FIELD: PSYCHOLOGY

CONTEXT: HOW DOES WELL BEING AFFECT RELATIONSHIP ?

**Introduction**

Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and the ability to manage stress. More generally, well-being is just feeling well.Well-being emerges from your thoughts, actions, and experiences most of which you have control over. For example, when we think positively, we tend to have greater emotional well-being. When we pursue meaningful relationships, we tend to have better social well-being. And when we lose our job or just hate it we tend to have lower workplace well-being.

There are five types of well being which includes:

* Emotional Well-Being. The ability to practice stress-management and relaxation techniques, be resilient, boost self-love, and generate the emotions that lead to good feelings.
* Physical Well-Being. The ability to improve the functioning of your body through healthy living and good exercise habits.
* Social Well-Being. The ability to communicate, develop meaningful relationships with others, and maintain a support network that helps you overcome loneliness.
* Workplace Well-Being. The ability to pursue your interests, values, and life purpose in order to gain meaning, happiness, and enrichment professionally.
* Societal Well-Being. The ability to actively participate in a thriving community, culture, and environment.

Relationship on the other hand is a particular type of connection between two or more entities or phenomena. A binding, usually continuous association between individuals wherein one has some influence on feelings or actions of the other.

There are four basic types of relationships: family relationships, friendships, acquaintanceships, and romantic relationships. Other more nuanced types of relationships might include work relationships, teacher/student relationships, and community or group relationships. Some of these types of relationships can overlap and coincide with one another—for example, two people can be both work colleagues and close friends.

Well-being plays a crucial role in the quality and dynamics of relationships. When individuals have a higher level of overall well-being, they are more likely to cultivate and maintain healthier relationships. Here are some ways in which well-being can affect relationships in overall:

**Emotional connection**: Individuals with higher levels of well-being tend to have better emotional regulation and are more capable of forming deeper emotional connections with their partners. They have a greater capacity for empathy, understanding, and emotional support, which strengthens their bond.

**Communication:** Well-being positively influences communication within relationships. When individuals are feeling content, satisfied, and mentally balanced, they are more likely to engage in open, effective, and constructive communication. This facilitates understanding, conflict resolution, and the ability to express emotions and needs.

**Relationship satisfaction**: Personal well-being directly impacts relationship satisfaction. When individuals are generally happy, fulfilled, and content in their own lives, they bring a positive energy to their relationships. This positivity enhances the overall satisfaction and contentment of both partners, contributing to a fulfilling and thriving partnership.

**Conflict resolution**: Well-being enables individuals to approach conflicts in a more constructive manner. When individuals have a higher level of psychological well-being, they are better equipped to manage and resolve conflicts without resorting to aggression, withdrawal, or harmful behaviors. They can communicate their needs and concerns effectively, seek compromise, and work towards a resolution that benefits both partners.

**Mutual growth and support**: When each person in the relationship has a strong sense of personal well-being, they are more likely to support each other's personal growth, goals, and aspirations. Individuals with higher well-being tend to be more supportive, encouraging, and motivated to help their partners achieve their full potential.

**Relationship resilience**: Well-being can act as a buffer during challenging times in a relationship. When individuals have a solid foundation of personal well-being, they are better equipped to face stress, adversity, and setbacks together. They can provide emotional support, resilience, and stability to navigate through difficult times in the relationship and grow stronger as a result.

**Shared activities and positive experiences**: Individuals with higher levels of well-being are more likely to engage in shared activities and create positive experiences together. These experiences, such as travel, hobbies, or simply spending quality time together, contribute to the overall happiness and fulfillment of the relationship.

While well-being generally has positive effects on relationships, there are situations where it can negatively impact them. Here are a few scenarios where well-being can have adverse effects:

**Imbalance in needs**: Sometimes, the pursuit of personal well-being can create an imbalance in the needs and priorities within a relationship. If one partner focuses excessively on their own well-being, it may lead to neglect of the other person's needs and cause a sense of disconnect and dissatisfaction.

**Lack of empathy and understanding**: While personal well-being can enhance empathy and understanding, it is possible for individuals to become too self-focused in their pursuit of well-being. This may lead to a decrease in their ability to empathize with and understand their partner's emotions and experiences, resulting in strained or disconnected relationships.

**Rigid boundaries:** In the pursuit of personal well-being, individuals may establish rigid boundaries that make it difficult to connect and engage in the relationship. While boundaries are important, an excessive focus on personal well-being may lead to a lack of flexibility and willingness to compromise, which can hinder the growth and development of the relationship.

**Avoidance or escapism:** In some cases, individuals may use the pursuit of well-being as a means of avoidance or escapism from relationship challenges or conflicts. They may prioritize their own well-being to the point of avoiding difficult conversations or necessary efforts to improve the relationship, leading to unresolved issues and resentment.

**Unintentional selfishness**: While well-being should involve self-care, it is possible for individuals to become excessively self-centered, unintentionally neglecting the needs and desires of their partner. This can create a sense of imbalance and dissatisfaction within the relationship.

**Insecurity and jealousy**: Personal well-being can sometimes trigger feelings of insecurity and jealousy in a partner, particularly if the other person's well-being seems to overshadow or compete with their own. This can strain the relationship and lead to negative emotions and conflicts.

Here's a breakdown of how well-being can affect different types of relationships:

**Family relationships**: Well-being has a significant impact on family relationships. When individuals prioritize their own well-being, they often have more emotional and physical resources to invest in their family members. This can lead to increased closeness, better communication, and a stronger support system within the family. Additionally, individual well-being can positively influence the overall well-being of the family unit, creating a healthier and happier family environment.

**Friendship:** Well-being plays a critical role in friendships. When individuals prioritize their well-being, they tend to bring positive energy, empathy, and support to their friendships. This contributes to a more meaningful and fulfilling friendship experience. Additionally, well-being helps foster better communication and conflict resolution skills, allowing friends to navigate challenges and disagreements more effectively. Well-being can also inspire and motivate friends to prioritize their own well-being, creating a positive cycle of support and growth within the friendship dynamic.

**Acquaintanceship:** While acquaintanceships may not be as deep or intimate as friendships, well-being can still impact these relationships. When individuals prioritize their own well-being, they often radiate positivity and kindness, which can positively influence casual acquaintanceships. A person with a strong sense of well-being is more likely to engage in positive and respectful interactions, creating a pleasant and enjoyable social dynamic within acquaintanceships.

**Romantic relationships**: Well-being has a significant influence on romantic relationships. When individuals prioritize their own well-being, they are better equipped to contribute positively to their relationships. High levels of personal well-being can enhance emotional availability, empathy, and communication skills, which are crucial for healthy romantic relationships. Well-being also contributes to balance and stability within the relationship, as individuals who prioritize their well-being are more likely to have a sense of self-awareness, self-care, and emotional stability. This, in turn, can foster a supportive and fulfilling romantic partnership.

**In conclusion**, personal well-being significantly influences the quality of relationships. When individuals have a higher level of well-being, they are more capable of forming strong emotional connections, communicating effectively, resolving conflicts constructively, supporting each other's growth, and navigating challenging times together. Fostering individual well-being not only benefits the individual but also leads to more satisfying and fulfilling relationships.

It's important to note that these negative effects are not inherent to well-being itself but can arise when there is an imbalance, lack of communication, or unhealthy patterns within the relationship. By maintaining open and honest communication, mutual respect, and a willingness to prioritize the well-being of both individuals, it is possible to mitigate these negative impacts and foster a healthy and fulfilling relationship.

**References**

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