

Astrology and Mental Well-Being: Exploring Beliefs and Perceptions

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Abstract

Astrology continues to attract public interest as a cultural and interpretive practice through which individuals discuss personality, emotions, relationships, uncertainty, and future possibilities. Some people perceive astrology as a source of reassurance, self-reflection, or personal meaning, while others view it primarily as entertainment or cultural tradition. This paper explores the relationship between astrology and perceived mental well-being by examining beliefs and perceptions surrounding horoscope reading, self-reflection, uncertainty management, emotional reassurance, social interaction, cultural influences, digital astrology, and critical perspectives. Astrological interpretations may provide individuals with narratives that help them organize thoughts and reflect on personal experiences. Such perceived benefits should not, however, be confused with clinically established mental-health interventions. Mental well-being is influenced by complex biological, psychological, social, and environmental factors, and astrology has not been established as a scientific treatment or diagnostic method. The paper argues that astrology can be studied meaningfully as a cultural and psychological phenomenon, particularly in relation to meaning-making and personal beliefs. A balanced approach should recognize possible subjective benefits while encouraging evidence-based mental-health support when individuals experience significant or persistent psychological difficulties.

Keywords

Astrology; Mental Well-Being; Beliefs; Perceptions; Self-Reflection; Emotional Reassurance; Cultural Practices; Psychological Well-Being; Digital Astrology

Introduction

Mental well-being involves how individuals experience emotions, manage everyday challenges, maintain relationships, and perceive meaning and satisfaction in life. People use many personal, social, cultural, and spiritual resources to cope with uncertainty and understand their experiences.

Astrology is one cultural practice that some individuals use when reflecting on personality, emotions, relationships, and future possibilities. Horoscope readings and birth charts may be consulted during periods of uncertainty or personal transition.

For some people, astrology may provide a sense of reassurance or a framework for self-reflection. For others, it may simply be an entertainment activity or a social topic. These

different perceptions make astrology relevant to the study of contemporary beliefs and well-being.

However, astrology should not be confused with evidence-based psychological care. Scientific mental-health assessment and treatment rely on established clinical methods, while astrology is based on symbolic and interpretive traditions.

This paper examines astrology and mental well-being through nine dimensions: belief systems, self-reflection, uncertainty, emotional reassurance, social interaction, cultural context, digital astrology, possible limitations, and future research.

1. Astrology as a Belief System

Astrology provides a symbolic framework for interpreting personal characteristics, experiences, and future possibilities. Individuals differ considerably in how strongly they believe astrological interpretations. Some people regard astrology as meaningful guidance, while others engage with it casually or skeptically. The level of belief can influence how strongly astrological messages affect perceptions and emotions. Understanding astrology as a belief system helps explain why the same horoscope may have different psychological meanings for different individuals.

2. Astrology and Self-Reflection

Astrological readings may encourage people to think about their emotions, habits, relationships, goals, and personal strengths. A horoscope or birth-chart interpretation can act as a prompt for considering experiences from a different perspective. Self-reflection may contribute to a greater sense of self-awareness when it encourages constructive thinking. Astrology can therefore function as a narrative tool for some individuals. However, self-reflection should remain flexible and should not be based on treating astrological descriptions as fixed or scientifically established facts about personality.

3. Astrology and Uncertainty Management

Uncertainty is a normal part of life and can arise in areas such as relationships, career, finances, education, and personal change. Some individuals turn to astrology when they want a framework for thinking about uncertain situations. Astrological predictions may provide a sense of structure or direction, which some people may perceive as reassuring. This perceived certainty can influence how individuals interpret future possibilities. At the same time, relying excessively on predictions may reduce independent decisionmaking. Practical information and realistic evaluation remain important when dealing with uncertain situations.

4. Emotional Reassurance and Perceived Well-Being

People may experience temporary reassurance after reading positive or encouraging astrological interpretations. A hopeful narrative may help an individual feel more optimistic about a difficult situation. The perceived emotional effect of astrology can depend on expectations, personal beliefs, social context, and the nature of the interpretation. These experiences are subjective and can vary substantially between individuals.

Such perceived reassurance should not be interpreted as evidence that astrology treats mental-health conditions. Persistent distress requires appropriate evidence-based support.

5. Astrology, Social Interaction, and Belonging

Astrology can create opportunities for social interaction. Friends, couples, families, and online communities may discuss zodiac signs, compatibility, horoscopes, and birth charts. Shared astrological interests can create a sense of belonging and provide a common language for discussing personality and experiences. Social interaction itself may contribute to perceived well-being. However, social groups can also reinforce strong beliefs. Individuals should remain open to alternative perspectives and avoid allowing astrological labels to create stereotypes or social exclusion.

6. Cultural Influences on Beliefs and Well-Being

Astrological beliefs are shaped by cultural traditions, family practices, media, and social environments. In some communities, astrology may be connected with ceremonies, relationships, or major life decisions. Cultural traditions can provide individuals with a sense of continuity and identity. Astrology may therefore have meaning beyond individual prediction and may function as part of a broader cultural framework. The psychological significance of astrology should consequently be studied in relation to cultural context rather than assuming that all individuals interpret it in the same way.

