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STRENGTHENING BONDS, ENHANCING MIND: UNDERSTANDING THE IMPACT OF RELATIONSHIP QUALITY ON MENTAL WELL-BEING

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ABSTRACT

This study aimed to understand the impact of relationship quality on mental well-being. Though various studies have demonstrated the importance of relationships between quality relationships and mental well-being, Pakistani culture is a classical or accustomed civilization where non-marital relationships between opposite genders are not acceptable. For this purpose, we recruited 136 participants through convenient with an age range of 18-40. Through convenient sampling technique data was collected from district Layyah with 53% undergraduate students, and 46.3% r were at master level. To measure the study variables, a relationship quality index and mental well-being questionnaire were adopted. Findings suggest that there is a significant role of quality relationships on mental well-being. The higher the levels of quality relationships, the higher the levels of mental well-being. The association between quality relationships and mental well-being was statistically significant. The study indicates a good relationship between couples has a positive impact on the mental well-being of both males and females. The study significantly contributes to a body of knowledge in the domain of mental health and it helps to understand the relationship

Key Words: relationship quality, mental well-being, University students

INTRODUCTION

Relationship forming is a necessary need for human beings. It has much significance on the mental well-being of couples. Different types of relationships are very important in the life of a couple (Dost et al, (2021). Relationship quality is a doubtful term that highly encompasses all objective and subjective measures of couple-level mental well-being the measurement of relationship quality it is includes the satisfaction of the relationship, happiness of couples, frequency of decisions, Clash, attachment, and relationship splitting. Anyhow, it focuses on the one indicator of relationship quality that is ignored by the many-dimensional nature of the concept. Researchers are aware of relationships, such as friendship is a type of relationship that can differ from other relations, like guests, classmates, personal companions, relatives, colleagues, and strangers. Certainty, different relationship has different characteristics that are technically tough to interpret on mental well-being. (Taylor et al., 2022).

Quality relationships can generate a lot of feelings and outcomes for couples. Disloyal partners undertake emotions of disgrace, regret, hesitation, irritation, and hopelessness, feeling extreme emotional uproar and the leaking of betrayal (Donya et al., 2024). Relationship science is home to different types of theories that characterize the actions by which people develop and manage their quality relationships. (Bradbury & Karney, 2019). Relationship quality contains "several capacities and interpretations such as relationship satisfaction and adjustment (Glenn, 2003). Another study by Bradbury et al., (2000) states that potential scientific interest in relationship satisfaction is it's important for personal and couple's mental well-being (Orbuch, et al., 1996). Another study found three distinct trajectories for

relationship quality for couples: the trajectory started high and remained high, the second began at an intermediate level and showed a small decrease, and the third began low and showed a strong decrease (Bradbury & Karney, 2012). Studies also shows that Couples with decreased relationship satisfaction prone to break up, therefore, it becomes important to know and identify the potential factors that contribute in change in relationship satisfaction. Hence, a couple's mental well-being is recognized as a large key to mental health (Camilletti, 2018).

Mental well-being is defined as positive emotions and mental experiences that occur frequently negative emotions and moods being experienced and potential level of life satisfaction. Eudemonic well-being describes by the mental well-being model describes eudemonia ("EU" = good and "daimon" = spirit) with terms such as success, hopefulness, and shining bile foxing on how a couple moves to expose complete working and gain awareness of their unique talents. Mental well-being is approximately used in the literature similar to positive and good mental health (Tennat et al., 2007). Mental well-being includes later resources for satisfactory and stable relationship quality (Tennant et al., 2007). According to research, factors including bonds of offense and mental well-being can help inform our understanding of these challenges. Mental well-being can be defined in terms of a couple's physical, mental, social, and environmental status with every point interacting with each other and every point having many levels of importance and affect according to the couple.

