

THE PSYCHOLOGICAL WELL-BEING AMONG JOINT AND NUCLEAR FAMILIES: A COMPARATIVE STUDY

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ABSTRACT

Aim of the research is to find out the Psychological Well-being among joint and nuclear families. So investigator selected two groups one is joint families and other is nuclear families, both groups have 200 persons. In one group has 89 and other one groups has 111 persons. The all subjects were randomly selected. Data were collected from Ahmedabad district. Scale was use for data collection is personal datasheet and Psychological Well-being scale developed by Bhogale and Prakash (1995), and data were analysis by 't' test. Result show, There is no significant difference between the psychological well-being of joint and nuclear family. There is no significant difference between the psychological well-being of married and unmarried person's.

1. Introduction:

Today in 21st century occupational field become very extensive because of promptly developed many industry and machinery And also progress many occupational field. There is especially a teacher, clerk, doctor, manager, engineer, bank employee, worker, nurses, etc. can be considered. Each occupation has unique importance. All above its important occupation field of doctors and bank employee. Because of doctors occupation is very important in social by the viewpoint of humanity and moral.

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Doctors and bank employees have to doing his work very careful. Otherwise his small mistake can create big problem. So, doctors and bank employees have needs to take care of his physical and mental health. His mentality can be do effect on his work and patient.

If they can understand his work value and psychological well-being very well so than they doing his duty very effectively. Its maximum benefit goes to patient and consumer. When doctors and bank employees keep attractive, liking and positive emotion towards with his work than they to maintain his duty very effectively and when they thinking negative and dissatisfaction towards his work then they can't do his duty very well.

In psychology to occur many research for to get information about human behavior in deeply. But is very insufficient research doing on work value, burnout and psychological well-being its effect on human behavior.

Psychological well-being indicated physical and mental wellness. Sinha (1990) has stated that Psychological well-being is difficult to define. It has been taken to consist of discomfort or desirability and from any disturbance if mental function. It is a somewhat malleable concept which has to do with people's feeling about everyday life activities. Such feeling may range from negative mental state or Psychological strains such an anxiety, depression, frustration, Emotional, exhaustion, unhappiness, dissatisfaction to a state which has been identified as positive mental healthy [Johada 1958, Warr 1978]

“A state of complete physical mental and social well-being and does not consist only of the obsess of disease of infirmity”

-World health organization (WHO) (1948)

“Psychological well-being as the general experience by individual that there will be positive outcome or circumstance”

Adams, Bezner, & Steinhardt (1997)

What war the phase of illness the good of caregivers is to proponent Psychological well-being as “seeking a sense of control in the face of the life threading illness he characterized by emotional distress altered life priorities and fear of the unknown as well as positive life changes” in order to promote Psychological well-being Scanlon suggest that three question be a asked.

1. What do they worry about?

2. How do they cope?

3. How can nurses help?

At the most basic level Psychological well-being (PWD) is quite similar to other term that refer to positive mental status, such as happiness for satisfaction and in many base it is not necessary for helpful to worry about find distinctions between such terms.

Ivan Robertson cooper

The concept of well-being originated from Positive Psychology. The shift from negative to positive psychology is a welcome change in the discipline. The focus of positive psychology is to study the improvement in the lives of individuals. Positive Psychology has emerged from the problem of the west. Thus it may be inferred that knowledge is culturally conditioned.

Well-being is often defined as a sound economic disposition. A western study of relationship between having money, and life satisfaction revealed that between 1940's and the year 2000, people needed more money to maintain, the same level of satisfaction. In other words one needed more money to stay happy in 2000 than in 1940's, with the requirement of money steadily increasing over the years. Another study proved that while the richest American measured 5.8 on satisfaction while the Slum dwellers of Kolkata measured 2.9 indicating again that satisfaction is not directly related to money per se. However, up to the income level of \$ 10,000 a correlation between money and satisfaction was found, beyond which addition in income did not contribute to well being. Thus an economic criterion was found to have a limitation in predicting well being.

2. Aims of the study:

1. To study of the Psychological Well-being among joint and nuclear families.
2. To study of the Psychological Well-being among married and unmarried person's.

3. Hypothesis:

1. There is no significant difference between the Psychological Well-being of joint and nuclear families.
2. There is no significant difference between the Psychological Well-being of married and unmarried person's.

4. Methodology:

Sample:

For this study 200 samples selected from Ahmadabad city. The sample was taken as per following schedule:

- 1) Total no. of sample – 200
- 2) Person's of the sample – residential doctors and bank employee.
- 3) Family type of sample – joint and nuclear.
- 4) Marital status of sample – married and unmarried.
- 5) Sampling method – Randomly selected

Tools used:

The following tools were used in the present study:

1. Personal Data sheet:

This personal data sheet, the information about marital status, Types of family and family income were collected.

In this research following tools are used:

Psychological Well-being scale:

Psychological well-being questionnaire developed by Bhogale and Prakash (1995), was used to measure psychological well-being. These are 28 sentences in this scale. All at the sentence had a two option “yes” or “no” belong two option can choose one option and marked by symbol (√). In positive sentence 1 point for yes and 0 point for no. and in negative sentence 1 point for no and 0 point for yes. The test – retest reliability coefficient is 0.72 and internal consistency coefficient is 0.84. The author has reported satisfactory validity of the questionnaire.

Statistical Analysis:

In this study ‘t’ test was used for statistical analysis.

5. Result and Discussion:

Table no.1

Means, SDs and 't' value of Psychological Well-being with reference joint and nuclear family.

(N=200)

Types of family	n	Mean	SD	t	Sign. Level
Joint family	89	17.11	3.81	1.61	NS
Nuclear family	111	18.02	4.15		

❖ **Psychological well-being with reference types of family (joint and nuclear family).**

Null hypothesis HO.No.1 was constructed to get information whether any significant difference between psychological well-being of joint and nuclear family.

HO.1:- There is no difference between the psychological well-being of joint and nuclear family.

It can be observed the table no.1 that mean scores with reference psychological well-being of joint and nuclear family were 17.11 and 18.02. The difference between "t" values is 1.61. That "t" value is not significant at 0.05 levels. It can be seen the table no.1 there was no more difference between mean of two group. So, null hypothesis 1 is accepted. And the result shows there is negligible difference between joint and nuclear family on their psychological well-being.

Table no 2

Means, SDs and 't' value of Psychological Well-being with reference married and unmarried person's.

(N=200)

Marital status	n	Mean	SD	t	Sign. Level
Married	113	17.83	3.94		

Unmarried	87	17.33	4.12	0.87	NS
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❖ **Psychological well-being with reference marital status (married and unmarried person).**

Null hypothesis HO.No.2 was constructed to get information whether any significant difference between psychological well-being of married and unmarried person.

HO.2:- There is no difference between the psychological well-being of married and unmarried person.

It can be observed the table no.2 that mean scores with reference psychological well-being of married and unmarried person were 17.83 and 17.33. The difference between “t” values is 0.87. That “t” value is not significant at 0.05 levels. It can be seen the table no.2 there was no more difference between mean of two group. So, null hypothesis 2 is accepted. And the result shows there is negligible difference between married and unmarried person on their psychological well-being.

6. Conclusion:

1. There is no significant difference between the Psychological Well-being of joint and nuclear families.
2. There is no significant difference between the Psychological Well-being of married and unmarried person's.

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