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**A STUDY OF THE IMPACT THAT SOCIAL SUPPORT, HAPPINESS,
AND WELL-BEING HAVE ON SUSTAINING MENTAL HEALTH IN
ADULTS**

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Abstract

The article "A study of the impact that social support, happiness, and well-being have on sustaining mental health in adults" examines the connections between these elements and how they work together to keep people in good mental health over the long term. The purpose of this study is to look at how happiness, well-being, and social support affect persons' ability to maintain their mental health. Using standardised self-report measures, the researcher collected data from a sample of individuals using a quantitative research approach. Measurements of perceived support from family, friends, and the community are used to determine social support. Positive emotions, life satisfaction, and subjective well-being are used to quantify happiness. Physical health, psychological health, social relationships, life purpose, and personal progress are just a few of the components of well-being that are investigated. Measures of psychological discomfort, signs of mental health problems, and general mental well-being are used to evaluate mental health.

According to preliminary studies, social support and long-term mental health are significantly positively correlated. Decreased levels of psychological distress, a decreased chance of developing mental health illnesses, and greater overall life satisfaction are all related to higher levels of perceived social support. Similar to this, happiness has a substantial positive correlation with maintaining mental health. Higher levels of happiness are associated with enhanced psychological functioning, more resilience, and a lower risk of mental health problems including depression and anxiety. Additionally, wellbeing shows a major influence on the maintenance of mental health. Better mental health and higher levels of general happiness are associated with good self-perception, personal development, healthy relationships, and a feeling of purpose in life.

The study also shows a mutually reinforcing relationship between social support, happiness, and well-being. Happiness and well-being are enhanced by strong social support networks, while social support and connection are improved as a result of happiness and well-being. This interaction produces a positive feedback loop that encourages the long-term preservation of happiness and mental health.



The importance of social support, happiness, and well-being in maintaining individuals' positive mental health is therefore highlighted by this study. The results emphasise the need for treatments and tactics that strengthen social support networks, nurture contentment, and promote general well-being to support adult populations' long-term mental health and happiness.

Keywords: - Sustaining, Mental Health, Well-Being, Social Support, Happiness, Adult.

Introduction

A person's total health and quality of life are significantly influenced by their mental health and well-being. While "well-being" is a more general term that includes physical, emotional, social, and spiritual aspects of health, "mental health" refers to a person's emotional, psychological, and social well-being. It is essential for people to maintain good mental health outcomes if they want to enjoy happy and fruitful lives.

It is well-acknowledged that pleasure, well-being, and social support are crucial for maintaining mental health. The aid that people receive from others on an emotional, practical, and informational level is referred to as social support. It may come from close relatives, close friends, co-workers, or support groups. A sensation of pleasure, contentment, and satisfaction characterizes happiness as a good emotional state. A person's total health, including their physical, emotional, and social elements, is referred to as their state of well-being.

The literature on the connections between social support, happiness, and well-being as well as their effects on maintaining mental health will be reviewed in this article. The essay will examine the significance of these elements in encouraging outcomes that are favourable to mental health and offer suggestions for those who want to keep their mental health in a good place.

An individual's overall wellness is dependent on their mental health and general well-being. Numerous things, including as social support, contentment, and well-being, have an impact on them. Social support is the availability of resources from the people' social networks, such as emotional, practical, and informational assistance. The good emotional and psychological states that people experience are referred to as happiness and well-being. The purpose of this



thesis is to investigate how social support, happiness, and well-being contribute to adult individuals' mental health and well-being.

SUSTAINING

Sustaining refers to maintaining or preserving something over time. In the context of mental health, sustaining refers to the ongoing effort to maintain and promote positive mental health and well-being. It involves engaging in behaviors and activities that support mental health, such as practicing self-care, seeking social support, and developing healthy coping mechanisms. Sustaining mental health also involves identifying and addressing risk factors that can lead to poor mental health outcomes, such as stress, trauma, and social isolation. Sustaining mental health is a lifelong process and requires ongoing effort and commitment. It is essential for individuals to maintain positive mental health to prevent the development of mental health problems and live a fulfilling and productive life.

