



Studying Quality of Life and Emotional Stability: A Review

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Abstract

In an effort to offer a nuanced knowledge of the ways in which emotional stability affects many aspects of well-being, this thorough review delves into the complex link that exists between emotional stability and life quality. Examined in terms of how it is conceptualized within accepted psychological frameworks, emotional stability is a core aspect of personality that is crucial in determining mental and emotional well-being. The review explores the relationship between emotional stability and social interactions, explaining how people who are more emotionally stable make and keep more fulfilling connections, which in turn creates a supportive social network. The study delves deeper into the mutual impact of social contacts and emotional stability, highlighting the dynamic nature of these connections. The review examines the wider effects of emotional stability on physical health outside the scope of individuals and interpersonal relationships.

It does this by combining empirical data that relates emotional stability to immune system performance, stress-related diseases, and general health outcomes. This review highlights the holistic aspect of quality of life by acknowledging the interdependence of emotional, social, and physical well-being. To sum up, the integration of prior studies offers a basis for comprehending the complex influence of emotional stability on different facets of wellbeing, supplying perspectives for subsequent investigations and initiatives focused on elevating emotional stability as an essential component in cultivating a satisfying and superior quality of life.

Keywords: Quality of life, Emotional Stability, Health, Stress Management

Introduction

Over the past three decades, numerous attempts have been undertaken to define and scientifically evaluate quality of life. However, despite a great deal of research, there isn't a single accepted definition or agreement on what quality of life is. Some academics use an objective definition of quality of life and take into account specific instances pertaining to living standards, such as physical well-being, one's own position (wealth, living circumstances, etc.), communication, employment, and other social and economic aspects that are comparable to quality of life. This

method is in contrast to a subjective one that emphasizes cognitive aspects in assessing quality of life and views it as equivalent to an individual's happiness or contentment.

Its proponents hold that, like life itself, quality of life is a complex and multifaceted notion, and they take into account both objective and subjective variables in their review. Many research has also been conducted on the concepts of emotional intelligence and emotional stability.

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The term emotional intelligence describes the capacity to recognize emotions, evaluate and produce emotions to support cognitive processes, comprehend emotions and emotional knowledge, and thoughtfully control emotions to foster both intellectual and emotional development.

Making thoughtful use of our feelings is the essence of emotional intelligence. To properly control our behaviour and relationships, we must be conscious of our own feelings as well as those of others. A subset of cognitive capacity known as emotional intelligence consists of characteristics and social skills that promote positive interpersonal interactions. It is the capacity to perceive, comprehend, and use emotions' intelligence and power as a source of human energy, knowledge, connection, and influence. Recent studies have demonstrated the importance of emotional intelligence in predicting a variety of real-life outcomes, including academic and professional performance as well as the quality of interpersonal relationships. Compared to general IQ or personality, emotional intelligence predicts these real-life outcomes differently.

Quality of life and emotional stability

A person's overall well-being is greatly influenced by the interrelated characteristics of emotional stability and quality of life. As a comprehensive idea, quality of life includes a range of elements, including social relationships, mental and physical health, and environmental circumstances. In contrast, emotional stability is the capacity of an individual to sustain a steady and stable emotional state, exhibiting fortitude in the face of adversity. There is a strong connection between these two ideas since the subjective perception of a high-quality existence is greatly influenced by emotional stability.

A person's ability to deal with stressors, failures, and day-to-day demands is influenced by their emotional stability, which is essential to their mental and emotional health. Higher emotionally stable people are more likely to be adaptable and emotionally resilient, which helps them deal with life's challenges. This in turn has a favourable impact on mental health, which is essential to overall quality of life. Furthermore, the establishment and preservation of healthy social interactions are strongly influenced by emotional stability. Emotionally stable people are frequently

better able to build deep relationships, creating a network of supporting people who improve people's quality of life in general by sharing experiences, understanding, and company.

Emotional stability has an effect on physical health in addition to the individual and interpersonal spheres. Empirical evidence indicates that emotional stability is linked to reduced incidence of stress-related illnesses, enhanced performance of the immune system, and superior general health consequences. This complex interaction highlights the holistic aspect of well-being and emphasizes the need of treating emotional stability as a critical component in raising general quality of life. In essence, there is a symbiotic relationship between emotional stability and quality of life. Emotional stability supports mental health, creates meaningful social connections, and has a favourable impact on physical health, all of which lead to a positive and rewarding quality of life. In order to promote holistic well-being and increase people's overall life satisfaction, comprehensive interventions must acknowledge and address emotional stability as a crucial element of the quality-of-life framework.

