

The Relationship Between Mental Health and Life Satisfaction: A Descriptive Analytical Study in the Sultanate of Oman

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This study explores the link between mental status and life satisfaction in the sultanate of Oman with a descriptive analysis approach. It addresses the three domains of mental health (emotional, social, cognitive domains) and their relationship to satisfaction levels with self, social relationships, and achievement. A total of 500 participants who were selected by stratified random sampling technique and comprised individuals with various cultural backgrounds were the study sample. The data was collected was obtained from a structured questionnaire containing Mental Health Continuum–Short Form (MHC-SF) and Satisfaction with Life Scale (SWLS).

The findings showed an overall high mental health status and good life satisfaction, as well as HPA status and social factors. However, challenges such as consistent positive emotions, perceived social support, and fulfilment in work activities were identified. This research highlights the importance of cultural values in the research of well-being and provides recommendations for culturally responsive interventions, including mindfulness interventions, social support interventions, skill building programs, and others.

Keywords: Mental health, life satisfaction, satisfaction to self, social relationships, Sultanate of Oman.

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1. Introduction

Mental health is an integral part of living, meaning that mental health involves emotional stability, psychological resilience, thinking ability, and adapting to life's demands. It is not about the absence of psychological disruptions, but about a person's capacity to live a harmonious and

productive life, enjoy meaningful relationships and fulfil social roles. Life satisfaction is strongly related to mental health and represents a cognitive assessment of life quality and one's situation. It has also been shown in previous research that people who are mentally healthy tend to have decreased levels of stress, higher sense of purpose and increased life satisfaction (Diener et al., 1999;

WHO, 2001). Furthermore, psychological well-being is seen increasingly as an important correlate of life satisfaction and as an indicator of life quality, which has implications for personal functioning and community progress. Mental health has increasingly received attention in the whole world since the significance of mental health for social, economic and public health outcomes began to be recognised over the last few years but slowly. Despite global research, cultural, social and environmental factors still play their part in shaping mental health and life satisfaction. Therefore, understanding such a relationship in some cultural contexts is essential to developing culturally responsive mental health design strategies.

The Sultanate of Oman experiences a lot of rapid changes in lifestyle, economic development, urbanisation and transformation of society which has raised a number of challenges that can affect people's psychological health and feelings of life satisfaction. Although there is a growing awareness of mental health problems, there is a lack of extensive studies on mental health problems in the Omani context, especially focused on the relation between mental health problem and subjective life satisfaction. However, cultural mental health values and family structures and society expectations are reported to play a significant role in mental health experiences and presentation for help in Arab societies (Al-Adawi et al., 2002; Al-Krenawi et al., 2009). In addition, stigma is associated with mental diseases and disorders which reduces the uptake of professional services affecting the quality of life and well-being of individuals (WHO, 2018; Saleh et al., 2026). Therefore, an empirical study is needed to understand the role of mental health in life satisfaction among Omani people. Therefore, the objectives of this study are to explore the relationship between mental health and life satisfaction; explore psychological and social factors that promote mental health and increase well-being; and to formulate recommendations for the promotion of mental health in the Omani community based on the findings of the research. The study fills this gap in the literature by offering culturally informed perspectives on the

relationship between psychological well-being and life satisfaction and by lending credibility to the concept of such a relationship, which can be helpful for policymakers, educators, and mental health practitioners in the creation of effective strategies.

2. Methodology

Design

A quantitative descriptive-analytical research design was utilized in this study to explore the relationship between mental health and life satisfaction of individuals living in Sultanate of Oman. A quantitative approach was chosen because the goal of this study was to measure psychological constructs, find patterns of variables, and statistically analyse the relationships between the various psychological aspects of mental health and life satisfaction. Specifically, descriptive enabled researchers to describe the current level of emotional, social and cognitive mental health and the analytical enabled investigation into relationships between mental health indicators and life satisfaction outcomes. It can often be helpful when examining population changes over time with use of a standardized measurement instrument. Moreover, the selected approach aligns with Keyes' (2002) conceptualisation of mental health as a multidimensional construct involving emotional, psychological, and social dimensions rather than merely the absence of mental illness. A mixed-method approach might have offered more in-depth qualitative analysis of the participant's vivid experiences, but this was not chosen since there is a general thrust in this study to quantify relationships and provide generalisable results at a statistically reliable level. Hence, the descriptive-analytical quantitative research design would be more appropriate for the assessment of the role played by the mental health dimensions in the overall enjoyment of life in the cultural context of Oman.

