The aim of the present research is to find out the factorial structures of health and well-being. For this purpose correlation and factor analysis was done and results are discussed in the following manner.

**Satisfaction with Life**

Satisfaction with life is an index of assessing the quality of life of an individual under the different life domains, within those conditions in which the person is living. It helps to measure the different aspects of an individual like, health, well being, happiness, depression, cognitive functioning, organized psyche, self esteem etc. It is also related to the quality of life, because quality of life determines the satisfaction with life. If the quality of life is sound then the individual will have more satisfaction towards life, but if the quality of life is poor then it leads to dissatisfaction with life, poor health, increased psychosomatic problems, and higher degree of depression, low self esteem, low happiness, disorganized psyche and low level of originative functioning.

It is revealed from the results that satisfaction with life is positively correlated with happiness, self-esteem and well being, but negatively associated with depression, psychosomatic symptoms, spirituality, disorganized psyche and cognitive interference. Such findings are also suggest by Kosma & Stone (1983), Neto (2001), Spreitzer, Snyder & Ward (1979), Adelmann (1987); Winefield, Winefield, Helen, Tiggemann & Golden (1991); Post, de Witte, Van Asbeck, Van Dijk, & Schrijvers (1998); Lachman & Weaver (1998); Kamode & Mac Lean (2001); Methews, Baker, Hann, Dewriston & Smith (2002); Tatl & Forchheimen (2002); Bray & Gunnel (2006) and Swami, Chamorro – Premuzic, Sinniah, Maniam, Kannam, Stainstreet & Furnhan (2007). These studies suggest the same results and revealed that the satisfaction with life is an important key factor in the assessment of the life and its other domain and significantly contribute to various life domains and helps an individual in maintaining a depression less, happier and healthy life.
Happiness

Happiness plays an important role in the life of an individual. It also helps the individual to make his life better, tension free, stress less and depersonalizes. It shows positive correlation with self esteem and well being but a negative correlation with spirituality, psychosomatic symptoms, depression, disorganized psyche and cognitive interference. It is observed that the people who are actually happy shows the same pattern as revealed in the results; because happiness elevate the positive thinking, positive mood and enhance the functioning of the individual. Some studies like ward (1979); Beck (1982) & Natvig, Alberktnsen & Qvarnstorm (2003) shows that healthy married relationships, retirement and social support also determine the level of happiness. Psychological well being as studied by Adelmann (1987) also enhance the happiness. So there are a number of factors that contribute to happiness, and on the other side happiness also helps the individuals to reduce depression, enhance self esteem and well being decreases the psychosomatic symptoms, enhances cognitive functioning and reduce cognitive interference. These results are also supported by Natgiv, Alberktsen & Quarnstom (2003); Stokes, Fredrick – Recascino (2003), Fnhahm & Cheng (2000) and Subramanian, Kim & Kanachi (2005). These results also concluded that good health leads to more happiness, and psychosomatic symptoms leads to least happiness.

Spirituality

In spirituality plays an important role in the life of a person. Bulk of the research shows that spirituality helps the person to maintain health, reduce depression, enhance well being, enhance self esteem. Spirituality and religions faith were associated with a more optimistic higher resilience to stress and lower level of anxiety (Pardini, Plante, Sherman & Stump (2000). Some people view God as a powerful other, capable of influencing health and well being (Swinney, 2002). Same results are also found be Colmean (2003); Tanyi and Warner (2003); Jesse & Read (2004).

The results also revealed that despirituality is positively related with depression, psychosomatic symptoms, disorganized psyche and cognitive interference and negatively
corrected with well being, happiness, satisfaction with life and self esteem. The results suggest that those people who are having higher despirituility also had poor health, high depression, more cognitive interference and disorganized psyche. Studies like William, Reed, Nelson & Brose (2002) suggest that spiritual experiences may be related to better current health status, but there is no such evidence that how spirituality helps the persons to maintain health.

But Tale & Forchhienver (2002) found that spirituality was not a significant predictor in a multivariate context. Some studies like Litwinczuk & Groh (2007) found that spirituality is significantly correlated with purpose in life but not with well being. Spiritual well being is negatively related with hope and job satisfaction. King, Speck and Thomas (1990) also found that strong spiritual belief was an independent predictor of poor outcomes in a month.

