

The Role of Psychological Association between Well-Being and Human Behaviour

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ABSTRACT

Background: Psychological Association between human behaviour and well-being is influenced by various cognitive processes, social factors and adaptive behaviour. By analysing these psychological associations, the paper aims to gain a deeper understanding of the complexities of human behaviour and psychological functioning. These associations can help identify patterns, predictors, and underlying mechanisms that contribute to well-being and shape individual differences.

Methodology: The study utilized a qualitative research design through selective sampling, & information was gathered via semi-structured interviews. In addition, the data was subjected to thematic analysis in order to identify and extract the main themes.

Aim: The objective of this analysis was to examine the relationship among psychological well-being and human behaviour from the perspectives of individuals.

Scope of Study: The analysis concentrated on the experiences & outlooks of a short sample of people. Hence, the discoveries might not be relevant to other populations. The study also did not explore the relationship between psychological well-being and specific behaviours or mental health disorders.

Conclusion: The analysis found a complex relation between psychological well-being and human behaviour. Personal values, social support, coping mechanisms, and societal norms were identified as factors that influence this relationship.

Keywords: *Human behaviour, psychological well-being, Positive behaviour and well-being, Mental health disorders*

INTRODUCTION

Psychological well-being (PWB) is a multidimensional construct that points to the degree to which people experience positive feelings, thoughts, and behaviours associated with optimal functioning (Beutell, 2021). It encompasses both hedonic and eudemonic dimensions of well-being. Hedonic well-being involves experiencing positive affective states such as happiness and pleasure, whereas eudemonic well-being is characterized by a feeling of significance and direction in one's existence, personal growth, and self-actualization.

Apparently, individuals with higher levels of psychological well-being, including both hedonic and eudemonic components, tend to experience better physical health and greater longevity (Fredrickson, 2021). This

association may be due in part to the fact that individuals with more high grades of PWB are more inclined to participate in health-promoting manners, like physical activity and nutritious food consumption.

Additionally, human behaviour refers (HB) to the actions, thoughts, and feelings exhibited by individuals in response to internal and external stimuli (Kim & Lee, 2018). Furthermore, Psychology defines human behaviour as a complicated interplay of psychological, biological, & social elements that shape how individuals think, feel, and behave in various situations.

The relationship between PWB and HB could be established as the action and reaction phenomena where both factors impact each other simultaneously. Hence Psychological factors such as personality traits, cognitive processes, and emotional regulation strategies also play a critical role in shaping behaviour (Lin & Chan, 2020). Additionally, social factors (SF) such as cultural norms, socialization experiences, and social support networks can impact human behaviour (HB) by shaping beliefs, attitudes, and values and ultimately influence the PWB. The relation between these three factors could be summarised as follows:

