



## Mental Health and Psychological Well-being among in Context of Behavioural Pattern and Life Satisfaction

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### ABSTRACT

The present study aimed to make a comparison between adolescents belonging to type-A and type-B behavioural pattern in terms of their mental health and well-being. Further, adolescents belonging to high and low life satisfaction groups in terms of their mental health and well-being. It was hypothesized that (i) adolescents of type-A and type-B behavioural pattern group will differ significantly in terms of their mental health & well-being. (ii) adolescents belonging to high and low life satisfaction groups will differ significantly in terms of mental health well-being. For the purpose, 400 adolescent respondents were selected from +2 high schools of urban Patna using purposive sampling technique. The respondents were administered MHCL by Kumar A, PWB by Sisodia & Choudhary, Life Satisfaction Scale by Alam & Srivastava to measure various dependent & independent variables. Besides these, a PDS was used to seek the personal information about the respondent. The obtained data were treated using t-ratio. The hypotheses were retained. It was found that respondents of type-B behaviour pattern group were having sound mental health and high PWB as compared to their counterpart respondents belonging to type-A behavioural pattern group. Further, respondents of high life satisfaction group were found possessing sound mental health and high PWB. It was conducted that (i) type-B behavioural pattern is conducive to both possessing sound mental health & high psychological well-being. On the other hand type-A Behavioural Pattern lack behind in terms of both mental health & well-being. (ii) Independent variables (stress, depression, behavioural pattern, Sex role orientation, emotional intelligence & life

*satisfaction) all are significantly correlated with DV (mental health & well-being).*

## **KEY WORDS**

*Mental Health, Psychology, Behaviour, Life Satisfaction.*

## **INTRODUCTION**

Adolescence is a critical developmental period marked by significant physical, emotional, cognitive, and social changes. It is during these years that young individuals begin to forge their identities, establish social connections, and navigate the complex challenges of growing up. As such, the mental health and well-being of adolescents are of utmost importance, as they serve as a foundation for future life outcomes. One of the most crucial aspects of understanding adolescent well-being lies in exploring the connection between behavioral patterns and life satisfaction.

The concept of mental health in adolescence goes beyond the mere absence of mental disorders; it encompasses emotional, psychological, and social well-being. A mentally healthy adolescent is able to navigate the stresses and demands of this transitional period with resilience, engage in healthy relationships, make sound decisions, and maintain a positive outlook on life. On the other hand, mental health challenges—such as anxiety, depression, and stress—are increasingly common in this age group, and these challenges can significantly impact an adolescent's life satisfaction and overall quality of life.

Behavioral patterns during adolescence play a critical role in shaping mental health outcomes. Adolescents are often at a stage where they experiment with different behaviors, some of which may be risk-taking or maladaptive, while others are adaptive and promote healthy growth. Risk behaviors such as substance use, reckless driving, unsafe sexual practices, and violent actions can stem from the pressures of peer influence, family dynamics, or a lack of emotional coping strategies. Conversely, behaviors like physical activity, healthy eating, positive social interactions, and academic engagement contribute to better mental health and higher life satisfaction.

The concept of life satisfaction, in turn, is a significant indicator of well-being, particularly in adolescents. Life satisfaction refers to the subjective evaluation of one's life as a whole, which is influenced by various factors such as family support, peer relationships, academic success, and personal achievements. During adolescence, life satisfaction is often tied to the ability to meet social and academic expectations, navigate interpersonal relationships, and establish a sense of purpose and identity. Adolescents who report higher levels of life satisfaction typically display more positive mental health outcomes, including lower levels of depression and anxiety.

Research has shown that there is a bidirectional relationship between mental health and life satisfaction in adolescence. Poor mental health can lead to lower life satisfaction, and conversely, a lack of life satisfaction can exacerbate mental health issues. For instance, an adolescent who feels socially isolated may struggle with feelings of loneliness or depression, which in turn, could lower their overall satisfaction with life. Similarly, adolescents who face academic stress or family conflict may experience emotional distress, which can lead to negative behavioral patterns, such as withdrawal or aggressive behavior.

