

# Proposing Recent Cognitive Constructs and Process for Developing a Composite Framework Measuring Psychological Wellbeing of Working Population

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## Abstract

Wellbeing has been a focus of study since the early 21st century. Numerous studies have uncovered the significance of psychological well-being in conjunction with an individual's life choices, affective state and growth. Psychological and cognitive factors influence not just the experience of health and illness, but also health behaviors and emotional arena of an individual. Consequently, well-being has been strongly constructed as a concept, by developing related scales to measure the same. However, well-being is an exploration for an individual, changing the dynamic nature of well-being and the process of the change into a complex and meandering method; indicating a reasonable need to revisit the concept of well-being. Therefore, the present study is a review and investigation for proposing the recent cognitive constructs and a process to develop a new wellbeing measurement.

The present study mainly focused on to reexamine the newly emerged cognitive psychological factors through reviewing the existing current literature and knowledge in this area and proposing the relevant composite cognitive constructs which are highly correlated with the psychological wellbeing and are extremely relevant to be practiced in today's context for both general and more specific to the working population for the purpose of enhancing the psychological wellbeing.

**Keywords:** Cognitive Constructs, New Scales, Measurement, Psychological, Well-being