How well being affects relationship.

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Well being is a general term that best explains the stability of an individual in terms of happiness, health and prosperity in his life. Sonnentag (2015), refers well-being as a person’s hedonic experience of feeling good and to the eudemonic experience of fulfillment and purpose. His well being can vary depending with his surrounding factors, which means his well being can be excellent or on the other side, it can be deteriorating. It is in the various state of an individual where his well being determines how his relationship with another party is going to perform. A relationship in general, is the mutual friendship between two individuals or more. This relationship can exist in various ways which include; business relationship, marital relationship, societal relationship, parent-sibling relationship and spiritual relationship. For a relationship to thrive, basic factors such as honesty, trust, respect and open communication are put to test. The below discussion, explains how the well being, varying between good and bad, affects the stated relationship.

*Business relationship*.

This is a relationship that purely involves zero emotions. It is a platform that allows the involved individuals to conduct business without considering their personal aspects. However, their well being plays a very critical role here. Sonnentag (2015) states that employee well-being is influenced by experiences at work and, in turn, has an effect on behavior at work such as task performance and other on-the-job behaviors. If one or both of them are facing personal issues, it shall reflect to the performance of the business. This particular person will no longer have the zeal to conduct business as before. He will begin to underperform because of the underlying issues. He may fall into deep thoughts because he does not want to lose his job or close down his business because he has bills to pay, yet on the other side, he has a lot of personal issues pressuring him hence the underperformance in business. This makes sense especially if it is a result of poor health. It deteriorates one's health physically, and drains him financially because of the medical bills. When all this happens, a business is most likely to underperform or close down. Meanwhile on the other side, when the parties involved have no pestering issues, then it will equally reflect on their business performance. Sales will rise, clients will increase, revenue will increase and of course the profits will increase and this is the most ultimate goal that a business eyes for.

Just like how the above example affects the performance of a relationship, trust and honesty is key as well. If one business partner cannot be honest when dealing with the business's deals, it will automatically lead to gradual decline in its performance. On the other side also, when all business partners practice honesty and trust for the purpose of the business, then nothing will stop it from thriving.

In Summary of how well being affects a business relationship, Mihalache and Mihalache (2022) in their findings stated that they found out personality traits moderate the relationships between two types of support (perceived organizational support and supervisor accessibility) and changes in affective commitment to the organization, with those relationships being more positive for employees with low core self‐evaluations and for those with a high future focus. In simple terms, when an individual has the right support system in the work place, it contributes greatly to his well being and this reflects to an improved performance in the working system.

*Marital relationship.*

This is a relationship between two individuals founded on the basis of love. Two people come together, with the intentions of a prosperous marriage in future. The well being, especially on terms of happiness, is of key in this relationship. Other factors that cannot be ignored in this relationship are communication, trust and honesty. For a happy marital relationship to last, it requires both partners to practice the above. If there is no trust, happiness or honesty, it will be difficult to control and handle the relationship. If one partner is not happy, then of course the other partner is not happy as well and if no change is done to make any improvement, then the relationship will not last long. This unhappiness can be self initiated or initiated by the other partner and therefore it is key to look at the issue from both angles, listen to both sides of the story before coming up with a solution that will save the relationship. If not, consequences such as committing suicide, murder, divorce, and domestic violence are likely to happen.

Ngunjiri and Muiru (2021) conducted a study that found out communication skills have a positive and significant effects on marital stability among newly married couples. Therefore, couples who trust each other, remain loyal, communicate frequently and are honest in their actions, and know how to solve their predicaments on time, will always have a happy relationship that will last for ages. Their relationship will serve as a role model to the young generation.

*Human- society relationship*.