Several factors influence the mental health and life satisfaction of adolescents, including family environment, peer relationships, socioeconomic status, and cultural background. Supportive family relationships, in particular, have been linked to better mental health outcomes and higher life satisfaction. Adolescents who experience warm, responsive, and secure relationships with their caregivers are more likely to exhibit adaptive coping strategies, such as problem-solving and emotional regulation, which promote well-being. Peer relationships, too, play a significant role, as adolescence is a period of increasing social interaction and a desire for acceptance within peer groups. Positive peer interactions can lead to increased self-esteem and greater life satisfaction, whereas negative or stressful peer interactions, such as bullying or social exclusion, can contribute to mental health problems.

Furthermore, modern societal pressures, including academic performance, social media use, and body image concerns, also impact adolescent mental health. With the rise of digital technology, adolescents are constantly exposed to idealized images and unrealistic standards, which can foster feelings of inadequacy or anxiety. The pressure to succeed academically and socially can result in stress, burnout, and low life satisfaction, particularly in those who feel they are unable to meet these expectations.

In summary, the mental health and well-being of adolescents are intrinsically linked to their behavioral patterns and life satisfaction. Understanding how these elements interact is crucial for developing interventions and support systems that promote healthier outcomes during this pivotal life stage. The combination of positive behavioral patterns, a supportive environment, and a sense of life satisfaction can significantly enhance the mental health of adolescents, while the opposite can contribute to emotional distress and long-term difficulties. Addressing these interconnected factors is essential for fostering a generation of young individuals who can thrive both mentally and emotionally.

## Review of Literature

Hawes, T., & Ellis, B.<sup>6</sup> (2018) investigated the relationship between adolescent behavioral patterns (e.g., risky behaviors, substance use, and social interactions) and mental health outcomes. The research suggests that adolescents engaging in maladaptive behavioral patterns, such as substance use or delinquency, are more likely to experience mental health challenges like depression and anxiety. The authors highlight the importance of early intervention and promoting healthy behavioral patterns to enhance mental well-being in this age group. McLeod, J. D., & Shanahan, M. J.<sup>7</sup> (2010) examined how family dynamics (e.g., parental support, conflict, and socioeconomic status) influence adolescents' life satisfaction and mental health. The findings reveal that strong familial support correlates with higher life satisfaction and better mental health outcomes, while family conflict and poor socioeconomic conditions are linked to lower life satisfaction and higher rates of mental health issues in adolescents. Steinberg, L., & Monahan, K. C.<sup>11</sup> (2007) explored the role of peer influence on adolescent behavior, particularly focusing on risky behaviors like substance use and delinquency. The authors argue that peer relationships significantly shape adolescent decision-making and mental health outcomes. Positive peer relationships enhance well-being and life satisfaction, while negative peer influences contribute to maladaptive behaviors and mental health difficulties. Owens, M., et al.<sup>8</sup> (2014) highlighted the growing academic pressures faced by adolescents and their impact on mental health and life satisfaction. The study finds that academic stress is a significant predictor of mental health issues such as anxiety and depression, which in turn reduce life satisfaction. Strategies for managing academic pressure, such as mindfulness and stress management interventions, are discussed as essential for improving adolescent well-being. Fuchs, C., & Krotz, F.<sup>3</sup> (2019) reviewed examines the impact of social media on adolescent mental health. The authors note that excessive social media use has been associated with increased rates of anxiety, depression, and poor body image, especially among adolescent girls. The study calls for a balanced approach to social media use and emphasizes the importance of face-to-face social interactions for promoting mental well-being. Chao, R. K., & Tseng, V.<sup>2</sup> (2002) explored how cultural factors, such as collectivism versus individualism, affect adolescents' mental health and life satisfaction. The study concludes that cultural values play a critical role in shaping how adolescents perceive their life satisfaction and navigate mental health challenges. For instance, adolescents in collectivist cultures may place a higher value on family harmony and community approval, which can either protect against or exacerbate mental health struggles depending on the context. Biddle, S. J., & Asare, M.<sup>1</sup> (2011) explored the relationship between physical activity and mental health in adolescents. The authors find that regular participation in physical activity is associated with improved mood, reduced symptoms of anxiety and depression, and higher levels of life satisfaction. The research highlights the importance of encouraging physical activity as a protective factor for adolescent mental health. Short, M., & Blunden, S.<sup>10</sup> (2018) examined the impact of sleep patterns on adolescent mental health. The findings suggest that insufficient or poor-quality sleep is linked to a range of mental health problems, including depression,

