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CONCEPTUAL FRAMEWORK: THE COMMUNITY DEVELOPMENT IN INTERVENTION AND SOCIAL WELLBEING MODULE

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| Article Info | ABSTRACT |
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| <p>Article history: Received: 2 Oct 2024 Revised: 16 Oct 2024 Accepted: 1 Nov 2024 Published: 15 Nov 2024</p> | <p>Targeted communities require good and healthy psychological well-being to overcome challenges and enhance or maintain their quality of life, ensuring a safe and comfortable state. This is closely related to psychological well-being in physical, social and psychological aspects through Ryff Model and social development theory, humanities theory and cognitive theory. The objective of this study is to develop a conceptual framework for community psychological well-being module specifically for parents and adolescent 19 to 24 years old, measuring domains of positive emotions, negative emotions, life satisfaction, psychological functioning and social well-being. The result of developing this conceptual framework can guide the outcomes of produce psychological interventions conducted through activities, programs or policies that are comprehensive and appropriate based on the data obtained. It aims to measure the level of community psychological well-being to provide suitable interventions to the appropriate target, serving as an indicator of best practices for advanced nations.</p> |
| <p>Keywords: community, psychological wellness, module, development, framework</p> <p></p> | |

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INTRODUCTION

Well-being is an important element in strengthening a community. However, does well-being truly exist within a local community? The practice of well-being must be at a satisfying level to ensure a high and happy quality of life. Well-being levels are also measured through the practice of proper lifestyles that contribute to the

psychological well-being of each member within the community. A prosperous community is one that shares the same goals in shaping a cooperative and respectful community, within the same natural environment. In the formation of such a community, psychological elements within diverse communities need to be emphasized, involving emotions, cognition, and behavior.

The concept of community psychological wellbeing refers to the collective mental health and wellbeing of individuals within a community. It recognizes that mental health is not solely an individual concern but is influenced by social, environmental, and cultural factors within a community context (Unger & Theron 2020). Community psychological wellbeing encompasses various dimensions, including emotional, cognitive, and social aspects of wellbeing. Addressing the psychological wellbeing of communities is essential for promoting overall health, resilience, and quality of life (Kim, 2021). It involves recognizing and addressing factors that contribute to mental health challenges, such as social isolation, inequality, stigma, limited access to resources and support, and adverse community experiences.

Developing a module focused on community psychological wellbeing aims to provide targeted interventions, support, and resources to enhance mental health at the community level. This module serves as a framework for designing and implementing evidence-based strategies that address the specific needs and challenges faced by the community. By implementing a community psychological wellbeing module, the goal is to empower individuals within the community to build resilience, foster positive relationships, and access necessary support systems. It involves strengthening community cohesion, social support networks, and promoting a sense of belonging and collective identity. The development of the module requires a comprehensive understanding of the community's unique characteristics, including cultural norms, values, and social structures. It is essential to engage community members and stakeholders in the process to ensure that the module is culturally sensitive, relevant, and tailored to meet the specific needs and aspirations of the community. By implementing a community psychological wellbeing module, communities can foster a positive and supportive environment that promotes mental health, reduces stigma, and encourages help-seeking behaviors. The module can empower individuals to develop coping skills, enhance emotional intelligence, and improve their overall psychological wellbeing. In conclusion, addressing community psychological wellbeing is crucial for promoting mental health and enhancing the overall quality of life within communities. The development and implementation of a module specifically tailored to the community's needs and context can play a significant role in supporting individuals, building resilience, and fostering a healthier and more vibrant community.

The combination of the Ryff Model, Social Behavioral Theory, Humanistic Theory, and Cognitive Theory offers a comprehensive approach to understanding human well-being. By integrating these frameworks, researchers can examine the multidimensional aspects of well-being, the role of social factors, the importance of personal growth and self-actualization, and the cognitive processes involved in shaping well-being outcomes. This integrative approach allows for a more nuanced and comprehensive understanding of the complex nature of human well-being.

