



Original Research Article

Assess the well-being of adults

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Abstract

Background: In human life, physiological, social, and environmental changes are inevitable. To cope with changes, personality and well-being play a vital role. The objectives of this study are to assess the well-being among adults and to associate the findings with selected demographic variables.

Materials and Methods: A non-experimental exploratory descriptive survey method with non-probability purposive sampling was used. 300 samples that met the sampling criteria were included. The standardised tool, the WHO-5 well-being index scale, was used. During data collection, ethical considerations such as confidentiality were incorporated.

Results: In this present study, 93 % of the sample have good well-being, and except for gender, all the demographic variables, like age, education, occupation and monthly income, showed a statistical association.

Conclusion: Assessing well-being is a critical preventive strategy for mental illness, such as depression and other mental illnesses among adults, which can also help in preventing and minimising major physical health-related issues like diabetes, hypertension, etc.

Keywords: Assess, Well-being, Adults.

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1. Introduction

Wellness among adults globally, understood through various dimensions such as physical activity, mental health, and successful ageing. Globally, depression is a significant mental health burden, with India reflecting similar trends where 8.6% of adults experience depression, and a substantial portion remains undiagnosed and untreated, particularly in rural areas.¹

The importance of wellness among adults is multifaceted, encompassing physical, mental, and social dimensions, as highlighted by various studies. For adults with mobility impairments, wellness is crucial to minimise secondary conditions and enhance quality of life, yet they face challenges due to limited resources and misconceptions about disability and health.²

Researchers emphasise the importance of wellness among adults by exploring various aspects of health education and transformative learning. Investigates adult learning in coping with chronic illness, examines how women make meaning of their health experiences. Additionally, studies highlight the role of health literacy in enabling informed health choices and the need for educational programs that address individual and community health issues, fostering empowerment and behavioral change.³

Addressing well-being is essential for community and economic development as it fosters a holistic approach to enhancing the quality of life within communities.⁴⁻⁵ Factors such as income, education, and life satisfaction are critical indicators of economic well-being, which in turn affect community prosperity and stability.⁶ Moreover, sustainable economic growth is linked to improved living standards, yet

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it must be balanced with environmental considerations to ensure long-term well-being.⁷

The above-mentioned works of literature motivated the researchers to conduct the present study.

2. Materials and Methods

The research was done by a Non-experimental exploratory descriptive survey. 300 samples were selected by a non-probability convenience sampling technique and met the sampling criteria. The Tool consists of Section 1: demographic variables of the sample. Section 2: WHO-5 well-being index scale, Validity and reliability were assessed, and reliability, Cronbach's alpha, $r=0.8$, and the tool was found to be reliable.⁸⁻¹⁰ With 30 samples, the pilot study was conducted. Ethical considerations on data collection, such as formal permission and confidentiality, were maintained.

3. Results

The collected data is coded and analysed as per the objectives of the present study.

Table 1: Distribution of demographic variables of the sample by frequency and percentage n =300

Introduction	Introduction	Introduction	Introduction
1	Age (yrs)		
1.1	18-28	137	45.7
1.2	29-39	18	6.0
1.3	40-50	124	41.3
1.4	above 50	21	7.0
2	Gender		
2.1	Male	162	54.0
2.2	Female	138	46.0
3	Education		
3.1	No formal education	11	3.7
3.2	Schooling	148	49.3
3.3	Graduate	131	43.7
3.4	Post Graduate	10	3.3
3.5	Any other	0	0
4	Occupation		
4.1	Self-employed	33	11.0
4.2	Private employee	73	24.3
4.3	Unemployed	194	64.7
4.4	Govt employment	0	0
5	Income(Rs/Month)		
5.1	<10000	194	64.7
5.2	10001-20000	12	4.0
5.3	20001-30000	41	13.7
5.4	30001-40000	51	17.0
5.5	above 40000	2	.7
6	Marital Status		
6.1	Married	187	62.3
6.2	Unmarried	111	37.0
6.3	Widow/widower	2	.7

Table 1: findings reveal that the majority of the sample, 45.7 %, belonged to the age group of 18-18 years, & 54 % were male; 49.3 % of them completed their schooling. 64.7 % of the sample were unemployed, and had a monthly income of less than Rs. 10000 and 62.3 % were married.

