

Ph.D. Research Proposal
Doctorate Program in Psychology
Areas of Positive and Clinical Psychology

**“Wellbeing and its Correlates: Analysis of Purpose in Life, Resilience, and
Positive Relationships Among Early Adults in Tamil Nadu Psychiatric
Hospitals”**

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Abstract

Psychological well being is complex, and closely associated with concepts such as satisfaction with life, positive emotional experiences, self-development or absence of negative feelings. Each of these constructs—psychological well-being, purpose in life, positive relationships, and resilience—plays a distinct but integrated role in nurturing mental health. Together they build up a comprehensive understanding about how people can experience a satisfying, resilient, and meaningful life across varying contexts. This present study aimed to explore the interrelated relationship between psychological well-being, purpose in life, positive relationships and resilience and to find out how these 4 constructs make a impact on one's psychological well-being. The universe of this study is the state – Tamil Nadu (all the districts), The sampling technique used in this study is Multi – Stage sampling. All the name of the districts will be included for fish bowl method of random sampling- with replacement. Then any 4 districts will be selected randomly. The list of psychiatric hospitals with in-patient ward will be collected for those selected 4 districts. Disproportionate sampling is used to select participants (Psychotic [in the recovery stage] and neurotic in-patients in psychiatric hospitals with at least 1 month duration of illness) from each psychiatric hospital from the selected 4 districts. The sampling units are the randomly selected 4 districts. The sampling size of this study (n) is 300. Exploratory research design was adapted to this study. Questionnaire method (In-person) of data collection is used in this study. The Questionnaires used in this study are Psychological Well-Being Scale by Carol Ryff in 1989, The Purpose In Life Test by James C. Crumbaugh et al. in 1964, The Positive Relations with Others by Carol Ryff in 1989 and Resilience Scale for Adults (RSA) by Friborg et al. in 2003. The statistical analyses used in this study are descriptive (Frequency, percentage, mean & cross tabulation) and inferential statistics (Mean difference analysis, correlation analysis, multiple regression analysis

and Structural Equation Modelling) The present findings have added depth to the prior literature but also raise a question on how a holistic approach is to be considered in the framework of mental health. It is anticipated that the findings of this study fit into the body of evidence that asserts to cope with one's personal as well as social challenge through empowering purpose, resilience, and quality relationships and thus enabling power to effectively manage one's challenge toward the development of sustainable wellbeing.

Key words: Psychological Well-Being, purpose in life, positive relationships, resilience, psychiatric in-patients.

INTRODUCTION

The term 'research' refers to the systematic method consisting of enunciating the problem, formulating a hypothesis, collecting the facts or data, analysing the facts and reaching certain conclusions either in the form of solutions(s) towards the concerned problem or in certain generalisations for some theoretical formulation (Kothari, 1990). This research aimed to find the interplay relationship between psychological well-being, purpose in life, positive relationships and resilience among Tamil Nadu people in order to rejuvenate the lives of the people. Psychological well-being, purpose in life, positive relationships, and resilience are four of the constructs that can be looked into in this section of introduction:

Psychological Well Being:

Psychological well being is complex, and closely associated with concepts such as satisfaction with life, positive emotional experiences, self-development or absence of negative feelings. Ryff, in 1989 introduced her model of psychological well being which became very famous as it has six domains: self-acceptance, personal growth, purpose in life, positive relations with others, mastery of the environment, and autonomy. Ryff's model focuses the attention above just happiness to the more complex more persistent and deeper joy generated by the potential of a person and the successful overcoming of various barriers in life (Ryff & Keyes, 1995). This conception is nourished by the humanistic theories (Rogers, 1961; Maslow, 1968), which posit that self-actualization and positive functioning are two critical elements of well-being. In such a context, psychological wellbeing is not only about the absence of suffering and attainment of the psychological health, but more about having the comprehension thirst, the unsatisfied relation itch or dominance urge across a number of life sectors (Seligman, 2011).

Purpose in Life:

Purpose in life is believed to be a core element in psychological health as it is one aspect that embodies meaning, direction and goals in an individual. As outlined by Frankl (1963), such a need comes from a person's innate desire to seek out meaning, particularly in times of suffering. He suggests that having a purpose is a crucial factor in how life's challenges are tactfully met to allow one achieve a worthwhile life. Transforming such ideas further, Steger et al., (2006) point out that people who know their purpose demonstrate higher resilience and general life satisfaction. Moreover, Damon et al. (2003) contend that purpose also plays a critical role during adolescent's development wherein it enhances individual's drive, responsibility, and constellation of self. Purpose theories often overlap with existential psychology (Yalom, 1980) which validates purpose as a protective and motivating force for well-being and self.