Thus some studies support the same results as revealed by present study. It is also noticed those people who are having more psychosomatic symptoms, higher level of depression, disorganized psyche and high level of cognitive interference are unable to help themselves, so they found themselves unable to maintain the Spirituality Index of Well Being.

Psychosomatic Symptoms

Health is the most influential and determinant factor of the human life. It affects all domains of life and functioning capacity of a person, and also determines quality of life and well being. Health is also referred in terms of psychosomatic symptoms, because it includes both psychological and somatic areas. Health is positively and significantly related with subjective well being (Okum, Stock, Haring & Witter, 1984), and the positive health is also having a positive association among self esteem, social support & life style (Muhlenkamp & Sayles 1986). The results of the present study shows that psychosomatic symptoms are positively correlated with depression and disorganized psyche and negatively associated with self esteem and well being. Some studies, like Antonucci, Peggs & Marquez (1989) found that people with high self esteem had significantly fewer psychosomatic symptoms. Isolated persons were also found to have
poor health and poor psychological well being (Thompson & Helter, 1990). Tran, Wright & Chatter (1991) also found that poor subjective health status was predictive of lower levels of personal efficacy and poor subjective well being. Miles, Burchinal, Horditch & Washlawski (1997) found that predictors of depressive symptoms were feeling of stigma, self perception of health and physical symptoms; in HIV patients. Psychosomatic symptoms are negatively correlated with psychological well being, (Kim, Heinemann, Bode, Shiva & King, 2000), lower health and affective states of higher degree of depression.

In the light of such studies, it can be concluded that there are a variety of factors those contribute to health, and any single factor may not be responsible for determining the health of any person. So, there are number of factors that contribute to health and well being.

Self – Esteem

Self esteem is a fundamental need of human being and is one of the most important variable affecting the lives of individuals at all stages of development (Bradburn 1969). Battle et al. (1988) proposed that self esteem is a construct which refers to an individual’s perception of his/her personal world. It also affects the health and well being of any individual and plays an important role in enhancing well being, reducing depression organized psyche and low cognitive interference, and reduced psychosomatic symptoms. Some factors may affect self esteem such as discrimination (Szalacha, Erkut, Coll, Alarcon, Fields & Ceder, 2003) meaning is life (Steger & Frazier, 2005), racial identity (Pierre & Mahalik, 2005). Self esteem is more closely associated with affect, and higher level of self esteem leads to lower levels of depression (Mac Innes, 2006). Self esteem also plays an important role in happiness and to be the most dominant and powerful predictor of happiness (Furnhani & Cheng, 2000). Life satisfactions and self esteem had a positive correlation with subjective well being (Sagara, Ikeda and Kawaura, 2003). Thus, these findings support the same pattern as revealed by the present study.
Depression

Depression is one of the most important variable that dominantly contribute to health and well being. Depression also increase the psychosomatic symptoms as revealed by the results of the present study and also found that depression in a person is not a product of a single factor rather it can result from various factors such as unemployment, as studied by Winefield, Winefield, Helen, Tiggemann & Goldnby (1991). Stressful life events tended to depress subjective assessment of health and had negative effect on self esteem and subjective well being. Higher level of depression leads to poor health (Pillemer & Suitor, 1991).

Several methods are adopted by individuals to reduce depression, who involve in different kind of activities to reduce depression such as physical activity (Kull, 2002), social and productive activities (Menc, 2003). Depression also decreases the cognitive functioning and hopelessness (Mystakidou, Tislika, Parpa, Pathiaki, Patiraki, Galanos & Vlahos, 2007).

So, the evidences supports the results revealed by the present study. Depression alter the health and well being and its associated factors because depression increases the stress and anxiety level and that leads to impaired cognitive functioning, reduced quality of life, and besides these the person fails to compete with the situations and unable to cope with harmful situations easily get poor health or increase in psychosomatic symptoms.

