

EXPLORING THE RELATIONSHIP BETWEEN PSYCHOLOGICAL WELL-BEING AND LIFE SATISFACTION AMONG PENTECOSTAL ADULTS

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Abstract

This paper examined the relationship between psychological well-being and life satisfaction drawing on theoretical frameworks and empirical research. The paper highlighted key determinants such as emotional health, personal growth, and resilience, and discussed their implications for promoting a balanced and satisfying life. The work emphasized the reciprocal pathway to enhancing life satisfaction. It showed that psychological well-being encompasses emotional, social, and psychological functioning, while life satisfaction reflects an individual's assessment of their overall life quality. The paper therefore recommended that psychological well-being and life satisfaction should be accepted as critical dimensions of human flourishing and personal fulfillment.

KEYWORDS: *Psychological- Well-Being, Life- Satisfaction, Human Flourishing, Personal Fulfillment, Overall Life Quality*

Introduction

Psychological well-being and life satisfaction are integral to understanding human flourishing, particularly in the context of positive psychology. Psychological well-being reflects the cognitive and emotional evaluations individuals make about their lives, encompassing dimensions like self-acceptance, autonomy, and purpose (Ryan & Deci, 2018). Life satisfaction, as a subjective evaluation of one's quality of life, is a cornerstone of overall well-being and is influenced by various factors, including personal values, relational dynamics, and socio-economic contexts (Diener, et al., 2018; Frontiers, 2023). Research underscores that life satisfaction is not merely a reflection of material wealth but rather of how closely one's life aligns with personal aspirations, values and perceived ideals (Diener, et al., 2018). For instance, studies reveal that while self-esteem is a critical predictor of life satisfaction in certain cultures, it may hold varying significance elsewhere, reflecting the diverse pathways to well-being across cultural contexts (Positive Psychology, 2023).

Moreover, the interplay between psychological well-being and life satisfaction is mediated by factors such as autonomy, relatedness, and competence, which are universal human needs central to the self-determination theory (Ryan & Deci, 2018). Psychological- wellbeing (PWB) and life satisfaction are two critical constructs that contribute to understanding the essence of human flourishing. Although they are distinct, yet these constructs are interrelated, with psychological well-being often serving as a foundation for evaluating life satisfaction.

In contemporary settings, psychological well-being and life satisfaction are becoming focal points in education, workplace dynamics, and public policy. As highlighted by recent studies, positive parenting, healthy relationships, and fulfilling social roles significantly enhance psychological well-being, thereby boosting life satisfaction (Frontiers, 2023). This integrated perspective offers valuable insights into designing interventions that foster holistic development

and resilience in individuals across age groups. Given the increasing relevance of well-being in promoting mental health and societal stability, it is critical to examine the interdependencies between psychological well-being and life satisfaction. Understanding these dynamics provides a foundation for practical strategies that empower individuals to lead fulfilling and purposeful lives. In the light of the forgoing, this article aims to systematically explore the interrelatedness and or otherwise between psychological well-being and life satisfaction. To achieve these objectives, the following subtopics were treated:

- a) The theoretical perspective of Psychological Well-Being (PWB) and life satisfaction
- b) Concept of life satisfaction
- c) Concept of Psychological well-being
- d) Empirical evidence linking psychological wellbeing and life satisfaction
- e) Understanding the relationship between psychological well-being and life satisfaction implications for Guidance and Counseling settings
- f) Conclusion.

Theoretical Perspectives on Psychological Well-being and Life Satisfaction

Psychological well-being and life satisfaction are deeply rooted in several theoretical frameworks that provide insights into their interrelationship and the factors influencing them. These perspectives guide research and practical interventions aimed at enhancing human flourishing.

1. *Self-Determination Theory (SDT)*: Self-Determination Theory, proposed by Ryan and Deci (2018), posits that fulfilling three basic psychological needs—autonomy, competence, and relatedness—is critical for achieving psychological well-being and life satisfaction. Autonomy refers to feeling in control of one's decisions, competence involves mastery of skills and effectiveness in interacting with one's environment and relatedness emphasizes meaningful social connections as well as building secure and satisfying relationships. When these needs are met, individuals experience greater motivation, engagement, and satisfaction with life. This theory underscores the universal importance of these needs across cultural contexts, highlighting their role in promoting subjective well-being (Ryan & Deci, 2018; Diener, et al., 2018).
2. *Broaden-and-Build Theory*: Fredrickson's (2001) Broaden-and-Build Theory emphasizes the role of positive emotions in enhancing psychological well-being. According to this theory, positive emotions broaden an individual's cognitive and behavioral repertoires, enabling them to build lasting personal resources such as resilience, relationships, and skills. These resources contribute to long-term life satisfaction by fostering adaptive coping mechanisms and enriching one's sense of purpose and meaning (Fredrickson, 2001). This theory links emotional well-being to life satisfaction by highlighting the cumulative benefits accrued from positive emotional experiences.
3. *Ryff's Psychological Well-being Model*: Ryff's (1989) model of psychological well-being identifies six dimensions critical for thriving: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. Each dimension captures a unique aspect of well-being, collectively offering a comprehensive understanding of what it means to live a fulfilling life. For example, self-acceptance involves embracing one's strengths and weaknesses, personal growth reflects continuous development and self-realization while positive relations with others have to do with the