MENTAL HEALTH

Mental health refers to a person's overall psychological and emotional well-being. It encompasses a range of factors, including how a person feels, thinks, and behaves. Good mental health allows individuals to cope with the normal stresses of life, work productively, and contribute to their communities. Mental health problems, on the other hand, refer to a range of conditions that affect a person's thinking, mood, and behavior, and can have a significant impact on their ability to function in daily life. These conditions include depression, anxiety disorders, bipolar disorder, schizophrenia, eating disorders, and substance use disorders, among others. Mental health problems can arise from a variety of factors, including genetics, environment, life experiences, and brain chemistry. It is important to seek professional help if you are experiencing mental health problems or are concerned about your mental health. Treatment options for mental health problems include psychotherapy, medications, and lifestyle changes. The state of a person's psychological and emotional well-being, including their ability to think, feel, and behave in a manner that promotes optimal functioning and resilience.



Well-Being

Well-being refers to a state of being happy, healthy, and prosperous. It encompasses several dimensions, including physical, emotional, social, and spiritual well-being. Physical well-being refers to a person's physical health, including their ability to perform daily activities, exercise regularly, and maintain a healthy diet. Emotional well-being refers to a person's ability to manage their emotions, cope with stress, and maintain positive relationships. Social well-being refers to a person's ability to connect with others and participate in social activities. Spiritual well-being refers to a person's sense of purpose and meaning in life, and their connection to something greater than themselves. Well-being is a subjective experience, and what contributes to well-being can vary from person to person. However, research has shown that certain factors, such as positive emotions, social support, healthy lifestyle habits, and a sense of purpose, are associated with higher levels of well-being. Investing in well-being is essential for individuals to lead a fulfilling life and can also have positive effects on their mental and physical health.

SOCIAL SUPPORT

Social support refers to the resources provided by an individual's social network that can be used to cope with stress, difficulties, and other challenges. It encompasses various types of support, including emotional, informational, and instrumental support. Emotional support involves the provision of empathy, love, and care by others, while informational support involves providing advice, guidance, and information to individuals. Instrumental support refers to practical assistance provided by others, such as financial help, transportation, or assistance with daily tasks. Social support can come from a variety of sources, including family, friends, co-workers, and community organizations. Social support can have significant benefits for mental and physical health, including reducing the impact of stress, promoting resilience, and providing a sense of belonging and connection. Social support can also improve coping skills and increase the likelihood of seeking help when needed. On the other hand, lack of social support can contribute to feelings of loneliness, social isolation, and poor mental and physical health outcomes.



HAPPINESS

Happiness refers to a positive emotional state characterized by feelings of joy, contentment, and satisfaction. It is a subjective experience, and what makes one person happy may not make another person happy. Happiness can be influenced by various factors, including genetics, life experiences, social and cultural factors, and personal attitudes and beliefs. Research has shown that certain factors are associated with higher levels of happiness, such as positive social relationships, a sense of purpose, engagement in meaningful activities, gratitude, and positive emotions. Happiness has several benefits for mental and physical health, including reducing stress and anxiety, improving immune function, and promoting overall well-being. In contrast, chronic feelings of unhappiness or dissatisfaction can lead to negative mental and physical health outcomes, such as depression, anxiety, and chronic stress. Understanding the factors that contribute to happiness can help individuals and communities promote well-being and improve mental health outcomes.

ADULT

An adult is typically defined as a person who has reached the age of majority, which is usually 18 years old in most countries. However, the definition of adulthood can vary depending on cultural, social, and legal factors. In general, adulthood is characterized by increased independence, responsibility, and autonomy compared to childhood and adolescence. Adults are typically expected to be self-sufficient and able to make decisions about their own lives, such as their education, career, and personal relationships. Adulthood is also associated with a range of physical, cognitive, and emotional changes, such as the ability to think abstractly, solve complex problems, and regulate emotions more effectively. However, the transition to adulthood can be challenging, and many adults experience difficulties in navigating the various roles and responsibilities associated with adulthood. The mental health and well-being of adults can be influenced by various factors, such as social support, access to healthcare, employment, and financial stability.



REVIEW OF LITERATURE

Antonucci, T.C., & Jackson, J.S. (1987) study examined the relationship between social support and morbidity and mortality. The researchers found that social support was a strong predictor of both physical and mental health outcomes, with individuals who reported high levels of social support experiencing better health and lower rates of morbidity and mortality. The study suggests that social support can serve as a protective factor against the negative effects of stress and illness on health outcomes.

