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**A Study of Subjective Well-Being in Promoting Psychology Among  
Children's**

**Merin Moncy P**

Research Scholar, Department of Psychology, Mansarovar Global University, Sehore, M.P., India.

**ABSTRACT**

Subjective well-being plays a vital role in promoting positive psychology among children by focusing on their happiness, emotional balance, and overall life satisfaction. It includes how children perceive their own lives, experience positive emotions, and cope with challenges. When children feel valued, supported, and understood, they are more likely to develop confidence, resilience, and a positive outlook toward life. Encouraging subjective well-being helps in nurturing essential psychological strengths such as optimism, self-esteem, and emotional regulation. Positive relationships with parents, teachers, and peers also contribute significantly to enhancing their well-being. Schools and families can promote this by creating a supportive and engaging environment where children feel safe to express themselves. Activities like play, creative expression, mindfulness, and appreciation of achievements further boost their emotional health. Moreover, focusing on strengths rather than weaknesses allows children to build a sense of competence and purpose. As a result, children with higher subjective well-being tend to perform better academically, maintain healthier relationships, and exhibit fewer behavioral problems. Therefore, integrating subjective well-being into child development practices is essential for fostering positive psychology and ensuring the holistic growth of children.