

SOCIAL ISSUES OF MODERNITY AND THEIR IMPACT ON SOCIO-PSYCHOLOGICAL HEALTH IN THE COMMUNITY

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Abstract: In today's dynamic world, the issue of psychological well-being becomes highly relevant, as it directly affects the life quality of individuals and the effectiveness of their interaction with the social environment. Rapid social changes, economic instability, and globalization processes create additional challenges for mental health. They emphasize the importance of an adequate societal response to these challenges. The article presents a comprehensive analysis of the factors affecting mental health, including the role of socio-economic inequality, educational level, social support, and spirituality. It has been found that higher income inequality correlates with a higher proportion of mental illnesses. At the same time, an increase in education contributes to psychological resilience. The importance of social ties and spiritual practices proved to be essential, especially in the context of their ability to reduce stress and increase emotional well-being. The research findings emphasize the need for a comprehensive approach to mental health support, including consideration of socio-economic, educational, and cultural factors. The authors recommend expanding the social support network and taking into account individual spiritual needs in psychotherapy and health care. Further research directions include studying the impact of globalization on psychological well-being and developing culturally sensitive methods of psychological support. This article contributes to a deeper understanding of the complex interrelationships that shape psychological well-being and provides practical recommendations for supporting mental health in a broader societal context. Based on the limitations this study identified, further research should focus on a detailed analysis of individual adaptation and resilience strategies in the context of social and economic changes.

Keywords: emotional well-being, social well-being, mental health, psychological socio-economic inequality, psychotherapy, social connections, social support, stress, social problems, psyche, social services, community.

1 Introduction

In today's changing world, where social changes occur at an extraordinary rate, the importance of understanding their impact on the psychosocial health of communities is becoming increasingly important. Societies all over the world are facing a variety of challenges, starting from economic inequality and political conflicts to environmental changes and pandemics. Each of them has its own unique psychosocial consequences for individuals and communities. In this context, looking at the study through the prism of the capability approach, we see an urgent need to focus our research on expanding the understanding of how social problems affect the ability of individuals and communities to achieve well-being and development.

In this paper, we will focus not only on analyzing existing social challenges but also on identifying ways to transform them into opportunities for improving social health and harmony in communities. In this regard, our research aims to contribute to the formation of a more fair and healthy society where everyone can fulfill their potential and contribute to the common welfare.

2 Literature review

The study by A. M. Lohr (Lohr, 2021) examines the impact of a community-clinic linkage model led by public health specialists on improving emotional well-being among Latino communities on the US-Mexico border. S. Agha (Agha, 2021) analyzes the psychological well-being of individuals during the COVID-19 lockdown, focusing on a four-factor coping structure. The results emphasize the importance of coping as a key mechanism in mental health during the crisis, which complements the understanding of the impact of external conditions on emotional well-being. In their brief review, J. H. De Kock, H. A. Latham, S. J. Leslie, et al. (De Kock et al., 2021) explore the impact of COVID-19 on the mental health of healthcare workers. The authors emphasize the need to develop targeted approaches to

reduce the psychological burden among healthcare workers. This resonates with the emphasis on cross-sectoral collaboration noted in previous studies. S. Arakelyan and A. Ager (Arakelyan & Ager, 2021) extended this discussion by proposing a multilevel bioecological analysis of factors affecting the mental health and psychosocial well-being of refugee children. Their approach highlights the importance of a comprehensive analysis of the social context for understanding psychological well-being in the context of global migration and conflict.

The study by H. A. Alfawaz, K. Wani, and co-authors (Alfawaz et al., 2021) further expands this topic and focuses on the psychological well-being of the academic community of a Saudi Arabian university during the COVID-19 lockdown. The authors found that providing access to mental health support and resources can significantly improve the psychological well-being of individuals facing isolation and stress related to the pandemic. This study complements the previously mentioned analyses by emphasizing the importance of access to psychological support and resources as a key element of mental health in crisis.