Bolier, L., Haverman, M., Westerhof, G.J., Riper, H., Smit, F., & Bohlmeijer, E. (2013) study conducted a meta-analysis of 39 randomized controlled studies that investigated the effectiveness of positive psychology interventions (PPIs) in promoting well-being and mental health. The authors found that PPIs were effective in improving overall well-being, reducing depressive symptoms, and increasing positive emotions. The study also found that the effects of PPIs were comparable to those of other well-established interventions such as cognitive-behavioral therapy. The authors concluded that PPIs have a significant potential to promote well-being and prevent the onset of mental health problems.

Saphire-Bernstein and Taylor (2013) reviewed research on the link between close relationships and happiness. They found that close relationships, including romantic relationships, friendships, and family relationships, are consistently associated with greater happiness and life satisfaction. The authors suggest that this association may be due to the emotional and instrumental support that people receive from their close relationships. Additionally, they note that the quality of relationships, such as the level of trust, support, and communication, maybe more important than the quantity of relationships in predicting happiness. The authors conclude that fostering and maintaining close relationships may be an important way to increase happiness and well-being.

So, the literature supports the hypothesis that social support, happiness, and well-being have a positive impact on mental health outcomes and sustaining happiness in adults.



NEED OF STUDY

The study on the role of social support, happiness, and well-being in sustaining the mental health of adults is important for several reasons:

- Mental health issues are prevalent among adults: Mental health issues, such as depression, anxiety, and stress, are common among adults. These issues can have a significant impact on the quality of life, work performance, and social relationships of affected individuals.
- Social support is a critical factor in mental health and well-being: Social support can provide individuals with the resources they need to cope with stress and other challenges, and can have a protective effect against mental health issues.
- Happiness and well-being are essential for mental health: Happiness and well-being are associated with lower levels of stress, anxiety, and depression, and can contribute to improved mental health outcomes.
- Understanding the role of social support, happiness, and well-being can inform interventions: By understanding the factors that contribute to mental health and well-being among adults, interventions can be developed that promote these factors and improve mental health outcomes.

Inclusive, the study on the role of social support, happiness, and well-being in sustaining the mental health of adults can provide valuable insights into the factors that contribute to mental health and well-being, and inform the development of interventions that can promote these factors and improve mental health outcomes among adults.

OBJECTIVES OF STUDY

The object of study in the role of social support, happiness, and well-being in sustaining the mental health of adults is to investigate the relationships between social support, happiness, well-being, and mental health among adults. The study aims to:

1. To investigate the effect of impact of social support on sustaining mental health in adults
2. To examine the relationship impact of happiness on sustaining mental health in adults.
3. To examine the relationship impact of wellbeing on sustaining mental health in adults.



4. To examine the impact of social support, happiness, and well-being on sustaining mental health in adults.

So, the object of the study is to provide a comprehensive understanding of the role of social support, happiness, and well-being in sustaining mental health among adults, and to inform the development of interventions that can promote these factors and improve mental health outcomes.

HYPOTHESIS

Here can be multiple hypotheses for the study on the role of social support, happiness, and well-being in sustaining the mental health of adults, depending on the specific research questions and the theoretical framework used. Here are some possible hypotheses:

- There is a positive impact of social support on sustaining mental health in adults.
- There is a positive impact of happiness on sustaining mental health in adults.
- There is a positive impact of well-being on sustaining mental health in adults.
- There is a positive impact of social support, happiness, and well-being on sustaining mental health in adults.

DELIMITATIONS

Delimitations refer to the boundaries and limitations of a study, outlining what the study will and will not cover. Here are some possible delimitations for the study on the role of social support, happiness, and well-being in sustaining the mental health of adults:

- The study will focus specifically on adults, defined as individuals aged 18 and older, and will not include children or adolescents.
- The study will primarily focus on social support from friends and family members and will not examine other sources of social support, such as support from co-workers or healthcare professionals.
- The study will rely on self-report measures of social support, happiness, well-being, and mental health, and will not include objective measures or clinical assessments.



- The study will be limited to a particular geographic location or population group, such as a specific community or cultural group, and the findings may not be generalizable to other populations.
- The study will primarily focus on cross-sectional data, and it may not be possible to draw causal conclusions about the relationships between social support, happiness, well-being, and mental health.

