



Emotional Well-being among Adolescents

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Abstract:

Adolescents' is a time of enormous changes in life i.e. social, physical as well as emotional. These changes can be stressful. Experiencing anxious, sad and angry feelings and thoughts is a normal part of adolescence. Many adolescents suffer from problems such as anxiety and depression, which cause them pain and some other psychological issues. Some adolescents harm themselves as a result of these problems. Sadly, suicide is a leading cause of death among adolescents. However, adolescents could take steps to protect their emotional well-being, and as with other illnesses, there is a much that caring people around them could do to help. With prompt diagnosis and effective treatment, adolescents with many mental health problems can get back to good health and to productive lives. Thus, emotional well-being is essential in adolescents experiencing multiple transitions i.e. physiological academic, social and shifts in family dynamics. Those transitions could bring pressures that may induce stress, leading to mental as well as emotional health Problem.

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Introduction:

Emotional well-being is vital elements for our health and everyday life. It is an important element of one's own overall well-being, and essential to 'good quality' life (Pollard and Lee, 2003). Over the current decades, the well-being of adolescents has been gaining more attention and interest among researchers and policy makers. Emotional well-being during adolescents is particularly crucial for several reasons. Children who are in a good state of emotional well-being have higher odds of growing into adults who are happy, confident and enjoy healthy life styles, consequently contributing towards a better society and improving its overall well-being (Morgan, 2007). Kahneman and Deaton (2010) describe emotional well-being as one of the two different concepts within subjective well-being. Emotional well-being, often called as 'hedonic well-being' signifies the quality of an individual's emotions and experiences, i.e. sadness, anxiety, worry, happiness, stress, depression, anger, joy and affection that leads to unpleasant or pleasant feelings. One of the essential elements that foster positive development among adolescents is healthy and stable interpersonal relationships (Goldman et al. 2016). Maintaining communication with parents can also have an influence on children as well as adolescents, emotional well-being. Spending the time just talking with the adolescents was shown as one of the strongest predictor for high life satisfaction (Morgan et al. 2007). Since well-being is closely connected to development, some theorists emphasize children's becoming development into adulthood. The World Health Organization has concluded that emotional well-being is fundamental to our quality of life. It enables us to experience life as meaningful and is an essential component of social cohesion, peace and stability in the living environment (WHO, 2005). Emotional well-being is a crosscutting concern that touches many aspects of our daily lives and has an impact across the life span.

The world federation for mental health defines emotional well-being as a form of subjective well-being, when individuals feel that they are coping, fairly in control of their lives able to face challenges and take on responsibility (WHO, 2010). Adolescent is a period which comes under the broad perspective of children in the developmental Psychology. The adolescents' struggles to develop his individuality while still conforming to societal norms. Rapid urbanization and modernization have exposed them to change in society. The resultant break down in family structure, excessive or minimal control confuses the adolescent and makes him/her especially vulnerable to maladaptive patterns of thinking and behaviors.

Emotional Well-Being:

Emotional well-being is a multifaceted concept encompassing both individual capacities and social competencies. Because of the complex developmental stages that children and adolescents experience from birth to 17 years of age, how their emotional well-being is reflected in their behaviours, thoughts, feeling and abilities differs across the ages. As such no single measure of social and emotional well-being can be used for all children and adolescents. Thus, emotional well-being refers to the way a person thinks and feels about themselves and others. It includes being able to adapt and deal with daily challenges while leading a fulfilling life. Hence, there is an emphasis on tributes the behavioural and emotional strengths of adolescent as well as how they respond to adversity.

The National Institute for Clinical Excellence (NICE) stated that emotional well-being encompasses: Happiness, confidence and not feeling depressed (emotional well-being); A feeling of autonomy and control over one's life, problem solving skills, resilience, attentiveness and a sense of involvement with others; and the ability to have good relationship with others and to avoid disruptive behaviour, delinquency, violence. Thus, the emotional well-being of students is a multidimensional phenomenon that determines his emotional well-being. Emotional well-being is characterised as a stable positive, comfortable emotional state, which is the basis of human attitude to the world and affects the characteristics of experiences, cognitive, emotional, relations with people around.

