

# Exploring the evolution of psychological well-being concept.

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## Abstract

Psychological well-being refers to a positive state of mind and emotion, characterized by satisfaction with one's life, a sense of purpose and meaning, and the ability to cope with stress and challenges. The concept of psychological well-being has been developed and studied by psychologists and researchers for several decades. The most widely accepted definition of psychological well-being is the one developed by Seligman and Csikszentmihalyi, which defines it as the presence of positive emotions, engagement in meaningful activities, relationships, accomplishment, and a sense of purpose and meaning in life. Other theorists have also proposed different dimensions of psychological well-being, including self-acceptance, personal growth, positive relationships with others, autonomy, environmental mastery, and a sense of purpose and meaning.

**Keywords:** Physical health, Long-term care, Psychological distress, Loneliness.

## Introduction

Overall, the development of a concept of psychological well-being has led to a greater understanding of what it means to lead a fulfilling and satisfied life, and has provided a framework for researchers and practitioners to study and promote well-being. The concept of psychological well-being refers to an individual's overall satisfaction and happiness with their life. It is a multidimensional construct that encompasses various aspects of psychological functioning, including. Positive emotions: The experience of positive emotions such as joy, satisfaction, and contentment. Positive relationships: Having supportive and meaningful relationships with friends, family, and community. Personal growth: A sense of personal growth and development, a feeling of increasing competence and self-esteem. Purpose in life: Having a sense of meaning and purpose in life, feeling that one's actions make a positive difference in the world. Environmental mastery: A sense of control and mastery over one's environment and circumstances [1].

The development of the concept of psychological well-being has been influenced by various theoretical and empirical contributions from fields such as psychology, sociology, and philosophy. It is a relatively recent concept that has gained increasing attention as a way to measure and understand human happiness and flourishing. The concept of psychological well-being refers to an individual's overall satisfaction and happiness with life, and the presence of positive emotions, thoughts, and behaviors [2]. It includes both hedonic well-being (i.e. the pleasure and happiness one experiences) and eudaimonic well-being (i.e. the sense of purpose and meaning in life).

The development of the concept of psychological well-

being can be traced back to ancient philosophy, with ideas about the good life and happiness being central to the thinking of philosophers such as Aristotle. In the 20th century, psychologists began to formally study and define psychological well-being. One influential model was proposed by psychologist Abraham Maslow in his hierarchy of needs, where he described self-actualization (the realization of one's full potential) as the highest level of human need. More recent models of psychological well-being have emphasized the importance of both positive emotions and positive functioning, and have included factors such as positive relationships, personal growth, and a sense of purpose in life. Overall, the concept of psychological well-being continues to be an important area of study and interest in psychology, as it has implications for individual health and happiness, and for society as a whole [3-5].

## Conclusion

Few researches have examined the psychological effects of lockdown on the mental health of Italian youngsters thus far. The current study looked into how Italian primary and middle school pupils perceived changes in routine and psychological distress (anxiety and mood symptoms) during the COVID-19 quarantine.

## References

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