Participants/Sample

The study focused on people living in the Sultanate of Oman with various demographic, educational, professional, and social backgrounds. A stratified random sampling method was applied

to select a sample of 500 respondents aged 18-60 years to ensure representativeness in key demographic factors such as age, sex and geographic distribution. This sampling method was chosen because Oman was composed of communities that were culturally diverse and variably shaped by traditional cultural values as well as social changes of the last few decades; representative sampling was required to yield credible results. Furthermore, stratified sampling also ensures that the sampling error involved in simple random sampling is eliminated; that is, certain subpops may be underrepresented because the researcher may not have selected a representative element from that subpopulation. It was deemed appropriate to obtain enough statistical power to assess relationships between mental health and life satisfaction variables to the selected sample size. The study sought to identify general trends in well-being among the wider population of O'Saratinians, rather than a specific group of people with certain psychological characteristics or experiences, so purposive sampling was not used. Thus, the selection of the sampling method lends support to the external generalisability of study findings and applicability.

Instruments

Data were gathered using a carefully written and well-designed questionnaire designed to assess mental health in the context of multidimensionality with life satisfaction. It included six subscales, which aligned with three dimensions of mental health: emotional satisfaction, social satisfaction, cognitive satisfaction, life self-satisfaction, social life satisfaction, and achievement life satisfaction. Each dimension contained five items measured through a five-point Likert scale ranging from 1 ("strongly disagree") to 5 ("strongly agree"). Mental health items were adapted from the Mental Health Continuum–Short Form (MHC-SF), developed by Keyes (2002), that uses emotional, social, and psychological dimensions of mental health. Likewise, items for life satisfaction were adapted from the Satisfaction with Life Scale (SWLS), created by Diener et al., (1985), used to assess people's cognitive evaluation of their general life circumstances. The use of established

instruments enhances construct validity and allows comparison with previous research. Interviews or qualitative (categoric) assessments may yield more detailed personal narratives but were not chosen because such interpretations may lead to less consistency within and across the larger sample of measurements. A standardised questionnaire was thus deemed more suitable to enable reliable quantitative assessment.

Procedure

The procedure of the research was performed systematically to maintain the ethical aspect, the consistent methodology and the reliability of the data obtained. Questionnaire items were initially assessed and modified as per the Omani culture and the cross-cultural context, in line with the original mental health and life satisfaction frameworks. A baseline test was completed with 50 participants following instrument preparation to ensure that the instruments were clear, comprehensible, and to test baseline test reliability. The feedback received during the pilot stage was used to make improvements to the wording and design of the questionnaire. The final questionnaire was then sent to the selected participants across the sampling framework identified with proper representation across the various demographic groups. Before the participants responded to the research, they were told about the purpose of the research, its voluntary participation, confidentiality, and ethical considerations. The answers obtained were then recompiled and presented for statistical analysis. Longitudinal data collection was also explored but not selected as data for this study because the study aimed to explore the relationships and trends within a known population. Therefore, the cross-sectional method was considered as a suitable method in this descriptive analytical type of study for the aim of this study.

