



Editorial

Importance of Wellbeing in Adolescents

Adolescence has been labeled as that phase of life where everything is changing, in transition, unstable, volatile but this creative development is for the establishment of personality, character, behavior, physical maturity, social institution, and many more facets molded in permanent shape. How can this turbulence phase be defined as healthy? If our definition of health as accepted by the World Health Organization does not apply to this phase of life then we have to change the definition of health. The definition should be universal, applicable in all conditions, and should be complete. Before reaching to any conclusion whether this definition can be applied to adolescence phase or not, it is pertinent to understand the meaning of wellbeing. It is not just a feeling or state of being in a particular frame of mind, body or society rather a complex mix of all dynamic forces which sustain life. If this life is full of suffering and pain, then it cannot be called as life. Life in itself is a dynamic state which keeps balancing itself in all adverse conditions to remain happy and satisfied. Wellbeing therefore is vital for life and has been equated with dynamism, particularly in adolescence phase. The qualities of wellbeing are happiness, satisfaction, worth, kindness and compassion which cannot be developed if person has no capability to cope up with adversities of life such as anger, hatred, disease and suffering. In absence of happiness, satisfaction and compassion, person falls prey to negative emotions and pathological states of personal and social interactions. Now focus on whether health is a state of wellbeing or transient condition which keeps changing. Now I can think of Buddha's concept of Nirvana or total bliss where a person is in a permanent state of contentment, satisfaction and happiness. It is the highest standard a human being can achieve according to Buddha. Although WHO does not specify this state, but it is certain that this permanent state has been accepted in this definition.

It is interesting to note that the current scientific development provides many methods and techniques to measure and promote these complex

phenomena such as happiness and wellbeing of adolescent phase.

Review article presented by Megha Pushkarna in this current issue of journal has highlighted some of the practical tips to promote positive emotions. If we read about some of influencers and revolutionists in the world we clearly find that such techniques were commonly practiced by them. It is important that certain practices established in this adolescent phase remain a cornerstone to their future happiness. Following activities are promoting positive psychology in adolescents such as keeping happiness diary, memorizing good day, expressing gratitude to others in a more formal way, self discipline for material possessions, socialization, appreciating others for good deeds, doing a secret good work, cultivating serenity, meditations, etc.

Besides these activities, focus is also given in the article on positive attitude towards life, exercise, balanced diet and good nutrition, avoiding addictive substances and experimentation of drugs. It is also expressed that many school based trials are carried out to assess the efficacy of certain interventions and many positive results are seen. Therefore concept of wellbeing and happiness should be promoted among adolescents, which is possible in more cost effective manner if carried out in schools and colleges.

Much research has been done in modern world on pathological states of adolescents but very little is known about the salutogenesis. Therefore, this is the right time when we should promote research in assessment of and quantifying happiness and wellbeing and intervention studies which can promote these qualities of human beings.

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