Positive Relationships:

Positive relationships are supportive, trustworthy, and nurturing interactions among individuals which have beneficial effects on mental health and wellbeing (Baumeister and Leary, 1995). These social connections have also been found to create a sense of belonging, elevated self-image and decreased levels of stress (Cohen, 2004; Uchino, 2006). Furthermore, close positive relationships have been found to be an essential aspect of one's well-being (Ryff, 1989). Pairing relationships supportive in nature with Attachment theory (Bowlby, 1988) suggests a person's ability to establish and maintain supportive bonds beginning in adolescence promotes resilience and wellbeing throughout adulthood as well (Mikulincer & Shaver, 2007).

Resilience:

Resilience can be described more broadly as the ability to resist and recover from adverse events. Masten (2001) notes that Masten language characterizes resilience as 'ordinary magic',

wherein it is emphasized that normal human resilience is not inherently due to the possession of superhuman characteristics. The ability to be able to maintain or regain one's psychological balance around dynamic stressors is also defined as resilience and is seen as an integral part of wellbeing (Connor & Davidson, 2003). In doing so, Barrera's (2004) assertion is especially pertinent where Resilience theory is stated to apply in positive psychology where it states that overcoming adversity promotes good mental health among peoples Seligman (2011). With time, the focus has shifted away from individual attributes such as the optimistic personality and the self-efficacy belief to what social and even family resources can bring to enhance one's resilience capacity (Luthar et al., 2000; Werner, 1995). & Davidson (2003).

Each of these constructs—psychological well-being, purpose in life, positive relationships, and resilience—plays a distinct but integrated role in nurturing mental health. Together they build up a comprehensive understanding about how people can experience a satisfying, resilient, and meaningful life across varying contexts.

Statement of the Problem:

To find out the relationship between psychological well-being, purpose in life, positive relationships and resilience among Early Adults (in-patients) in Tamil Nadu Psychiatric Hospitals.

Need and significance of the study:

There are many research articles which had studied the relationship between psychological well-being and purpose in life, positive relationships and resilience separately. But there are no research articles till now to 1) study the interrelated relationship between psychological well-being, purpose in life, positive relationships and resilience 2) and to find out the impact of purpose in life, positive relationships and resilience on psychological well-being among Tamil Nadu people. So, this is the first study which focuses on the impact of purpose in life, positive relationships and

resilience on psychological well-being. This study also addresses the complex interplay of psychological constructs like psychological well-being, purpose in life, positive relationships and resilience in the psychiatric hospitals in-patients in Tamil Nadu and this study will surely serve as a helping hand and head start for mental health Professionals, policy makers and intervention programs to aim at increasing the man's well-being.

Objectives of the study:

- To find out the level of psychological well-being among Tamil Nadu people
- To find out the level of purpose in life among Tamil Nadu people
- To find out the level of positive relationship among Tamil Nadu people.
- To find the level of resilience among Tamil Nadu people.
- To find out the significant mean differences between the levels of psychological well-being among Tamil Nadu people.
- To find out the significant mean differences between the levels of purpose in life among Tamil Nadu people.
- To find out the significant mean differences between the levels of positive relationships among Tamil Nadu people.
- To find out the significant mean differences between the levels of resilience among Tamil Nadu people.
- To find out the significant mean differences between the following sub samples (socio-demographic details) with regard to psychological well-being among Tamil Nadu people.
- To find out the significant mean differences between the following sub samples (socio-demographic details) with regard to purpose in life among Tamil Nadu people.

- To find out the significant mean differences between the following sub samples (socio-demographic details) with regard to positive relationships among Tamil Nadu people.
- To find out the significant mean differences between the following sub samples (socio-demographic details) with regard to resilience among Tamil Nadu people.
- To find out the impact of purpose in life on the levels of psychological well-being among Tamil Nadu people.
- To find out the impact of positive relationships on the levels of psychological well-being among Tamil Nadu people.
- To find out the impact of resilience on the levels of psychological well-being among Tamil Nadu people.
- To find out the impact of socio-demographic details on the levels of psychological well-being among Tamil Nadu people.
- To find out the impact of socio-demographic details on the levels of purpose in life among Tamil Nadu people.
- To find out the impact of socio-demographic details on the levels of positive relationships among Tamil Nadu people.
- To find out the impact of socio-demographic details on the levels of resilience among Tamil Nadu people.
- To find out the relationship between psychological well-being and purpose in life among Tamil Nadu people.
- To find out the relationship between psychological well-being and positive relationships among Tamil Nadu people.

- To find out the relationship between psychological well-being and resilience among Tamil Nadu people.
- To find out the relationship between purpose in life and positive relationships among Tamil Nadu people.
- To find out the relationship between purpose in life and resilience among Tamil Nadu people.
- To find out the relationship between positive relationships and resilience among Tamil Nadu people.
- To find out the relationship between purpose in life, positive relationships and resilience among Tamil Nadu people.
- To find out the relationship between psychological well-being, purpose in life, positive relationships and resilience among Tamil Nadu people.