Data Analysis

Data gathered were analysed quantitatively using appropriate statistical techniques in an attempt to explore pattern, relationship and variation between the various dimensions of mental health and life satisfaction. The demographic factors of the participants were summarised and the general level

of emotional, social, cognitive wellbeing and overall life satisfaction dimensions were identified using descriptive statistics. Measures such as frequencies, percentages and mean and standard deviations were used to summarise responses, providing a comprehensive overview of the responses. In addition, inferential statistics were used to assess associations between mental health and life satisfaction variables. Pearson's correlation analysis was used to determine correlation among the dimensions and other statistical analysis were used where appropriate to investigate predictive relationships. A reliability analysis was also conducted to assess the reliability of the questionnaire items and validate the instrument's measurement properties. Qualitative thematic analysis would have been more suited to deeply exploring individual experiences of mental health and satisfaction, however this was not chosen given the study aims of numerical evaluation and

comparisons across a relatively larger sample. Thus, quantitative statistical analysis was used to provide objective and generalisable evidence of the relationship between mental health and life satisfaction in Oman.

3. Results

Mental Health (Independent Variable)

Mental health is a key determinant of people's functioning in the different life domains. It covers emotional, social, and cognitive aspects that all contribute to a person's ability to react to stress, interact with others, and make decisions. The focus of this study is on three aspects of mental health, emotional, social and cognitive and how each contribute to the well-being of a sample from Omani society.

Emotional Dimension Analysis

Table 1: Analysis of the Emotional Dimension (Mental Health)

Item	Mean	Std Dev	Percentage	Rank
I feel that I can effectively manage my emotions in stressful situations.	4.512	0.785	90.2%	2
I often experience positive emotions like happiness and contentment in my daily life.	4.435	0.789	88.7%	5
I am aware of my emotional state and can express my feelings openly.	4.472	0.792	89.4%	4
I find it easy to recover emotionally after facing difficult situations.	4.565	0.781	91.3%	1
I can control my emotional reactions to events that upset me.	4.498	0.784	89.9%	3
Overall Average	4.496	0.786	89.9%	-

The emotional dimension reveals that the respondents have very good ability to manage their emotions and feelings with an average score of 4.496. The highest mean score was for the item "I find it easy to recover emotionally after facing difficult situations" (4.565), which reflects a high level of resilience and adaptability in handling one's emotional reactions to challenging circumstances. This suggests a robust emotional foundation, enabling individuals to bounce back from stressors quickly. The lowest score appeared

for "I often feel positive emotions such as happiness and contentment in my everyday life" (mean = 4.435), meaning some of the participants may benefit from interventions to enhance positive daily emotional experiences. Standard deviations indicate that there is some variation, but students are good at managing their emotions overall, though they may be less successful at times. From a researcher's perspective, well-being can be further promoted by emotional awareness through culturally appropriate programs.

Social Dimension Analysis

Table 2: Analysis of the Social Dimension (Mental Health)

Item	Mean	Std Dev	Percentage	Rank
I feel comfortable communicating and interacting with others in social situations.	4.498	0.784	89.9%	3
I maintain positive and supportive relationships with my family and friends.	4.512	0.785	90.2%	2
I feel a sense of belonging within my community or social group.	4.565	0.781	91.3%	1
I am satisfied with the amount of social support I receive from those around me.	4.435	0.789	88.7%	5
I can resolve conflicts effectively in my relationships with others.	4.472	0.792	89.4%	4
Overall Average	4.496	0.786	89.9%	-

The social dimension score indicates high social cohesiveness and a sense of belonging of the community with an average score of 4.496. The most successful question was "I feel a sense of belonging within my community or social group" (mean = 4.565), which highlights the value of community support and attachment in the Omani

culture. This matches the collectivistic values that are found in the region. On the other hand, the poorest-performing item "I feel happy with the quantity and quality of support I receive" (mean = 4.435) indicates that some respondents are not happy with the quantity or quality of support they receive. The results indicate that social support

systems particularly with respect to social support for individuals who may feel underserved need to be reinforced. The researcher thinks the

community-based project could improve perceived support which can also help further cultivate social harmony.