Theories and models

In the development of this module, the Malaysian Psychological Wellbeing Index (IKPM) Model has become a reference. This model is based on a combination of hedonic (Diener et al, 1985) and eudemonic approaches (Ryff, 1989 & 2006; Keyes 1998, 2008) described in the IKPM Concept Book 2018 (JPA, 2018). It is based on five (5) domains which are Positive Emotional Domain, Negative Emotional Domain, Life Satisfaction Domain, Psychological Functional Domain and Social Wellbeing Domain. The five main domains are translated as follows:

- i. Positive emotions
- ii. Negative emotions

- iii. Life satisfaction
- iv. Psychological functionality
- v. Social well-being

The IKPM model as shown in Figure 2 is the result of a combination of hedonic (Diener et al, 1985) and eudemonic approaches (Ryff, 1989 & 2006; Keyes 1998, 2008) described in the IKPM Concept Book 2018 (JPA, 2018). It is based on five (5) domains which are Positive Emotional Domain, Negative Emotional Domain, Life Satisfaction Domain, Psychological Functional Domain and Social Wellbeing Domain.

Ryff Model

The six-factor model of psychological well-being is a theory developed by Carol Ryff that identifies six factors contributing to an individual's psychological well-being, satisfaction, and happiness. Psychological well-being consists of self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth and development. Psychological well-being is achieved by attaining a state of balance influenced by challenging and rewarding life events. There are several theories related:

a. Skinner's Social Behavioral Theory

This theory, pioneered by Skinner (1984), has been further developed in its psychological applications, particularly in the areas of child learning processes (Robbins, 1998) and the training of interpersonal skills.

b. Piaget's Cognitive Theory

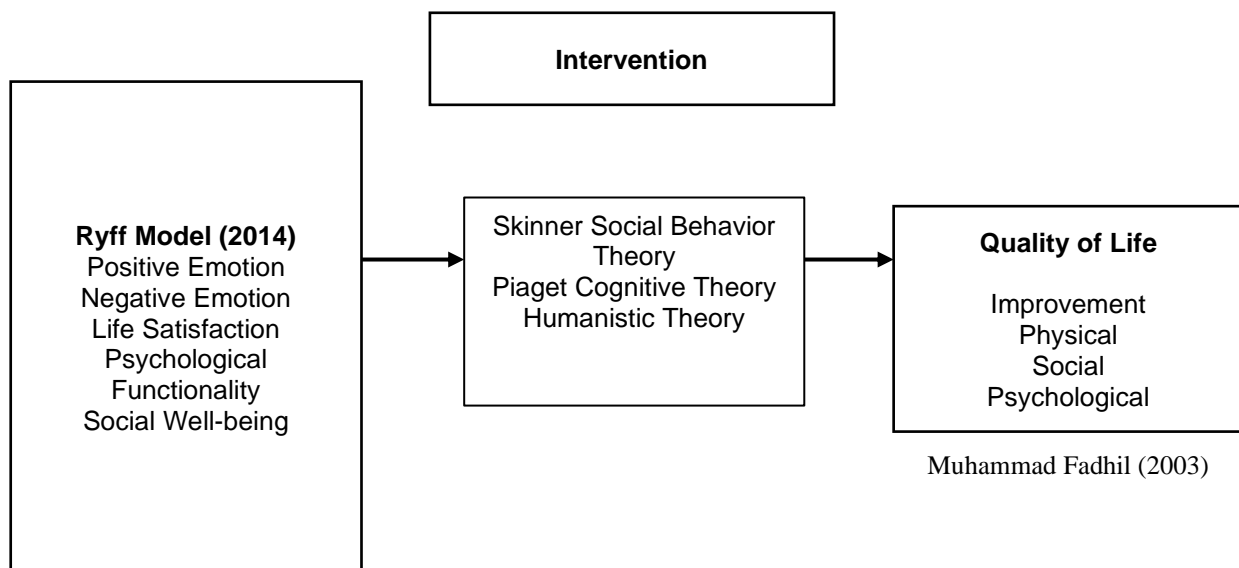
This theory, initially developed by Piaget, is highly relevant for the purpose of child development (Piaget, 1952) in terms of changes in cognitive structures.

c. Humanistic Theory

This theory focuses on the mental and behavioral aspects within the environment that shape behavior (Maslow, 1968). In the 1950s, this theory introduced a more holistic perspective in psychology, emphasizing the fundamental goodness of individuals rather than abnormal behavior, psychological problems, and the environment.

Conceptual Framework

Figure 1: Conceptual Module Framework of Community Psychological Wellbeing Development



Discussion

Conceptual frameworks provide a structured approach to understanding and addressing community psychological wellbeing. They guide the development of interventions, programs, and policies aimed at promoting mental health at the community level. Here, we will discuss some key conceptual frameworks that can inform the understanding and implementation of community psychological wellbeing initiatives.

