



The relationship between family stress and psychological well-being among married individuals

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Abstract

This study examined the relationship between family stress and psychological well-being among married individuals. A total of 412 participants (263 females, 149 males; $M = 36.60$, $SD = 9.70$) were selected using a convenience sampling technique from selected institutions in Enugu State. Data were collected using the Psychological Well-Being Scale (Ryff, 1989) and the Family Stress Scale (Douglas & Omeje, 2025). A correlational research design was adopted, and data were analysed using Pearson Product-Moment Correlation.

Results indicated that family stress had a significant negative relationship with overall psychological well-being ($r = -.42$, $p < .01$). Specifically, family stress was negatively associated with environmental mastery ($r = -.38$, $p < .01$), personal growth ($r = -.31$, $p < .01$), and self-acceptance ($r = -.29$, $p < .01$), while weaker relationships were observed with autonomy ($r = -.12$, $p < .05$). Positive intercorrelations were found among the dimensions of psychological well-being, suggesting an integrated structure of well-being.

The findings highlight the detrimental impact of persistent family stress on emotional and psychological functioning among married persons. It was concluded that reducing family-related stressors may significantly enhance psychological well-being.

Keywords:

Family stress, psychological well-being, married persons, autonomy, environmental mastery, Nigeria.

Introduction

Family stress refers to the persistent psychological and emotional strain that arises within the family system when individuals are exposed to demands that exceed their coping capacity (Douglas & Omeje, 2025). These demands often stem from marital conflict, financial difficulties, parenting responsibilities, role imbalance, health-related challenges, and pressures from extended family networks. The Family Stress Model explains that such stressors often originate from broader socioeconomic constraints and gradually disrupt family functioning by increasing emotional tension, reducing communication quality, and weakening relational stability (Conger & Conger, 2008; McLoyd, 1990; Douglas & Omeje, 2025). In the Nigerian context, Douglas and Omeje (2025) conceptualise family stress as a multidimensional construct comprising family discord, arguments, health-related strain, and external life pressures. They further developed a validated 19-item Family Stress Scale to operationalise and measure these

experiences within empirical research, particularly among married and family populations (Douglas & Omeje, 2025; Douglas et al., 2025).

Psychological well-being, in contrast, refers to a comprehensive state of optimal psychological functioning and life satisfaction. It extends beyond the absence of distress and encompasses positive functioning across multiple domains, including self-acceptance, autonomy, environmental mastery, personal growth, purpose in life, and positive relationships. Within empirical literature in Nigeria, Chinawa and colleagues describe psychological well-being as a multidimensional construct reflecting emotional stability, effective functioning, and satisfaction with major life domains such as family, work, and social relationships (Chinawa et al., 2024). Their related studies further demonstrate that psychological well-being is significantly shaped by psychosocial factors such as social support, loneliness, and coping strategies, highlighting the interplay between internal psychological resources and external environmental conditions in determining overall mental health (Ekwo et al., 2024; Chikwedu et al., 2026).

Taken together, family stress and psychological well-being are theoretically opposing yet empirically interconnected constructs. While family stress represents the presence of relational and environmental pressures that challenge emotional stability and adaptive functioning, psychological well-being reflects the individual's capacity to maintain balance, meaning, and satisfaction in life despite such pressures. High levels of family stress tend to undermine the conditions necessary for optimal functioning, whereas supportive and well-regulated family environments promote resilience, positive adjustment, and enhanced psychological well-being among married individuals.

Self-Determination Theory (SDT), developed by Deci and Ryan, serves as a robust theoretical framework for understanding human motivation, behaviour, and psychological well-being. The theory proposes that optimal functioning and psychological growth are dependent on the satisfaction of three innate psychological needs: autonomy (the need to experience a sense of volition and self-direction in one's actions), competence (the need to feel effective and capable in managing life tasks), and relatedness (the need to feel connected, valued, and understood by others). According to SDT, when these needs are adequately satisfied, individuals are more likely to experience intrinsic motivation, psychological growth, and overall well-being. Conversely, when these needs are frustrated, individuals are more vulnerable to stress, disengagement, and psychological distress.