D. L. Crouse, L. Pinault, T. Christidis, and co-authors (Crouse et al., 2021) confirm that the natural environment can be an important resource for improving psychological health. The authors point out the need to integrate environmental and social initiatives into public health strategies. Additionally, the study by M. Saud, A. Ashfaq, A. Abbas, S. Ariadi, and Q. Mahmood (Saud et al., 2021) focuses on the role of religious support in psychological well-being during COVID-19 in Indonesia. The authors have found that religious support and the use of religious coping strategies significantly contributed to the improvement of psychological well-being during the pandemic.

It is worth noting that the importance of psychological well-being in the context of the COVID-19 pandemic and other stressful situations becomes even more apparent when it comes to vulnerable groups, including older people with chronic diseases (Chan et al., 2021). In the context of stigma and its impact on psychological well-being, O. T. Sims, J. Gupta, S. A. Missmer, and I. O. Aninye (Sims et al., 2021) offer recommendations for improving psychosocial well-being and reducing diagnostic delays. This is an essential contribution to understanding the complex nature of chronic illness's impact on mental health.

Considering the experiences of healthcare specialists, R. J. Jarden, A. Jarden, T. J. Weiland, and co-authors (Jarden et al., 2021) conduct a qualitative meta-synthesis that highlights the impact of working in the first year of practice on nurses' psychological well-being and illness. This study emphasizes the importance of supporting the psychological health of healthcare specialists, especially in the early stages of their careers. Similar studies have been conducted with students and other populations (Tan et al., 2021), exploring the role of resilience and environmental stress on the psychological well-being of Chinese students during the pandemic.

O. Grabowska-Chenczke, S. Wajchman-Świtalska, and M. Woźniak (Grabowska-Chenczke, Wajchman-Świtalska, & Woźniak, 2022) expand the understanding of the correlation between psychological well-being and being close to nature. Their findings emphasize the importance of natural areas as an essential factor in maintaining psychological well-being, adding another dimension to a comprehensive approach to mental health. A. Tabur, S. Elkefi, A. Emhan, C. Mengenci, Y. Bez, and O. Asan (Tabur, Elkefi, Emhan, Mengenci, Bez, & Asan, 2022) point to the critical need to develop strategies to support mental health among healthcare professionals, especially during crises.

The study by N. Fields, L. Xu, J. Greer, and E. Murphy (Fields, Xu, Greer, & Murphy, 2021) emphasizes the potential of innovative approaches to mental health support by expanding the

boundaries of traditional intervention methods. V. Ceri and I. Cicek (Ceri & Cicek, 2021) highlight an increased risk of psychological problems among healthcare workers. R. Calderon Jr, S. Pupanead, W. Prachakul, and G. Kim (Calderon Jr, Pupanead, Prachakul, & Kim, 2021) investigate happiness, perceived stress, proving the need to develop strategies to support mental health in academic communities. M. Matsushima and H. Horiguchi (Matsushima & Horiguchi, 2022) emphasize the need for economic and social policy interventions.

G. L. Marshall, E. Kahana, W. T. Gallo, K. L. Stansbury, and S. Thielke (Marshall, Kahana, Gallo, Stansbury, & Thielke, 2021) emphasize the importance of economic stability for maintaining mental well-being among older adults. Altogether, these studies provide a multidimensional portrait of the current state of psychological well-being across populations and countries. They emphasize the importance of a comprehensive approach to addressing mental health issues that includes economic support, social interventions, as well as the development of personal resources and mutual support.

This paper aims to identify and analyze the mechanisms that facilitate or impede the realization of well-being potential in different social contexts through socio-economic conditions, as well as cultural and personal factors.

3 Methods

In the context of this research, we approach the study of psychological well-being from the perspective of an integrated methodology that combines dialectical, socio-psychological, and systemic approaches, as well as methods of analysis and synthesis.

The dialectical method allows us to consider psychological well-being that results from the interaction of opposites and conflicts in social and personal life. The socio-psychological approach focuses on the study of how the social environment influences the psychological condition of an individual. We study how social ties, cultural norms, and values, as well as social support and interaction, affect people's emotional well-being. A systems approach allows us to evaluate psychological well-being as part of a broader social, economic, environmental, and political system. Both analysis and synthesis are the key methods for processing the information collected through the above approaches.