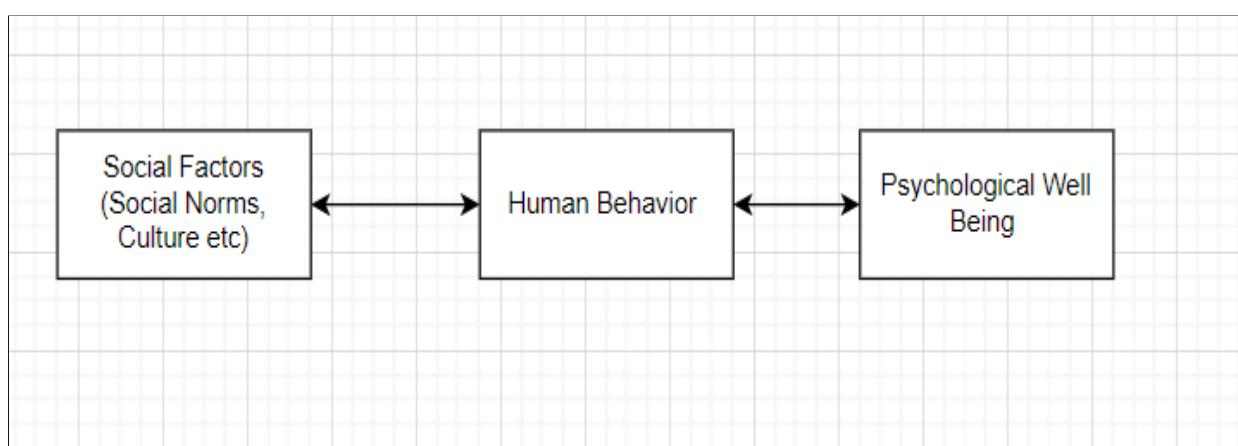


Figure 1: Relationship between SF, HB & PWB

Relationship between psychological well-being (PWB) and human behaviour (HB)

The relationship between psychological well-being and human behaviour is complex and bidirectional. Psychological well-being can influence an individual's behaviour by shaping their attitudes, beliefs, motivations, and vice versa. For example, people with elevated levels of PWB are more prone to involve in pro-social behaviours, like volunteering and helping others, as well as engage in self-care practices like meditation and mindfulness. They are also more likely to pursue meaningful and fulfilling activities that align with their values and interests. Similarly, engaging in health-promoting behaviours, such as physical exercise and healthy eating, can boost mood and reduce stress, leading to greater psychological well-being. Conversely, engaging in unhealthy behaviours (Tay & Diener, 2019), such as substance abuse and sedentary lifestyles, can contribute to negative affective states and reduce overall psychological well-being.

Moreover, the relationship between psychological well-being (PWB) and HB can be influenced by contextual factors, such as social support and environmental stressors. For example, individuals who have strong social support networks are more likely to engage in behaviours that promote psychological well-being, whereas those who experience chronic stressors, such as financial strain or discrimination, may have lower levels of psychological well-being and engage in maladaptive behaviours as coping mechanisms. Henceforth the objective of the investigation is as follows:

- To research the nature of the relation among psychological well-being and human behaviour, including factors that positively and negatively impact this relationship.
- To explore the influence of cultural differences and individual variations on the relationship between psychological well-being and human behaviour.

- To identify strategies and interventions that can be used to promote a positive correlation between psychological well-being and human behaviour, at both the individual and societal levels.

The research holds its significance as the study of the relationship between psychological well-being and human behaviour has significant implications for both individuals and society. By understanding how these two factors interact, we can identify strategies for promoting positive behaviour and well-being.

LITERATURE REVIEW

The psychosocial factors related to psychological well-being and human behaviour are supported by several models. Social skills, emotional intelligence, empathy, and self-concept have been identified as essential factors that impact psychological well-being. According to Wong and colleagues (2013), individuals with more elevated levels of social skills further conveyed elevated levels of life fulfilment & positive affect.

Kim and Lee (2018) investigated the relationship between psychological well-being and human behaviours among college students in the USA. They discovered that elevated levels of psychological wellness was linked with a prominent possibility of engaging in healthy behaviours, such as physical activity, healthy eating, and adequate sleep (Nordin, 2022). This finding is consistent with (SDT) Self-Determination Theory, which indicates that people with a feeling of independence, competence, & relatedness are more likely to engage in positive health behaviours.

Furthermore, Tay and Diener (2019) conducted a scientific analysis of the advantages of happiness for a prosperous & healthy lifestyle. They found that positive emotions, such as happiness, are associated with better health, more elevated levels of lifestyle fulfilment, & more tremendous success in various domains, including work, relationships, and personal growth. This finding is consistent with the Broaden-and-Build Theory (BBT) of optimistic sentiments, which proposes that optimistic emotions expand a person's range of thoughts and actions and enhance their resources, that can lead to positive outcomes.

Van Zyl and Stander (2020) investigated the relationship between employee psychological well-being and job outcomes, including presenteeism, absenteeism, and turnover intention. They found that psychological well-being was negatively associated with these adverse job outcomes. This finding is consistent with the Job Demands-Resources (JD-R) model, which asserts that employment assets, including psychological wellness, can buffer the adverse effects of job demands on employee outcomes.