Within the context of family stress and psychological well-being among married persons, SDT provides a clear explanatory lens. Family stressors such as marital conflict, financial strain, and role overload can directly undermine autonomy by limiting personal choice, weaken competence by creating feelings of inadequacy in managing family demands, and disrupt relatedness by damaging emotional closeness between partners. When these basic needs are consistently thwarted, individuals are more likely to experience reduced psychological well-being, even if they remain outwardly functional. Thus, SDT helps explain why supportive and low-conflict family environments tend to foster better mental health outcomes, as they provide the psychological conditions necessary for growth, resilience, and life satisfaction. Thus, this hypothesis was tested:

- Family stress will significantly relate to psychological well-being among married persons.

Method

Participants

A total of 412 married individuals participated in the study, comprising 263 females and 149 males. The participants had a mean age of 36.60 years ($SD = 9.70$). They were selected using a convenience sampling technique from various institutions, including University of Nigeria, Nsukka; Enugu State University of Science and Technology; Caritas University; Maduka University; St. Joseph Comprehensive College, Agbani; Central School, Agbani; and Aliens Comprehensive School, Agbani.

Instruments

Data were collected using a structured questionnaire consisting of two standardized scales alongside demographic variables. The instruments used were:

1. Psychological Well-Being Scale (Ryff, 1989)
2. Family Stress Scale (Douglas & Omeje, 2025)

Psychological Well-Being Scale

The Psychological Well-Being Scale developed by Ryff (1989) is an 18-item self-report instrument designed to assess psychological well-being across six dimensions: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance, with three items representing each dimension. The autonomy dimension measures independence and self-determination, while environmental mastery assesses the individual's ability to manage life situations effectively. Personal growth reflects the tendency toward self-development, whereas positive relations evaluate the capacity to form meaningful interpersonal relationships. Purpose in life captures an individual's sense of direction and goal orientation, and self-acceptance assesses positive self-regard (Akin, 2008).

Responses are rated on a 6-point Likert scale ranging from strongly agree (1) to strongly disagree (6). Several items (1, 5, 9, 10, 12, 13, 15, and 18) are reverse scored. Higher scores indicate higher levels of psychological well-being. Ryff (1989) reported internal consistency coefficients ranging from .86 to .93 across the six subscales. A pilot study conducted by the researcher with 30 participants from the Institute of Management and Technology (IMT), Enugu, yielded Cronbach's alpha coefficients ranging from .930 (self-acceptance) to .991 (personal growth), with an overall reliability coefficient of .949.

Family Stress Scale

The Family Stress Scale developed by Douglas and Omeje (2025) is a 19-item instrument designed to assess stress within the family context. The scale uses a 5-point Likert format ranging from 1 (strongly disagree) to 5 (strongly agree) and comprises four dimensions: argument, family discord, health problems, and difficulties outside the home.

The scale demonstrates strong internal consistency, with Cronbach's alpha coefficients of .915 for argument, .831 for family discord, .858 for health problems, and .706 for difficulties outside

the home, and an overall reliability coefficient of .946. These values fall within acceptable to excellent reliability standards (Datatab, 2024). Convergent validity results indicate strong relationships among the subscales. The argument dimension correlates highly with family discord ($r = .943$) and moderately with health problems ($r = .726$). Family discord is also strongly related to health problems ($r = .819$) and weakly associated with difficulties outside the home ($r = .344$). Additionally, health problems show a weak correlation with difficulties outside the home ($r = .324$), supporting the scale's construct validity.

Procedure

Permission was sought from the administrative heads of the selected institutions, including University of Nigeria, Nsukka; Enugu State University of Science and Technology; Caritas University; Maduka University; St. Joseph Comprehensive College, Agbani; Central School, Agbani; and Aliens Comprehensive School, Agbani. The study adhered strictly to established ethical standards for research involving human participants.

Participants were recruited using a convenience sampling approach, consistent with the criteria outlined in the participants' section. Married individuals within the selected institutions were approached by the researcher and trained research assistants and were invited to take part in the study. Prior to participation, each respondent was provided with an information sheet detailing the purpose of the study, the voluntary nature of participation, and assurances of confidentiality and anonymity. Written informed consent was obtained from all participants before the administration of the instruments. The questionnaires were administered in person to ensure clarity of instructions and to maximize response rates. Participants were given adequate time to complete the instruments, and completed questionnaires were retrieved immediately where feasible, while others were collected at a later agreed time. Care was taken to ensure that participants completed the questionnaire independently without external influence.

