

Gender and family structure as determinants of psychological well-being

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ABSTRACT

In the Present study researcher investigates the effects of gender and family pattern on psychological well-being of adult people. For this purpose, 220 subjects were randomly selected from Meerut city, in which 55 males and 55 females subjects from joint family and 55 males and 55 female subjects from nuclear families were taken into the study. To measure psychological well-being of the subjects, Psychological Well-being Scale developed and standardized by Dr. D. S. Sisodia and Ms. Pooja Choudhary was used. For data analysis 2*2 factorial research design was used. Findings of the study reveal insignificant main effects as well as interaction effect of gender and family pattern on psychological well-being of adult people.

Keywords: Gender, Family Structure, Adults, Psychological Well-Being.

Psychological well-being is a dynamic concept, related with individual feeling about his/her day to day life experiences. It is described as a combination of some positive affective states like pleasure, happiness and functioning with optimal effectiveness in personal and social life. It is saying us individuals perceive that their life is going well. Psychological well-being refers as positive elements of mental health that characterized person who feel good about live and function actively with optimal level (Keys & Annas, 2009). According to Diener, Oishi & Lucas (2003) "it is an ones cognitive and emotional evaluation of life. This evaluation is based on individual's emotional reaction to incident, mood and meaning of life. It is affected by person life events, goals, perceived social support, and personality traits." This construct is very important for good life, especially for older peoples.

Gender is affecting almost all aspect of life including psychological well-being. Some studies show that gender variable is significantly impact on psychological well-being of subjects (Chamuah & Sankar, 2017; Mughal & Fatma, 2015). Many researches point out that gender is not affecting significantly psychological well-being (Kantariya, 2017; Waghmare, 2016; Kaur, 2015; Amran & Khairiah, 2014; Kotar, 2013). Opposite of above findings Akter (2015) show females are higher on psychological well-being in compare to

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males. **Udhayakumar&Illango (2018)** show that no statistically significant difference on the basis of gender in terms of self-control, tension, psychological and general health, common well-being and total psychological well-being. However, mean scores point out that male students have low depressed mood than female college students. Female have also high constructive well- being score than male counterparts. **Khanbani et.al (2014)** found significant difference between female and male in personal growth, positive relationship with others & environmental mastery. But they found no significant difference between man and women in terms of autonomy and self-acceptance. **Perez (2012)** shows no gender difference in the aspect of mother and teacher relationship, personal growth, negative and positive affect, self-acceptance and environmental mastery. But he found gender difference in the father relationship, and peer relationship, daily religious pray, autonomy, and affective relation with others.

Family plays vital role in the life of individual. Nature of family (nuclear or joint) of a person comes from affects his or her psychological well-being. single family is described as a small unit comprising only father, mother and their children but joint family as a unit that consist two or more generations. So, this type of family consists father, mother, siblings and other relatives. **Gul, N. et al. (2017)** concluded that children from nuclear families have poor psychological well-being than children from joint families. They also show Female children have a higher psychological well-being in compare to male children. **Pawar & Adsul (2015)** found that family pattern (joint or nuclear) does not exert significantly impact on psychological well-being of adolescents and also show that males are higher in compare to females in level of psychological well-being. **Prajapati (2013)** shows there are insignificant difference between the psychological well-being of joint and nuclear families. **Panchal (2013)** found that significant difference was existed between adolescents of nuclear and joint family on psychological well-being.

It is clear from studies reviewed in relevance of present study that gender and family pattern variables impact significantly to psychological well-being score of adults. However nominal single study has reflected interaction effect of these two variables. Keeping these points in view, this study was conducted.

Objectives of the study

The current study was designed to obtain following objectives-

1. To study the effect of gender on psychological well-being of adults.
2. To study the effect of family pattern on psychological well-being of adults.
3. To study the interactional effect of gender and family pattern on psychological well-being of adults.

