

## **ABSTRACT**

Previous studies examined the relationship between religion and well-being, but many studies focused on the effect of Christians group. This study aims to fill in the research gap, to include Buddhism under investigation as well. Christians, Buddhists and Non-religious groups' mental well-being, personality and social variables were measured; a total of 87 responses were collected. Consistent with previous literature, results showed that the type of belief will affect mental well-being and social variables are positively correlated with mental well-being. Even with the type of belief controlled, social variables can explain extra variance of mental well-being. However, contrary to previous findings in religious groups, extraversion is not correlated with mental well-being, and the certainty of belief does not have positive correlation with mental well-being.