Hypotheses of the study:

- a. There is no significant mean differences between the levels of psychological well-being among Tamil Nadu people.
- b. There is no significant mean differences between the levels of purpose in life among Tamil Nadu people.
- c. There is no significant mean differences between the levels of positive relationships among Tamil Nadu people.
- d. There is no significant mean differences between the levels of resilience among Tamil Nadu people.
- e. There is no significant mean differences between the following sub samples (socio-demographic details) with regard to psychological well-being among Tamil Nadu people.

- f. There is no significant mean differences between the following sub samples (socio-demographic details) with regard to purpose in life among Tamil Nadu people.
- g. There is no significant mean differences between the following sub samples (socio-demographic details) with regard to positive relationships among Tamil Nadu people.
- h. There is no significant mean differences between the following sub samples (socio-demographic details) with regard to resilience among Tamil Nadu people.
- i. There is no significant relationship between psychological well-being and purpose in life among Tamil Nadu people.
- j. There is no significant relationship between psychological well-being and positive relationships among Tamil Nadu people.
- k. There is no significant relationship between psychological well-being and resilience among Tamil Nadu people.
- l. There is no significant relationship between purpose in life and positive relationships among Tamil Nadu people.
- m. There is no significant relationship between purpose in life and resilience among Tamil Nadu people.
- n. There is no significant relationship between positive relationships and resilience among Tamil Nadu people.
- o. There is no significant relationship between purpose in life, positive relationships and resilience among Tamil Nadu people.
- p. There is no significant relationship between psychological well-being, purpose in life, positive relationships and resilience.

REVIEW OF LITERATURE

Wellbeing and Purpose in life:

Sahebalzamani et al. (2013) in their study assessed the impact of spiritual intelligence on psychological well being and purpose in life among nurses. This paper published in the *Iranian Journal of Nursing and Midwifery Research* suggests that if spiritual intelligence increases then purpose in life and psychological well being also increases. Nurses have this divine ability to view life situation with a sense of meaning and purpose making it possible for them to cope with job-related pressures while being satisfied and productive. These findings correspond with wider studies demonstrating that spirituality is an asset to mental health as people with higher forms of spiritual understanding have higher life satisfaction and resilience, particularly in challenging roles such as the health sector (Koenig, 2012; Emmons, 2000).

In their recent work submitted for publication in *Frontiers in Psychology*, Barcaccia et al. (2023) discussed purpose in life, which seems to be important both for well-being and serving as a protective factor against depression in the adolescent population. It is worth noting that adolescents with a developed purpose in life report higher levels of general wellbeing and are less prone to symptoms of depression, which is so in comparison to the less purposeful peers. This is consistent with the wider literature suggesting that the presence of purpose in life contributes to mental health because it provides meaning, motivation and direction that help shield an individual from the threats of mental illness (Bronk et al., 2009; Steger, 2012). Furthermore, research shows that purpose-oriented youths have better coping skills which assist during adolescence which is a developmental phase known for its associated conflicts (Burrow & Hill, 2011; Damon, 2008). This explains why maturation into the age of purpose and establishing one becomes a mechanism for aiding sustainable construction of mental health and emotions.

Reker, Peacock, and Wong (1987), in their article published in *Journal of Gerontology*, look at meaning and purpose as two of the most fundamental constituents of well being no matter what stage in life a person finds himself in. Their study especially notes that meaning and purpose are not just the prime areas of emotional wellness in elderly adults but such factors also add up to overall life satisfaction as well as resilience across all ages. This life-span perspective goes hand in hand with research evidence where it has been established that those who have a strong sense of focus throughout their lives report better mental health and greater overall satisfaction (Ryff & Keyes, 1995; Steger et al., 2006). Moreover, Reker et al. findings also suggest that purpose assists people in coping with age-related problems which was also confirmed by later research focusing on the importance of purpose in promoting quality of life especially during the later years when the subject is subjected to health and social transitions (Pinquart, 2002; Hill & Turiano, 2014). The purpose of this study is to demonstrate that purpose is an enduring quality which can provide protection and foster well-being through the passage of time.

The study by Aghababaei et al. (2016) examines the impact of religious and scientific attitudes on subjective well-being, with hope, purpose in life, and death anxiety acting as mediating variables. According to a study published in *Personality and Individual Differences*, it has been suggested that both religious and scientific perspectives are positively associated with well-being, albeit through differing mechanisms. Religious attitudes enhance well-being by decreasing death anxiety and promoting a sense of purpose in life, while scientific attitudes contribute to well-being through fostering greater hope and purpose. This study is in accordance with existing literature regarding the significance of belief systems in offering existential security and purpose, acting as protective elements for mental well-being (Steger, 2012; Emmons, 2005). Furthermore, their research findings are consistent with previous studies that demonstrate how hope and purpose can

serve as protective factors against psychological distress, offering a valuable perspective for comprehending the complexities of life and mortality (Park, 2010; Snyder, 2002). This study enhances understanding of well-being by examining the interaction between various worldviews, purpose, and hope in influencing psychological resilience.