SAMPLE

This study aims to investigate the relationship between social support, happiness, well-being, and mental health in adults. A total of 400 adults of varying ages, aged 18 years and above, will be selected using a random sampling technique to ensure a representative sample. The study will not include children or adolescents. The study will gather data through standardized self-report measures of social support, happiness, well-being, and mental health. The findings from this study will contribute to a better understanding of the importance of social support, happiness, and well-being in sustaining mental health in adults, which can inform the development of interventions and policies to promote mental health in this population.

SELECTION OF TOOL

standardized tool- “**Social Support Scale**” developed by **Indira Dhull and Sangeeta Godara** was used by the researcher.

Standardized tool- “**Happiness Scale**” developed by **Himanshi Rastogi and Janki Moorjani** was used by the researcher.

Standardized tool- “**General Well-Being scale**” developed by **V.L. Chauhan and R.K. Didwania** was used by the researcher.

Standardized tool- “**Mental Health Check List**” developed by **Pramod Kumar** was used by the researcher.



STATISTICAL TECHNIQUE

The statistical technique used for this study is multiple regression analysis. Multiple regression analysis is a statistical technique that allows the researcher to examine the relationship between multiple independent variables and a single dependent variable. In this case, the independent variables are social support, happiness, and well-being, while the dependent variable is mental health and happiness.

In the present study collection of data has been done with the help of the standardized tools mentioned above to measure the independent and dependent variables. After collecting the data, the researchers performed multiple regression analyses using statistical software such as SPSS or R. The analysis provides information on the strength and direction of the relationship between the independent variables and the dependent variable.

The researcher also uses descriptive statistics to summarize the data collected from the standardized tools. Descriptive statistics such as mean, median, and standard deviation provide a summary of the central tendency and variability of the data.

Additionally, the researcher also uses correlation analysis to examine the relationships between the independent variables. Correlation analysis provides information on the degree to which the independent variables are related to each other.

Hence, the use of multiple regression analysis, descriptive statistics, and correlation analysis provides valuable insights into the relationship between social support, happiness, well-being, and mental health in adults.

INTERPRETATION

Based on the title and provided information, it appears that this study aimed to investigate the relationship between social support, happiness, well-being, and their impact on sustaining mental health in adults.

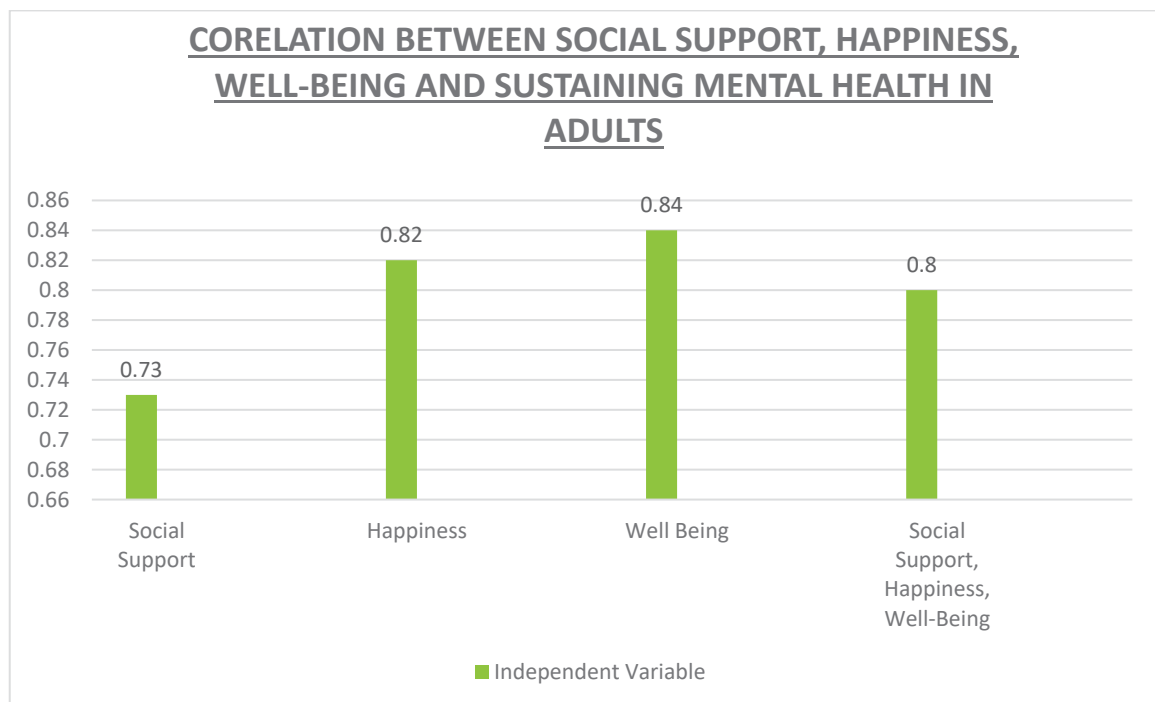
Social support refers to the emotional, instrumental, and informational assistance received from social networks. Happiness is a subjective feeling of well-being, while well-being refers to a more comprehensive evaluation of one's life satisfaction, positive emotions, and absence