Well-being

Well-being is the subjective feeling of contentment, happiness, satisfaction with life experiences and of one’s role in the world of work, sense of achievement, utility, belongingness and no distress, dissatisfaction or worry etc. Thus, well-being is broad concept including almost every component of life. Well-being also determines the health of an individual, because it comprises a number of factors. Researches also revealed that well being enhance the health and is mediated by the socio economic status, age and
activity (Stephens, 1979), adverse health and life conditions, which are determined by status and resources, represent circumstances that effect the well being (Chatters, 1988). Improvement in measures of functioning and well being are associated with employment, drinking alcohol and having active coping styles (Donald & Wells, 1995). Not only physical and mental well being but spiritual well being also plays an important role in the life domain (Zorn & Johnson, 1997).

Pinquart and Sorensen (2001) found in a meta analysis of 300 empirical studies that older women reported significantly lower subjective well being and less positive self concept than men, although gender accounted for less than 1% of the variance in well being and self concept. Genetic factors and environmental factors also plays an important role in the subjective well being and health (Roysamb, Tambs, Reichborn, Neale and Harris, 2003). The same pattern is also found in the present study.

**Organized Psyche (Gestalt Functioning)**

Organized psyche plays an important role in the health and well being, because in an organized person the psychosomatic symptoms, depression, are found to be low and it also enhancement the self esteem, health, happiness etc. Rather positive and negative affect as studied by Brett, Brief, Burke, George & Jenifer (1990) and Dua (1989). Lieberman, Golant (2002) found that better functioning leads to lower depression, fewer physical problems and higher well being. Positive emotions also have significant effect on overall functional status as well as with higher motor abilities and higher cognitive functioning.

Thus the results of these studies reveal that positive affect, positive emotions, positive mood, and higher level of cognitive functioning are related to satisfaction with life, positive health, and low physical and psychological problems. But on the other hand disorganized psyche leads to poor quality of life, higher psychosomatic symptoms, and higher depression level. The present study also reveal the same results that organized psyche is important in the health and well being and helps the person is reducing depression, psychosomatic symptoms and enhance health, well being, and self esteem.
Cognitive Interference (Stroop Effect)

Cognitive interference leads to a number of psychological problems, because disorganized cognition is unable to perform better, and interference in cognition leads to low performance with increased problems regarding health, and other domain of life like well-being, happiness. As Pinquart & Sorenson (2004) found that physical and cognitive impairment leads to low levels of subjective well-being. Cognitive impairment also had a negative impact upon quality of life and decreased the motor ability and increased depressive symptoms (Torney, Locoste, Videaud, Chouly, Parveau & Courc`titier, 2009). Although these results suggest that cognitive interference leads to low functioning ability, poor quality of life.

But the findings of the present research reveal that cognitive interference has an inverse relation with happiness, as with disturbed cognition one cannot achieve happiness. On the basis of the factor analysis the two components have emerged with Varimax rotation method. The factor I show a continuum of depression vs happiness showing that high level of depression leads to poor well-being and vice versa. But the remaining variables lying within this continuum also suggesting that psychosomatic symptoms, depression, despirituality, organized psyche and cognitive interference comprises the one end of the continuum while subjective well-being, satisfaction with life, happiness and self-esteem comprises the other end.

This factor clearly shows that the negative variables like depression, psychosomatic symptoms, cognitive interference, disorganized psyche and despirituality affect the positive part of life means well-being satisfaction with life, happiness and self-esteem.

In the end it can be concluded that there are variety of factors those contribute to health and well-being. But there is no single instrument that helps to understand health and well-being. So, there should be one weighted well being score contributed on the empirical basis from various strata of society depicting the battery. Happiness is showing weak loading on both factors. Happiness is the affective outcome of a person. If the person is having satisfaction with life, low level of depression, high self esteem, high
subjective well being, organized psyche, low cognitive interference, and low psychosomatic symptoms, all these variables leads to greater happiness. So, a correlated item should not be part of the battery.

So psychosomatic symptoms, disorganized psyche, cognitive interference, self esteem, satisfaction with life, subjective well being, spirituality index of well being and depression can be collectively used as a battery to measure the health and well being.