

Why is wellbeing so important?

The meaning and the role of the wellbeing

The things in our life are important if they contribute to the realization of our most important goals. Logically, the most important goals themselves must be very important indeed. And we have every reason to believe that our wellbeing, our happiness is most important goal. The ancient wisemen, including philosophers like Democritus and Aristotle, already claimed that happiness is the ultimate goal of every human person. What can be more important then?

It is evident therefore that the research of wellbeing is of the greatest importance in psychology. However, a great deal of the psychological attention has been focused on the negative phenomena: negative ideals and emotions (fear, anxiety, anger, depression), traumas, conflicts, disorders, distress, criminal. Certainly, even this negative bias in psychological research is showing an intimate interest for human happiness. Finally, the knowledge of negative sides of our living means the knowledge of the obstacles in the way to the happiness and wellbeing. Yet, the preoccupation with the negative traits and events has lead to the false and biased concept of human nature in the psychology. The image of neurotic and unhappy personality prevailed instead of building the concept of normal and, especially, the concept of fully functioning mind and personality. It is a great merit of so-called positive psychology that the this negative trend of research in psychology has been replaced by the focus on the bright sides of our living and experiences including the wellbeing, the major issue of human strivings and the cardinal characteristic of optimal personal functioning.

High wellbeing is thus the guideline for our mental, social, personal and physical welfare and health. Moreover, the wellbeing is a generator for being not only more happy and satisfied, but more motivated, stimulated and thus more successful and effective in school, education, (inter)personal relations, partnership, family, job, career. The wellbeing is even associated with the longevity. And it is certainly associated with the positive self-concept and basic values. A person, who behaves in concordance with the values is more happy. The wellbeing is finally also a very substantial part of our core personality traits, especially of the General Factor of Personality, our general social and personal adjustment feature.