

Contribution of Meaning and Purpose in Life to Achieving Psychological Well-being

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Psychological wellbeing is a crucial aspect that significantly impacts on the quality of life of an individual. When mental health is compromised, it affects thinking, behaviour and interactions. Sound mental health allows us to think critically, make informed decisions, cope with stress, act responsibly, and build meaningful relationships. An increasing number of organizations focus on mental wellbeing to minimize stress and enhance productivity in the workplace. Parents and educators often focus on emotional wellbeing of young people with a view to increasing resilience and resolve. Youth are at the apex of vulnerability as they are in the process of building an identity “who am I”, searching for role models, attempting to find meaning and purpose in life, keen to individuate from the influence of parents and educators. Youth tend to be impulsive, binary, seeking significance to be relevant, which increases their vulnerability, often falling prey to substance misuse, violent extremist groups and gangs, and mental health problems.

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