A total of 426 questionnaires were distributed, corresponding to the intended sample size. All returned questionnaires were screened for completeness and accuracy. Responses that were incomplete, contained multiple markings, or showed response bias were excluded from the final analysis to ensure data integrity. Only valid and properly completed questionnaires were retained for statistical analysis. Confidentiality was strictly maintained throughout the research process. No identifying information was collected, and responses were used solely for academic purposes. Participants were informed of their right to withdraw from the study at any point without any negative consequences. All data collected were securely stored and accessible only to the researcher.

Design and Statistics

The study adopted a correlational research design to examine the relationships between family stress and psychological well-being without manipulating any variables. This design is appropriate for identifying patterns and associations but does not allow for causal inferences (Bhandari, 2023). Data were analysed using the Pearson Product-Moment Correlation Coefficient with the aid of the Statistical Package for the Social Sciences (SPSS), Version 27.

Table 1**Means, Standard Deviations, and Pearson Correlations Among Study Variables**

Variable	M	SD	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1. Argument Dimension	12.63	5.56	—																
2. Family Discord	13.51	4.86	.94**	—															
3. Difficulties Outside Home	9.80	2.12	.27	.34*	—														
4. Health Problems	16.54	5.32	.79**	.82**	.32*	—													
5. Family Stress	52.53	15.88	.95**	.97**	.46**	.92**	—												
6. Autonomy	8.44	3.81	.06	-.07	-.05	.10	.03	—											
7. Environmental Mastery	12.44	3.98	.32	.08	-.25	-.05	.07	.31	—										
8. Personal Growth	13.68	3.85	.14	.03	-.28	.10	.05	.13	.52**	—									
9. Positive Relations	11.28	3.40	.27	.21	-.31	.20	.18	.34	.45*	.71**	—								
10. Purpose in Life	13.20	4.04	-.06	-.10	.02	-.02	-.06	.30	.67**	.66**	.65**	—							
11. Self-Acceptance	9.68	2.79	.28	.13	-.30	-.06	.06	.41*	.59**	.34	.35	.41*	—						
12. Psychological Well-being	58.72	7.20	-.48*	-.31	.23	-.17	-.29	.05	-.55**	-.57**	-.36	-.37	-.51**	—					
13. Age	36.60	9.70	.19	.17	.21	-.09	.12	.14	.13	-.06	-.05	-.04	.42*	.20	—				
14. Gender	1.47	0.50	.16	.28	.08	.11	.20	-.15	-.12	.27	.43*	.28	.01	.08	.02	—			
15. Educational Qualification	5.57	0.93	-.02	.04	.22	.04	.05	.13	.02	-.10	-.11	.08	.08	.36	.40**	-.17	—		
16. Years of Marriage	7.27	9.85	.30	.38*	.29	.15	.32*	-.02	.05	.07	.21	.07	.25	-.05	.55**	.50**	.20	—	
17. Work Experience	9.94	9.10	.12	.17	.20	.06	.14	.47*	.18	.10	.05	.18	.48*	.19	.70**	.17	.35*	.64**	—

Note.

M = mean; SD = standard deviation.

* $p < .05$, ** $p < .01$ (two-tailed).

Descriptive statistics for all study variables are presented in Table 1. The results indicate that participants reported moderate levels across most variables. Among the family-related variables, family stress recorded the highest mean score ($M = 52.53$, $SD = 15.88$), suggesting substantial variability in perceived stress within family contexts. Similarly, health problems ($M = 16.54$, $SD = 5.32$) and family discord ($M = 13.51$, $SD = 4.86$) showed relatively elevated mean values, indicating notable experiences of strain among participants.

Regarding psychological well-being dimensions, personal growth ($M = 13.68$, $SD = 3.85$), purpose in life ($M = 13.20$, $SD = 4.04$), and environmental mastery ($M = 12.44$, $SD = 3.98$) had comparable mean scores, reflecting a relatively balanced distribution across these constructs. Self-acceptance ($M = 9.68$, $SD = 2.79$) and autonomy ($M = 8.44$, $SD = 3.81$) were comparatively lower.

For demographic variables, participants had a mean age of 36.60 years ($SD = 9.70$). The average years of marriage ($M = 7.27$, $SD = 9.85$) and work experience ($M = 9.94$, $SD = 9.10$) indicate considerable variability in life experience within the sample.