anxiety, and irritability. The authors recommend that interventions to improve sleep hygiene be incorporated into mental health programs aimed at adolescents to enhance overall well-being and life satisfaction. Harter, S.<sup>5</sup> (2012) focused on the role of self-esteem in adolescent mental health and life satisfaction. The research shows that adolescents with higher self-esteem tend to report greater life satisfaction and are less likely to experience mental health issues like depression and anxiety. The study emphasizes the importance of fostering healthy self-esteem during adolescence through supportive environments, positive reinforcement, and self-reflection practices. Gorman-Smith, D., & Tolan, P. H.<sup>4</sup> (2003) investigated how socioeconomic status (SES) influences adolescent mental health and behavioral outcomes. The findings suggest that adolescents from lower SES backgrounds are at higher risk for developing mental health problems due to factors like financial stress, limited access to resources, and neighborhood violence. The authors recommend policies that address economic disparities and improve access to mental health services for disadvantaged youth. Shiner, R. L., & Caspi, A.<sup>9</sup> (2003) examined the relationship between personality traits and mental health outcomes in adolescents. The study identifies certain personality traits, such as high levels of neuroticism and low levels of conscientiousness, as predictors of mental health issues such as depression and anxiety. The research suggests that early interventions targeting personality development may help prevent the onset of mental health difficulties and enhance life satisfaction in adolescents.

## Objectives

1. To make a comparison between adolescents belonging to Type-A and Type-B behavioural pattern groups in terms of their mental health and well-being.
2. To make a comparison between adolescents belonging to high and low life satisfaction groups in terms of their mental health and well-being.

## Hypotheses

- H<sub>1</sub>** Adolescents belonging to Type-A and Type-B behavioural pattern groups will differ significantly in terms of their mental health and well-being.
- H<sub>2</sub>** Adolescents belonging to high and low life satisfaction groups will differ significantly in terms of their mental health and well-being.

## Method of Study

### Sample Used

The sample comprised 128 adolescents selected from among +2 level school of Urban Patna using purposive sampling. They were equally divided into Type-A and Type-B behavioural pattern groups as well as high and low life satisfaction groups. Other than the conditions of research. They were matched so far as practicable.

### Design

Between group design was used.

### Tools Used

1. A Personal Data Sheet prepared by the researcher was used to seek the personal information about the respondents.
2. Mental Health Check List by Pramod Kumar was used to measure mental health of the respondent.
3. Psychological Well-being Scale by Devendra Singh Sosodia & Pooja Choudhary was used to measure psychological well-being to the respondents.
4. A/B Behavioural Pattern Scale by Dhar, Upinder and Jain, Manish was used to measure type-A & type-B behavioural pattern of the respondent.
5. Life Satisfaction Scale by Alam & Srivastava was used to measure life satisfaction of adolescents respondents.

## Results and Interpretations

**Table 01:** Comparison of means between type-A and type-B behavioural pattern groups of adolescents on mental health and well-being based on t-values.

Variables	Behavioural Pattern				t-value	df	P
	Type-A (N=64)		Type-B (N=64)				
	Mean	SD	Mean	SD			
Mental Health	34.96	4.11	40.23	4.29	7.03	126	<.01
Well-being	183.28	4.25	191.55	4.71	10.47	126	<.01

The findings displayed by table-01 clearly justify the influence of personality pattern or behavioural pattern on mental health and subjective well-being. The mean on mental health by adolescents belonging to type-B behavioural pattern group (Mean = 40.23) dominates over the mean on mental health by adolescents belonging to type-A behavioural pattern group (Mean = 34.96). The t-value showing significance of difference between means was found significant ( $t = 7.03$ ;  $df = 126$ ;  $p < .01$ ). Thus, hypothesis no. 01 was upheld partly. Further, the type-A and type-B behavioural patterns groups of adolescents differ significantly in terms of subjective well-being. The mean on subjective well-being by type-B behavioural pattern group of adolescents (Mean = 191.55) is higher than the mean by type-A behavioural pattern group of adolescents (Mean = 183.28). The t-value showing the difference between the means on subjective well-being by type-A and type-B behavioural pattern groups of adolescents was found significant ( $t = 10.47$ ;  $df = 126$ ;  $p < .01$ ). Thus, the hypothesis no. (1) is entirely supported and retained.