This is a relationship between man and the people around him in the society and the environment itself. It includes those whom he relates with in his daily errands whether directly or indirectly. A study done by Kim and Miller (2019) showed that there was a positive relationship between level of physical activity that people engage in and the distance to the green infrastructure site and physical health and place attachment. To add on this, the more a man participates in various activities in the society, it increases his well being. His well being will now reflect in how the society will take shape because of the various activities he executes such as planting trees, cleaning the environment, taking part in charity programs and more. In addition to, he can be tasked with various responsibilities such as being the chief of the area, the chairman of a committee in the area, a board member of a given school, treasurer of a given governing body. With the combination of tasks given to an individual, if he is not in a well being state, then you should be sure something is going to be amiss in all the positions he hold. The environmental will lack enough trees hence increase global warming, the environment will be dirty, hence increasing the chances of diseases related to dirt, contribution towards situations that require charitable aid will be affected. On the other scenario, if he doesn't offer the leadership quality that is expected of him, then all those organizations and bodies that he ran, will start going southwards, with no significant direction. This will be as a result of the a poor relationship between man and society caused by the various factors such as health deterioration, being financially unstable, being driven by greed and much more.

However, if this particular individual is in a well being state, meaning that he has good health, he is psychologically fit and financially stable, then there is no obstacle that will prevent a good relationship between a man and society. The environment will be clean, including political and business environment, and positions that he hold will be smoothly driven to achieve their goals and missions.

*Parent-sibling relationship.*

This is the relationship between the father/mother and the child. How they relate with the child. Are they able to give him his needs? Do they discipline the child enough or they live him for the world? Are they able to command the child? Do they satisfy his psychological needs? Have they created a strong bond with the child such that the child is free to tell the parents anything? These are some of the factors that could be used to measure the well being of a parent-sibling relationship. Nomaguchi and Millie (2020) further explain that understanding social aspects of parental well‐being is vital because parents' welfare has implications not only for the parents themselves but also for child development, fertility, and the overall health of a society. This means that the parent will always play the highest percentage to the contribution of the well being of the child.

Parents may not be in a well being state to help their children achieve their milestones as well as his goals. One of the reason as to why parents may not be in a state of well being is lack of financial stability. This is very crucial because the child may lack basic needs or basic requirements in life or in school. Parents could also be going through domestic violence, to the extent of which they do it before the eyes of their children. When a child sees a parent violate the other, their relationship will become strenuous. They will fear the oppressor and long term effects could include losing respect for the parent.

However, on the other side, if these parents are able to meet the needs for their children, they walk with them through every milestone, appreciate them where they have done good, correct them where they have gone wrong and discipline them with love when necessary, then their relationship will be so marvelous. It has to start with the well being of the parent so that a fruitful relationship between the parent and the child can be established.

*Spiritual relationship*.

This is the relationship between an individual and his God. How staunch they remain to their religions can be caused by the well being of an individual. For instance, if this particular person has been through a lot of challenges, endured so much humiliation, and have prayed and fasted but no significant help has come across his way, then it might affect his relationship with his God. Humans at times tend to give up easily or seek refuge in things that are worldly when their well being starts deteriorating. When they feel weak at heart and a heavy burden on their shoulders, it affects their well being, especially if they have prayed for long and nothing good seems to becoming along their way. They feel as if their God no longer exists, some even stop their daily prayers and fasting and lose trust in their God. It can extend to a point of abandoning their religion and join another, or as well become an atheist.

On the other hand, when an individual is fully equipped for a spiritual battle, then nothing can detach him from his God. It doesn't matter whether his prayers have been answered or not, or if he is in a very delicate situation that requires urgent help, as long as he has the spiritual well being, he is good to go. Spiritual well being involves knowing and believing in your God and having trust upon him that come what may, He will be your savior before any harm happens to you, and if you are in a delicate situation, then it shall only be temporary. Those whose well being in spiritual matters is stable, get to have a beautiful relationship with their creator and their faithfulness makes them rewarded. Jankowski, Sandage and Dumitrascu (2022) stated that the virtue of humility and the construct of differentiation have shown protective influences against narcissism among religious leaders. This means that religious leaders who had toxic character traits and portrayed them to the people, had to abandon their toxic behavior and this further contributed to the well being individuals by having a good relationship with religious leaders who play a big role in contributing to the well being o their followers.

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