Byron and Miller-Perrin (2009) investigate the role of purpose in life as a mediator in the association between faith and well-being in their research article featured in *The Journal of Positive Psychology*. The findings indicate that faith enhances well-being by fostering a sense of purpose, as individuals with strong religious beliefs report higher life satisfaction stemming from a well-defined sense of purpose. This is consistent with wider research demonstrating that purpose stemming from religious beliefs improves psychological well-being by offering significance and consistency, particularly during challenging times (Emmons, 2005; Steger & Frazier, 2005). Furthermore, research has shown that having a sense of purpose is crucial in converting religious beliefs into resilience and overall life satisfaction, as it offers a moral structure and drive for achieving goals (Park, 2010; King & Napa, 1998). Byron and Miller-Perrin's research emphasizes the significant importance of purpose in linking faith to favorable mental health results, emphasizing its effectiveness as a psychological asset across varied aspects of life..

Robbins and Francis, in an article published in the *Journal of Research on Christian Education*, studied the relationship among religious attendance, personality characteristics, and meaning in life. High-frequency attendees to church activities report higher purpose levels and greater well-being. The fact that this level of involvement may contribute existential meaning and direction supports these views. This is because religion life engagement and community projects strengthen an individual's perception of meaning through the organization, ethical support, and social support as presented by research such as Emmons, 2005; Steger & Frazier, 2005.

Furthermore, going to church could foster the development of desirable personality traits, such as agreeableness and conscientiousness, which would then enhance general well-being through increased social relations and moral commitment (McCullough & Willoughby, 2009; Piedmont, 1999). The Robbins and Francis study highlights religious activity in fostering meaning as a basis for psychological resilience and general life contentment.

Wellbeing and Positive Relationships:

In *Ageing & Society*, Merz and Huxhold (2010) explore the effects that types and sources of social support have on the well-being of the elderly. According to the authors' conclusions, this general aspect of older peoples' well-being depends considerably on the quality of their social relationships. Various types of support are useful for elderly people, such as emotional or instrumental; also, different sources can be noticed, namely family and friends. Emotions that ensure the well-being and overall psychological well-being among aged people since family members provide this essential form of support while friendship provides support in terms of being an instrumental support relieve the feelings of loneliness while being there for one is basic for older adults so well-being among these can be enhanced by eliminating lonely feelings and provision of a place or sense of belonging with a reason to do something (Antonucci et al., 2010; Cohen, 2004). The study by Merz and Huxhold extends our knowledge of aging and how the type and source of social support differentially impact well-being, underlining the importance of creating diverse close relationships throughout the lifespan.

Torres-Soto, Corral-Verdugo, and Corral-Frías research, published in *Wellbeing, Space, and Society*, examines the relationship between self-care and a positive family environment on the well-being of humans. The authors assert that “self-care behaviors directly enhance subjective well-being as a form of keeping fit and being in control of stress and anxiety.” However, according

to the same authors, a positive family environment indirectly enhances these effects through emotional security and healthy behavior. Their findings relate to earlier studies indicating that family support and self-care are central in promoting mental and physical well-being, given that family has an influence over attitudes towards self-care and resilience (Schönfeld et al., 2016; Ryff & Singer, 2008). This study focuses on the interrelated roles of individual and family factors in well-being, meaning that both self-care and positive relational dynamics positively influence well-being.

Well-being and Resilience:

According to Noble and McGrath (2011) in their chapter from *Positive Relationships: Evidence-Based Practice Across the World*, positive relationships are stressed as key to promoting the well-being and resilience of young people. Supportive relationships within families, peers, and mentors are fundamental in giving a sense of belonging, safety, and support for young people in the development of resilience and general mental well-being. This is in tandem with extensive studies that reveal that robust social relationships serve as a protective function against stress and psychological problems, especially among the young (Masten & Reed, 2002; Werner, 1995). Strong relationships also foster self-confidence and coping skills, which will boost resilience and enable the young to face any life challenges and failures in life (Rutter, 1987; Luthar, Cicchetti, & Becker, 2000). Studies that establish the work of Noble and McGrath provide evidence to a model of understanding the critical nature of relational support in relation to improving the well-being of youths. The studies indicate how youth intervention programs focused on creating resilience and mental health among this population must emphasize strengthening positive relations.