We believe that the proposed interdisciplinary approach not only contributes to a deeper understanding of the psychological well-being phenomenon but also opens up ways to develop more effective intervention and support strategies that can adapt to the diverse living conditions of individuals and communities.

4 Results

By seeking to uncover the deep interconnectedness between a person's socio-economic conditions and psychological well-being, we approach the analysis of this dynamic with detailed attention to the complexity and multidimensionality of its components. In this section of our study, we use a dialectical approach to examine how socio-economic factors (income, employment status, education, and access to social services) interact with the psychological state of an individual to promote or hinder mental well-being.

Based on a wide range of studies, it can be argued that financial instability and economic insecurity often lead to increased levels of stress, anxiety, and depression. Such dynamics are particularly evident in contexts where a wide gap between rich and poor further deepens social exclusion and marginalization of vulnerable groups. Let us analyze the following Figure 1 proposed by D. Ballas:



Figure 1. Correlation between income inequality and mental illnesses

Source: (Ballas, 2013).

The Figure 1 presents data from various countries, including Japan, Italy, Spain, Germany, Belgium, the Netherlands, France, Canada, New Zealand, the United Kingdom, Australia, and the United States. The abscissa axis (horizontal axis) shows the level of income inequality in these countries, which increases from left to right. The ordinate axis (vertical axis) shows the percentage of the population with mental illness, rising from the bottom to the top. The Figure 1 shows that there is a positive correlation between income inequality and mental illness. In other words, countries with higher levels of income inequality, such as the United States, have a higher percentage of the population with mental illness. In contrast, countries with lower levels of income inequality, such as Japan and the Scandinavian countries, have a lower percentage of their population suffering from mental illness.

These findings open up a discussion about the potential impact of economic stability and social justice on mental health. In particular, it may indicate that societies with a more egalitarian income distribution system and greater social support may be more conducive to better mental health. This trend may be related to various factors, including lower levels of social isolation, less stress from economic anxiety, and greater access to social resources for all population segments.

Further, when analyzing the role of education, it turns out that higher levels of education not only contribute to better economic prospects but also correlate with higher levels of psychological well-being. Education serves as an essential tool for connecting with the world. It allows people to better cope with life's challenges, provides access to information and health resources, and opens up greater opportunities for social interaction and participation. This correlation is reflected in the following Figure 2.

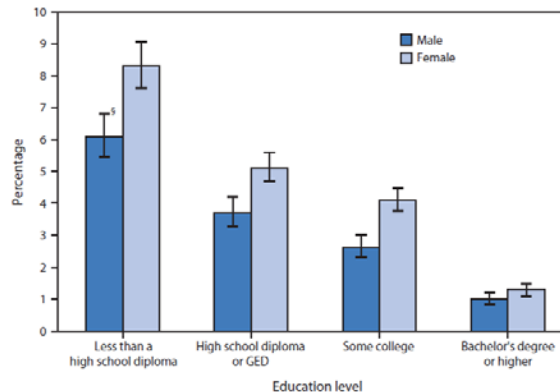


Figure 2. Correlation between education level and mental illnesses

Source: (National Health Interview Survey, 2014)

In this figure, we see the percentage of people with mental illnesses by education level, separated by gender. The data is presented for four categories of education: those with less than a high school diploma, those with a high school diploma or GED (General Educational Development), those with incomplete higher education (some college), and those with a bachelor's degree or higher.

We can draw several observations based on the figure:

- there is a tendency towards a decrease in the percentage of people with mental illness with increasing levels of education for both genders;
- the highest percentage of people with mental diseases is observed in the category with less than a high school diploma;
- the lowest percentage is observed in the category of people with a bachelor's degree or higher;
- in all categories of education, women have a slightly higher percentage of mental illnesses compared to men. However, this difference becomes less pronounced at the level of higher education.

Next, we turn to the second content area, which pays special attention to the impact of social interactions and cultural factors on the emotional well-being of individuals. In this context, we seek to explore how the social environment and cultural milieu of a person's life shape their psychological well-being. At the same time, we keep in mind that cultural norms, traditions, and values play a crucial role in determining well-being parameters.