Importance of quality of life and emotional stability

Emotional stability and life quality have a significant impact on all facets of an individual's wellbeing and help them lead a complete and satisfying life. A wide range of elements contribute to one's quality of life, such as one's physical and mental health, emotional and mental stability, social connections, and surroundings. It is a reflection of the general sense of fulfilment and happiness one feels in life. A person's mental and emotional well-being are essential to their overall quality of life. All things considered, a happy mental state, marked by cognitive health, emotional stability, and stress management skills, is essential to a person's sense of fulfilment in life. A vital component of mental health, emotional stability is essential to sustaining this optimistic psychological state. Higher emotional stability makes a person more adept at navigating the complexities of life, manage stressors, and cultivate a resilient mindset.

Emotional stability has a significant impact on social relationships, which are another important

aspect of quality of life. People who are emotionally stable are more likely to build and maintain relationships with other people that are fulfilling and beneficial. These connections, which are marked by communication, trust, and support, provide a substantial contribution to life happiness in general. Furthermore, maintaining emotional stability is crucial for maintaining physical health. Empirical evidence suggests a robust association between emotional stability and reduced occurrence of stress-related diseases, enhanced immune system performance, and superior health outcomes in general. The way that social interactions, mental health, physical well-being, and emotional stability interact highlights how intertwined these aspects are within the larger idea of quality of life.

Review of literature

Zeidan, Johnson, Diamond, David & Goolkasian (2010) showed that non-clinical individuals' working memory, long-term memory, sustained attention, visual-spatial speed, and executive functioning were all markedly improved by mindfulness activities. Since opioid use disorder has been shown to impact a variety of facets of a person's life, MBRP therapy offers a fresh chance for improving each of these areas. In order to determine the impact of MBRP therapy on opioid use disorder, cognitive functioning, emotional stability, motivation, and quality of life, a literature review was conducted based on the studies that were already accessible.

Lashkaripour, Bakhshani & Sadjadi (2012) created a quasi-experimental study to evaluate how methadone maintenance therapy affected quality of life. As a result, 100 substance-dependent outpatients in Iran were chosen as a sample for the research and had their quality of life evaluated at baseline. In the first, second, and third months of the treatment, follow-up was also conducted. All of the people in the baseline QoL evaluation had considerably poorer social relationships, but there was no significant difference in the other QoL areas (physiological, psychological, and environmental). Subsequent data indicated that during a three-month period, methadone treatment enhanced the domains of physical health and social relationships, but the

psychological and environmental dimensions of quality of life showed no discernible change.

Dhawan & Chopra (2013) carried out a study involving 231 individuals who had used opioids within the previous five years. The study's objective was to evaluate the impact of buprenorphine treatment on quality of life. Each participant received a daily dose of buprenorphine ranging from 2 to 12 mg in addition to receiving the group psychosocial intervention. For the first three months, two one-hour psychological intervention sessions were offered. Opioid users' preassessment scores showed greater deterioration in the psychological and environmental domains of quality of life. Follow-up was conducted at 3, 6, and 9 months following the intervention. The outcomes showed a noteworthy decrease in the use of opioids and enhancements in the psychological, physical, social, and environmental aspects of quality of life.

Giri, Srivastava & Shankar (2013) also looked into how alcohol and drug use affected quality of life. The study's objective was to compare alcohol and opioid users' quality of life with that of a control group. The General Health Questionnaire-12 was used to evaluate potential subjects for the normal control group. The WHOQOL-BREF Hindi version was used to evaluate the quality of life for each participant. The quality of life of alcohol users, opioid users, and normal controls differed significantly, according to the results. The outcomes also showed that opioid users' quality of life is worse than that of alcohol users' and normal controls.

Griffin, Bennett, Fitzmaurice, Hill, Provost & Weiss (2015) developed a study to investigate how individuals with opioid use disorder's quality of life is affected by opioid prescriptions. For the study, a sample of 653 individuals reliant on opioid, buprenorphine, and naloxone therapy were obtained, and their quality of life was compared with that of a normal control group. The study's conclusions indicated that, in compared to the general population, opioid-dependent individuals had low physical and mental quality of life. Gender differences revealed that women's mental quality of life is more impaired than men's. Additionally, it was discovered that older patients had lower physical QoL scores but not mental QoL scores.