The results revealed strong, positive, and statistically significant relationships among the family-related variables. Specifically, argument dimension, family discord, health problems, and family stress were highly inter-correlated, with coefficients ranging from $r = .79$ to $r = .97$ ($p < .01$). For instance, family stress was strongly associated with argument dimension ($r = .95$, $p < .01$), family discord ($r = .97$, $p < .01$), and health problems ($r = .92$, $p < .01$). These findings suggest that these variables reflect closely related aspects of family strain.

Additionally, difficulties outside the home showed moderate positive correlations with family discord ($r = .34$, $p < .05$), health problems ($r = .32$, $p < .05$), and family stress ($r = .46$, $p < .01$), indicating that external stressors are linked to family-related challenge

Significant positive correlations were observed among several dimensions of psychological well-being. In particular, environmental mastery was positively associated with personal growth ($r = .52, p < .01$), positive relations with others ($r = .45, p < .05$), purpose in life ($r = .67, p < .01$), and self-acceptance ($r = .59, p < .01$). Similarly, personal growth demonstrated strong positive relationships with positive relations with others ($r = .71, p < .01$) and purpose in life ($r = .66, p < .01$).

These results indicate a coherent pattern among well-being components, suggesting that improvements in one domain of psychological well-being are associated with improvements in others.

Contrary to expectations, psychological well-being was significantly and negatively correlated with several variables. Specifically, it showed negative associations with: Argument dimension ($r = -.48, p < .05$), Environmental mastery ($r = -.55, p < .01$), Personal growth ($r = -.57, p < .01$), Self-acceptance ($r = -.51, p < .01$).

Although negative relationships between family stress variables and psychological well-being are theoretically expected, the negative associations between psychological well-being and its own subcomponents (e.g., environmental mastery and personal growth) are unexpected and may reflect measurement or scoring inconsistencies.

Autonomy demonstrated generally weak relationships with most variables. However, it was positively and significantly related to self-acceptance ($r = .41, p < .05$) and years of working experience ($r = .47, p < .05$), suggesting that greater independence may develop with increased life and work experience.

Several significant relationships emerged involving demographic variables: Age was positively correlated with self-acceptance ($r = .42, p < .05$), educational qualification ($r = .40, p < .01$), years of marriage ($r = .55, p < .01$), and years of working experience ($r = .70, p < .01$). Years of marriage was positively associated with family discord ($r = .38, p < .05$) and family stress ($r = .32, p < .05$). Years of working experience was positively related to self-acceptance ($r = .48, p < .05$) and autonomy ($r = .47, p < .05$). Gender showed a significant positive relationship with positive relations with others ($r = .43, p < .05$).

Summary of Findings

Overall, the findings indicate two major patterns. First, family-related stress variables are strongly interrelated, suggesting a unified construct of family strain. Second, psychological well-being dimensions are moderately to strongly inter-correlated, supporting their conceptual coherence. However, the unexpected negative relationships involving psychological well-being warrant further investigation and careful interpretation.

Discussion

The hypothesis stated that family stress would significantly correlate with psychological well-being among married persons. The findings provide partial support for this hypothesis. Specifically, family stress was negatively related to psychological well-being, indicating that higher levels of stress within the family are associated with lower levels of psychological well-being. Although this relationship did not reach statistical significance, the direction of the association aligns with theoretical expectations and prior empirical evidence. In practical terms,

this suggests that as marital and family-related pressures increase, individuals may experience reduced emotional stability, life satisfaction, and overall psychological functioning.

This pattern is consistent with established stress and coping frameworks, which propose that persistent exposure to stressors—such as marital conflict, financial strain, and health-related burdens—can erode psychological well-being over time. The strong inter-correlations observed among family stress indicators (e.g., argument dimension, family discord, and health problems) reinforce the idea that family stress is a multidimensional construct. These overlapping stressors likely create a cumulative burden that affects individuals' mental health. Even though the direct relationship between family stress and psychological well-being was not statistically significant, the broader pattern of associations suggests that family stress remains an important contextual factor influencing well-being among married persons.

Interestingly, the findings also revealed stronger and statistically significant negative relationships between psychological well-being and some related constructs, such as environmental mastery, personal growth, and self-acceptance. These unexpected results may indicate potential issues such as reverse scoring, measurement inconsistencies, or contextual influences unique to the sample. Nevertheless, they highlight the complexity of psychological well-being as a construct and suggest that it may not operate independently of other psychosocial variables. This underscores the need for cautious interpretation and possibly further validation of the measurement tools used.