Literature Review

The person who is in a quality relationship may experience and he/she may feel changes occur in itself as a new mindset about his partner in a quality relationship. On the other hand, the partner who is unsatisfied with his friendship due to the adult's attachments trials irrational relationship beliefs and gratification from his relationship. Studies also show that friendship affairs and quality relationships in the context of growth we considered that with the beginning of the relationship in adulthood, some changes may occur when quality relationships in couples become more cooperative, more sensitive, and deepest and long-lasting. Then those experience gain in adolescence (Collibee & Furman, 2015). This type of person or individual states that they are not a good person and they are not a person who used to be for which they are unhappy with their relationship (McIntyre, et al., 2015).

Quality relationships play a vital role in health. Previous studies indicate that marriage confers profound positive effects on mental well-being such as lower levels of depression & anxiety. So many reasons show the benefits of a couple's mental well-being of a quality relationship (Mattingly, et al., 2020). Additionally, during the age group examined in this study, previous research indicates major shifts in priorities between mental well-being and quality relationships. These changing priorities have large implications on the social consequences of mental well-being, which might include a reprioritization of relationships that may have been lost throughout quality relationships leading to a shift in social spheres as a result of an increased need for social support post-breakup. Partner approval is the coupled desire of relationship demands, it may repress effectiveness and it favors the behavior of the companions' desires as the outcomes of the appearance of a recognized relationship. Mental well-being comparisons, like comparing oneself to others and reflecting on the past, are seen as unpleasant (Morina & Schlechter, 2023).

Theoretical Support

This basic need covers people's lives to maintain their relationship to fulfil their belongingness needs which are described in the Needs Theory by Maslow. People's basis for lacking to remain in a relationship is clear from their causes for wish to disconnect (Machia & Ogolsky, 2021), and people who are presently opinion about finishing their relationships have been put off to jointly grip a lot of causes for lacking to both remain and quite (Joel, et al., 2018). Social support theory states that social support plays a significant role as a buffering role in the association between stress and mental health (Cohen & Wills (1985). Such as high-quality relationships assist emotional and instrumental support which leads to better mental well-being. Another theory also supports this notion that secure attachments highlight the feelings of trust and safety which helps in enhanced mental health. This attachment theory fosters that early experiences with caregivers have an impact on one's inner working models of relationships (Bowlby, 1982).

Significance of the study

The goal of the present research is to know about the quality relationship of the people. However, quality relationships are more important for every human being. The study considered unique influences of quality relationships on mental well-being. Previous studies show that there is less research on couple relationships in Pakistan. Because this is still considered a closed area and it was not discussed in public areas. More studies regarding to individuals' relationships needed satisfaction or mental well-being and experiences about unique stressors. Although Asian self-seeking relationship is compared to linking with mental well-being based on potential partners and the ability to select partners gives a backup of relationship. Especially long-term relationships affected mental well-being needed to be more accurate in online and offline relationships. Finally, there is diversity within self-selecting relationships that leads to various impacts on mental well-being. There is also a huge range of relations that influence the decisions of a couple's social and societal outcomes.

Pakistani culture is a classical or accustomed civilization where non-marital relationships between opposite genders are not acceptable. In fact, that closeness between the opposite gender is natural. But even if cultural rules are against this type of relationship a love affair people still have these attachments (Kokab & Ajmal, 2012). Quality relationship in couples is included in the identification of growth. In this stage of life, relationships are observed to be an important growth task and it is also the basis for long-term relationships. It is imagined that the traits of the friendship are related to quality relationship beliefs and self-changes, irritable beliefs about quality relationships related to the gratification of affairs, and recognized perceptual abuse in affairs (Hamamcı, & Güçray, 2015). Studies show that human beings who want a highly immersed type of link to their relationship are less likely to launch the relationship for themselves. The limited trial that is also dormant and applicable for starting friendship development study check out this cycle of time could be revealing by Undertaking to determine the about importance of these two classes compose and conceivable also by classify some special examples of each that are spatially e meaningful both for the beginners and bygone time (Eastwick et al., 2021). A reasonable and lawful relationship quality secure from many physical irregularities and illicit mental well-being. Quality relationships have turned into a visible element of various mental well-being across the world. Over-quality relationships and societies have covered such mental well-being (Krieger & Renner, 2020). Quality relationship is a training where in a partner has various wives at a guaranteed time. The main focus of this study is to identify the quality relationships of couples. The study has focused on the perception of quality relationships and the Impact of these quality relationships on mental well-being.