Aden, Dunning, Nosyk, Wittenberg, Bray & Schackman (2015) evaluated how using illegal opioids affected the health-related quality of life (QoL) of opioid-dependent HIV-positive individuals. They took a sample of 307 individuals and separated them into four groups: patients receiving antiretroviral treatment, patients receiving non-antiretroviral treatment with poor adherence, and users of illicit opioids. The study's conclusions showed that all of the groups had low QoL at the beginning. The QoL of patients who were using illicit opioids was shown to be lower than that of the other groups, according to the results.

One recent Indian study conducted by **Singh, Kumar, Sarkar & Balhara (2018)** on patients with opioid use disorders revealed a strong correlation between QoL and perceived stigma. Researchers enlisted 168 patients with opioid use disorders from tertiary care hospitals in order to meet the study's objectives. The study's conclusions showed that opioid use disorder considerably lowers opioid users' quality of life across all four WHOQOLBREF dimensions (environment, social relationships, psychological health, and physical health). Results also showed that, in comparison to other areas, opioid users had the greatest deterioration in social relationships related to quality of life. There was a strong correlation observed between the ecological, psychological, and physical health domains of quality of life and perceived stigma.

In the UK and around the world, quality of life has been a political priority in recent years. The argument that historically, indicators of economic productivity like the gross domestic product have been used primarily, if not exclusively, to measure individual, community, and societal well-being and progress has led to an increased emphasis on quality of life (QoL) in policy and decision making (**OECD 2011**).

In this context, scholars, policymakers, and other stakeholders have called for a more comprehensive understanding of the quality of life, well-being, and advancement of people, communities, and societies that considers a wider range of factors, including mental and physical health, access to high-quality housing, a sense of safety and security, political freedom and rights, and access to the outdoors.

In other domains as well, there is a perceived need to go beyond economic conceptions and measures of progress, quality of life, and well-being. For instance, the idea of sustainable development has been widely adopted in recent decades as a substitute for talks centered solely on economic growth and development. This has happened in the framework of the Sustainable Development Goals (SDGs) agenda established by the United Nations (UN). It's interesting to note that in the UK, the New Labour government's sustainable development agenda began to take shape in the late 1990s, pushing quality of life (QoL) higher up the political agenda as decision-makers considered how best to enhance population QoL in a long-term sustainable way (**Shepherd 2005**).

Kapse, Thakre, Thakre & Kapse (2017) carried out a study to ascertain how a substance use disorder affects quality of life. 250 patients were chosen at random from a de-addiction centre, and their quality of life was compared to that of the general community. The study's conclusions showed that although only 52.80% of individuals in the comparison group assessed their quality of life as low, 85.60% of drug users did. Individuals in the research cohort assessed their quality of life (QoL) on all four WHOQOL-BREF domains: physical, psychological, social, and environmental.

It is challenging to define QoL in a single, universal term since various people have different values, which causes their perceptions of QoL to differ (**Bowling, 1995**). Nevertheless, the **World Health Organization (1996)** provided a thorough explanation of QoL. According to the World Health Organization, quality of life is the sense of one's place in life in relation to one's objectives, standards, expectations, and worries as well as the culture and value systems in which one lives. Moreover, it is an expansive notion that intricately encompasses an individual's bodily well-being, mental condition, degree of self-sufficiency, interpersonal connections, convictions, and association with prominent environmental elements. Thus, QoL is made up of two types of entities: non-physical and tangible. The quantity of goods and services, wealth, materials, etc., all contribute to physical QoL.

Fassino, Daga, Delsedime, Rogna & Boggio (2004) evaluated the quality of life (QoL) of

heroin addicts in relation to their personality profile and psychopathology. 180 heroin users were included in this study as the experimental group, receiving de-addiction treatment, whereas the control group consisted of 63 nonclinical individuals. Each participant was split into two groups based on whether they had a personality problem or not. The results revealed a substantial variation in the personality profiles of the two groups. The QoL of heroin users with personality disorders was likewise shown to be lower than that of heroin users without personality disorders, according to the results.

Najafi, Sheikhvatan, Montazeri & Sheikhfathollahi (2009) investigated the quality of life (QoL) in patients with opioid use and coronary artery disease (CAD). Thus, 275 CAD patients who had just had isolated coronary artery bypass surgery made up the sample size for the research. The entire sample was split into two groups by the researchers: those with CAD who were not addicted to opium (n=234) and those who were (n=41). The QoL of the two groups did not significantly differ, according to the results.