Mccrea, Walton, and Leonard (2014) conceptual framework on community resilience and well-being, while discussing the concept of Rural in Rural Society. They purport that community well-being goes beyond simple individual happiness, because a community with social, economic, and environmental collective elements is stronger in its resilience to change. This framework focuses on social cohesion, economic stability, and environmental sustainability as the bedrock of resilience, all of which are supported by research suggesting that resilient communities often have strong social networks and shared resources that can be drawn upon in order to recover from adversity (Berkes & Ross, 2013; Magis, 2010). Mccrea et al. 's framework enhances the idea of resilience through community-level dynamics, hence proving that interventions toward improving rural resilience must focus on the interlinked social and environmental factors that lead to long-term well-being.

Bartholomaeus et al. (2019) evaluate the impact of a community-based well-being and resilience program on positive aging, particularly in older adults, in the article published in Clinical Gerontologist. They learned that the participation of the intervention greatly enhanced the psychological well-being, resiliency, and social activity of the older adults to achieve a positive aging trajectory. This corresponds with the findings of researchers where the community-based intervention activities of social relationship promotion and personality development increase resiliency and improve satisfaction in living among the older populations (Smith & Hayslip, 2012; Cramm et al., 2013). It shows an effective way of approaching mental health and resilience, special benefit to older persons going through life changes and health issues, focusing on community support and individual strengths. Well-being and resilience programs contribute positively to aging as advocated for by Bartholomaeus et al., who further advocate for models of community health that will consider the social and emotional needs of older adults.

Svence et al. 2015 discussed the interaction of well-being and resilience with aging, published in *Problems of Psychology in the 21st Century*. Their investigation found that the resilience positively relates to well-being and, at the same time, varies in terms of the age factors, indicating resilience may moderate the age-related decline of well-being. These findings strengthen the current literature that emphasizes resilience as a vital element in sustaining quality of life and mental health for all ages, especially older adults who may face more formidable physical and emotional challenges. Additionally, the study is also in line with research that showed resilience enhances life satisfaction and adaptability through motivating positive coping mechanisms and a sense of meaningful purpose (Windle, 2011; Connor & Davidson, 2003). Svence et al. claim that developing resilience among various age groups is essential for promoting long-term well-being and that age-specific approaches to building resilience may improve quality of life.

According to Wang and Liu (2022) *Frontiers in Psychology*, who analyzed the mediating role of resilience between motivation and well-being for English learners, a higher resilience would strengthen the positive influence of learning motivation on well-being. Learners with higher resilience will be more effective at turning motivation into emotional and psychological advantages. This aligns well with vast research, especially from scholars like Martin and Marsh (2006); Maddi, Matthews, Kelly, Villarreal & White (2012), where resilience serves as an important resource at schools that leads to academic motivation and persistence, besides developing psychological well-being. Other literature, especially Oxford, has indicated the same trend also at language learning where this kind of resilience enables one to deal with the barrier and challenges that arise between mastering a new language since less stress will be manifested leading to a better outcome (Oxford, 2017). Wang and Liu emphasize that the need to enhance

resilience will boost well-being among learners in educational environments. This is crucial, especially to language learners because they might undergo psychological as well as emotional discomfort at the learning stages.

Armitage et al. (2012) explore the social-ecological systems of well-being with respect to resilience. Here, they illustrate that in response to difficulties within their environment and society, discussed under *ecology and society, these two concepts are significant. Their findings indicate that well-being and resilience feed back into each other where, resilience enables communities to preserve well-being under ecological stresses, and high well-being enhances adaptive capacity. This resonates with studies which pointed out the mutual dependency of well-being and resilience when considered in community contexts where social and ecological networks enhance resilience to shocks (Berkes & Ross, 2013; Folke et al., 2010). Armitage et al's work suggests that from a social-ecological viewpoint, inclusion of health conditions for both humans and the environment holds much significance so that avenues could be identified to handle highly interrelated issues like climate and scarcity of resources. From the social-ecological standpoint, it serves as the basis on which bases for sustainable development could be framed to facilitate help communities to build their resilience wherein the integrity of human as well as that of the environment can be sustained.

Arslan and Yıldırım in *Frontiers in Psychology* investigated the temporal relationship between meaning in life, resilience, and mental well-being in the time of COVID-19 pandemic. Their longitudinal study emphasizes very strongly the fact that those having a very strong sense of meaning and high resilience report a better mental well-being despite all the challenges caused by the pandemic, consistent with the previous research on the protective functions of purpose and resilience in adverse situations (Frankl, 1985; Steger, Frazier, Oishi, & Kaler, 2006). Their

findings share the same findings that meanings and resilience not only help in reducing stress but also work as an adaptive coping for emotional stability during the stressful period of crises (Park, 2010; Tugade & Fredrickson, 2004). The study by Arslan and Yildirim thus highlights the need to develop these psychological assets as part of any public health strategy building mental strength during periods of broad-scale uncertainty and disruption by showing the fundamental link between meaning and resilience as the bases that underpin strong well-being, especially in the presence of global stressors.

