever, citizens now want greater transparency from their governments and public institutions as a result of the economic crisis. Fair civic and political participation, as well as transparency, do not only contribute directly to well-being but also indirectly since they allow greater efficiency of public policies, a lower cost of transactions and the minimization of the risk of fraud. Therefore, two determinants that are related to the Public Sphere as a factor in people's well-being, either locally or nationally, fit into this category: civic and political participation and trust and social cohesion. The percentage of the registered population that voted during elections is known as voter turnout, and it is now the best indicator of civic and political engagement. If citizens have the opportunity to contribute to the creation of laws and regulations, their trust in governmental institutions and adherence to social norms would certainly increase.

Subjective Well Being

The term "subjective well-being" (SWB), usually referred as "self-reported well-being", describes how people experience and evaluate various aspects of their lives. It is often used to measure mental health and happiness and it can be an important predictor of individual health, wellness and longevity.

It has become a useful measure of societal health. It not only gives psychologists a means to assess how people feel about their lives, but it also provides knowledge that can be applied to inform public health, economic and social policy. To evaluate the state of societies and the effectiveness of social policies, policymakers use subjective well-being evaluations.

History of Subjective Well-Being

A three-part model of subjective well-being developed by psychologist Ed Diener was first presented in 1984. This approach identifies three different yet connected components of how individuals evaluate their own well-being:

- **Frequent positive affect:** This involves experiencing positive emotions and moods on a frequent basis.
- **Infrequent negative affect:** This involves not experiencing negative feelings or moods often.
- **Cognitive evaluations:** This aspect of the model relates to how people think about their lives and overall life satisfaction.

These three elements, in Diener's opinion, determine how

people experience the quality of their lives. It also includes the emotional responses and cognitive conclusions that people draw from their own life experiences.

Since its original inception in the mid-1980s, subjective well-being as a measure of overall life satisfaction, happiness and well-being has become increasingly common. It is frequently used as a benchmark for personal well-being and as a measure in psychological research.

The dimensions of subjective well-being

Over the years, scholars have examined subjective well-being and have determined the components and pertinent determinants that can either enhance or detract from human well-being. The following details the five main dimensions.

Human genes

Human genes, which are moderately heritable, are demonstrated to be one of the most significant determinants of happiness. Happiness and unhappiness can be distinguished by personality, which is a component of our genetic makeup. For example, extroverted people are happier than worried and apprehensive people. Depression is less common in people who have higher self-esteem.

Universal needs

According to the evolutionary theory and human's inherent growth tendencies, basic and psychological requirements are thought to be universal and play a significant influence in happiness. In fact, Tay *et al.*, research's which was conducted across 123 countries, demonstrates that the satisfaction of basic and psychological needs, such as food and shelter is related to life evaluation. Positive effects are related to the satisfaction of social needs and the respect received from others. The Livability theory of Veenhoven and Ehrhardt states that some civilizations have a higher quality of life as a result of their high satisfaction of the aforementioned universal needs.

Social environment

Many determinants fall under this dimension and can explain changes in the reported level of happiness. To begin with, education is a crucial factor that needs to be thoroughly explored because there is conflicting information regarding its influence on happiness. Some studies of happiness economics suggest an insignificant relationship between higher education and happiness, whereas some others show a negative relationship between them. However, other research indicates that even after adjusting for non-economic variables like marital status, educated people tend to express more good feelings and fewer negative ones, as well as greater satisfaction with the majority of aspects of their lives. Another determinant that seems to affect happiness is the climate. According to Rehdanz and Maddison's study, adverse weather conditions are hazardous to happiness. Living in an urban or rural region also appears to have an impact on happiness.

Economic environment

Income is one of the most discussed economic determinants of happiness.

Political environment

Political determinants are linked to happiness as well. For example, Radcliff *et al.* examine the impact of initiatives and direct democracy, specifically how they affect happiness. They demonstrate that people are happier in nations where

initiatives are not just allowed but also where policymakers depend on them to shape the political system.

Signs of Subjective Well-Being

According to Diener's research, the majority of people often express happiness about their well-being. In studies of very happy individuals, researchers found that while no single factor determined happiness, those who reported the highest levels of subjective well-being had fulfilling social lives and rarely felt lonely.

Additional signs of subjective well-being include

- Being accepting of other people
- Being socially engaged
- Belongingness and being accepted by others
- Community support and resources
- Experiencing a sense of meaning and purpose
- Feeling independent
- Feeling like your life is close to what you think of as the ideal life
- Feeling as if the conditions of your life are excellent
- Feeling satisfied with your life
- Feeling that you have gotten the things that you want in life
- Having more positive emotions than negative ones
- Having opportunities to engage in spiritual practices
- Mastering areas that are important to you
- Physical wellness such as feeling like you are getting enough sleep, exercise, and nutritious food
- Self-acceptance

Types of Subjective Well-Being

Experienced Well-Being

Experienced well-being refers to how often and how strongly people have feelings of happiness and joy. This type of well-being is also often referred to as hedonic well-being. It encompasses both affective and cognitive appraisals of overall well-being.

Such a state of well-being has a significant impact on health. For instance, research has shown that someone with a better immune system is those who frequently feel good emotions.

Eudaimonic Well-Being

Subjective well-being primarily focuses on experienced well-being. On the other hand, Eudaimonic well-being is a different kind of well-being that can influence how people evaluate their lives and their level of happiness.

Eudaimonic well-being stems from living a meaningful life. Working toward goals, caring for others, finding a sense of purpose, and living up to your own personal ideals are important components of this type of subjective well-being.