Hypotheses of the study

For testing objectives, the following hypotheses were formulated-

1. There will be no significant difference between male and female subjects in terms of their scores on psychological well-being.
2. There will be no significant difference between subjects of nuclear and joint family pattern in terms of their scores on psychological well-being.
3. There will be no significant interactional effect of gender and family pattern on psychological well- being of adults.

METHODOLOGY

Sample

The sample size comprised total 220 subjects of, Meerut city. Out of total 55 males and 55 females subject of joint family and 55 males and 55 females subject of nuclear family in the present study. The age range of the respondents was 35-85 years.

Research Design

2*2 factorial design was used in this study. Details of division of sample were as follows-

Family Pattern (B)			
		Joint (B1)	Nuclear (B2)
Gender (A)	Male (A1)	A1*B1	A1*B2
	Female (A2)	A2*B1	A2*B2

Instruments

For assess psychological well-being of subjects, the psychological well-being scale constructed and standardized by Dr. Devendra Singh Sisodiya and MS Pooja Chaudhary was used. This scale consists of 50 statements with five-point scale. The test-retest reliability and validity of the scale were 0.87 and 0.94, respectively.

Procedure

After getting the general information of subjects like, gender, age, education, family structure, locale etc., instruction was given to subject. The selected scale was administrated to the subject and 15 to 20 minutes given to fill it. Questionnaire was taken back from subject, when he or she finished the work. The subjects were thanked for cooperation and given their valuable time.

RESULTS

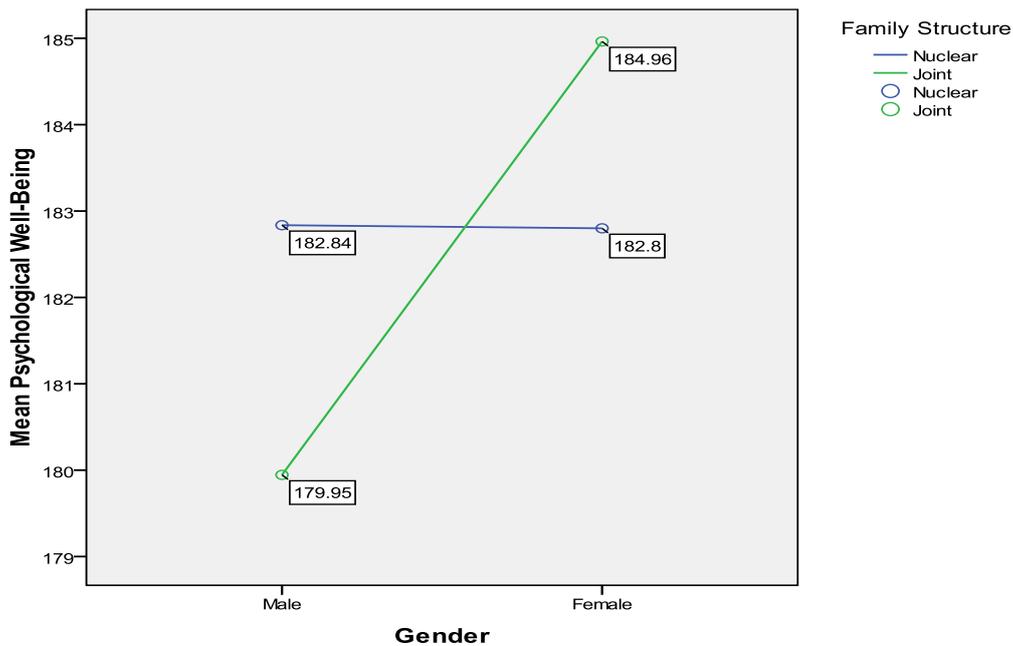
Table- 1. Showing the summary of two ways ANOVA for 2*2 factorial designs with N- 220.

Source	Sum of Squares	Df	Mean Square	F	Sig.
Gender (A)	324.900	1	341.255	.593	NS
Family Structure (B)	2295.225	1	7.273	.013	NS
Gender * Family Structure (A*B)	3.600	1	351.291	.610	NS
Error	22146.650	216	575.487		

Data were analyzed with the help of SPSS_17. ANOVA result as presented in table-1 reveals that main effect of gender ($F = .593$, $df = 1/216$, $p > .05$), family pattern ($F = .013$, $df = 1/216$, $p > .05$) and their interaction effect ($F = .610$, $df = 1/216$, $p > .05$) all were found to be not significant beyond chance.

