

# Well-being and relationship- Psychology

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## **Well-being and Relationship**

Oxford Dictionary defines well-being as a state of being comfortable, healthy, or happy. In other words, well-being can be referred to as a state of feeling good. At the same time, a relationship is how two or more people connect. A relationship is crucial and can impact the well-being of one another, either positively or negatively. Healthy relationships bestow healthy habits to people's well-being, making them happy and satisfied with their lives. Humans need social help and connection with one another. Social help plays a major role in having a healthy relationship.

Well-being is part of a broader topic in Psychology, called Positive Psychology. Positive Psychology asks the question, what makes life worth living? It is concerned with the characteristics and conditions that make life pleasant rather than those that make it unpleasant. Positive Psychology emphasizes developing strengths instead of merely treating weaknesses.

A relationship is a personal connection between two people. Sometimes it involves romantic love or sexual attraction. An intimate relationship is a close and interpersonal connection with another person, often involving physical and emotional intimacy.

Well-being is important to our satisfaction with each day. Some anxiety keeps us on our toes, but too much anxiety can overwhelm us and make irrational decisions. Basic well-being is thus important in personal relationships. Someone that is depressed is less attuned to their partner than those who are optimistic.

Well-being is a person's capacity to live life well. It includes objective and subjective components, including individual goals, relationships, health, personal values, and spirituality. Research shows that positive psychological states promote thriving and contribute to resilience in the face of adversity; negative psychological states can impede living life well and lead to unhealthy behaviors that affect the quality of life. Additional research has shown the relationship between mental health and physical health problems. Whether a person is flourishing depends on the interaction between personal characteristics and environmental factors.

Well-being is a prognosis of how well a person will do in the future, and everything one does that affects one's well-being either helps or hurts. A lack of insight into this simple and fundamental truth has generally prevented people from building solid human relationships with each other.

Have you ever been in a long-term relationship with someone attractive and smart but somehow managed to cause you much pain? If so, this psychological study I will present may help explain how such circumstances can happen. The study shows that people scoring low on psychological well-being are prone to make poor decisions in relationships.

David Burn and Martin Seligman are specialists in positive psychology. Together they experimented on approximately 12,000 people via a questionnaire about their mental health history. The results showed that people who were more mentally healthy tended to be happier living a healthier life with better family and social relationships.

Although there are unfortunate exceptions, most people seek to be happy before they seek to be rich. Yet if you think about it, money can buy you happiness. Why else do so many people work long hours to make more money? Money helps create the life you want for yourself and those around you. If money makes us happy, spending time with those who bring us happiness should also increase our well-being.

Intimate relationships require good physical health as well. Sexual satisfaction can be impacted by long-term health issues or physical limitations, which can impact the relationship's quality. A healthy lifestyle that includes regular exercise, a balanced diet, and abstinence from dangerous behaviors like smoking or binge drinking can also improve one's general well-being and relationship quality.

There seems to be a common assumption that as long as each partner is content, then there is harmony in the relationship. But happiness may not always lead to a successful relationships. The most important factor in healthy relationships may not be happiness, but something else entirely.

In conclusion, the success of personal relationships is fundamentally influenced by the individual's well-being. Physical, emotional, and mental health are only a few examples of the different facets of someone's life that comprise well-being. Because of their interdependence, any disruption in one area could affect others. As a result, maintaining a healthy and balanced approach to one's well-being is crucial for a successful relationship.

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