

Psychological Well-being among Student

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ABSTRACT

The psychosocial well being plays vital role in the holistic development of the students. The Purpose of the present study is to investigate the Psychological well-being among student with relation to their gender and residence area. The present study studied 400 student selected for the different area of Gujarat. In this 200 Male or 200 Female with 100 Rural and 100 Urban. 'Psychological well-being scale' designed by Bhogle and Prakas was used to measure psychological well-being. This test has high reliability and validity. The result is show that no significance different male and female in Psychological well-being and there is no significance different rural and urban student same.

Keywords: *Psychological Well-being, Gender, Type of Residence*

It has been said in Srimad Bhagavad Gita that all human sufferings are destroyed by mental happiness. The definition of happiness is based on the mind. Physical well-being involves only physical matters. While psychological well-being includes physical matters and mental matters. The question of psychological well-being is a burning question of the modern age. In today's age of materialism, man has got plenty of physical pleasures. But the mental happiness is gone. If a person really wants to be happy and successful, he has to learn the art of staying healthy. A mentally happy person can know and understand himself. Before doing anything, he can discern right from wrong and can predict future consequences. He has confidence in himself. He feels that he has some place in the world.

According to the World Health Organization (WHO) concept of health and well-being "Health is a state of complete physical, mental, social and spiritual well-being and not merely the absence of disease or infirmity. According to this concept, legislative health and well-being are complex concepts. Aryurveda also insists on moral attitudes, personality traits and intellectual and moral standards, freedom from inner conflict and anxiety and truth. Which is indispensable for the maintenance of legislative health. According to Ayurveda only a healthy, happy and well-adjusted person can attain a state of well-being. Individuals make realizations similar to their situations. In comparison, they differ from the conditions that they expect. Its results either lead the expectation to satisfaction. If satisfaction is high, it is considered as an indication of psychological well-being. Overall happiness, satisfaction or contentment is subjectively experienced. which can be termed as psychological well-being."

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Sinha (1990) M. Pilar Matud, Marisela López-Curbelo and Demelza Fortes and Jeannie A. Perez (2012) reported in their study that there was a relationship between psychological well-being and gender.

"Psychological well-being means peace of mind." Sorens and Mam

Psychological well-being is the ability of a person to harmonize with himself and with society, Bernhardt

The concept of psychological well-being is relatively new in psychology. Much basic research has been conducted about psychological well-being. Researchers have made efforts to develop measures that provide subjective indicators of psychological well-being. The problem of psychological well-being is a complex and burning problem of modern times. Maintaining psychological well-being remains very important. A person's physical, psychological and social health is largely responsible for the quality of life. It is known as the composite of psychological well-being (PWB). Quality of life is determined by the individual and the group. This is a very important aspect of quality of life. The concept of psychological well-being (PWB) was developed by Cantrell. This concept was considered as a cognitive experience. Later research was done by Okon and Stock (1987). Then Bhogle and Prakash (1993) studied psychological well-being. He stated that satisfaction was found to be most closely associated with environmental health (WB), While psychological well-being and meaninglessness both represent inhibitory aspects of ill-health.

Hetal (2015) found significant differences between urban and rural adolescents in terms of their emotional intelligence and psychological well-being. Hussain, etc. (2013) studied the physical and mental health perspectives of first-year undergraduate rural university students. There is growing evidence that significantly poorer physical health is experienced, and that rural university students have a higher prevalence of psychological disorders than their community peers.

Purpose

The aim of this research is to find out about psychological well-being among students.

Hypothesis:

- Ho₁ There will be no significant difference in psychological well-being between urban men and rural men.
- Ho₂ There will be no significant difference in psychological well-being between urban males and urban females.
- Ho₃ There will be no significant difference in psychological well-being between urban men and rural women
- Ho₄ There will be no significant difference in psychological well-being between rural men and urban women.
- Ho₅ There will be no significant difference in psychological well-being between rural men and rural women.
- Ho₆ There will be no significant difference in psychological well-being between urban women and rural women.

RESEARCH METHODOLOGY

The aim of the present research was to find out about the psychological well-being of the students in relation to their academics.

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Sample

In the present research, 200 male and 200 female students studying in the entire college were selected. Out of which 100 were rural and 100 urbans thus total 400 students were selected.

Research Tools

As the purpose of the present study is to study the psychological well-being of the students with respect to their caste and residence, the following instruments were used to collect data from them.

- **Personal Information Sheet:** Here a personal data sheet was prepared to measure the psychological well-being of the students which includes name, address, age, mother or father, area of residence, mother's study, father's study, mother's occupation, father's occupation, parent's family monthly and discipline etc. was
- **Scales measuring psychological well-being:** 'Psychological well-being scale' designed by Bhogle and Prakas was used to measure psychological well-being. This test has high reliability and validity.

Statistical Techniques

The following statistical techniques have been used in the present research. 'T' value, 'F' value and L.S.D.

RESULTS AND DISCUSSION

The aim of the present research was to study the psychological well-being of students in the context of the discipline. In respect of which the analysis of the result is as follows. The 't' value of psychological well-being in context of discipline

The students were divided into the following two sections on the basis of caste.

