

Review of: "Balancing Wellbeing and Social Harmony"

Pradeep Nair¹

¹ Jaipur National University

Potential competing interests: No potential competing interests to declare.

The article is quite inter-disciplinary in nature and provides some very interesting insights.

The advent of positive psychology shifted the focus of wellbeing from a clinical perspective to a social perspective, which further complemented the post-modern construction of well-being in the form of happiness and positive thinking.

The concept of well-being has been developed and explored in various interdisciplinary dimensions, and the history can be traced as early as the work of Aristotle in the 4th Century BC itself. The importance of well-being has been consistently recognized and prevailed in human society since the beginning of human civilization. It signifies more in a pandemic situation like Covid-19, one of the most challenging public health crises of our time. While looking at the multi-disciplinary understanding of well-being, scholars observed that defining well-being is not simple - as methodologies and definitions given by various researchers in anthropology, sociology, and other social science disciplines make it extremely difficult to derive a common meaning that can be compared cross-culturally. In its simplest way, well-being is something that is about how people identify their socio-political needs to make their lives good. It is also a way to look at how people engage in their day-to-day social and cultural life.

From a health perspective, well-being is looked at as a state of physical, mental, social, and cultural wellness free from illness - not merely the absence of disease or infirmity, but a state of being happy, prosperous, and healthy (Mathews & Izquierdo, 2009). Scholarly works of Richerson & Boyd (2005); Helman (2007); Kim et al. (2008); Oyserman & Lee (2008); and Gurung (2010) emphasized the need to understand how well-being is socio-culturally generated and understood. Their seminal work recognized well-being as both a biological and social concept and advocated that well-being can be promoted by having a sound understanding of the socio-cultural conditions of people and how caring for one another succeeds or fails across socio-cultural divides.