

Manipal Academy of Higher Education

**Impressions@MAHE**

---

Faculty work

---

Summer 10-30-2021

**A study on exploring different levels & psychosocial factors contributing to well-being of mid adults using mixed method design.**

Reshma N.S.

Follow this and additional works at: <https://impressions.manipal.edu/faculty-work>



Part of the [Medicine and Health Sciences Commons](#)

---

**A STUDY ON EXPLORING DIFFERENT LEVELS AND PSYCHO-SOCIAL  
FACTORS CONTRIBUTING TO THE WELL-BEING OF MID ADULTS- USING A  
MIXED METHOD DESIGN.**

**Dr. Reshma N.S.** Assistant Professor, Dept. of Psychiatry, Kasturba Medical College,  
Mangalore, Manipal Academy of Higher Education, Manipal, India.

**Dr. M. Y. Manjula**, Christ university, Bangalore

**Abstract**

Midlife is a period of the interplay of multiple roles and responsibilities at work, in family, and social life. They act as a pillar in maintaining familial, occupational, and societal functioning. Hence investigating the well-being of mid-adults is a fundamental prerequisite in the promotion of societal well-being. The concept of well-being is one of the most frequently studied topics in psychology and it had been undergoing several revisions in the definition of well-being from 1948 to today. The current definition of well-being is from positive psychology that well-being is a combined state of feeling good and functioning effectively in life (Huppert et al., 2009; Keyes, 2002). The current study adopted a mixed-method design to explore different levels of well-being and the psycho-social factors contributing to varying levels of well-being. A sample of 408 middle adults (male=204, females=204) aged between 40-59yrs adults belonging to various socioeconomic statuses were drawn from Mangalore city, Karnataka. The scales such as Kuppaswamy's socioeconomic status scale (R-2012), Psychological well-being-20 (Mehrotra, Tripathi & Banu,2013), and a life satisfaction scale was administered to the participants. Based on the data it is identified that 7.40% of the adults have high well-being while 7.80% of them have low well-being. The psychosocial factors contributing to the well-being was explored using Unstructured interview and by using thematic analysis. The results revealed that high well-being adults actively participate in productive activities, they use both problem-focused and emotion focused coping patterns. The key character strengths identified in them are, leadership, love for learning, social skills, and social responsibilities and they experience good interpersonal relationships with others. Adults who reported low well being were characterized as having poor efficiency, poor problem-solving skills, and poor primary support and psychological health.

**Keywords:** well-being, mid adults, health, interpersonal relationships.