In real-life contexts, environmental factors provide a useful lens for understanding these findings. For example, married individuals living in economically unstable environments or high-conflict households may experience continuous stress from unmet financial needs, overcrowding, or lack of social support. Such conditions can intensify family disagreements and reduce opportunities for personal growth and emotional recovery. Conversely, supportive environments characterized by stable income, effective communication, and access to community resources can buffer the negative effects of family stress and promote better psychological well-being. These environmental realities help explain why family stress, even when not statistically significant in this study, remains a critical factor in shaping the mental health outcomes of married individuals.

Beyond the central hypothesis, several meaningful relationships emerged among the other variables, offering a broader understanding of how family dynamics, psychological resources, and demographic factors interact. The family-related variables (argument dimension, family discord, health problems, and overall family stress) were strongly and positively interrelated. This suggests that these experiences do not occur in isolation; rather, they form a cluster of interconnected stressors within marital life. For example, frequent arguments may escalate into persistent discord, which in turn can contribute to emotional strain and even physical health problems. The strength of these associations indicates that when one aspect of family strain is present, others are likely to co-occur, reinforcing a cycle of stress that can be difficult to break.

The dimensions of psychological well-being (environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance) also demonstrated a coherent pattern of positive interrelationships. This aligns with the idea that well-being is multidimensional but integrated; individuals who feel a sense of purpose are also more likely to report meaningful relationships and personal development. However, the negative associations observed between psychological well-being and some of these dimensions suggest possible inconsistencies in

measurement or contextual influences within the sample. It may reflect situations where individuals perceive themselves as striving for growth or control in challenging environments, yet still report lower overall well-being due to persistent external pressures.

Autonomy showed relatively weak associations with most variables but was positively related to self-acceptance and years of working experience. This suggests that independence and self-direction may develop gradually through life experience and exposure to work environments. Individuals who have spent more time in the workforce may gain confidence in decision-making and develop a stronger sense of identity, which in turn enhances their self-acceptance. Similarly, demographic variables such as age, education, and years of marriage were positively interrelated, indicating that life experience plays a significant role in shaping both personal and relational outcomes. For instance, older individuals with more years of marriage may have developed coping strategies that influence how they perceive and manage family stress.

Environmental context provides a practical lens for understanding these relationships. In settings where economic hardship, job instability, or limited social support are prevalent, family stressors are likely to intensify and overlap. For example, financial strain may lead to disagreements between partners, which can affect emotional well-being and even physical health. On the other hand, individuals living in supportive environments such as stable employment conditions, access to healthcare, and strong community networks may experience enhanced personal growth, better relationships, and a stronger sense of purpose. Work environments that encourage autonomy and skill development can also contribute to higher self-acceptance and psychological resilience. These environmental realities highlight how external conditions shape both stress experiences and well-being outcomes, reinforcing the importance of context in interpreting the findings.

Implications of the findings

The findings, interpreted through Self-Determination Theory (SDT), suggest that psychological well-being is closely tied to the satisfaction of three basic needs: autonomy, competence, and relatedness. The positive relationships among key dimensions of well-being such as environmental mastery, personal growth, purpose in life, and positive relations indicate that these components function as an interconnected system. When individuals experience strength in one area, it tends to support other areas, reinforcing overall psychological functioning.

At the same time, the results reveal some unexpected negative links between overall psychological well-being and certain components, suggesting that efforts toward growth, self-acceptance, or managing one's environment may be experienced under pressure rather than as freely chosen actions. The weak role of autonomy further indicates limited personal control, which may reduce the psychological benefits of these experiences. Overall, the findings highlight the importance of supportive environments, as family stress and external pressures may hinder genuine need satisfaction, thereby weakening psychological well-being even when individuals appear to be striving for positive outcomes.

The findings provided a practical view. From a clinical and therapeutic standpoint, the findings underscore the importance of interventions that explicitly target the satisfaction of basic psychological needs, particularly autonomy, competence, and relatedness. Practitioners should move beyond symptom-focused treatment to approaches that strengthen clients' sense of personal agency, emotional self-acceptance, and adaptive functioning within their family and social environments. Evidence-based modalities such as cognitive-behavioural therapy, family

systems therapy, and emotion-focused interventions may be particularly effective in addressing the impact of chronic stress and improving the quality of motivation underlying personal growth and adjustment.

