

Editorial

Interpersonal Relationship and Wellbeing

The concept of wellbeing involves symbiotic relationship between physical, emotional, cognitive, social and behavioural dimensions. Wellbeing is measured on a continuum that integrates all these dimensions. Scores on any individual dimension impacts the overall score of wellbeing.

In an affiliation-oriented society like India, the quality of interpersonal relationship is one of the major contributors to the state of wellbeing. Family bonding, and interactions go a long way in constituting the social support score that has a dual function of providing a cushion to absorb life stress on the one hand and the very support constituting a component of wellbeing on the other. Research findings have established the strong relationship between the social network, perceived social support and stress levels. Similarly, the family support and social support have also been found to have a positive correlation with recovery from illness or major or minor surgery. Management of chronic illness is also found to have a direct association with social support.

Given the above facts, the Indian society should effectively utilize the strength of the institution of family and extended family to enhance the health and wellness status. The projections of World Health Organization (WHO) on the prevalence of Non-communicable Diseases (NCD) are indeed alarming. Rather than quoting these statistics in academic context, the researchers and practitioners should work on innovative psychosocial approaches in effective use of the family and social support of the patients in effective disease management and come out with public health measures that utilize the family and society for promoting healthy lifestyle to minimize the incidence of NCDs.

It is time that the Indian population reinvent the strength of family support and strengthen the age- old practices of family unifications, through frequent family reunions, utilizing the various social media to for sustained the communication but not limit it to the social media communication. The virtual family interactions should supplement rather than replace the frequent real meetings and interactions. The strength of Indian culture lies in family bonding and unity. It is not only the need but also the responsibility of the researchers in the field of Social Sciences and Behaviuoural Sciences to prove the strength of this affiliation aspect of Indian society so as part of the national vision to be the *VISHWA GURU*.

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