Adolescents Well-Being:

Adolescents' well-being is a personal and societal good in its own right, and at the same time, adolescence is a critical period of the life course when many of the factors that contribute to lifelong well-being are, or are not, acquired or solidified. The direct and indirect effects on adolescent's well-being of the Corona Virus Disease-2019 pandemic and the responses to it have reinforced the importance of systems being in place to support the well-being of adolescents. Two conceptual approaches dominate discussions on the basis of subjective constructs emphasize personal experiences and individual fulfillment, which include eudemonic well-being e.g. finding meaning in life and experiencing a sense of personal growth and hedonic well-being e.g. feeling happy and being satisfied with one's own life. The well-being of adolescents has been shown to be related both to individual and contextual factors. Mental and physical well-being during adolescence has been shown to be integrally shaped by the daily contexts in which children grow and develop, including differences that exist between

developing and developed nations. Among the various multifactor well-being models i.e. psychological well-being (Ryff and Keyes, 1995); mental health continuum (Keyes, 2002) etc. is the broad and the personal well-being model, under the multidimensional construct of subjective well-being. Subjective well-being explores adolescent's interpretation of their own lives to their emotions and cognitive judgments. Exploring an adolescents well-being through the lens of socio-demographic and cultural determinants, the 2009/2010 HBSC WHO survey reported that the socio-demographic factors such as age and gender have been under researched with regard to young people's well-being (Currie et al. 2009). Singh et al. (2015) reported psychological well-being to be higher in men than women, particularly in PWI domains of personal safety and life achievement among the North Indian adolescent population. Where as Daraei (2013) revealed that no gender differences in the psychological well-being of young adults in a sample of Indian undergraduate students in Mysore city.

Theoretical Perspective of Emotional Well-being:

Suffering and well-being are both part of the human condition and psychology should can about each. Human strengths, excellence and flourishing are just as authentic as human distress. People want to cultivate the best version of them and live a meaningful life. They want to grow their capacities for love and compassion, creativity and curiosity, work and resilience and integrity and wisdom. When Seligman's PERMA theory of well-being is an attempt to answer these fundamental questions. There are five building blocks that enable flourishing positive emotion; engagement; relationship; meaning and accomplishment. Thus brief description of each of the five building blocks of well-being like: positive emotion is the route to well-being is hedonic increasing positive emotion. Within limits, we can increase our positive emotion about the past i.e. by cultivating gratitude and forgiveness. Our positive emotion about the present i.e. by savoring physical pleasure and mindfulness. Our positive emotion about the future i.e. by building hope and optimism. Engagement is experience in which someone fully deploys their skills, strengths and attention for a challenging task. Relationships are fundamental to well-being. The experiences that contribute to well-being are often amplified through our relationships. People pursue achievement, competence, success and mastery for its own sake, in a variety of domains, including the workplace, sports, games, hobbies, among others. People pursue accomplishment even when it does not necessarily lead to positive emotion meaning or relationships.

Benefits of Emotional Well-being:

Emotional well-being among adolescents offers numerous benefits, including improved academic performance: Adolescents with good emotional well-being tend to perform better academically. They can concentrate better, retain information more effectively, and engage more actively in learning activities; stronger relationships with peers and family: Emotional well-being fosters healthier relationships with peers, family members and other significant individuals in their lives. This can lead to greater social support reduced feeling of loneliness and increased feeling of belongingness; Better decision making skills: Adolescents with good emotional well-being are often more capable of making informed and rational decisions. They can assess situations more accurately, weight the consequences of their actions and make choices that align with their values and goals; decreased risk of mental health disorders: Adolescents with strong emotional well-being are more resilient in the face of adversity. They can bounce back from setbacks, adopt to change and maintain a positive outlook even during challenging times; enhanced resilience to stress: Emotional well-being acts as a protective factor against the development of mental health disorders like-anxiety, depression and substance abuse. It helps adolescents cope with stress, manage their emotions effectively and seek support when needed; overall higher quality of life: Over all emotional well-being contributes to a higher quality of life for adolescents. They experience greater satisfaction in various domains of life, including school, relationships, leisure activities and personal growth.

Conclusion:

For the above discussion it is clear that the extensive field of well-being of adolescent's emotional well-being has emerged currently as modern area of focus. In Present Indian Context a very handful works are impending on emotional well-bring among children and adolescents. The in-depth study on the proposed field would pave way to earn high quality of output in the arena of the adolescent and create gracious atmosphere for them to live as they would be the future generation of the society.

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