

Ruh Sađlıđı ve Öznel İyi Oluş

Mental Health And Subjective Well-Being

Meliha TUZGÖL DOST

Abstract

Although concepts such as happiness and joy can be found in documents dating back to Ancient Greece, until recent decades both psychology and psychiatry had focused almost exclusively on negative aspects of human life. Indeed, until recently the concept of well-being was conceptualized as absence of disease. Today, it is understood that well-being is more inclusive than simply meaning absence of disease. Among other factors, well-being involves a general sense of satisfaction from life, effective social functioning, and positive affect. The paradigm change in the conceptualization of well-being has led to increased interest in the concept. This change has vital implications for counseling. It necessitates counselors to set goals beyond eliminating presenting issues. Hence, the general goal in counseling has been extended from eliminating symptoms to promoting well-being.

Key Words: Subjective Well-Being, Psychological Well-Being, Happiness, Mental Health.