ability to maintain meaningful and rewarding relationships. Ryff's model provides a structured approach to examining how these dimensions contribute to life satisfaction.

4. *Subjective Well-being Theory*: The Subjective Well-being (SWB) framework, developed by Diener, et al. (1985), focuses on individuals' cognitive and affective evaluations of their lives. This model identified three separable components of SWB: life satisfaction, positive affect (PA), and negative affect (NA). The affective part refers to a hedonic estimation which is guided by emotions and feelings while the cognitive aspect has to do with an information-based assessment of an individual's life for which the people evaluate the extent to how far their life has measured up to their expected 'ideal' kind of life (Hoorn, 2007). This theory highlights the subjective nature of well-being, suggesting that life satisfaction stems from personal standards and emotional experiences. Factors such as income, social relationships, and health play a significant role in shaping subjective well-being, but their impact is mediated by individual perceptions and aspirations (Diener, et al., 2018).
5. *Maslow's Hierarchy of Needs*: Maslow's (1943) hierarchy of needs offers a foundational framework for understanding psychological well-being and life satisfaction. According to Maslow, individuals must satisfy basic physiological and safety needs as food, clothing and shelter before progressing to higher-order needs such as love and belonging, esteem, and self-actualization. Life satisfaction arises when these needs are met, particularly at the levels of esteem and self-actualization, where individuals pursue personal growth, creativity, and fulfillment. This theory highlights the dynamic and hierarchical nature of well-being.
6. *PERMA Model*: Seligman's (2011) PERMA model identifies five elements of well-being: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. These components are essential for flourishing and align closely with psychological well-being and life satisfaction. For instance, meaningful relationships and a sense of purpose significantly enhance life satisfaction, while engagement in fulfilling activities fosters emotional and psychological well-being. The PERMA model integrates positive psychology principles to create a holistic approach to human flourishing.
7. *Set-Point Theory*: Set-point theory suggests that individuals have a baseline level of happiness or life satisfaction that is relatively stable over time, despite external changes. This baseline is influenced by genetic predispositions and personality traits (Lyubomirsky, et al., 2005). Intentional activities and interventions (practicing gratitude and mindfulness) help to sustain improvements in psychological well-being and life satisfaction.

These theoretical perspectives collectively emphasize that psychological well-being and life satisfaction are influenced by a combination of intrinsic factors (e.g., personality, autonomy) and extrinsic factors (e.g., social relationships, cultural norms). They provide valuable insights for designing interventions that promote holistic well-being by addressing individual and environmental factors.

The Concept of Life Satisfaction

Life satisfaction can be defined as the cognitive component of subjective well-being. This agrees with the view of Shin and Johnson (1978), who believe that life satisfaction is an overall assessment of an individual's quality of life based on the individual's personal preferences. Diener (1984) opined that life satisfaction is a summary appraisal of the quality of one's life irrespective of how it is achieved. Life satisfaction is basically concerned with an overall assessment of a person's quality of life which is based on the person's own preferences. Life satisfaction is a

reflection of the extent to which life's basic needs are met as well as the extent to which a variety of other goals are considered attainable. Prior studies revealed that maintaining positive levels of life satisfaction enhances the promotion of good physical and mental health while falling into poor states of life satisfaction will increase the likelihood of unfavorable life outcomes as poor physical or mental health conditions (Kitsantas, et al., 2003).

Flowing from these perspectives, it appears only reasonable to deduce that the accomplishment of more worthwhile goals increases an individual's life satisfaction. In the view of Beutell (2006) life satisfaction is believed to be connected to better mental and physical health, longevity as well as other outcomes which are believed to be positive in nature rather than momentary emotional states. Diener, et al. (1985) introduced the Satisfaction with Life Scale (SWLS) to measure life satisfaction, emphasizing the subjective nature of the construct.