Numerous interpersonal and environmental factors contribute to opioid use disorder. Of all these variables, personality plays a unique function influencing most areas of an individual's life. Personality characteristics influence opioid use disorder in addition to other behaviours. According to studies, having a high neuroticism level raises the risk of developing a heroin use disorder later in life and is a sign of low emotional stability (**Delic, Kajdiz, & Pregelj, 2017**)

People experience happy emotions in favourable circumstances and negative emotions in unfavourable ones; yet, emotionally stable people are those who maintain their composure in unfavourable circumstances. Emotional stability, in this context, is the capacity to defuse stress, ignore certain emotional triggers, and perceive them impartially as one assesses his strengths and weaknesses and works to better integrate his ideas and his covert behaviour (**Crow & Crow, 1962**).

Emotional maturity, consistent emotional responses that fit the given context, and consistency across different situations are sometimes regarded as traits of an emotionally stable personality (**Reber, 1995**).

Therefore, the quality that gives people their stability and balance might be characterized as their emotional stability. These folks don't become easily agitated and have a tendency to be resistive to stressful situations. They react to stimuli that elicit emotions less strongly. However, emotionally unstable people see everyday situations as more dangerous than others and get angry when they misinterpret the circumstances, which affects their capacity to think clearly and make decisions (**Jung, Wranke, Hamburger, & Knauff, 2014**).

Pasareanu, Ospal, Vederhus, Kristensen & Clausen (2015) evaluated quality of life for 202 drug users who were either willingly or involuntarily admitted to the hospital as inpatients. The study's goal was to identify the factors that predict quality of life (QoL) in drug users. The study's conclusions showed that most of the patients had a higher burden of psychiatric symptoms and a significantly reduced quality of life at baseline. Additionally, follow-up results revealed no discernible difference between the two groups.

Mitchell, et al. (2015) out a study on 300 African American men and women who used opioids to determine how buprenorphine treatment affected their quality of life. Assessments were conducted at the beginning of treatment, three months later, and six months later. The study's conclusions showed that, at baseline, all opioid users had poorer scores across all four WHOQOLBREF domains. The results also showed a negative correlation between baseline psychological QoL and the frequency of opioid usage.

Li (2005) created a self-organizational theory-based concept of emotional stability. Emotional stability is described as a characteristic that indicates whether or not a complex emotional system can effectively and naturally maintain its equilibrium within the framework of self-organizational theory. Two dimensions were suggested to be held: emotional recovery from the self-organization process and the emotional reaction threshold.

Thorndike and Hagen (1979) Take into consideration that evenness of moods, intent, interests, optimism, cheerfulness, calmness, feeling of being in good health, freedom from guilt, concern, or loneliness, freedom from

daydreaming, and freedom from persistence of ideas and moods are characteristics of an emotionally stable person.

Hay and Ashman (2003) 655 teenagers were used to examine gender differences related to the formation of the adolescents' overall self-concept and emotional stability. Males' emotional stability was influenced by their relationships with their parents, but not that of females. Compared to parental ties, peer relationships had a greater impact on the development of teenagers' emotional stability.

Pijlman (2018) discovered that the emotional stability of the CEO has a beneficial impact on the performance of the organization and strategic change. The industry for natural gas and crude petroleum was the subject of the inquiry. From a psychological and physiological standpoint, the Master's students find the acmeological approach—which emphasizes a person's development based on their inherent capacity potential expressed at "peak-age stages" to be the most appropriate.

The financial, socioeconomic, and health aspects of well-being have all been studied by transformative service researchers; however, the social functioning of well-being which holds that meeting one's social needs enables one to achieve one's overall well-being has received comparatively less attention. Consequently, quantifying sub-dimensions yields more precise data on enhancing overall wellbeing. (**Gerritsen et al., 2010**).

The ability to control one's emotions or preserve emotional stability allows a person to identify and separate from an emotion depending on the circumstances. It also gives the person more control over how they respond right away in that specific circumstance. Hospital nurses must be able to establish a strong connection with patients quickly, especially when patients are admitted for shorter stays. Establishing trusting relationships is crucial for patients to feel comfortable discussing sensitive and personal matters related to their recovery. As a result, nurses' ES becomes important in the healthcare sector. Therefore, attention must be given to both the bodily and psychological as well as the spiritual needs (**Mullakanda & Dissanayake, 2015**).

Objectives of the study

To overview the current literature on quality of life and emotional stability

- To evaluate reviews in field of quality of life and emotional stability
- To evaluate the importance of quality of life and emotional stability

Research Methodology

The research has been based on conceptual research work. A depth study was carried out. This paper discusses the to study the quality of life and emotional stability, to understand the depth of the concept behind to study the quality of life and emotional stability values quality of life and emotional stability holds and to understand the quality of life and emotional stability.

Secondary data has been used and studies from the previous researchers to identify various aspects related to the topic. Literature review and introduction has been preparing with the help of research paper publications, article, and other internet sources.