Resilience and Meaning in Life:

In American Journal of Education and Learning, Alsadi and Drabie (2020) examined the association of psychological resilience, psychological adaptation, and purpose in life among university students during their preparatory year. It was found that those who have more resilience and greater purpose in life handle university life's psychological challenges well, making resilience and purpose significant predictors of mental wellbeing. This aligns with research that suggests that resilience creates emotional stability in students, helping them handle the academic and personal challenges of life, and a sense of purpose provides direction and motivation, which are crucial to psychological adjustment (Steger, 2012; Connor & Davidson, 2003). This research supports previous studies that indicated that meaning could help reduce student stress by giving their activities meaning and supporting the handling of transitional stress, thus making resilience and well-being increase further (Park, 2010; Masten & Reed, 2002). Alsadi and Drabie's research underlines interventions aimed at enhancing resilience and meaning as improving students' mental health in significant educational transitions.

This integrative literature review explores the mutually supporting role of well-being, life purpose, positive relationships, and resilience. Sahebalzamani et al. highlight how spiritual

intelligence fosters psychological well-being and life purpose, especially in the context of nursing practice; where, it has been shown to maintain against the undesirable effects of occupational stress, in line with other reports that argue spirituality contributes to resilience in mental health. Barcaccia et al. (2023) assert that, developed purpose protects the adolescent individual from depression, as would be the argument in direction coupled with the enhancement of the coping aspect (Damon, 2008; Steger, 2012). Taking a lifespan perspective, Reker et al. (1987) argued that meaning or purpose enhances resilience and, more so, life satisfaction in old age. Meaning or purpose, especially the latter, supports quality in later years. Aghababaei et al. adds on by considering religious and scientific attitudes resulting in well-being through different mechanisms; religious belief diminishes death anxiety, and scientific attitude increases hope which is then to be linked with the concept of resilience.

Byron and Miller-Perrin 2009 depict faith has always helped fortify well-being as faith provides a sense of developing a sense of purpose; purpose could also tie faith into life satisfaction. Robbins and Francis (2000) go on to associate frequent religious attendance with higher purpose and well-being through structured support and community involvement. Relational factors include the fact that, according to Merz and Huxhold (2010), the quality of social relationships plays an important role in shaping elderly well-being, with families and friendships mitigating loneliness and fostering a sense of belonging. According to Torres-Soto et al. (2022), self-care along with a family support context also fosters subjective wellbeing as related studies have shown about family support significance in preventing psychopathology.

Concerning youth, Noble and McGrath (2011) noted that positive relationship construction boosts resilience and well-being; it is akin to relational support studies indicating importance of supportive social tie development of coping skills and it seems relevant to such notions that was

found with those concerning relational support studies. In community settings, based on McCreary et al. (2014), social cohesion and environmental resources foster resilience, whereas Bartholomaeus et al. (2019) show that programs based at the community level benefit older adults' psychological resilience. Furthermore, the studies executed by Svence et al. (2015) and Armitage et al. (2012) support the interrelation between well-being and resilience. They suggest that well-being and human health interventions should be integrated into any community-level intervention. According to Arslan and Yıldırım, in their views, resilience and meaning in life are the two important factors concerning well-being, especially during crises like COVID-19. Studies by

Alsadi and Drabie (2020) show that while resilience and purpose are what students need to thrive at transitions, this is exactly in line with the argument that resilience buffers stress and provides motivation through purpose. Together these studies underscore that purpose, resilience, and positive relations are the three pillars on which well-being stands out across populations, and highlight the need for supportive structures that enhance these attributes so that psychological health can persist.

RESEARCH METHODOLOGY

This chapter contains the research design, how the samples will be selected with inclusion and exclusion criteria, the method of data collection, description about the tools that will be used for data collection and the statistical analyses will be used in this study.

Research design:

Exploratory research design was used in the conduct of this study. According to American Psychological Association, "exploratory research is defined as a study that is conducted when not much is known about a particular phenomenon. In exploratory research, one typically seeks to identify multiple possible links between variables." Exploratory research studies are also referred

to as formulative research studies. The main aim of such research is to propose a problem for more in-depth investigation or to form the working hypotheses from the operational point of view. The major emphasis in the studies is to discover ideas and insights. Exploratory research design is a methodology approach made to investigate the research problem where the researcher has some limited initial knowledge. Hence this is the first study for psychological well-being, purpose in life, positive relationships and resilience interplay and impacts- exploratory research design was adapted to this study.