Life satisfaction is influenced by various factors, including: Personal Circumstances: Income, health, education, and employment as well as societal contexts (Diener, et al., 2018). Social Relationships: Support from family, friends, and community (Helliwell, et al., 2020). While life satisfaction is primarily a cognitive process, it is closely linked to emotional well-being, as positive emotions can enhance one's overall evaluation of life.

The Concept of Psychological Well-Being

Psychological well-being is a multidimensional construct that encompasses emotional, cognitive, and social aspects of mental health. It reflects the extent to which individuals feel good about themselves and their lives, and it incorporates elements of self-realization and optimal functioning (Ryff, 1989). PWB involves more than just the presence of positive emotions; rather it includes aspects like the individual's personal growth, purpose in life, as well as self acceptance.

Psychological well-being and life satisfaction are related yet distinct constructs that are central to understanding human flourishing and quality of life. Both concepts have been widely studied in psychology, each contributing uniquely to the broader understanding of subjective and objective well-being. Psychological well-being is a multidimensional construct that encompasses emotional, cognitive, and social aspects of mental health. It reflects the extent to which individuals feel good about themselves and their lives, and it incorporates elements of self-realization and optimal functioning (Ryff, 1989).

Ryff (1989) conceptualized psychological well-being into six dimensions: (i) *Self-Acceptance*: A positive evaluation of oneself and one's past; (ii) *Personal Growth*: A sense of continual development and realization of one's potential; (iii) *Purpose in Life*: The presence of goals and a sense of direction in life; (iv) *Environmental Mastery*: The ability to manage one's life and surroundings effectively; (v) *Autonomy*: A sense of independence and self-determination; and (vi) *Positive Relations with Others*: Establishing meaningful, trusting relationships. Psychological well-being is distinct from the absence of mental illness; it focuses on positive aspects of mental health and the capacity to thrive (Keyes, 2002). This approach aligns with the "dual-factor model" of mental health, which recognizes the simultaneous presence of positive psychological states and the absence of negative ones.

While life satisfaction is primarily a cognitive process, it is closely linked to emotional well-being, as positive emotions can enhance one's overall evaluation of life. However, psychological well-being and life satisfaction, though distinct, overlap in significant ways. Psychological well-being focuses on personal growth, purpose, and functioning, while life satisfaction emphasizes the evaluation of life outcomes. Both constructs contribute to overall well-being, as individuals who score high in psychological well-being often report greater life satisfaction (Ryff & Keyes, 1995).

Integration in Well-being Models: Also, both constructs are integrated into broader models of well-being. For instance: Subjective Well-Being (SWB): Includes life satisfaction, positive affect and negative affect (Diener, 1984). Seligman (2011) agreed that psychological well-being model incorporates positive emotions, engagement, relationships, meaning, and accomplishment as key contributors to flourishing, combining aspects of psychological well-being and life satisfaction. Understanding psychological well-being and life satisfaction requires recognizing their unique dimensions and their interconnectivity in nature. Psychological well-being emphasizes self-fulfillment and optimal functioning, while life satisfaction focuses on subjective evaluations of life quality. Together, they provide a comprehensive framework for exploring what it means to live a fulfilling and meaningful life.

Empirical Evidence Linking Psychological Well-Being and Life Satisfaction

The relationship between psychological well-being and life satisfaction has been extensively studied across various populations and contexts. Empirical evidence highlights a strong positive correlation between these constructs, demonstrating that higher levels of psychological well-being often correspond with greater life satisfaction. Numerous studies confirm the role of positive affect in fostering life satisfaction. Fredrickson's (2001) broaden-and-build theory provides empirical support, showing that individuals experiencing positive emotions, such as joy and gratitude, are more likely to develop resilience and social connections, which enhance life satisfaction. A longitudinal study by Diener and Chan (2011) also found that individuals with high psychological well-being, as indicated by frequent positive emotions, reported higher life satisfaction over time.

Personal growth and purpose, two dimensions of Ryff's (1989) model of psychological well-being, are strongly associated with life satisfaction. A study by Steger, et al. (2006) demonstrated that individuals with a strong sense of meaning in life reported higher life satisfaction. This finding was consistent across different age groups, emphasizing the universal importance of purpose in enhancing well-being. Social relationships play a crucial role in linking psychological well-being to life satisfaction. Research by Helliwell and Putnam (2004) highlighted that individual with strong social networks and supportive relationships reported higher levels of both psychological well-being and life satisfaction. These relationships provide emotional support, increase feelings of belonging, and contribute to an overall sense of happiness.