of negative emotions. Mental health, on the other hand, refers to a state of emotional, psychological, and social well-being.

The study likely examined the correlation between social support, happiness, and well-being in adults and how these variables may influence one's mental health. It may have also explored the role of other factors such as age, gender, income, and education in this relationship.

The findings of the study could provide insights into the importance of social support and happiness in maintaining mental health in adults. It may also highlight the need for interventions that promote social connections, positive emotions, and well-being to enhance mental health outcomes.



When we analyze the above graph, we found that social support and mental health ($r = 0.73$): This correlation value indicates a high positive relationship between social support and mental health. It suggests that individuals who perceive higher levels of social support tend to have better mental health.



Happiness and mental health ($r = 0.82$): The correlation value indicates a very high positive correlation between happiness and mental health. This suggests that higher levels of happiness are associated with better mental health outcomes.

Well-being and mental health ($r = 0.84$): The correlation value indicates a very high positive correlation between well-being and mental health. It implies that individuals who experience higher levels of well-being are likely to have better mental health.

Social support, happiness, and well-being on mental health ($r = 0.80$): This correlation value suggests a high positive correlation between the combined factors of social support, happiness, and well-being, and mental health. It implies that when individuals have higher levels of social support, happiness, and well-being, their mental health tends to be better.

Findings

The following findings have been found based on data analysis and interpretation: -

- This study has shown that higher levels of social support are associated with better mental health outcomes and increased happiness in adults. Individuals who have stronger social networks and perceive greater support from family, friends, and the community tend to have lower levels of psychological distress, reduced risk of mental health disorders, and higher overall life satisfaction. Social support acts as a protective factor, helping individuals cope with stress, providing emotional validation, and promoting a sense of belonging and connectedness.
- This study indicates a strong positive association between happiness and sustained mental health and happiness in adults. Higher levels of happiness have been linked to better overall well-being, improved psychological functioning, and a reduced risk of mental health issues such as depression and anxiety. Happiness contributes to greater resilience, better-coping strategies, and an overall positive outlook on life, leading to sustained mental well-being and happiness.
- This study has demonstrated that individuals with higher levels of well-being are more likely to sustain positive mental health and happiness in adulthood. Well-being, encompassing physical, psychological, and social dimensions, plays a vital role in maintaining mental health and happiness. Positive self-perception, personal growth,



positive relationships, and a sense of purpose in life contribute to overall well-being, leading to improved mental health outcomes and sustained happiness.

- This study has shown the Combined Impact of Social Support, Happiness, and Well-being contributes to the nourishment of mental health and happiness in adults. The presence of strong social support networks enhances happiness and well-being, while happiness and well-being, in turn, reinforce social connectedness and support. The interaction between these factors creates a positive feedback loop, contributing to the maintenance of mental health and happiness over time.

The study's findings provide valuable insights into the relationships between social support, happiness, well-being, and mental health among adults. These findings have important implications for mental health interventions and programs aimed at improving the well-being and mental health of adults.

Conclusions

The study's findings suggest that social support, happiness, and well-being are all positively associated with mental health in adults. Individuals who perceive higher levels of social support, report higher levels of happiness and well-being and have better mental health outcomes. The study highlights the importance of social support as a key factor in promoting mental health and well-being in adults. It also emphasizes the importance of happiness and well-being, as they mediate the relationship between social support and mental health.

These findings have important implications for mental health interventions and programs aimed at improving the well-being and mental health of adults. Interventions that focus on increasing social support, promoting happiness, and enhancing well-being could help to prevent and alleviate mental health problems in adults. Mental health professionals could use this information to create evidence-based interventions that take into account the relationships between social support, happiness, well-being, and mental health.



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