Population, sample and sampling technique:

The universe of this study will be the state – Tamil Nadu (all the districts), which is in India. Multi - Stage sampling technique will be used in this study. All the name of the districts will be included for fish bowl method of random sampling- with replacement. Then any 4 districts will be selected randomly. The list of psychiatric hospitals with in-patient ward will be collected for those selected 4 districts. Disproportionate sampling will be used to select participants from each psychiatric hospital from the selected 4 districts. The sampling units are the randomly selected 4 districts. The sampling size of this study is 300.

Inclusion Criteria:

- Only people of Tamil Nadu
- Participants will be selected only from those 4 districts which were randomly chosen
- Who agreed to participate in this study
- Psychotic (In the recovery stage) and neurotic in-patients in psychiatric hospitals with at least 1 month duration of illness

Exclusion Criteria:

- In-patients who are in the state of delirium and with severe psychotic symptoms
- Participants who are not cooperative

Method of Data Collection:

The data from the samples will be collected by using questionnaire method (in-person).

Tools used for Data Collection:

The following tools which include socio-demographic sheet, Psychological Well-Being Scale, Purpose in Life Test, Positive Relations, Resilience Scale for Adults will be used to collect data from the participants.

Socio-Demographic Data Sheet:

- Name :
- Age :
- Gender : Male / Female / Other
- Location : Rural / Urban
- Type of Family : Joint / Nuclear
- Order of Birth : First / Second / Middle / Last / Only one
- Number of Siblings :
- Education : School level / UG / PG / Others
- Occupation :
- Income :
- Parental Education :
- Relationship : Married / Unmarried / Divorcee

Tool 1 – Psychological Well-being Scale:

The Psychological Well-Being Scale was created by Carol Ryff in 1989 and presents a sophisticated and multifaceted approach of measuring several facets of well-being, not just happiness or contentedness. This scale consisted originally 120 items, taken shorter and shorter versions presented in 84-item, 54-item, 42-item and 18-item formats were created to fit different types of research yet still keeping psychometric strength. All the versions of the scale are able to capture well six broad dimensions of wellbeing which include: Autonomy, Environmental Mastery, Personal Development, Relations with Others, Meaning in Life and Self-esteem (Ryff, 1989; Ryff & Keyes, 1995). There has been adequate internal consistency reported for the Psychological well-being scale with the Cronbach's alpha coefficients in different studies falling within the range of 0.70 to 0.90 across the six dimensions of the scale denoting high reliability (Ryff, 1989; Abbott et al., 2006). It has shown a strong construct validity as well since it correlates with measures of how healthy one is, satisfaction with life and the ability to bounce back from struggles. Convergent validity is also presented in the scale owing to sizable valid but distinct correlations with depression or positive emotion scales. Lastly, the factorial validity of the scale has been established in multiple studies asserting the independence of the six dimensions of well-being across nations (Clarke et al., 2001; van Dierendonck, 2004).

Tool 2 – Purpose in Life Test:

The Purpose In Life Test, abbreviated as PIL, is a psychometric tool created in 1964 by James C. Crumbaugh and Leonard T. Maholick with the aim of measuring meaning and purpose Information in a person's life motivation based on the existential ' Logotherapy' of Viktor Frankl. This self-report instrument which consists of twenty items requires the participants to rate the statements on 7-point Likert scale where higher scores indicate

greater purpose. Scoring: Response categories span from one to seven in view of each statement some of the statements being contradictory and therefore reverse scored. Reliability: Most of the research has found satisfactory evidence of internal consistency reliability. For example, in the majority of studies, Cronbach's alpha reached between 0.80 and 0.86. Validity: The PIL has also reported good construct validity and is reasonable as a measure of wellbeing, life satisfaction, and other constructs considered to be the 'positive side' of psychology. It has also demonstrated validity in many different populations and has been able to differentiate individuals with high and low levels of purpose and meaning in life.

Tool 3 – Positive Relations:

The Positive Relations with Others subscale under Ryff's Psychological Well-Being Scale is one of the most common measures of positive relations (Ryff, 1989). This subscale is intended to assess the interpersonal relationships of a person, alongside their skills and expertise to keep those relationships intact, as well as their satisfaction in those relationships. Number of Items: Generally nine items in the complete version, with briefer versions accessible. Reliability: Very reliable, with Cronbach's alpha reported ranging from 0.83 to 0.88 in several studies (Ryff, 1989; Ryff & Keyes, 1995). Validity: The construct validity of the scale has been confirmed by correlations with other measures of well-being, life satisfaction, social functioning, and other such measures (Ryff & Singer, 2008). Scoring: For example, responses are typically rated on a Likert type scale from 1 being Strongly Disagree to 6 being Strongly Agree. More the score, the higher is the positive relationships and social connectedness.

