

Individuals' Inner Wellbeing during the COVID-19 Pandemic: A Quantitative Comparison of Social Connections and Close Relationships between the UK and India

Authors : Maria Spanoudaki, Pauldy C. J. Otermans, Dev Aditya

Abstract : Relationships form an integral part of our everyday wellbeing. In this study, the focus is on Inner Wellbeing which can be described as an individuals' thoughts and feelings about what they can do and be. Relationships can come in many forms and can be divided into Social Connections (thoughts and feelings about the social network people can establish and rely on), and Close Relationships (thoughts and feeling about the emotional support people can receive from significant others or their close, intimate circle). The purpose of this study is to compare the Social Connections and Close Relationship dimensions of Inner Wellbeing during the COVID-19 pandemic between the UK and India. 392 participants in the UK and 205 participants India completed an online questionnaire using the Inner Wellbeing scale. Factor analyses showed that the construct of Inner Wellbeing can be described as one factor for the UK sample whereas it can be described as two factors (one focusing on positive items and one focusing on negative items) for the Indian sample. Results showed that Social Connections were significantly during COVID-19 in the UK compared to India, whereas there is no significant difference for Close Relationships. The implications on relationships and wellbeing are discussed in detail.

Keywords : social networks, relationship maintenance, relationship satisfaction, COVID-19

Conference Title : ICPPW 2022 : International Conference on Positive Psychology and Wellbeing

Conference Location : London, United Kingdom

Conference Dates : June 27-28, 2022