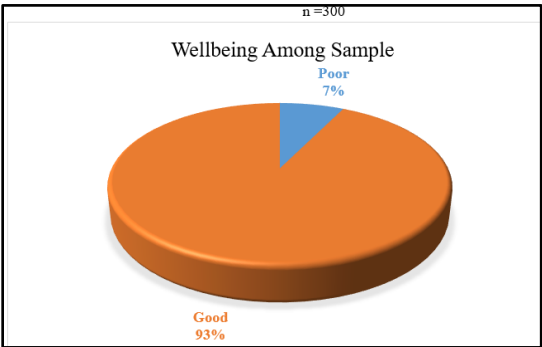


Figure 1: Well-being among the sample

Figure 1: Reveals that 93% sample had good well-being and only 7% of the sample had poor well-being.

Table 2: Association between the findings with baseline variables n =300

S. No	Demographic variables	Chi-Square	df	P Value
	Age	165.46	3	0.000
	Gender	1.92	1	0.166
	Education	223.81	3	0.000
	Occupation	140.54	2	0.000
	Income	401.10	4	0.000
	Marital Status	172.94	2	0.000

Table 2 reveals the association between the findings and demographic variables, except gender; all other demographic variables like age, education, occupation, income and marital status have shown statistically significant association as the P value is less than 0.05.

4. Discussion

The study findings reveal the association except for gender; all other demographic variables like age, education, occupation, income and marital status have shown statistically significant association as adult wellbeing is determined by multifactorial determinants. The research findings are also reveals the same. Adult well-being encompasses a diverse range of factors, including health conditions, social relationships, and socioeconomic status. The quality and maintenance of adult friendships also play a crucial role in well-being, with positive correlations found between friendship quality, socializing, and overall well-being. However, gaps remain in understanding specific well-being components within this context.¹⁶ Adult education plays a significant role in promoting health and wellness, with transformative learning approaches helping individuals cope with chronic illnesses and improve health literacy.³

Complementary and alternative medicine (CAM) is also integral to wellness, with a significant portion of users employing CAM for health maintenance and lifestyle management, underscoring its role in public health initiatives.¹⁷ Physical activity is another critical component, with healthcare professionals emphasising its benefits for physical and mental health, quality of life, and social well-being.¹⁸ Collectively, these studies illustrate that wellness in adults is not only about physical health but also involves education, social connections, and alternative health practices, all contributing to a holistic approach to well-being.

Mapping the impact on well-being is crucial for achieving the Sustainable Development Goals (SDGs) as it highlights the interconnections between health, social, environmental, and economic factors. This transdisciplinary approach fosters collaboration across sectors, ensuring that efforts to improve well-being contribute effectively to the overarching goal of sustainable development, ultimately leading to better health outcomes and enhanced quality of life. UN Sustainable Development Goals (SDGs) and their significance for promoting good health and well-being, highlighting the intersection of social, environmental, and economic pillars with health outcomes

It concludes that achieving the SDGs requires a transdisciplinary approach and the establishment of cross-sectoral and institutional collaborations, underscoring the importance of partnerships (SDG 17) as a foundational element for creating a sustainable future that supports health and well-being.¹⁹

SDG 3 aims to ensure health and well-being for all, which is crucial for achieving other SDGs. Assess well-being is helpful to identify health priorities, allocate resources effectively, and strengthen health systems, ultimately contributing to improved health outcomes and the successful comprehension of the SDGs.²⁰

5. Conclusion

Wellbeing fosters social participation and control, which are critical for effective community programs. Improved social fabric enhances health outcomes, ultimately leading to sustainable development and reduced inequities in health.¹¹

Well-being enhances productivity, reduces disease risks, and fosters social relationships. Improved well-being leads to better living standards, empowering individuals and ultimately benefiting society as a whole.¹²

Well-being enlightens moral philosophy and economics, guiding the maximization of social well-being, ultimately influencing standards of living and quality of life assessments.¹³ well-being fosters a stable environment, enhances human potential through education and healthcare, promotes social inclusion, and ensures equitable distribution of economic growth benefits, ultimately leading to

sustainable progress.¹⁴ well-being is essential for community and economic development as it encompasses a more inclusive goal than mere economic growth, fostering happiness, quality of life, and sustainability, which are crucial for effective governance and long-term community progress.¹⁵

Addressing well-being is essential for community and economic development to meet the Sustainable Development Goal of good health and well-being.

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None.

7. Conflict of Interest

None.

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