- 1) Male
- 2) Woman

Also based on their place of residence they were divided into two sections as follows.

- 1) Rural
- 2) Urban

The following hypothesis was formulated to test whether there is a difference in psychological well-being between them. 't' value of psychological well-being in relation to students' race and residence the college students included in the present study were divided into the following groups to examine whether the interaction effect of their race and residence on their psychological well-being.

1. Men's Urban (A1B1)
2. Men Rural (A1B2)
3. Women Urban (A2B1)
4. Women Rural (A2B2)

The following hypothesis was formulated to determine whether there was an interaction effect between these four groups on their psychological well-being and to compare their group medians tested with L.S.D. The table shows the following.

- H_{01} There will be no significant difference in psychological well-being between urban men and rural men.
- H_{02} There will be no significant difference in psychological well-being between urban males and urban females.

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Hypothesis No: 2 “There will be no significant difference in psychological well-being between urban males and urban females” at rank 2 in the above table is tested by comparing the difference in median scores of psychological well-being between urban males and urban females (A1B1 Vs A1B2). In which the mean difference in psychological well-being was found to be 0.83. When df is 398 the value of median difference is 1.90 at 0.01 level of significance and 1.44 at 0.05 level here the value of median difference obtained is 0.83 which is not found statistically significant hence Hypothesis No: 2 “There will be no significant difference in psychological well-being between urban males and urban females.” becomes acceptable. That is, the interaction effect of gender and residence of the college students included in the study was not observed on their psychological well-being, so it is concluded that there is no significant difference in psychological well-being between urban males and urban females.

Hypothesis No: 3 “There will be no significant difference in psychological well-being between urban males and rural females” at rank 3 in the above table is tested by comparing the difference in mean scores of psychological well-being between urban males and urban females (A1B1 Vs A2B2). In which the mean difference in psychological well-being was found to be 0.66. When df is 398 the value of median difference is 1.90 at 0.01 level of significance and 1.44 at 0.05 level here the value of median difference obtained is 0.66 which is not found significant so Hypothesis No: 3 “There will be no significant difference in psychological well-being between urban males and rural females.” becomes acceptable. That is, the interaction effect of gender and residence of the college students included in the study was not observed on their psychological well-being, so it is concluded that there was no significant difference in psychological well-being between urban males and rural females.

Hypothesis No: 4 “No significant difference will be found in psychological well-being between rural males and urban females” at rank 4 in the above table is tested by comparing the difference in mean scores of psychological well-being between rural males and urban females (A1B2 Vs A2B1). In which the mean difference in psychological well-being was found to be 0.78. When df is 398 the value of median difference is 1.90 at 0.01 level of significance and 1.44 at 0.05 level here the value of median difference obtained is 0.78 which is not found significant so Hypothesis No: 4 “There will be no significant difference in psychological well-being between rural males and urban females.” becomes acceptable. That is, the interaction effect of gender and residence of the college students included in the study was not observed on their psychological well-being, so it is concluded that there was no significant difference in psychological well-being between rural males and urban females.

Hypothesis No: 5 “There will be no significant difference in psychological well-being between rural males and rural females” at rank 5 in the above table is tested by comparing the difference in mean scores of psychological well-being of rural males and rural females (A1B2 Vs A2B2). In which the mean difference in psychological well-being was found to be 0.61. When df is 398 the value of median difference is 1.90 at 0.01 level of significance and 1.44 at 0.05 level here the value of median difference obtained is 0.61 which is not found significant hence Hypothesis No: 5 “There will be no significant difference in psychological well-being between rural males and rural females.” becomes acceptable. That is, the interaction effect of gender and residence of the college students included in the study was not observed on their psychological well-being, so it is concluded that there was no significant difference in psychological well-being between rural males and rural females.

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Hypothesis number: 6 “There will be no significant difference in psychological well-being between urban women and rural women” at rank 6 in the above table is tested by comparing the difference in mean scores of psychological well-being between urban women and rural women (A2B1 Vs A2B2). In which the difference between the medians in terms of psychological well-being was found to be 0.17. When df is 398 the value of median difference is 1.90 at 0.01 level of significance and 1.44 at 0.05 level here the value of median difference obtained is 0.17 which is not found to be significant so Hypothesis No: 6 “There will be no significant difference in psychological well-being between urban women and rural women.” becomes acceptable. That is, the interaction effect of gender and residence of the college students included in the study was not observed on their psychological well-being, so it is concluded that there was no significant difference in psychological well-being between urban women and rural women.

CONCLUSIONS

The findings of the present research are found no difference was found in the psychological well-being of rural men and urban men. There is no significant difference in psychological well-being between urban men and urban women. No significant difference was found in psychological well-being between urban men and rural women. No significant difference was found in psychological well-being between rural men and urban women. No significant difference was found in psychological well-being between rural men and rural women. No significant difference was found in psychological well-being between urban women and rural women. The researcher concluded that wellbeing of the student does not get affected by their residence type and gender.

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Conflict of Interest

The author(s) declared no conflict of interest.

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