Social interactions play a crucial role in shaping an individual's psychological well-being. They act as a fundamental factor influencing emotional well-being. Family ties, friendships, and active participation in community life not only provide critical social contacts but also contribute to a deep sense of connection, support, and understanding that are critical to our mental health. Family ties, characterized by mutual support and love, create the basis for developing a sense of security and affiliation. In a family, a person receives not only emotional support but also learns to interact with the social world. This forms the basis for developing resilience and the ability to adapt to changes in the broader social context.

For its part, friendship plays an equally important role, providing an individual with an opportunity to share thoughts, experiences, and emotions. It helps to relieve emotional stress and reduce stress levels. Friends often become a source of new ideas, motivation for personal growth, and, in a certain way, a mirror that allows people to better understand themselves. Participation in public life, including volunteering, involvement in social movements, or simply active communication with neighbors, expands social networks and strengthens the sense of self-worth and effectiveness. Active participation in community life allows individuals to feel part of something bigger and contributes to self-esteem and life satisfaction.

Cultural values, beliefs, and practices play a crucial role in shaping the psychological well-being of individuals. They form the basis on which people build their understanding of life, determine the meaning of their actions, and develop coping

strategies. The cultural context not only influences an individual's perception of their place in the world but also shapes the boundaries of normal and acceptable behavior. This, in turn, affects their sense of belonging and identity.

In cultures that value collectivistic values, such as family cohesion and community support, people often turn to social media as a primary source of emotional support and problem-solving. Such approaches to mutual aid and solidarity can significantly contribute to reducing feelings of isolation and loneliness, increasing overall psychological well-being.

In contrast, in cultures with strong individualistic orientations, with an emphasis on autonomy, personal freedom, and achievement, individuals may rely more on their own resources and intrinsic motivation to overcome difficulties. At the same time, a lack of external support or an overemphasis on self-sufficiency can lead to increased levels of stress and anxiety.

Cultural aspects play a fundamental role in shaping psychological well-being. They determine how people perceive themselves and the world around them, their strategies to cope with life's challenges, and how they build their relationships with others. Attention to cultural specificity is key in developing effective approaches to mental health support at the individual and collective levels. As an essential aspect of social relationships, social support plays a crucial role in maintaining the psychological well-being of an individual. Its influence is manifested in a wide range of forms, from emotional cohesion to practical assistance, which can be crucial in different life situations. Emotional support, including expressions of empathy, care, and understanding, is the basis for building a sense of security and trust. In situations where a person is facing stress or personal crises, such support can be a decisive factor in preventing the development of mental disorders or promoting mental health recovery.

Informational support provides valuable information and advice and can help people solve their problems. It can also give them the knowledge and resources to manage stressful situations more effectively and overcome life's challenges. Material support, including financial assistance or practical help in everyday life, is vital during crises when personal resources may be limited. Such support can provide the necessary "bridge" to overcome temporary difficulties. Ultimately, it contributes to a sense of stability and control over the situation. Access to a broad social support network can significantly reduce stress, increase adaptive capacity, and facilitate recovery from mental trauma. This, in turn, strengthens the sense of social belonging and promotes healthy relationships between individuals. Social support also fosters a sense of belonging, which is critical for social and emotional well-being, as humans are social beings who seek contact with others.

In the following table (Table 1), we compare different interventions aimed at improving the psychosocial health of communities. It demonstrates how various forms of interventions can affect mental health. This emphasizes the importance of a comprehensive approach to organizing community support.

Table 1. Interventions to improve the social and psychological health of communities

Intervention type	Intervention description	Target group	Expected impact on psychological health
Social support	Organizing self-help groups, social services to support vulnerable groups and mentoring programs.	People experiencing stress and social isolation, unemployed people, and the elderly.	Decrease in the feeling of loneliness, increase in resources for coping with stress, and improvement of the overall well-being.
Educational programs	Educational seminars and training on psychological health and stress management courses.	Students, youth, corporate employees, educators.	Increase in awareness of mental health issues, learning the skills of self-help and stress management.
Medical services	Access to qualitative medical services, psychotherapy, consultations, and treatment of mental disorders.	People with symptoms of mental illness and people requiring professional mental health assistance.	Improved access to treatment, early diagnosis and intervention, and improved quality of life for patients.