Hypotheses

The following hypothesis was formulated in this study.

H:1 There will be a significant positive relationship between quality relationships and mental well-being

H:2 There will be a positive impact of quality relationships on mental well-being.

Methods

Research design

The current study follows the correlational approach. Hence the study was quantitative.

Sample and Procedure

In this study, a sample of 136 (male 61 and female 75) was selected with the help of a convenient sampling technique. Individuals between the ages of 18 to 30 were eligible to participate. 52.94% of responders were below and undergraduate students and 46.3% of responders were master students. Only eligible participants gave their responses, and they were thanked for their participation and informed about ineligibility. Several other socio-demographic variables were also included and descriptively used in this study. Age was measured categorically (75%=102 responses of 18–24; 25%=34 responses of 25–30. Education was measured categorically according to specific educational standards. The category of education is used as (F.A/FSC=22.06%, 30 responses; B. A/BSC=34%, 25 responses; M. A/MSC=52.94% 72.

Table 1:
Sociodemographic characteristics of participants

Sample Characteristics	N	%	M	SD
Gender				
Male	61	44.9	4.78	.829
Female	75	55.1	4.68	.97
Education				
F.A/FSC	30	22.06		
B.A/BSc	34	25		
M.A/MSc	72	52.94		
Age				
18-24	102	75		
25-30	34	25		
Sample size	136			

Instrument:

Warwick Edinburgh Mental Well-being Scale:

To measure mental well-being, Warwick-Edinburgh Mental Well-being Scale (Tennant et, al., 2007) involves 14 items measuring mental prosperity (contemplations and sentiments) in the past about fourteen days. The responses were measured based on a 5-point scale going from 'none of the chance to constantly. The Warwick Edinburgh mental well-being scale is scored by adding the reactions to every one of the 14 test things on a 1 to 5 Likert scale (1 = none of the opportunity to 5 + All of the time).

Relationship Quality Index (RQI):

The Relationship Quality Index (RQI) developed by Lawrence et, al., (2011) is a 6-item measure intended to evaluate the nature of relationships in couples. It incorporates things pointed toward surveying the presence of issues among people and the force of such issues. The relationship quality index contains a 7-point Likert scale (from 1 ='Unequivocally Disagree' to 7 'Emphatically Agree') and a 10-point ordinal scale (from 1 = 'Incredibly Low' to 10 = 'Very High').

Ethical Approval:

Ethical approval was obtained before the start of the research. Informed consent was provided to all participants along with the questionnaire. All the participants were informed to clarify the questionnaire and then we send the questionnaire to them. In addition, it was also informed that if they did not want to complete the process, they could withdraw at any time without any penalty. All the participants understood the study's purpose and fill the questionnaire according to their wishes.

Results

To conduct the study analysis, we used Statistical Packages for Social Sciences (SPSS). A summary of the mean and standard deviations for all of the measures was calculated and can be found in Table 2. Additionally, the regression analysis was conducted to see the impact of quality relationships on mental well-being.

Table 2
Means, Standard Deviations (SD), alpha coefficient, and inter-correlations among the study measures

Variables	***Mean***	***SD***	*α*	**1**	**2**
1. Relationship Quality	18.52	4.88	.83		
2. Mental Well-being	52.30	9.11	.75	.453**	

Note: α: referred as Cronbach's Alpha.
*** .correlation is significant at the level 0.01 (2-tailed).*

To examine how relationship quality was related to the mental well-being of couples several Pearson correlation analyses were carried out. A significant positive association was found between the quality of the relationship and mental well-being. The higher the levels of quality relationships, the higher the levels of mental well-being. The association between quality relationships and mental well-being was statistically significant.

