



A Multidimensional Study of Psychological Well-Being in Relation to Intrapersonal and Interpersonal Factors

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Abstract:

Using self-esteem, personality characteristics, and emotional intelligence as intrapersonal factors and familial environment as interpersonal ones, this study investigates psychological well-being as a multi-dimensional concept. This research is to examine the integrative and interactive impacts of personal and relational domains on psychological well-being in light of the growing number of mental health concerns in modern society. Standardised psychological questionnaires were used to collect data from a broad population. The data was analysed using correlation and regression techniques, following a quantitative approach. The findings highlight the importance of self-esteem, showing a strong correlation between high levels of self-worth and both life satisfaction and emotional resilience. Consistent predictors of well-being among personality characteristics, showing the effect of dispositional variables, include extraversion, conscientiousness, and low neuroticism. Individuals with high levels of emotional intelligence are better able to adapt psychologically, which in turn improves their coping skills and their ability to effectively interact with others. When it comes to interpersonal dynamics, having a supportive and cohesive family environment may help shield you from psychological pain, while also fostering emotional stability and personal development. According to the results, one's social environment and one's inherent inclinations should be considered together when assessing psychological health. Mental health professionals, educators, and legislators might use the study's findings to inform the development of treatments that promote healthy family dynamics and self-related competences. Supporting the creation of culturally appropriate and empirically based mental health solutions, the study enhances the theoretical discourse by investigating psychological well-being via an interrelated framework of intrapersonal and interpersonal components.

Keywords: Self-Esteem, Personality Traits, Emotional Intelligence, Family Environment

Introduction:

As a comprehensive measure of psychological health, contentment with life, and emotional stability, psychological well-being has recently been an important focus in the field of psychology. The study of the factors that lead to happiness is becoming more important in academia and in everyday life as a result of the rising complexity of both society and the issues that people confront. Modern understanding of well-being expands beyond its traditional





associations with pleasant feelings and the lack of psychological discomfort to include a wide range of factors, such as healthy relationships, environmental mastery, purpose in life, self-acceptance, autonomy, and personal progress. Here, intrapersonal factors like emotional intelligence, self-esteem, and personality characteristics provide crucial information on how people take in, make sense of, and react to their internal and external surroundings. These individual characteristics influence one's perspective on life, capability to control emotions, and resilience. Family dynamics, being the primary social structure impacting a person's emotional development, behavioural patterns, and support networks over their lives, are an example of an interpersonal component that is just as crucial. A family environment that is both supportive and communicative reduces stress and provides the emotional support that is essential for an individual's well-being, according to several studies. Few integrative frameworks have been developed to investigate the interplay between intrapersonal and interpersonal factors and their effects on mental health, despite the abundance of research on each of these factors separately. This research intends to fill that void by methodically investigating the ways in which one's home environment, emotional intelligence, self-esteem, and personality characteristics all contribute to one's psychological health. By delving into several dimensions, the study aims to provide a detailed comprehension of how both internal traits and environmental factors influence a person's emotional and mental well-being. Clinical procedures, educational techniques, and family-based interventions may all benefit from the knowledge that this study provides on how to promote long-term mental health. Mental health studies have shifted their focus in recent decades towards the concept of psychological well-being, which encompasses more than just the absence of disease; it also indicates the existence of adaptive capabilities, personal fulfilment, and good psychological functioning. People are facing more and more challenges to their emotional stability and sense of balance as a result of interpersonal pressures and internal tensions brought about by the changing societal standards, technological advances, and globalisation. Hedonistic theories of happiness and well-being have given way to eudaimonic frameworks that place an emphasis on purpose, self-realization, and progress. Intrapersonal resources, including self-esteem (one's view of and appreciation for oneself), have been the focus of much research because of the impact they have on factors including intrinsic motivation, emotional resilience, and self-regulation. Similarly, the Five-Factor Model of personality attributes, in particular extroversion and emotional stability, are strong predictors of life satisfaction and pleasure, and these qualities are shown to be intricately related to long-term well-being. An individual's capability to comprehend, express, and control their emotions well—a skill known as emotional intelligence—further improves their ability to deal with life's obstacles, build relationships, and make important choices.