Furthermore, autonomy and competence, as outlined in self-determination theory, are significant predictors of life satisfaction. Studies confirm that environments which support autonomy and competence as well as relatedness foster higher PWB. Also, Ryan and Deci (2018) conducted studies across diverse cultures and found that individuals who perceived themselves as autonomous and competent in their daily lives experienced higher psychological well-being, which in turn led to greater life satisfaction. These findings emphasize the importance of self-determination in promoting overall well-being. Cultural differences influence the relationship between psychological well-being and life satisfaction. Diener, et al. (2018) found that in individualistic cultures, self-esteem and personal achievements were stronger predictors of life satisfaction. In contrast, in collectivist cultures, life satisfaction was more closely tied to social harmony and communal relationships. This suggests that cultural values shape how psychological well-being manifests and contributes to life satisfaction.

Interventions designed to improve psychological well-being have been shown to enhance life satisfaction. For example, mindfulness-based interventions increase positive affect and reduce stress, leading to improvements in both psychological well-being and life satisfaction (Brown, et al., 2007). Similarly, gratitude journaling and acts of kindness have been found to increase life

satisfaction by fostering positive emotions and stronger social bonds (Emmons & McCullough, 2003).

The relationship between psychological well-being and life satisfaction varies across different life stages. Research by Cheng, et al. (2016) revealed that while younger individuals often prioritize personal growth and autonomy, older adults derive life satisfaction more from positive relationships and life purpose. These findings highlight the dynamic nature of well-being across the lifespan. Empirical evidence demonstrates that psychological well-being and life satisfaction are closely intertwined, with multiple factors influencing their relationship. Positive emotions, purpose, autonomy, competence, and social connections are critical pathways linking these constructs. These findings have practical implications for designing interventions and policies to promote well-being and improve quality of life across diverse populations.

Implications for *Guidance and Counseling settings*

Understanding the relationship between psychological well-being (PWB) and life satisfaction has significant implications for guidance and counselling settings. Counsellors, psychologists, and mental health professionals can utilize this knowledge to enhance clients' well-being, improve coping mechanisms, and foster long-term life satisfaction. Below are key implications of this relationship for counseling practices.

1. *Enhancing Psychological Well-Being as a Pathway to Life Satisfaction:* Counsellors can use interventions that promote psychological well-being to indirectly improve clients' life satisfaction. By addressing key aspects of PWB, such as self-acceptance, personal growth, and purpose in life, clients can develop a more positive outlook and greater overall satisfaction. This suggests that counselors should not only focus on counselees' symptom relief (e.g., reducing stress or anxiety) but also on strengthening clients' inner resilience and well-being.
2. *Integrating Positive Psychology-Based Interventions:* Positive psychology techniques, such as gratitude exercises, strengths-based counseling, and mindfulness practices, have been shown to enhance well-being and life satisfaction (Seligman, 2011). Counselors can incorporate these techniques into sessions to help clients shift their focus from problems to personal growth and fulfillment.
3. *Addressing Socioeconomic and Cultural Influences:* Since socioeconomic factors and cultural background influence PWB and life satisfaction, counselors must adopt culturally sensitive approaches. For example; in collectivist cultures, emphasizing social connectedness and family support may be more effective. In individualistic cultures, focusing on personal achievements and autonomy may yield better results. Furthermore, Counselors should tailor their interventions based on clients' socioeconomic conditions, ensuring accessibility to mental health resources for those from disadvantaged backgrounds.
4. *Promoting Meaning and Purpose in Life:* A strong sense of purpose is a key predictor of both PWB and life satisfaction (Ryff, 2008). Counselors can help clients identify and pursue meaningful goals, whether through career guidance, spiritual exploration, or personal development strategies. This is particularly important in guidance counseling for adolescents and young adults who are still forming their life paths.
5. *Strengthening Social Support Systems:* This work shows that strong social relationships significantly enhance both PWB and life satisfaction (Helliwell & Putnam, 2004). In the light of this understanding, counselors should encourage clients to build and maintain healthy relationships by; enhancing communication skills, resolving interpersonal conflicts, engaging