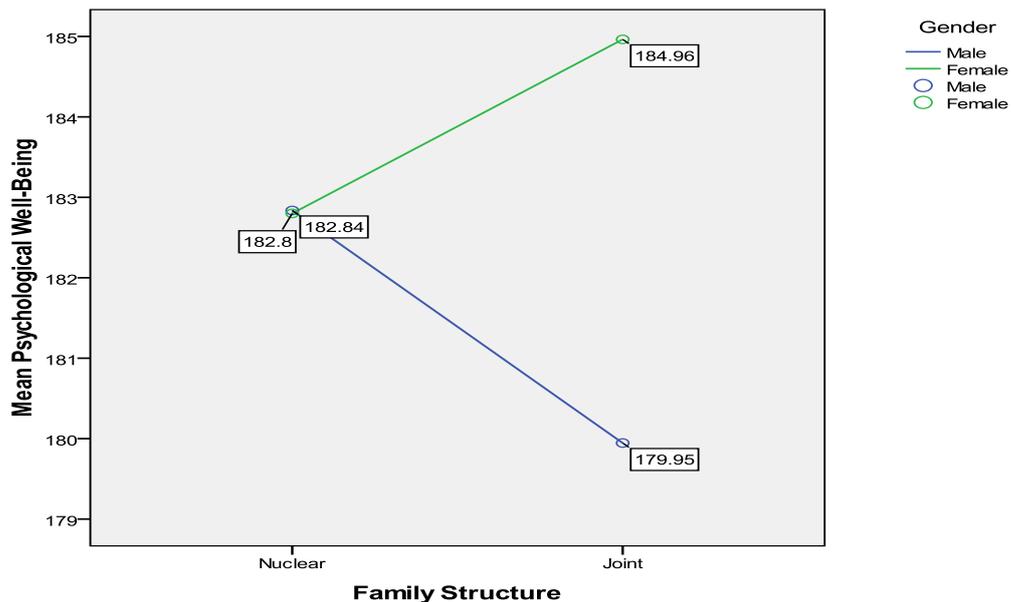
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Figure-1: Showing the simple effect of gender on psychological well-being.



Graph-1 clearly shows that there is no significant main and interaction impact of gender on psychological well-being of nuclear and joint family subjects.

Figure-2: Showing the simple effect of family structure on psychological well-being.



Graph-2 clearly shows that there is no significant main and interaction impact of nuclear and joint family pattern on psychological well-being of Adults.

DISCUSSION

Results indicates that neither main effect of these two variables nor their interactional effect able to differentiate between the scores on psychological well-being scale of adults. Our findings are not in the line of our hypotheses formulated in the current context, but supported

by a number of studies priory conducted in the present area (Kantariya,(2017),Kaur, J.,(2015), Amran & Khairiah,(2014), Kotar,(2013), Rathi,(2007)). It shows that both variables do not exert as significant impact to influence psychological well-being of adults people. It depicted that both male and female of nuclear and joint family pattern, less or more have similar on psychological well-being. When these variables come jointly, also insignificant to affects psychological well-being of male and female adults of nuclear or joint families. It is clear from fig-1 and fig-2 that male subjects of joint family have low level of psychological well- being in comparison to female adult's subjects. Both male and female respondents of nuclear families indicate almost similar level of psychological well- being. While the female subjects of joint families have slightly higher mean than the male adult's subjects, but this difference is not significant.

CONCLUSION

On the basis of our findings and discussion we can say, that gender and family pattern are not able to affect psychological well-being of the adults individually and even internationally. Male and female of joint and nuclear family pattern are almost equal on the level of psychological well-being.

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Conflict of Interest

The author declared no conflict of interest.

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