Causes of Subjective Well-Being

There are numerous factors that influenced subjective well-being. These influences include those that are internal, such as personality or external, such as the environment or culture in which a person lives.

Your temperament and general view are frequently the main determinants of how you feel about your life, but your living situation also has a significant impact on your level of happiness and satisfaction. Additionally, everyone has different personal definitions of what makes them happy, so what matters to one person may not matter as much to another.

However, researchers have identified some key causes that

play an important role in overall subjective well-being:

- **Basic resources:** Having what you need in life, whether it is money, housing or healthcare is an important part of your subjective sense of well-being.
- **Personality and Temperament:** Your inborn temperament can affect your happiness levels throughout life. Your personality is another key component. Traits such as extroversion tend to be linked to more positive feelings about life, while neuroticism tends to be connected to a more negative outlook.
- **Mindset and Resilience:** People who maintain a positive mindset and who possess a strong sense of resilience tend to feel more optimistic even when facing difficult life events.
- **Social support:** Research has shown that having social support has a powerful impact on both physical and mental well-being.
- **Societal factors:** Characteristics of the society in which you live, including whether it is affected by problems such as crime, war, poverty or conflict can also influence how you feel about your life.

Impact of Subjective Well-Being

Subjective well-being doesn't just help you feel good about your life; it also has a powerful impact on your wellness in both the short and long term. In fact, subjective well-being may be one of the most powerful predictors of overall health and happiness.

Health Benefits

According to research, those who report feeling better about themselves tend to be healthier and live longer.

- Subjective well-being may play a protective role in health. It was associated with decreased mortality and increased longevity.
- Research has also shown that positive emotions and well-being are also linked to stronger immunity and reduced inflammation.
- While stress and negative emotions can take a toll on your health, researchers have found that subjective well-being can provide a buffer against these effects and may even undo some of the damage. Because positive emotions lower stress and promote healing you may be better able to recover after coping with a stress-inducing situation.

Additionally, researchers pointed to a connection between subjective well-being and a lower risk of heart disease and stroke, a quicker recovery from sickness, and a higher prevalence of health-promoting habits.

Other Benefits

Studies have also shown that those who regularly feel good emotions are more likely to be creative and productive. They typically behave less riskily, make more money and cooperate better with others.

Ways to Improve Subject Well-Being

Some specific strategies that have been shown to be effective include mindfulness and cognitive behavioural interventions.

- Mindfulness is a practice that involves learning how to focus on and appreciate the present. Instead of worrying about the past or future, people learn how to live in the moment and pay attention to the things that bring them joy and peace in the here and now.
- Cognitive behavioral approaches focus on helping people

recognize negative thought patterns that interfere with happiness. Replacing these automatic ways of thinking with more positive, helpful patterns can lead to greater optimism and happiness.

- Building positive relationships
- Getting regular physical exercise
- Practicing gratitude
- Setting goals that are meaningful

Improving subjective well-being is a personal process that will be different for everyone.

Well-being is useful for public health

- Health promotion and disease prevention can be approached more holistically when mental and physical health is integrated.
- Beyond morbidity, mortality and economic position, well-being is a reliable indicator of population outcomes that reveals how individuals view their own lives.
- Well-being is an outcome that is meaningful to the public.
- Recent developments in psychology, neuroscience and measurement theory imply that well-being can be measured to some extent.
- Results from cross-sectional, longitudinal and experimental studies find that well-being is associated with.
 - Self-reported health.
 - Longevity.
 - Healthy behaviors.
 - Both physical and mental disease.
 - Social interaction.
 - Productivity.
 - Environmental factors, both physical and social.
- Well-being can provide a common metric that can help policymakers shape and compare the effects of different policies (e.g., loss of greenspace might impact well-being more so than commercial development of an area).
- Measuring, tracking and promoting well-being can be useful for multiple stakeholders involved in disease prevention and health promotion.

Numerous advantages to one's health, career, family and finances are connected to one's level of well-being. For instance, higher levels of well-being are linked to a lower risk of disease, illness and injury, as well as improved immune system performance, quicker recovery times and longer lifespan. High levels of well-being increase productivity at work and increase the likelihood that an individual will give back to their community.

Research supports the idea that neuroticism has a high correlation with the negative affect component of well-being and that extraversion has a similar association with the positive affect component.

Well-being is related to health promotion

Health is a resource that enables people to realize their goals, meet their needs, and adapt to their surroundings in order to live long, fulfilling lives. It is more than just the absence of disease. In this view, well-being depends on the ability to develop socially, economically and personally. The process of empowering people to exert more control over and improve their health is known as health promotion. Peace, financial stability, a dependable ecosystem and secure housing are a few examples of environmental and social resources that

might promote health. Physical activity, a healthy diet, social connections, resiliency, happy feelings and autonomy are all potential sources of personal health resources.

Conclusion

Well-being is important in people's lives and could be considered an index of societal progress. Also keeping track of the population's well-being helps the government to decide on particular policies. Objective and subjective well-being, as well as their relevant dimensions, has been proposed by the researchers as the two main methods for the total measurement of well-being. Together, subjective and objective well-being produce a collective experience of wellness. We can perform to the best of our abilities when we have a foundation of mental and physical wellness. Everything else in our lives, both personally and professionally, will be more challenging and less rewarding if our health and well-being are lacking. Numerous positive outcomes can come from keeping an eye on our well-being. Enhancing our well-being enables us to perceive new possibilities, establish and pursue goals, and live a life that is consistently joyful and fulfilling.

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