

Psychological well-being of people

Ms. Bina Makvana^{1*}

ABSTRACT

This study was conducted to investigate the difference in Well-being among People. Total 240 Samples of Male and Female were taken from rural and urban area of Bhavnagar City (Gujarat). Their Samples were also taken the data was collected with the help of 'Psychological well-being Inventory' developed by Verma and Verma (1989). The Data was administrated to all the respondents to assess both measures. The collected data was statistically analyzed with the help of 'F' ANOVA test. The results shows that, There is no significant difference of Psychological well-being among Male and Female ($F = 2.16$). There is significant difference of Psychological well-being among Rural and Urban people ($F = 3.84$). There is significant difference of Psychological well-being among Gender and Residential area ($F = 3.74$).

Keywords: *Well-being, Gender and Residential area.*

Psychological well-being consists of positive relationships with others, personal mastery and autonomy. A feeling in purpose and meaning in life, personal growth and development. psychological well-being is affected achieving a state of balance. Affected by both challenging and rewarding life events.

Well-being can be defined in terms of an individual's mental, physical, social, environmental status interacting with each other and each having different level of importance and impact according to each individual within the context of health promotion. Well-being is defined as "A subjective assessment of health which is less concerned with biological fusion then the feeling such as self-esteem and sense of belongingness thought social interaction." Verma and Verma (1989) have defined general well-being as the subjective contentment, happiness, satisfaction with life experience and one's role in the world of work sense of achievement, utility, belongingness and no distress, dis-satisfaction or worry etc.

Well-being is a complex construct that concern optimal experience and functioning impart. This reflects the increasing awareness that just as positive affects are not the opposite of negative affects. well-being too is not the absence of mental illness for much of the last country psychology's focus on the amelioration of psycho-pathology overshadowed the promotion of well-being and personal growth. But beginning in the 1990 with a shift in the

¹Research scholar, Shamaldas Arts College, Maharaja Krushnakumarsinhji Bhavnagar University, Bhavnagar, Gujarat, India

*Responding Author

Received: January 8, 2020; Revision Received: March 3, 2020; Accepted: March 3, 2020

Psychological well-being of People

focus toward prevention and continuing to the present a few researchers have been studying growth wellbeing and promotion of wellness. Well-being describes our happiness, confidence, physical condition and general outlook of life. It is about feeling good and taking care of oneself. Responsibilities that can often neglected when juggling the rigorous demands of every day leaving in the 21st century it is an ongoing perception that this time in one's life or even life as a whole, is fulfilling, meaning and pleasant. Dynamic equilibrium theory states that well-being remains relatively consistent over the life span due to personality although current event in people's lives can either raise or lower well-being temporarily. (Diner. suh. Lucas & Smith – 1990)

METHODOLOGY

Hypothesis

The following things of hypothesis have been formulated for the investigation. Here, researcher builds a null hypothesis.

1. There will be no significant effect of gender on psychological well-being.
2. There will be no significant effect of residence area on psychological well-being.
3. There will be no significant effect of Gender and Residence area on psychological well-being.

Sample

The sample was stratified random method total 240 samples of male and female from Bhavnagar city (Gujarat). Including 120 urban and 120 rural people were taken.

Tools

For collecting the gender's data, the following tools were used.

(a) Personal Information Schedule:

The main purpose of this schedule is to collect certain people's data regarding the variables of the study; types of Gender, types of residence area, types of family and level of education are collected through this schedule.

(b) 'PGI General wellbeing test' Constructed by S. K. Verma and Anita Verma (1989). The Original Hindi scale was translated and standardized in Gujarati by Gaurang Vyas (2009). The scale consists of 20 items. Reliability of the 'PGI General wellbeing test' was determined by test – retest method ($r = 0.88$). The validity of the 'PGI General wellbeing test' was determined by convergent method ($r = 0.90$).

Procedure

A very smooth, co-operative and fresh environment was created for collecting the data, the investigator approached individually to all participants. The 'PGI General Wellbeing test' scale was given to the participants when participants fill up the scale, these were collected. The scoring was done according to the manual.

