**INTRODUCTION**

**Well -,being is a state of being content and happy with one's life and surroundings,it also refers to the absence of negative feeling such as anxiety and depression. Relationships on the other hand ,are social connections and interactions between individuals**

**Relationships can be between friends, family members, partners or colleagues. The relationship between well-being and relationships is a significant as the well-being of an individual can significantly affect their ability form and manttain relationship with others**

**The impact of well -Being on Relationshipspoships**

**Positive impacts**

**Well-being plays a significant role in shaping the emotions that an individual experiences in their relationships.Individuals with high well -Being are likely to experience more positive emotions such as happiness, satisfaction and optism.**

**They are also more likely to perceive the relationship positively. According to study conducted by Lyu bomisky ety Al (2005), individuals with high well -Being are more likely to be satisfied with their Relationshipspoships.**

**In addition, individuals with high well -Being are more likely to be emphetic, compassionate and supportive,which has a positive impact on their relationship.**

 **Negative impacts**

**On the other hand, individuals with low well -Being are more likely to experience negative emotions such as stress, anxiety and depression, which can affect their relationships negatively.**

**For instance, stress can cause individuals to become irritable,distant and hostile towards their partners. This can significantly affect the quality of the relationship and lead to conflict.**

**Depression on the other hand ,can cause individuals become withdrawn and less communicative which can also negatively impact the relationship. Interaction**

**Well-being can also affect the quality of communication between individuals. Individuals with high well-being are more likely to communicate positively, effectively, and with empathy towards others. Effective communication is a key element in maintaining healthy relationships, and individuals with high well-being are more likely to have positive interactions with their partners. They are also more likely to understand their partner's perspectives, needs, and emotions, which can help to avoid misunderstanding and conflict.**

**On the other hand, individuals with low well-being are more likely to experience communication problems in their relationships. They are more likely to communicate negatively, for example, through criticism, sarcasm, or contempt. Negative communication patterns can cause conflict and can lead to a breakdown in the relationship.**

 **Attachment**

**Attachment refers to the emotional bond or connection between individuals. In romantic relationships, attachment plays a significant role in the level of satisfaction that individuals experience in their relationship. Individuals with secure attachment styles are more likely to maintain positive relationships, while those with insecure attachment styles are more likely to experience conflict and dissatisfaction in their relationships**

**Well-being can affect the level of attachment that individuals feel towards their partners. Individuals with high well-being are more likely to have secure attachment styles, which help to maintain positive relationships. On the other hand, individuals with low well-being are more likely to have insecure attachment styles, which can affect the quality of their relationships.**

**Conclusion**

**In conclusion, well-being plays a crucial role in shaping the quality of relationships that individuals form with others. Individuals with high well-being are more likely to experience positive emotions, communicate effectively, engage in positive interaction patterns, and have secure attachment styles. These factors contribute to the maintenance of healthy and long-lasting relationships. On the other hand, individuals with low well-being are more likely to experience negative emotions, communicate negatively, engage in negative interaction patterns, and have insecure attachment styles. These factors can lead to conflict and a breakdown in the relationship. Therefore, it is essential to prioritize the well-being of individuals, as it can have a significant impact on their relationships.**

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