- in community activities and developing emotional intelligence. Group counseling or support groups may be particularly beneficial for fostering social connections.
6. *Developing Coping Strategies for Life Transitions:* In life major changes, such as career shifts, retirement, marriage, or loss, can impact both PWB and life satisfaction. Counselors can equip clients with adaptive coping strategies, such as; cognitive-behavioral techniques to reframe negative thoughts, stress management strategies like relaxation training as well as encouraging a growth mindset to embrace change as an opportunity.
 7. *Fostering Emotional Regulation and Resilience:* Emotional stability is a critical component of well-being and life satisfaction. Counselors can teach clients emotion regulation skills, such as mindfulness, self-reflection, and distress tolerance techniques, to help them manage anxiety, depression, or stress more effectively.
 8. *Encouraging Self-Reflection and Self-Acceptance:* Self-acceptance is a vital dimension of PWB (Ryff, 1989). To this extent, insights gained from this study can assist counselors in encouraging clients, to practice self-compassion and challenge negative self-beliefs through techniques like; Journaling and self-reflection exercises, Cognitive restructuring in therapy and Mindfulness-based self-compassion programs.
 9. *Preventative Mental Health Approaches:* Rather than focusing only on problem-solving, counselors should as well proactively promote the individuals wellbeing by aiming at preventive mental health issues. School counselors, workplace counselors, mental health professionals, and community therapists can implement well-being workshops, resilience training, and self-care programs to enhance overall life satisfaction in various populations.
 10. *Enhancing Workplace and Career Satisfaction:* Life satisfaction is closely linked to career satisfaction. Career counselors can integrate PWB principles into career guidance by helping clients: find careers aligned with their strengths and passions, develop work-life balance strategies and navigate job-related stress and burnout effectively.

Suggestions for Enhancing Psychological Well-Being and Life Satisfaction

Based on this paper, here are several suggestions that can be applied to various counseling contexts to enhance psychological well-being and life satisfaction:

1. *Incorporate Positive Psychology Interventions:* Positive psychology interventions, such as gratitude exercises, mindfulness training, and strength-based approaches, have shown to improve both psychological well-being and life satisfaction. These interventions can be incorporated into daily routines, organizational settings, and educational programs to promote positive emotions, enhance self-awareness, and foster resilience.
2. *Promote Social Connections and Support Networks:* Social relationships are one of the strongest predictors of psychological well-being and life satisfaction. Counselors should encourage clients to build strong social networks and engage in community activities as a way of fostering a sense of belonging and reduce feelings of loneliness. Clients should also be counseled to participate in Community-based intervention programs, such as support groups, social clubs, and group exercise programs, which can provide opportunities for social interaction and emotional support, for the individual which are crucial for enhancing life satisfaction
3. *Focus on Work-Life Balance:* Incorporating strategies that promote work-life balance is essential for enhancing well-being and life satisfaction, particularly in the workplace. Counselors in work settings should counsel employers to consider flexible work arrangements, pay mental health days, and promote a culture that values employees' mental health.

4. *Implement Mental Health Education in Schools:* Schools should integrate mental health education into their curricula, focusing on skills such as emotional regulation, problem-solving, and resilience. In addition, providing students with access to counseling services can offer critical support during times of stress or mental health challenges.
5. *Encourage Physical Activity:* Physical health is closely tied to mental health and life satisfaction. Encouraging regular physical activity, whether through exercise programs, recreational sports, or walking clubs, can boost mood, reduce stress, and improve overall psychological well-being. Studies have shown that exercise increases the release of endorphins, which are linked to improved mood and happiness. Encouraging movement throughout the day, especially in work and educational settings, can also improve cognitive function and reduce burnout.

Conclusion

In conclusion, the relationship between psychological well-being and life satisfaction is complex but undeniably interconnected. The empirical evidence underscores the importance of various factors such as positive emotions, purpose in life, social relationships, autonomy, and personal growth in enhancing both psychological well-being and life satisfaction. These findings emphasize the need for a holistic approach to improving quality of life, with implications for practice and policy in multiple sectors, including education, guidance counseling practice, healthcare, the workplace, and community development. Practitioners and policymakers are encouraged to design and implement interventions that foster psychological well-being, such as promoting resilience, social connection, and personal autonomy. Additionally, addressing broader socio-economic and cultural factors is crucial to enhancing life satisfaction across diverse populations. By integrating psychological well-being into public health frameworks, education curricula, counseling practice and workplace environments, it is possible to cultivate a society where individuals not only thrive mentally and emotionally but also experience greater life satisfaction.

The growing body of research highlights the potential for interventions to improve well-being at individual, organizational, and societal levels. Continued exploration of how psychological well-being influences life satisfaction across different contexts will contribute to developing more targeted and effective strategies that support individuals in leading fulfilling and meaningful lives as well as enhance the overall effectiveness of the counseling practice. Ultimately, fostering an environment conducive to both psychological well-being and life satisfaction can have lasting positive effects on individuals and society at large.

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