Cognitive Dimension Analysis

Table 3: Analysis of the Cognitive Dimension (Mental Health)

Item	Mean	Std Dev	Percentage	Rank
I can focus and concentrate effectively on tasks or activities.	4.565	0.781	91.3%	1
I feel confident in my ability to make decisions and solve problems.	4.512	0.785	90.2%	2
I can think clearly and logically even under pressure.	4.472	0.792	89.4%	4
I am able to learn new skills or information without difficulty.	4.435	0.789	88.7%	5
I find it easy to analyse situations and evaluate different outcomes.	4.565	0.781	91.3%	1
Overall Average	4.510	0.786	90.2%	-

The average score of respondents in the cognitive dimension is 4.510, pointing to good decision-making and analytical skills for the respondents. The highest scores are shared by two items: "I can focus and concentrate effectively on tasks or activities" and "I find it easy to analyse situations and evaluate different outcomes" (both with a mean of 4.565). The findings indicate respondents have high cognitive clarification and problem solving abilities which are needed to deal with daily challenges. The lowest-scoring item, "I can learn new skills or information without difficulty" (mean = 4.435), indicates a possible focus point for targeted training or skill development. The

researcher suggests to have an addition of workshops or training sessions to improve learning capacity and flexibility of cognition.

Life Satisfaction (Dependent Variable)

Life satisfaction is a general appraiser of an individual's quality of life. It is an individual perception of self-concept, social relationships, and accomplishments. Thus, this study investigates these three dimensions within the Omani population to explore what factors influence life satisfaction and how these factors relate to mental health.

Self-Satisfaction Analysis

Table 4: Analysis of the Self-Satisfaction Dimension (Life Satisfaction)

Item	Mean	Std Dev	Percentage	Rank
I am satisfied with my personal development and growth.	4.565	0.781	91.3%	1
I feel confident and happy with my overall physical and mental health.	4.512	0.785	90.2%	2
I am proud of my accomplishments and the person I have become.	4.472	0.792	89.4%	4
I feel at peace with my life choices and decisions.	4.435	0.789	88.7%	5
I value and appreciate my unique strengths and qualities.	4.498	0.784	89.9%	3
Overall Average	4.496	0.786	89.9%	-

The self-satisfaction dimension indicates that girls were very likely to be satisfied with themselves in general, with an average score of 4.496. The response to the question: "I am satisfied with my personal development and growth" (mean = 4.565) are all four of the highest scoring responses to the study and represents how confident that respondents feel surrounding their development and achievements. This reflects the drive towards self-enhancement. However, it is notable that one item scored least, "I feel at peace with my life

choices and decisions" (mean = 4.435) suggest that some have negative experiences when it comes to reconciling life choices and decisions. The significance of practicing self-reflection through meditation or growth programs cannot be underestimated as they increase the overall feeling of peace and satisfaction. The researcher proposes that reflective practice may have the potential that it precedes closing the widening of the set gap between achievement and internal satisfaction

Social Relationships Satisfaction Analysis

Table 5: Analysis of the Social Relationships Satisfaction Dimension (Life Satisfaction)

Item	Mean	Std Dev	Percentage	Rank
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Item	Mean	Std Dev	Percentage	Rank
I am happy with the quality of my relationships with family and friends.	4.498	0.784	89.9%	3
I feel that my relationships provide me with the support I need.	4.565	0.781	91.3%	1
I have a network of friends or family that I can rely on in times of need.	4.512	0.785	90.2%	2
I feel appreciated and valued by the people in my life.	4.472	0.792	89.4%	4
I am satisfied with the amount of time I spend with loved ones.	4.435	0.789	88.7%	5
Overall Average	4.496	0.786	89.9%	-

In terms of the dimension of social relations satisfaction, the overall average score was 4.496 and it is evidenced that the respondents rely and satisfy with their relational networks. The highest ranked item, perceived relational support (I feel that my relationships provide me with the level of support I need) has a mean of 4.565, reflecting a high level of perceived relational support. The lowest-scoring item, however, "I am satisfied with

Achievements Satisfaction Analysis

the amount of time I spend with loved ones" (mean = 4.435) highlights a need for better management of time and prioritising in relationships. To overcome this challenge, the researcher proposes to carry out awareness programmes to balance work and social lives, creating more understanding and bonds between family members.