Beutell (2021) investigated the relationship between psychological well-being, job satisfaction, work engagement, and turnover intention among call centre employees. They found that psychological well-being was negatively associated with turnover intention, and this relationship was mediated by job satisfaction and moderated by work engagement. According to van Hooff & De Pater (2019), this finding is consistent with the Conservation of Resources (COR) theory, which suggests that individuals who have personal resources, such as psychological well-being, are more capable of coping with employment requirements & stressors, leading to greater job satisfaction and lower turnover intention.

Fredrickson and Joiner (2022) conducted a random experiment to investigate the influence of positive emotions on emotional wellness. They found that experiencing positive emotions led to upward spirals of emotional well-being, which, in turn, led to greater resilience to stress and adversity. This finding is consistent with the BBT of optimistic sentiments, which indicates that optimistic sentiments construct personal aids involving social, cognitive, & physical resources that can enhance an individual's coping and resilience to stress and adversity.

Overall, these studies suggest that mental wellness is optimistically associated with positive human behaviour. Furthermore, social skills, emotional intelligence, empathy, and self-concept are essential factors that impact psychological well-being. On the other hand, anxiety has been identified as a factor that negatively affects psychological well-being. These findings have important implications for interventions aimed at improving psychological well-being among individuals.

DATA METHODOLOGY

This qualitative analysis seeks to examine the association among psychological well-being & human behaviour. The study will utilize a phenomenological research design to acquire a comprehensive comprehension of the lived experiences of individuals regarding the relationship between their psychological well-being and their behaviour. Participants will be selected through purposive sampling, with the inclusion criteria being adults who are willing to share their experiences and perceptions of psychological well-being and human behaviour. Data has been collected through semi-structured interviews. In addition, the study will employ thematic analysis to identify recurring patterns and themes in the data.

DATA COLLECTION

For this study on the association between psychological well-being and human behaviour, participant selection will be based on their social burden. The aim is to capture a diverse range of experiences and perspectives from individuals who may be juggling multiple roles and responsibilities. This could include mothers, students, working professionals, and elderly individuals, among others. The goal is to gain a deeper understanding of how the interplay between psychological well-being and behaviour affects individuals in different social contexts. Purposive sampling would be utilised to select parties that fulfil the inclusion measures & are willing to share their experiences and perceptions. Data will be collected through semi-structured interviews that allow for follow-up questions to uncover the nuances associated with each participant's experiences. Finally, thematic research would be utilised to recognise recurring patterns & themes in the information.

DATA ANALYSIS

The information obtained from the semi-structured interviews will be examined utilizing thematic analysis. The research procedure will involve the following:

- Familiarization with the data.
- Generating initial codes.
- Searching for themes.
- Reviewing and refining themes.
- Defining and naming themes.
- Producing the final report.

The overall theme in the participants' responses is the complex and reciprocal relationship between psychological well-being and human behaviour. Participants described how their psychological state influences their behaviour and how their behaviour can impact their well-being. The theme thus revolves around the idea of understanding and promoting a positive correlation between psychological well-being and human behaviour while taking into account individual and cultural differences and ethical considerations.

DISCUSSION & CONCLUSION

The respondent has admitted that when they feel psychological well, they are more engaged in positive physical and societal activities. However, when some of the social or biological stimuli lead to anger, sadness or other negative human emotion it impacts the PWB in both short and long term. The respondent has stated that they try to cope with short-term PWB issues by engaging themselves in social and physical habits. However, in case of prolonged PWB issues they seek professional help. However, they also accepted the social hesitation in considering the same. Hence the study has shown that there are various factors which impact the symbiotic relationship between PWB & HB. These factors include personal values, social support, coping mechanisms, and societal norms. However, these factors interact with each other in complex ways, and cultural and individual differences further impact this relationship.

To conclude, the relationship between psychological well-being and human behaviour is complex and multifaceted, with a variety of factors influencing this association. Henceforth It is crucial to promote a supportive and accepting environment that prioritizes mental health and well-being to foster positive behaviour and psychological well-being. Additional investigation is required to examine the ethical implications and best practices for studying and intervening in this relationship.

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