

The present study was conducted to investigate psychological well-being and positive and negative affect among adults. Sample comprised of 221 adults, the sample was collected from all over Pakistan. Psychological well-being was measure with the help of psychological well-being scale developed by Ryff and Keyes in (1995). Lifestyle was measure with the help of Health Promoting Lifestyle Profile Scale developed by Walker et al (1995). Positive and negative affect was measured by PANAS developed by Watson, Clark, and Tellegen (1998). To check the properties of scale alpha reliability coefficient was calculated. To test the hypotheses of the research, correlation, independent sample t-test and ANOVA were computed. It was hypothesized that there will be a positive relationship between psychological wellbeing and lifestyles and positive affect. The results show that psychological wellbeing, lifestyle and positive affect are positively related. This also supports our hypothesis. The research also searched for relationship on the study variables according to demographics of the sample. The respondents varied according to their dominant affect levels in respect to their psychological wellbeing and lifestyles. The research found significant differences for the genders on life appreciation, nutrition, and negative affect. Single and married individuals differed significantly on autonomy, environmental mastery, life appreciation, nutrition and stress management. Individual showed significant differences with respect to their living situation, joint and nuclear family members showed significant differences on personal growth, autonomy, health responsibilities, social support, physical activities, and stress management. The sample showed significant differences on environmental mastery, personal growth, and purpose in life, life appreciation, health responsibilities, physical activities, stress management, and negative affect when divided in socioeconomic status. Age wise analysis showed significant differences for autonomy, personal growth, purpose in life, life appreciation, nutrition, stress management. Provincially significant differences were found on life appreciation, nutrition, social support, physical activities and stress management and both positive and negative affect experienced. Implications of the results are discussed.