Psychological Wellbeing of Learners

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Abstract

Whole-person wellness embodies a comprehensive approach to wellness, which respects our complexity by acknowledging that we are multidimensional beings. It is through attention to and the development of each dimension of wellness that we can be successful in achieving whole-person wellbeing. The paper deals with whole person wellbeing that integrates the six dimensions of wellness. Mr. Jan Montague developed this six dimensional principles of whole person wellness. According to him, the personal wellness comprises of (i) physical wellness, (ii) intellectual wellness, (iii) social wellness, (iv) Emotional wellness, (v) vocational wellness and (vi) spiritual wellness. These six dimensions are interlinked and inter related. Student wellbeing is defined as a sustainable state of positive mood and attitude, resilience and satisfaction with self, relationships and experience at school. Psychological wellbeing is important in the life of a student because college life could be chaotic and full of psychological stress.