Based on these points, the analysis of social support emphasizes the need to develop and maintain an infrastructure of social

services and networks that can provide effective assistance to individuals in need. This may include investing in community

centers, psychological support programs, mental health initiatives in the workplace, and social services that provide support for financial, housing, or other everyday problems. Overall, social support serves as a fundamental resource for achieving and maintaining psychological well-being and resilience, which is particularly important when facing stress and uncertainty.

5 Discussion

When looking at the spiritual aspects of psychological well-being, we encounter a variety of perspectives that emphasize the depth and complexity of spirituality's impact on mental health. The first perspective is based on the thesis that spiritual practices and religious beliefs provide a strong foundation for psychological resilience. They offer people mechanisms for coping with life's challenges. According to this perspective, spirituality contributes to a meaningful life. It gives a sense of purpose and support from a higher power, which is critical when facing crises and uncertainty. The opposite view argues that a strong attachment to spirituality and religion can lead to excessive passivity, where individuals rely solely on religious solutions to their problems, ignoring the need for active action or the use of external resources. There is also a risk that a dogmatic perception of religious beliefs can lead to intolerance, internal conflicts, and psychological trauma.

We believe that spirituality should be integrated into the broader context of psychological well-being, taking into account its potentially positive impact and recognizing its limitations. Spirituality should be used as one of many tools for maintaining mental health rather than as the only answer to all of life's challenges.

The next challenge we encounter when considering psychological aspects. It concerns the provision of an individualized approach within religious communities and health care. On the one hand, there is a need to recognize and support individual spiritual needs within psychotherapy and health care. On the other hand, it is essential to avoid imposing religious beliefs or practices that may not be in line with the patient's or client's personal beliefs.

Our assessment of this dilemma is based on the belief that effective psychological well-being provision requires a flexible approach that embraces spirituality as a potential source of strength for some and recognizes the possibility of other ways of self-actualization for others. In this context, the integration of religious support into psychotherapeutic and medical programs should not limit the personal freedom and autonomy of the client or patient. It should rather respect their choices and their own path to mental health.

6 Conclusion

During our research, we found that psychological well-being is a multifaceted phenomenon that encompasses socio-economic, spiritual, educational, and cultural aspects of human life. It was found that economic inequality can significantly affect the mental health of the population, increasing the risk of mental disorders. These findings also confirm the importance of educational attainment for psychological resilience and adaptability. They emphasize the role of education as a factor that can facilitate coping with life challenges.

A positive correlation is evident between the level of income inequality in different countries and the incidence of mental illness in the population. The countries with greater income inequality, such as the United States of America, show a higher percentage of mental illness. Meanwhile, countries with less severe inequality, such as Japan or the Scandinavian countries, have significantly lower rates. These observations shed light on the possible impact of economic stability and social justice on mental health. They indicate the potential of more egalitarian income systems and expanded social support to improve mental

well-being. It can be assumed that such a trend is related to the following factors:

- Lower levels of social isolation.
- Less stress from economic worries.
- More accessible social resources.

Nevertheless, it should be borne in mind that correlation does not always indicate direct causation. Therefore, additional variables such as cultural influences, health care system, mental health policies, and access to psychological support should be considered to better understand these correlations.

Our findings suggest that social ties and cultural values play a key role in shaping and maintaining mental health. It has been found that having strong social ties that provide emotional and informational support can be a significant resource for coping with mental disorders. In addition, the studies confirmed the importance of social support, especially during crises, as a factor that reduces stress and promotes rapid recovery from mental trauma. Based on these findings, we recommend further research into the impact of cultural and educational factors on mental health, as well as the development of social support programs that take into account cultural and individual characteristics. An important area for future research is also the development of methods for evaluating the effectiveness of spiritual practices in the context of psychotherapy and health care. This will require a special emphasis on an individualized approach to each patient.

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Primary Paper Section: A

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