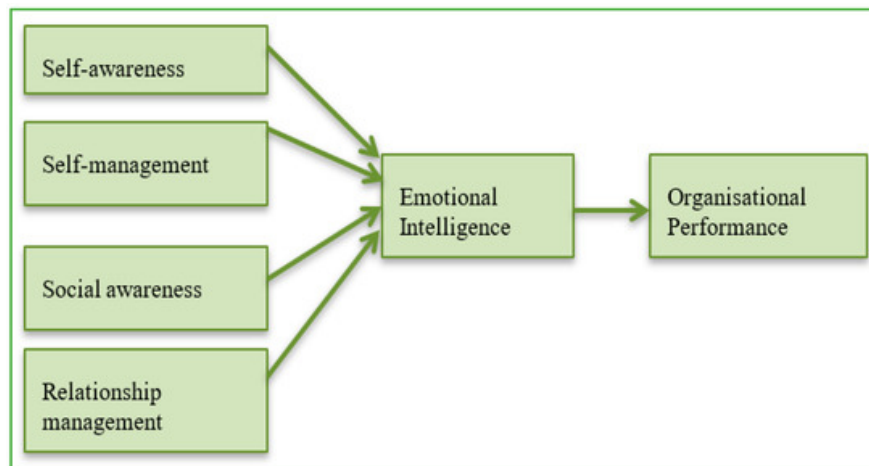


Figure “Conceptual framework for EI and OP (adapted from Kaplan and Norton 2005; Goleman 1995; Zeitz et al. 1997).

But it's possible that intrapersonal skills won't be enough to keep mental health under check. Individuals' paths to well-being are substantially impacted by their familial environment, as it is the principal setting for early socialisation and emotional development. Children and adults alike benefit from stable attachments, good coping strategies, and positive self-concepts when their families are warm, communicative, emotionally supportive, and have little conflict. On the other side, healthy mental health might take a lifetime to recover from the effects of traumatising family relationships, which can include feelings of worthlessness, instability, or dread. Although these intrapersonal and interpersonal impacts are becoming more recognised, there has been a lack of research that systematically looks at how they all function together. This thesis explores the concept of psychological well-being from several angles, including self-esteem, personality, emotional intelligence, and familial environment. The goal is to address that knowledge gap. The goal of this study is to identify which of these factors contributes most to mental health by using standardised psychometric instruments in conjunction with rigorous statistical analysis. This not only lends credence to long-standing notions in psychology, but it also provides new information that may be used to build treatments that improve mental health by focussing on individual growth and the strength of families. This research is especially pertinent and urgent in the modern Indian environment, where traditional family values and modern ambitions collide. Psychologists, teachers, parents, and lawmakers may use the results to help people thrive in all aspects of their lives, including their social and psychological settings. Emotional competence and relational harmony are the driving forces behind psychological well-being, which the study ultimately calls for a holistic view of as an interactive process including the individual and their social environment.

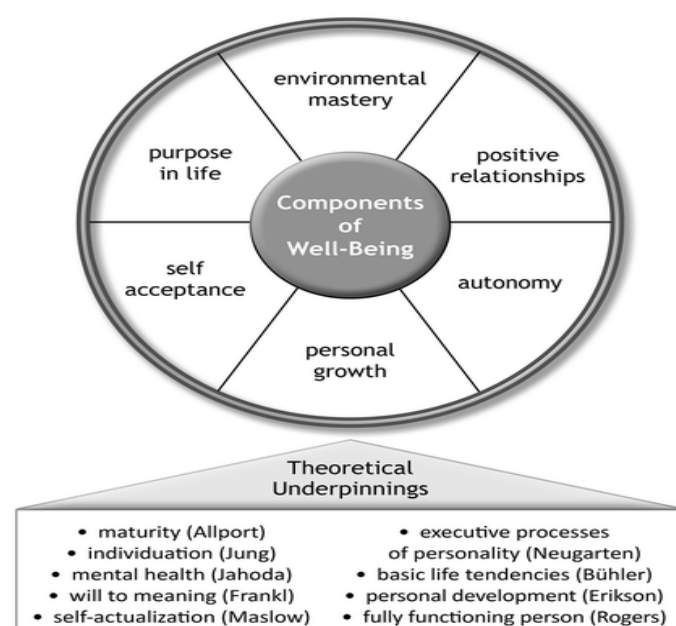
Definition and Scope of Psychological Well-Being:

The absence of mental disease is just one component of psychological well-being, which also includes the existence of good traits that contribute to an individual's emotional, social, and psychological success. In it, all the things that make a person's life worth living—their emotions, their thoughts, and the experiences they've had—are considered. There are two schools of thought when it comes to what constitutes psychological wellness. The hedonic





school of thought holds that one should prioritise pleasure and enjoyment above all else, whereas the eudaimonic school of thought stresses the importance of having a purpose in life, growing as an individual, and reaching one's full potential. Personal development, purpose in life, healthy relationships with others, environmental mastery, self-acceptance, and autonomy are the six pillars upon which Carol Ryff's (1989) theory of psychological well-being rests. All of these factors show that being happy isn't just a fleeting feeling; it's a permanent state of mental health and fulfilment. According to contemporary theories, mental health is associated with three things: contentment with life, control over one's emotions, and the ability to bounce back from setbacks. It helps people feel competent and motivated to achieve their objectives, maintain positive relationships, and deal with the stresses of everyday life. A person's psychological well-being is based on their ability to function and experience fulfilment in many areas of their lives, as opposed to subjective well-being, which is mostly dependent on their own subjective feelings of pleasure. Both internal and environmental factors, including values, emotional intelligence, and social support, as well as family dynamics and life events, have a role. It also differs across gender, age, culture, and socioeconomic level, thus it's quite context dependent. In individualistic cultures, the importance of personal liberty and accomplishment is highly prized; yet, in collectivist civilisations, such as India, the importance of family harmony, social connectivity, and fulfilling one's social function is frequently more paramount in determining well-being. Many disciplines, including public policy, organisational psychology, education, and mental health, have made promoting psychological wellness a top priority. For healthy people aiming for a more harmonious and purposeful existence, it is just as applicable as it is for clinical groups. A person's psychological health is seen in this research as an ever-changing condition affected by both internal (such as their sense of self-worth, emotional intelligence, and personality characteristics) and external (such as their family's environment) variables. This all-encompassing perspective offers a solid foundation for investigating the mental underpinnings of human flourishing and performance in all areas of life.





Core dimensions of psychological well-being and their theoretical foundations. Reprinted with permission from: Ryff (2016)

Need for a Multidimensional Perspective:

Scholars and mental health experts have come to realise in recent years that a one-variable strategy cannot explain or improve psychological well-being. Despite the abundance of research on discrete aspects of human psychology, such as EQ, self-esteem, and personality, these one-dimensional analyses often overlook the interconnected and intricate structure of human mental processes.” A person's actions and happiness are products of their unique combination of intrinsic traits and environmental influences. That is why it is crucial to look at mental health from several angles in order to have a whole picture of what influences it. The quality of one's connections, particularly within one's family, which offers the first setting for social and emotional development, is just as influential as an individual's intrinsic qualities, such as their temperament, characteristics, and self-perceptions. Therefore, in order to get a whole picture of mental health, we need to look at both internal (things like self-esteem, EQ, and personality) and external (things like family support, communication preferences, and emotional environment) aspects. Oversaturation with digital media, changing family dynamics, academic expectations, and work-life imbalances are just a few examples of the modern problems that call for a more inclusive framework for analysis. In order to successfully manage mental health concerns, stress-related diseases, and identity conflicts, it is crucial to acknowledge the interplay between internal resources and external stressors or buffers. Using a multidimensional model, experts in the field may analyse how different aspects in a person's environment can bolster or weaken their psychological resilience. For example, a nurturing family might make up for a lack of self-esteem by providing constant affirmation and reassurance, while a highly intelligent individual can lessen the impact of a difficult home life. Developing tailored treatments that address factors in context, rather than in isolation, requires an understanding of these interdependencies.

This research recognises the complex and interrelated nature of well-being by including several aspects into the study of psychological health. A more complex understanding that is in sync with actual psychological experiences is achieved, going beyond simple cause-and-effect linkages. Traditional values and contemporary ways of life coexist and often clash in culturally varied and fast evolving civilisations such as India, making this all-encompassing approach all the more pertinent. In light of this knowledge vacuum, the current investigation seeks to fill it by investigating the interplay between an individual's sense of self-worth, their personality attributes, their emotional intelligence, and their familial environment as a whole. An investigation of this kind, which takes into account several factors, might lead to new insights in the field of psychology as a whole as well as concrete recommendations for improving mental health outcomes in areas such as education, parenting, counselling, and policymaking.