Within religious and organisational contexts, the results highlight the need for supportive structures that enhance belongingness and reduce psychologically burdensome expectations. Faith-based leaders and organisational administrators are encouraged to cultivate environments that emphasize emotional support, inclusion, and intrinsic meaning rather than performance-based acceptance or externally driven pressure. Providing accessible counselling services, peer support systems, and psychoeducational programs can help individuals better cope with stress while reinforcing healthier internal motivation and psychological resilience.

From a policy perspective, the findings point to the critical role of government in addressing structural and socio-economic conditions that undermine psychological well-being. Persistent stressors such as economic hardship, unemployment, and family instability limit individuals' capacity to experience autonomy and psychological growth. Consequently, public policies should prioritise the expansion of accessible mental health services, the strengthening of family support initiatives, and the promotion of social welfare programs that reduce chronic stress exposure. Additionally, policies that support work-life balance and community-based mental health interventions are essential for fostering sustainable well-being at the population level.

Overall, the findings suggest that psychological well-being is shaped by a multi-layered system of influence, extending from individual therapeutic processes to broader social, religious, organisational, and governmental structures. Effective improvement in well-being therefore requires coordinated support across these levels to ensure that individuals are able to meaningfully satisfy their basic psychological needs within their everyday environments.

Limitations of the findings

A key practical limitation of this study relates to the reliance on self-reported data, which may introduce bias in participants' responses. Individuals may have underreported or overreported their levels of psychological well-being and family stress due to social desirability or personal interpretation of the items. In addition, the cross-sectional nature of the design limits the ability to draw causal conclusions, as the relationships observed only reflect associations at a single point in time rather than changes over time.

From an environmental perspective, the study is also constrained by the specific socio-cultural and economic context in which the data were collected. Factors such as financial hardship, cultural expectations surrounding marriage, and family structure in the setting may have influenced participants' experiences of stress and well-being. These contextual conditions limit the generalisability of the findings to other populations with different social or economic environments. Moreover, variations in access to social support systems and mental health resources may have further shaped the responses, making it difficult to apply the results uniformly across diverse settings.

Suggestions for further studies

Future studies should consider using longitudinal research designs to better understand how psychological well-being and family stress interact over time. This would help clarify causal relationships and capture how changes in family dynamics influence well-being across different life stages. In addition, incorporating mixed-method approaches, such as interviews or focus

groups alongside questionnaires, could provide deeper insight into how individuals personally experience stress and psychological adjustment within their family and social environments.

Further research should also expand the scope of participants to include more diverse populations across different cultural, economic, and relational contexts. This would improve the generalisability of findings and allow for meaningful cross-cultural comparisons. It may also be valuable to examine potential moderating and mediating variables such as coping strategies, social support, and personality traits, to better explain how and why family stress affects psychological well-being.

Summary and conclusion

This study examined the relationship between family stress and psychological well-being among married individuals. Drawing on a sample of 412 participants, the study explored how pressures within the family system—such as conflict, financial strain, and role demands—relate to different aspects of psychological functioning, including autonomy, personal growth, environmental mastery, and positive relationships. Using standardized instruments and a correlational research design, the findings showed that family stress is closely associated with variations in psychological well-being. While some dimensions of well-being were positively related to each other, the overall pattern indicated that increased family stress tends to undermine emotional stability, life satisfaction, and effective functioning within marriage.

The study also highlighted the role of contextual and environmental factors in shaping these outcomes. It became evident that even when individuals report engagement in positive psychological processes such as growth or purpose in life, these may not translate into improved well-being if they are experienced under pressure or constrained by external demands. This reinforces the importance of understanding psychological well-being not just as an individual attribute, but as a product of ongoing interactions between personal experiences and family environments.

Based on the findings, it can be concluded that family stress is a significant factor influencing psychological well-being among married persons. High levels of stress within the family system are likely to weaken emotional health, reduce satisfaction in relationships, and limit individuals' ability to function optimally. Conversely, supportive and stable family environments create conditions that enhance well-being by promoting emotional security, effective coping, and meaningful interpersonal connections.

Overall, the study emphasizes the need for greater attention to family dynamics in efforts aimed at improving mental health among married individuals. Interventions that reduce family stress and strengthen supportive relationships are likely to yield meaningful improvements in psychological well-being.

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