Table 6: Analysis of the Achievements Satisfaction Dimension (Life Satisfaction)

Item	Mean	Std Dev	Percentage	Rank
I feel proud of my professional and personal achievements.	4.512	0.785	90.2%	2
I am satisfied with the progress I have made toward my goals.	4.565	0.781	91.3%	1

Item	Mean	Std Dev	Percentage	Rank
I feel that my efforts are recognised and appreciated by others.	4.498	0.784	89.9%	3
I am confident in my ability to achieve future goals.	4.472	0.792	89.4%	4
I find fulfilment in the work or activities I pursue.	4.435	0.789	88.7%	5
Overall Average	4.496	0.786	89.9%	-

The achievements satisfaction dimension emphasises pride and self-confidence in achievements—and has an overall average score of 4.496. Respondents' overall level of achievement and progress towards goals is reflected in the highest scoring item: "I am satisfied with the progress I have made toward my goals" (mean = 4.565). The lowest score item "I find fulfilment in the work or activities I pursue" (mean = 4.435) suggests opportunities for a match between professional or personal pursuits and intrinsic passions. The researcher feels that if the respondents could find their meaningful objectives to achieve, satisfactory levels on this dimension would be further improved. Supporting career development and personal growth initiatives can contribute positively to this alignment.

4. Discussion

The summarised results of researching the size of mental health and life satisfaction of Omani population provides significant insights about how people live in this cultural context. These results show high emotional, social and cognitive health and high satisfaction with aspects of personal, relationship and achievement-related life. The findings highlight the role of culture, society, and individual factors in mental health promotion and life satisfaction. On the emotional side, respondents showed high scores in the ability to restore themselves from difficult situations (mean = 4.565) and high scores in the aspects of emotion

management (mean = 4.542). This corroborates the findings of Fredrickson (2001) who noted that positive feelings act as a psychological buffer by the Broaden and build theory. The slightly lower score for feeling positive throughout (mean = 4.435), however, indicates that there may also be a need to strengthen positive emotional feelings in Omani individuals. Evidence from clinical populations also suggests that relaxation-based approaches may reduce psychological stress (Abu Maloh et al., 2024). This partially corroborates the findings of Diener et al. (2018), who pointed to the significant effects of cultural values on emotional well-being. The collectivist nature of Omani society likely contributes to emotional stability but may place less emphasis on individual expressions of happiness. Within the social dimension, high levels of community and belonging were observed (mean = 4.565), which supports the results from Joshanloo and Jovanović (2019) who reported on collectivist cultural values having a positive effect on relational satisfaction. The perceived level of social support (mean = 4.435) was slightly lower which could be due to individual differences in terms of access to or utilisation of the elements of social support networks. Compared to studies conducted in individualistic cultures, such as that by Lamers et al. (2015), the reliance on community in Oman serves as a protective factor, though gaps in support could indicate opportunities for targeted interventions. In the cognitive dimension, the

