

Paper Abstract Submission

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This paper explores the profound impact of developing friendships and growth-enhancing relationships on individual mental health. With the increasing recognition of the crucial role that social connections play in overall well-being, this study aims to delve into the positive effects of cultivating relationships on happiness and stress reduction. The paper draws upon a comprehensive review of existing literature from various disciplines, including psychology, sociology, and neuroscience, to synthesize the current understanding of the intricate interplay between social relationships and mental health.

Through an examination of empirical studies, theoretical frameworks, and real-life examples, this paper presents compelling evidence to support the hypothesis that forging and nurturing meaningful relationships significantly contributes to enhanced mental health outcomes. It discusses the mechanisms through which friendships and developmental relationships influence individuals, such as providing emotional support, promoting a sense of belonging and social integration, and facilitating personal growth and self-esteem.

This paper also explores the implications of these findings for mental health interventions and highlights the potential for targeted strategies aimed at fostering and strengthening social connections in various settings, including educational institutions, workplaces, and community organizations. By shedding light on the transformative power of relationships, this paper seeks to inspire further research and encourage policymakers, mental health practitioners, and individuals to recognize and prioritize the cultivation of friendships and growth-enhancing relationships as a fundamental aspect of mental health promotion and overall well-being.