Table 3

Regression analysis showing the impact of Relationship Quality on Mental Well-being (N=136)

Model	R Square	Adj.R Square	β	Std.Error	t	p
(constant)	.217	.213	.563	7.618	8.853	.000
SC				.112	5.89	.000
F:56.173						
Df:1,134						

Table 3 shows that there is a significant impact on relationship quality and mental well-being. According to the result, the independent variable is relationship quality explain or predict (R^2=.217) effect on the dependent variable mental well-being.

Discussion

This study adds to the writing on quality relationships and the mental well-being of couples. The earlier work shows on more imperative occasions, like relationship action, accomplice animosity, and separations. Incorporating hypotheses of quality relationship and mental well-being. The findings of this study show that quality relationship in authenticity is attached to key elements of mental prosperity; however just among young couples. The current study recognized the relationship between quality of relationship and mental well-being was conceptualized and estimated, and by which. While a few studies suggested that 'relationship' was related to parts of mental well-being, none gave meaning to this term.

The study hypothesis states that quality relationship has a significant association with mental well-being. The study outcomes highlight the significance of relationship quality in what is associated with mental well-being such as Mental well-being includes later resources needed for satisfactory and stable relationship quality (Tennant et al., 2007). According to research, factors including bonds of offense and mental well-being can help inform our understanding of these challenges. Studies support the current findings as a reasonable and lawful relationship quality secure from many physical irregularities and illicit mental well-being. Another hypothesis suggests that quality relationship has an impact on mental well-being. Therefore, studies support that quality relationships have turned into a visible element of various mental well-being across the world. Over-quality relationships and societies have covered such mental well-being (Krieger & Renner, 2020). Quality relationship is a training where in a partner has various wives at a guaranteed time. Expanding relationship quality all through youthfulness, combined with the oddity of heartfelt parts for youth, recommends that a quality relationship is vital to the existence of a couple. Another study also suggests that quality relationships play a vital role in health. Previous studies indicate that marriage confers profound positive effects on mental well-being such as lower levels of depression & anxiety. So many reasons show the benefits of a couple's mental well-being of a quality relationship (Mattingly et al., 2020). In this manner, confirming quality relationships turns out to be most intently attached to emotional and mental well-being during youthfulness. This study reflects past research proposing that contents relating to quality relationship conduct detail significant methodologies of activity that, when sanctioned, permit people to enough perform glorified relationships.

Limitations

Despite the current study presents valuable insights, it is crucial to acknowledge various limitations in this study which may influence the generalization of the study findings. The first limitation of the study may be the sample size. Additionally, the study couldn't handle certain elements that may jumble the relationship between quality relationship and emotional and mental well-being Our study sample was drawn specific population such as young adults and this may not be the representation of other age groups. The second limitation could be the study measures as the study uses self-report measures and the response bias and social desirability may affect the accuracy and generalizability. Lastly, the study was cross-sectional. Therefore, the study may not be able to capture the relevant aspects of the study constructs.

Future Research

Although the current study has discussed the importance of relationships and well-being in Asian culture, especially in traditional societies and in different cultural contexts, these are not preferable in Pakistani culture. First, future research may investigate the study in a broader context by utilizing multimethod approaches such as longitudinal, interviews, and experimental research designs. Second, future research may identify by including other personalities (e.g. couples, specialists, and so forth) may assist us with seeing how sanctioning ideal arrangements of activity identifies with different characters and mental well-being. Lastly, by linking another study variable, further research may add how the quality relationship is embroiled in personality exhibition features, and additional studies may explore new linkages between relationship quality and emotional and mental well-being. Future study examination may likewise well to additionally look at the variety in the relationship quality between relationship connection and mental well-being.

Conclusion

The study investigated the link between relationship quality and mental well-being. In conclusion, the study presents the impact of quality relationships significantly associated with and influence the mental well-being of couples. This also emphasized the recognition of the interplay between interpersonal relationships and mental well-being. The study added that strengthening relationships and enhancing minds may pave the way for healthier relationships in people.

Conflict of Interest

The authors declare no conflict of interest

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