Findings and Conclusion

In conclusion, there is no denying the complex interaction that exists between emotional stability and quality of life; this dynamic interplay has a substantial impact on an individual's overall wellbeing. Emotional stability is the cornerstone of quality of life, which encompasses a range of characteristics including physical health, social ties, and mental health. In order to create a happy and meaningful life and to build the resilience required to deal with life's challenges, emotional stability becomes essential.

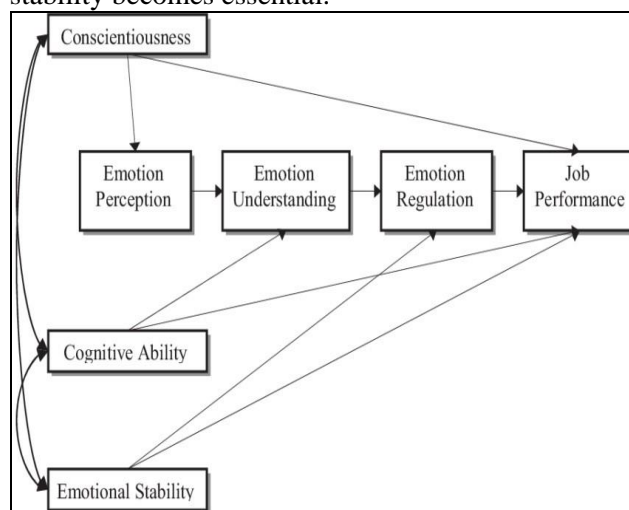


Fig. 1: Cascading model of emotional intelligence (EI)

Source: https://www.researchgate.net/figure/Cascading-model-of-emotional-intelligence-EI-The-cascading-model-is-based-on-the_fig3_41087511

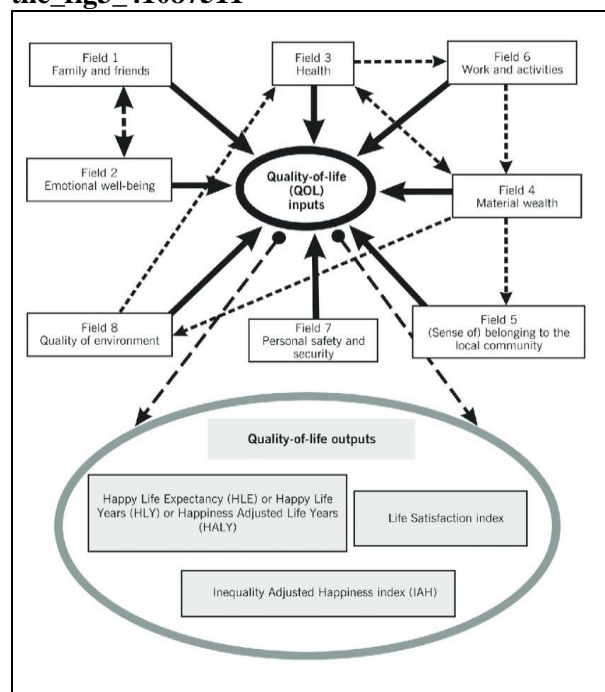


Fig. 2: Rahman's Quality of Life Model
Source: https://www.researchgate.net/figure/RAHMANS-QUALITY-OF-LIFE-MODEL_fig1_27219889

It is impossible to exaggerate the significance of emotional stability for mental and emotional wellness. Higher emotional stability makes a person more capable of handling stress, adjusting to changing conditions, and upholding a healthy psychological state. This in turn fosters a sense of pleasure and happiness as well as the ability to face life's challenges and delights in moderation, all of which have a good impact on the overall quality of life.

Furthermore, an individual's social environment is greatly influenced by their emotional stability. Emotional stability is necessary for the formation and maintenance of healthy social interactions, which are essential to a high quality of life. Effective communication, empathy, and support are hallmarks of healthy interpersonal relationships, and they greatly add to the general fabric of well-being.

Emotional stability has an effect on physical health in addition to the individual. The comprehensive aspect of well-being is shown by

the correlation between higher immune system performance and reduced levels of stress-related diseases in those with stable emotional states. Therefore, emotional resilience-building techniques must be included in interventions meant to improve quality of life, as they acknowledge the critical role that emotional stability plays.

Essentially, the relationship between emotional stability and quality of life emphasizes the necessity of a thorough and integrated approach to well-being. People can work toward a more robust, balanced, and satisfying life by putting mental health first, fostering strong social bonds, and realizing how different aspects of life are tied to emotional stability.

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