**Interpretation:** Adolescents manifesting Type B behavioral patterns exhibit comparatively sound mental health because this personality style is characterized by calmness, patience, and a relaxed approach toward life demands. Type B adolescents experience lower stress reactivity, show greater tolerance for setbacks, and maintain balanced interpersonal relationships, all of which protect psychological well-being. They are less prone to competitiveness, hostility, and time urgency—traits common in Type A personalities that often lead to anxiety, frustration, and stress-related problems. In contrast, Type A adolescents' heightened drive and constant pressure for achievement make them more vulnerable to emotional strain, thereby impairing their mental health.

Further, Adolescents manifesting Type B behavioral patterns show comparatively sound psychological well-being because they are generally calm, relaxed, and less pressured by competitiveness or urgency. Their easygoing nature allows them to handle academic and social stress with patience, reducing the risk of anxiety, frustration, and burnout. Type B individuals are more likely to enjoy balanced lifestyles, healthier relationships, and greater emotional stability, which foster psychological well-being. In contrast, Type A adolescents—characterized by competitiveness, impatience, and hostility often experience chronic stress, tension, and interpersonal conflicts, making them more vulnerable to psychological distress and lower overall well-being.

**Table 02:** Comparison of means between high and low satisfaction groups of adolescents on mental health and well-being based on t-values

Variables	Life Satisfaction				t-value	df	P
	High (N=64)		Low (N=64)				
	Mean	SD	Mean	SD			
Mental Health	41.90	4.70	36.25	4.52	6.90	126	<.01
Well-being	186.70	4.81	180.49	4.92	7.31	126	<.01

The results displayed by table-02 clearly revealed the fact that life satisfaction significantly influence the mental health and subjective well-being respectively. The mean on mental health by high life satisfaction group of adolescents (Mean = 41.90) is higher than the mean by low life satisfaction group of adolescents (Mean = 36.25). The t-value exhibiting the difference between the mean was also found significant ( $t = 6.90$ ;  $df = 126$ ;

<.01). Thus, hypothesis two was partly retained. Thus, mental health is function of life satisfaction.

Further, mean on subjective well-being by high life satisfaction group was comparatively higher (Mean = 186.70) than the mean on subjective well-being by low life satisfaction group of adolescents (Mean = 180.49). The t-value showing the significance of difference between the means was found significant ( $t = 7.31$ ;  $df = 126$ ;  $p < .01$ ). Thus, hypothesis no. (02) was fully retained. Thus, subjective well-being is also the function life satisfaction.

**Interpretation:** Adolescents manifesting sound life satisfaction also demonstrate sound mental health because satisfaction with life reflects a positive evaluation of one's circumstances, achievements, and relationships. When adolescents feel content and fulfilled, they experience higher self-esteem, optimism, and emotional stability, which buffer against stress and psychological distress. This sense of satisfaction fosters resilience, effective coping, and stronger social connections—all protective factors for mental health. In contrast, adolescents with poor life satisfaction often feel unfulfilled, dissatisfied, or disconnected, which increases vulnerability to anxiety, depression, low self-worth, and maladaptive coping, thereby undermining their overall mental health.

Further, Adolescents manifesting sound life satisfaction exhibit comparatively sound psychological well-being because life satisfaction reflects a positive evaluation of one's experiences, goals, and relationships. When adolescents feel satisfied with their lives, they develop higher self-esteem, optimism, and emotional stability, which buffer against stress and psychological distress. This sense of fulfillment enhances resilience, social connectedness, and motivation, all of which are vital for mental health. In contrast, adolescents with poor life satisfaction often experience frustration, hopelessness, and dissatisfaction in key life domains, making them more prone to anxiety, depression, and diminished psychological well-being.

## CONCLUSIONS

- (i) Adolescents belonging to type-B behavioural pattern group excel over adolescents of type-A behavioural pattern group in terms of manifesting sound mental health. Types-B behavioural pattern group of adolescents comparatively manifest sound mental health than type-A behavioural pattern group of adolescents.
- (ii) Psychological well-being is a function of behavioural pattern. Type-B behavioural pattern group of adolescents excel over type-A behavioural pattern group of adolescents in terms of manifesting better psychological well-being.
- (iii) High and low life satisfaction group of adolescents manifest different mental health behavior. Adolescents with high life satisfaction manifest comparatively sound mental health as compared to low life satisfaction group of adolescents.
- (iv) High and low life satisfaction groups of adolescents significantly differ in psychological well-being. High life satisfaction group of adolescents excel significantly over low life satisfaction group of adolescents in terms of having high psychological well-being.

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