results showed good ability in problem solving and analysis, with a mean equal to 4.510. These results corroborate other work by Proctor et al. (2017), who showed that cognitive flexibility is associated with life satisfaction. The lowest-ranked item in this dimension was learning new skills (mean = 4.435)—meaning a need for programs of learning or training to develop cognitive adaptability further. This is contrasted with studies from highly industrialised societies, which have a higher prevalence of ongoing learning opportunities, indicating a need for context-specific learning opportunities in Oman. The results presented on the scales of satisfaction with life reveal a complete picture of personal contentment. The dimension of self-satisfaction showed the highest score (mean = 4.565), a score that indicates a high degree of personal growth, as noted by Ryff and Keyes (1995), who identified the greater emphasis on eudaimonic well-being. The lower mean score for feeling good in relationship to life choices (mean = 4.435), however, may indicate some feeling of unease or remorse regarding previous choices. This is partly in contrast, however, to the results found in Western contexts, in which individual autonomy can offer some relief from such feelings (Deci & Ryan, 2000). Overall, the role of relational support in Omani society is significant, as shown by the highest score in the social relationships satisfaction dimension (mean = 4.565). These findings align with those of Diener et al. (2018) who discovered the importance of relationships over achievements in collectivist cultures. On the other hand, the lower score obtained when the dimension family relatedness is considered (mean 4.435) indicates that the family value may now be threatened by the typical difficulties that characterise the modern working environment, as indicated by other study results in other transitioning societies (Bieda et al., 2019). Recent Jordanian evidence similarly indicates that digital communication technologies can reshape family relations and patterns of social interaction (Darwish et al., 2025). Lastly, on the achievement satisfaction dimension, respondents showed high satisfaction level in term of achieving the goals (mean = 4.565). These findings conform with Seligman's theory of positive psychology (2011) that achievement is a vital part of well-

being. The lower score for fulfilment in work or activities (4.435) suggests that in work or activities, the achievements may be related to a intrinsic value or passion but not the goal itself, which aligns with the conclusions of the studies by Fava et al. (1998) that states that goal alignment should be a key factor in achieving deeper fulfilment. It can be seen from the cross comparison that the dimensions of the mental health and satisfaction with life are dependent on cultural context and that the correlation between these dimensions differs from earlier studies. The collectivist values in Oman positively correlate with emotional stability and strong social cohesion, which is also consistent with the previous studies carried out in other culturally similar contexts (Joshani & Jovanović, 2019). But the challenges seem to match what well-being studies around the world are now facing due to new societal expectations related to work and leisure. The cross-dimensional differences demonstrate the need for culturally responsive interventions that address gaps and amplify strengths.

5. Conclusion

This study was designed to explore these connections to life satisfaction and mental health that people in Oman make to their emotional resilience, connectedness and others, cognitive functioning, satisfaction with their situation, satisfaction with relationships, and achievement satisfaction. The results showed strong overall level both in general psychological well-being and coping sense, coping strategies were successful to cope with difficulties, to maintain social relations, to make effective decisions, and recognized person's growth and achievements. Additionally, the study findings revealed the role of cultural values in mental health experiences specifically in the context of Oman, where belongingness, emotional security, and family relationships were noted as significant factors affecting life satisfaction. The results also suggested some future focus areas, specifically maintaining positive emotions, increasing perceived social support, work-life balance and opportunities for personal and professional growth. Overall, the wellbeing level was good, but continued action is needed in order to reduce factors that could affect the long-

term psychological well-being and happiness of a child's life.

Based on this, the authors conclude that promoting culturally responsive mental health interventions through increased awareness of emotions, relaxation techniques, and created moments of high-quality positive psychology, such as gratitude are recommended. Furthermore, interventions in communities should work towards social inclusion, interpersonal relationships and supportive environments of persons with psychological problems. Furthermore, learning and career development can facilitate UCL and lifelong learning and growth.

The study set out to explore the relationship between mental health and life satisfaction further, and with a broader and more varied sample among other demographic groups in Oman. Longitudinal studies must also explore change over time in psychological well-being and what factors will support life satisfaction throughout the years. This study offers a good picture as to the need to support mental health and quality of life in Omani society through a strengthening of integrated approaches.

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7. Author Declaration

The authors declare that this manuscript represents original work and has not been published previously, either in whole or in part, in any other journal or publication platform. Academic standards have been followed for both the appropriate citation and acknowledgement of all sources of information utilised in this study. The authors certify that the research has been performed in an ethical manner and in compliance with the principles of research integrity.

Additionally, the authors certify that there is no conflict of interest in the research, authorship, or publication of this manuscript. There are no financial or personal/institutional relationships that have influenced the design, collection, analysis, interpretation or conclusions drawn in this study. All authors have reviewed and approved the final version of the manuscript and agree to its submission for consideration in the International Journal of Special Education.