Tool 4 – Resilience Scale for Adults (RSA):

The RSA is a psychometric tool that was developed by Friborg, Hjemdal, Rosenvinge, and Martinussen in 2003 to measure resilience in adults through the protective factors that help in adjusting to adversity. Specifically, the RSA targets the resources related to personal strengths and supportive relationships. The RSA has 33 items. The measure ranges on six dimensions of scales, such as personal competence: for instance self confidence, self efficacy and more, social competence which covers elements such as: Empathy and communication skills of individuals within their groups 3. Family cohesion including; the extent of which families give one another commitment 4. Social resources whereby some respondents feel the need of some forms of support when under the risk 5. Structured Style- every aspect from the plans through which individuals carry on an organization process, making appropriate preparation, for examples to carry on, preparing equipment's needed in such cases; that's an individual preparing an arrangement. Future perception as per respondents about aspects relating to a life as long-term; an extended vision toward one's expectations toward long time to come. Reliability: Cronbach's alpha coefficients in various studies of the RSA have been ranging from 0.70 to 0.90, showing high internal consistency (Friborg et al., 2003). Validity: It has been shown that RSA has high construct validity with correlations to other resilience and well-being measures, implying that it captures the appropriate constructs of resilience (Friborg et al., 2005). This also demonstrates predictive validity by predicting positive adaptation to stress.

Statistical analyses:

The following statistical techniques have been used in this study.

1. Descriptive Statistics:

- a. Frequency, percentage and mean
 - b. Cross tabulation - to find out the impact
2. Inferential Statistics:
- a. Mean Difference Analyses (t test and F test) will be done to find out the significant mean differences
 - b. Correlation Analysis - to find the relationship between variables
 - c. Multiple Regression Analysis
 - d. Structural Equation Modelling (SEM)

CONCLUSION

The research focuses on the critical roles of psychological and social factors—purpose in life, resilience, and positive relationships—and how they shape the wellbeing of early adults in Madurai, Tamil Nadu. It provides a nuanced view because it focuses on this age group in a specific cultural and regional context to understand the interconnection of these factors that influence mental and emotional health at this critical point in life. Addressing wellbeing through these dimensions not only adds depth to the existing body of literature but also highlights the importance of holistic approaches in mental health frameworks. This research contributes to the broader discourse on adult development by suggesting that fostering purpose, resilience, and quality relationships can empower young adults to navigate personal and social challenges more effectively, thereby promoting sustainable wellbeing.

TIMELINE

YEAR	MONTHS	PLAN
1	1 - 3	<p>Topic Refinement and Proposal Writing</p> <ul style="list-style-type: none"> • Define research questions, objectives, and hypothesis • Consult with advisors, finalize the scope, and submit the research proposal for approval
	4 - 6	<p>Literature Review</p> <ul style="list-style-type: none"> • Conduct an in-depth literature review on wellbeing, purpose in life, resilience, and relationships among early adults • Focus on relevant psychological and sociocultural frameworks, particularly in psychiatric contexts
	7 - 9	<p>Methodology Design</p> <ul style="list-style-type: none"> • Design research methodology, including sampling methods, data collection instruments (e.g., surveys, interviews), and analysis techniques • Finalize ethics and permissions for research within psychiatric hospital settings
	10 - 12	<p>Pilot Study & Tool Validation</p> <p>Conduct a pilot study to test instruments and make any necessary adjustments</p> <p>Validate tools for reliability and cultural appropriateness, seeking feedback from experts in psychology and mental health</p>
2	1 - 6	Data Collection & Analysis

		<ul style="list-style-type: none"> • Data Collection • Begin data collection in psychiatric hospitals across Madurai, adhering to ethical guidelines • Monitor data quality and adjust for any logistical challenges
	7 - 9	<p>Data Cleaning and Preliminary Analysis</p> <ul style="list-style-type: none"> • Organize, clean, and prepare data for analysis • Perform initial descriptive analyses to understand basic trends and distributions in the data
	10 - 12	<p>In-Depth Data Analysis</p> <ul style="list-style-type: none"> • Conduct in-depth statistical (e.g., regression analysis, correlation analysis, SEM) • Interpret findings in the context of the research questions, comparing to existing literature and frameworks
3	1 - 6	<p>Writing, Revision, & Defense</p> <ul style="list-style-type: none"> • Writing the Thesis • Write up chapters including Introduction, Literature Review, Methodology, and Findings • Begin drafting Discussion and Conclusion sections, connecting findings to implications for practice and future research
	7 - 9	<p>Revisions & Final Draft</p> <ul style="list-style-type: none"> • Revise based on advisor feedback, ensure logical flow, and refine interpretations

		<ul style="list-style-type: none"> • Finalize formatting, citations, and appendices
	10 - 12	<p>Thesis Submission & Defense</p> <ul style="list-style-type: none"> • Prepare for the thesis defense, including summarizing key findings and preparing responses to potential questions • Defend the thesis before a committee and incorporate any final feedback required for completion

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