Design

The experimental design for this study was 2 x 2 factorial design. The first independent variable was type of gender (Male & Female). The second independent variable was residential area (Rural & Urban).

Statistics

In this research study 'F' ANOVA statistically method was used.

RESULT

In order to study the effect of gender and area on Psychological well-being ANOVA were calculated.

Table – 1 Summary of Analysis of Variables for Psychological well-being

Sr.	Source of Variations	Sum of Square	Df	Mean Sum of Square	'F' Ratio	Level of Sig.
1	A (Gender)	11.27	1	11.27	2.16	N.S.
2	B (Residence area)	93.74	1	93.74	3.84	0.05
3	AxB	91.28	1	91.28	3.74	0.05
4	Wss	5756.89	236	24.39	-	-
5	Tss	5953.18	239	-	-	-

N.S. = Not Significant

DISCUSSION

Result indicates that there is significant difference among the selected overall group because of individual difference means differ but it is significant.

There is no significant difference between Male and Female ($F=2.16$). There for null hypothesis is accepted. Because of technological and cultural change in this 21st century in entire world females are as active as males. In such fields we can see that females are working much better than males. Therefore, there is no significant difference between Male and Female on psychological well-being.

There is significant difference between urban and rural area ($F=3.84$). There for null hypothesis is rejected and is 0.05 levels significant. Difference between rural and urban male and female's psychological well-being is may be because urban life is faster than rural life. In urban area there is more population, competition, occupational stress etc. factors are affected. That's why may be difference between rural and urban people's psychological well-being.

There is significant difference on gender and residence area ($F=3.74$). There for null hypothesis is rejected and is 0.05 levels. On the type of gender and residence area there is difference between people's psychological well-being. Its reason is He or She, Rural or Urban but their life style is fastly changing time to time. In today's fast life each and every person is affected by mental stress. Old age people can not tolerate this fast changes in life that's why they feel mental stress which leads to poor health. So, we can see difference between gender and residence area on the psychological well-being.

CONCLUSION

1. There will be no significant difference between Male and Female on psychological well-being.
2. There will be significant difference between Rural and Urban area on psychological well-being.
3. There will be significant difference between Gender and Residence area on psychological well-being.

REFERENCES

Bhupinder singh and Rakhi Udalniya (2009). 'Journal of the Indian Academy of applied psychology', July 2009, Vol-35, No-2, 227-232.

Psychological well-being of People

- Comphell A. (1980). 'The sense of well-being in America', New York, Mc Grow Hill.
- Contractor, B.M. (1998). 1st Ed, 'Experimental Psychology theory & Statistics', Viral Publishing, Ahmadabad, p.21.
- Diener, E. Suh, M. Lukas, E & Smith, H. (1999). 'Subjective well-being :The decades of progress of Cancer', Psychological Bulletin, 125(2), 276-302.
- Huppert, Baylis, Keverne. (2005). 'The science of well-being', Oxford University press, 2005.
- Mathur, S.S. (2005). 2nd Ed, 'Health Psychology', Vinod Pustak Mandir, Agra, p.46-61.
- Mathur, S.S. (1985). 1st Ed, 'Clinical Psychology', Vinod Pustak Mandir, Agra-2, p.256,497
- Parekh, S.C. and Dixit, H. K. (1995). 1st Ed, 'A Statistical Testing In Psychological Researches', Champa Publishing, Junagadh, p.505.
- Singh, D. (1990). 'Concept Of Psychological well-being western and Indian perspectives'.
- Verma, S.K. & Verma, A. (1989). 'PGI general wellbeing Questionnaire'. Agra : National Psychology Centre.
- Warr, P. B. (1978). 'A Study of Psychological well-being' British Journal of Psychology. Vol - 69.

Acknowledgements

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interests.

How to cite this article: B Makvana (2020). Psychological well-being of people. *International Journal of Indian Psychology*, 8(1), 405-408. DIP:18.01.052/20200801, DOI:10.25215/0801.052