7. Digital Astrology and Contemporary Perceptions

Websites, mobile applications, social media, and online communities have transformed access to astrology. Users can receive personalized horoscopes and birth-chart interpretations almost instantly. Digital platforms can make astrology a frequent part of everyday routines. Notifications and personalized content may encourage repeated engagement with horoscope material. The convenience of digital astrology also creates challenges because online content can be generalized, commercially motivated, or presented without context. Users should evaluate such information critically.

8. Limitations, Risks, and Responsible Use

Astrology may be personally meaningful, but it should not be treated as a substitute for professional mental-health assessment or treatment. Using astrological predictions to diagnose psychological conditions or make major health decisions can be inappropriate. Overreliance on predictions may also increase anxiety, dependency, or avoidance of practical problem-solving in some individuals. Negative predictions can create unnecessary worry, especially when interpreted as certain outcomes. Responsible engagement means treating astrology as a cultural or reflective activity while maintaining independent judgement and seeking qualified support when significant psychological difficulties arise.

9. Future Research on Astrology and Mental Well-Being

Future research can examine how astrological beliefs relate to perceived stress, optimism, self-concept, uncertainty management, social connection, and meaning-making.

Researchers can also investigate differences across age groups, cultures, and levels of belief. Such research should distinguish subjective perceptions from clinically measured outcomes. Understanding why people find astrology meaningful may provide broader insights into how individuals use cultural narratives to interpret uncertainty and personal experience. A multidisciplinary approach involving psychology, sociology, cultural studies, and media research could provide a more complete understanding of astrology's contemporary role.

Illustration

The following illustration presents astrology as one cultural and reflective influence on perceived well-being, alongside beliefs, self-reflection, social context, and personal perceptions. It does not represent a clinical model or evidence that astrology improves mental health.

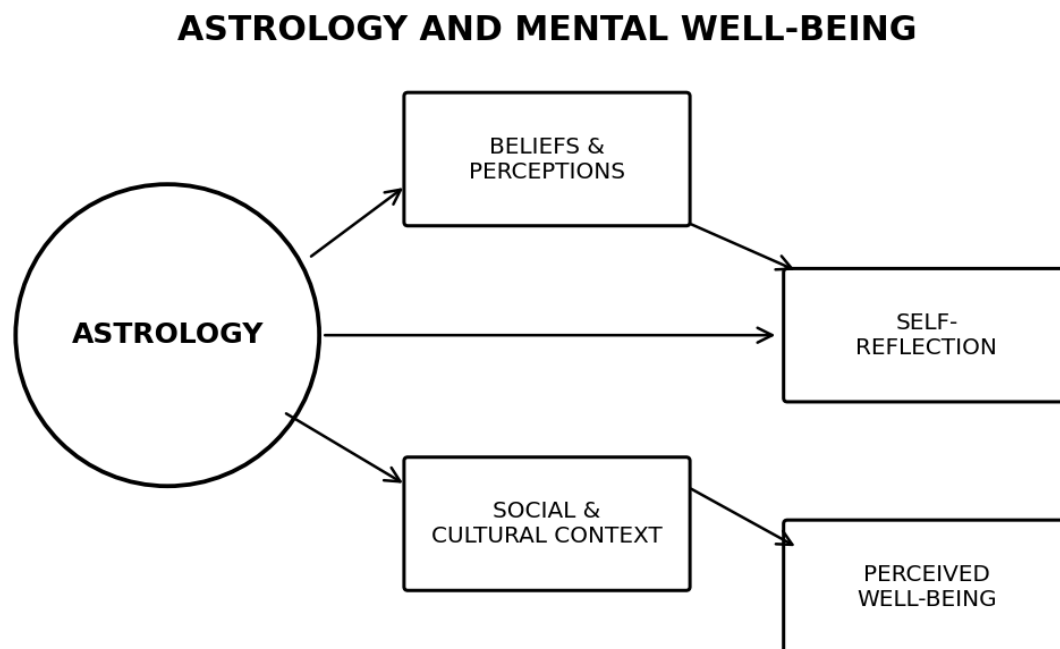


Figure 1. Astrology, beliefs, perceptions, and perceived mental well-being.

Conclusion

Astrology remains relevant to contemporary discussions of identity, emotions, uncertainty, and personal meaning. Some individuals may perceive horoscope reading and birth-chart interpretation as reassuring or useful for self-reflection, while others view astrology mainly as entertainment or cultural practice.

Any relationship between astrology and mental well-being should be understood carefully. Subjective feelings of reassurance or meaning are different from clinically

demonstrated mental-health benefits. Astrology has not been established as a treatment for mental-health conditions.

A balanced perspective recognizes astrology as a cultural and interpretive practice while emphasizing evidence-based approaches to psychological well-being. Future research can examine how beliefs, social interaction, digital media, and meaning-making shape people's experiences with astrology.

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