Role of Self-Esteem:





An important factor in determining mental health is self-esteem, which is a person's general assessment of their own value. It is a reflection of how competent, useful, and confident individuals feel in their everyday lives. A psychological cushion, high self-esteem allows people to persevere through adversity, maintain positive relationships, and pursue their dreams with grit and optimism. Those who value themselves highly are less likely to suffer from mental health issues like sadness and anxiety, and they report higher levels of life satisfaction. Rather of seeing difficulties as personal attacks, they are more like to see them as learning experiences. On the flip side, internalising disorders, social retreat, negative thinking habits, emotional fragility, and susceptibility are often associated with poor self-esteem, especially in young people and adolescents. Furthermore, self-esteem is not fixed but rather influenced by a variety of factors, including but not limited to, one's upbringing, the opinions of others, one's scholastic achievements, and, particularly in this digital era, social comparisons. Extensive research has shown that people who have a healthy sense of self-worth tend to be more accepting of themselves, independent, and emotionally stable, which goes to show that self-esteem is an important factor in overall happiness. Consequently, studying self-esteem is a great way to learn about the impact of one's own views and perceptions on one's emotional and mental well-being.

Impact of Family Environment:

One of the most important social environments for the formation and preservation of psychological health is the home environment. A person's worldview and sense of self are shaped by the emotional, behavioural, and cognitive frameworks instilled inside them by their family, the primary socialisation unit. Members of a family that are emotionally supportive, open with one another, and encouraging build resilience, self-esteem, and a sense of safety. Emotional expression, coping skill development, and the establishment of a sense of self-identity may all flourish in such a setting. Contrarily, mental health problems, poor self-esteem, and behavioural problems may result from dysfunctional family relations, which are characterised by emotional distance, neglect, or conflict. Higher levels of self-confidence, reduced levels of anxiety, and greater interpersonal skills are among the favourable mental health outcomes that adolescents and young adults are likely to exhibit when their parents are loving, involved, and consistently guide them. Increased EQ and sociability have also been associated with more cohesive and flexible families. Relationship patterns, stress management, and psychological stability are all impacted by one's family, and this impact continues throughout adulthood. The importance of healthy family connections in determining individual well-being is magnified in collectivist societies such as India, where interdependence is stressed and familial ties are highly esteemed. Understanding the larger psychosocial framework in which psychological well-being is created and maintained requires, therefore, an evaluation of the effects of the familial environment.

Importance of Emotional Intelligence (EI):

The ability to identify, comprehend, manage, and make effective use of one's own and other people's emotions is known as emotional intelligence (EI), and it has recently become an important concept in the field of psychology. Everyone now agrees that EI—first popularised





by Daniel Goleman—is a key factor in one's psychological well-being, social efficacy, and adaptive functioning. Emotional intelligence (EI) evaluates a person's capacity to handle difficult situations, deal with stress, and form meaningful connections, as opposed to IQ, which primarily examines a person's ability to think critically and solve problems. Emotionally intelligent people are more capable of amicably resolving disagreements, understanding and empathising with others, and navigating the intricacies of social situations. Optimal mental health, as measured by lower rates of anxiety, sadness, and emotional instability and greater rates of self-esteem, life happiness, and social integration, is positively correlated with EI, according to research. Also, those high in emotional intelligence tend to be more robust, able to recover quickly from disappointments, and adept at keeping their composure when things go tough. Personal, academic, and professional spheres all benefit from EI's ability to boost leadership, decision-making, and communication. For the sake of this research, EI serves as both an intrapersonal strength and a moderating variable, amplifying the effects of other factors like self-esteem and family dynamics. Emotional intelligence (EQ) is a potentially fruitful educational and therapeutic objective for the promotion of holistic mental health due to the profound impact it has on social functioning and emotional self-regulation.



Emotional intelligence in the workplace important

Conclusion

This research takes a multi-faceted look at mental health by examining the relationships between intrapersonal variables (such as self-esteem, personality characteristics, and emotional intelligence) and interpersonal ones (such as familial environment). The results show that mental health is not caused by just one factor but rather by a web of interplay between personal characteristics and societal influences. Reiterating its central function in mental health, high self-esteem was shown to have a pivotal role in emotional resilience, optimism, and life satisfaction. Individuals' emotional experiences and coping abilities are greatly impacted by personality qualities, especially extraversion, conscientiousness, and low neuroticism, which in turn impact their overall well-being. Individuals with high levels of emotional intelligence are better able to control their emotions, keep their relationships strong, and deal with stressful situations. Family life also had a significant impact since it is the first and most formative social setting in which children learn to regulate their emotions, value themselves, and behave consistently. Research has shown that psychological health





benefits from having a family that is cohesive, loving, and communicative at all stages of life. The study contributes to our knowledge of psychological well-being as a systemic construct, influenced by our identities, relationships, and surroundings. It integrates various aspects to make this case.

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