Ecological systems theory, developed by Bronfenbrenner (1986), emphasizes the importance of understanding individuals within their social and environmental contexts. This framework recognizes that individuals are influenced by multiple nested systems, including the microsystem (immediate environment), mesosystem (interactions between microsystems), eco-system (indirect influences), and macrosystem (cultural and societal values). Applying this framework to community psychological wellbeing involves considering the various systems that impact individuals' mental health within a community, such as family, school, workplace, and broader community structures.

The social determinants of health framework recognizes that health outcomes, including mental health, are influenced by social, economic, and environmental factors. This framework highlights the importance of addressing factors such as income inequality, education, employment, social support, and access to healthcare in promoting community psychological wellbeing. It emphasizes the need for interventions and policies that tackle structural and systemic factors contributing to mental health disparities within communities (Alegría et al 2018)

Ryff (2022) talk about positive psychology focuses on the strengths, resilience, and positive aspects of individuals and communities. This framework encourages a shift from a deficit-based approach to mental health towards promoting positive emotions, engagement, relationships, meaning, and accomplishment (PERMA). Implementing positive psychology principles in community psychological wellbeing involves fostering positive emotions, enhancing social connections, supporting individuals in finding meaning and purpose, and facilitating personal growth and development.

The community resilience framework emphasizes the capacity of communities to bounce back and thrive in the face of adversity. It highlights the importance of building social connections, community networks, and resources that promote resilience and support mental health. This framework recognizes that communities play a crucial role in supporting individuals during times of crisis, and interventions should focus on enhancing community capacities for coping, adaptation, and recovery. (Koliou 2020)

By utilizing these conceptual frameworks, practitioners, researchers, and policymakers can develop a comprehensive understanding of community psychological wellbeing. These frameworks inform the design of interventions and strategies that address the multifaceted factors influencing mental health at the community level. Implementing community psychological wellbeing initiatives guided by these frameworks can help foster supportive environments, enhance resilience, and promote positive mental health outcomes for individuals and communities as a whole.

Conclusion

Conceptual frameworks play a vital role in understanding and promoting community psychological wellbeing. They provide a structured approach to comprehending the complex interplay of individual, social, and environmental factors that influence mental health within communities. By adopting and applying these frameworks, practitioners, researchers, and policymakers can develop targeted interventions and policies to enhance community psychological wellbeing. Ecological systems theory emphasizes the importance of considering individuals within their social and environmental contexts, recognizing the influence of various systems on mental health. The social determinants of health framework highlight the role of social, economic, and environmental factors in shaping community psychological wellbeing, emphasizing the need for interventions that address structural inequalities. Positive psychology focuses on building strengths, positive emotions, and meaning in individuals and communities, while the community resilience framework emphasizes the capacity of communities to bounce back and thrive in the face of adversity. Both frameworks contribute to promoting resilience and supporting mental health at the community level. Cultural considerations are integral to community psychological wellbeing, and incorporating culturally embedded approaches is crucial. Cultural frameworks recognize the influence of cultural beliefs, values, and practices on mental health and emphasize the need to adapt interventions to fit the cultural context of the community. By utilizing these conceptual frameworks, stakeholders can gain a comprehensive understanding of the factors impacting community psychological wellbeing. This understanding can inform the development of evidence-based interventions, policies, and programs that address the specific needs and challenges of communities, fostering supportive environments, enhancing resilience, and promoting positive mental health outcomes. The integration of the Ryff Model, Social Behavioral Theory, Humanistic Theory, and Cognitive Theory provides a robust foundation for investigating human well-being. By combining these frameworks, researchers can explore the multidimensional nature of well-being, the influence of social factors, the importance of personal growth, and the cognitive processes involved in shaping well-being outcomes. This comprehensive approach has significant implications for enhancing our understanding of human well-being and informing interventions that promote positive psychological functioning and overall quality of life. In conclusion, conceptual frameworks provide a roadmap for understanding and promoting community psychological wellbeing. They guide the design, implementation, and evaluation of interventions that aim to improve mental health at the community level. By adopting a holistic and multidimensional approach, stakeholders can work together to create thriving, resilient communities that prioritize mental health and wellbeing.

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